

Panchakarma and Skincare

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Maintaining the beauty and youthfulness of our face and other body part tend to be a daily preoccupation for many women and men. Skin, particularly your face is in constant contact with the external environment and is also significantly affected by internal factors like our health and lifestyle. Age perception is based on the facial attributes such as- wrinkles, skin gravity, lustre etc. The beauty of the skin depends on the proper sleep, moisture, exercise, age, pollution, smoke, alcohol, etc. Aging of the skin is due to the deposition of free radicals. *Panchakarma* is the complete purification of body and it is popular for cellular detoxification. It also acts like antioxidant and it reduce the inflammation by inhibiting the T cell activation. The commonly used *Panchakarma* procedures are – *Abhayang*, *Swedana*, *Mukha lepa*, *Abagana*, *Dhara*, *virechana*, etc. *Panchakarma* has many success stories for curing skin diseases like- psoriasis, eczema, vitiligo and chronic inflammatory skin diseases. It is the non-invasive alternatives for many Indians, which has tangible therapeutic effect on skin luminosity. *Panchakarma* has provided deep cleaning, penetration of active natural product to skin, hydration of epidermis, oxygenation, improve micro circulation, introduce antiseptic. *Abhayang*, *Swedana*, *Mukha lepa*, *Abagana* may increase cellular cohesion in Skin and increase elastic fibre synthesis. An experimental cell line study of *Panchakarma* for skin care is suggested.

Biography

Umakanta Pattnayak is passed BAMS from Utkal University in 1994 with Hons. Pattnayak started his own practice in 1994 to popularise Ayurveda in Orissa and rest of the country. He is founder and managing director of Divyadham groups of Ayurveda hospital. Now Divyadham has 10 branches in Orissa, West Bengal and Sikkim. He has attended more than 40 national and international seminar and presented papers. His areas of interest are – *panchakarma*, *ksharasutra*, and leech therapy in skin care. He organised one workshop for beautician and many delivered lectures on natural products and skin care.

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