

Role of ayurveda in maintaining the beauty from A to Z diseases

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Ayurveda is basically, health promotive – nutritive – rejuvenative – curative -- preventive. For looking beautiful, these are essential. In ayurveda the word beauty not only deals with physical body appearance, but also deals with mental, emotional & spiritual aspects of life. Ayurveda is simple & practical science of life, existing since more than thousands of years, which is originated in India. Having great role in health care in south Asia & now a day it is globally accepted one. According to ayurveda, perfect health is the key of beauty. Perfect balance of mind, body & spirit result in perfect health. If any one of these, becomes imbalanced then body [beauty will be decreased] becomes diseased.

Biography

Biti Singh had completed her BAMS course at the age of 25 years from S R M S Ayd. College & Hospital, Kanpur University, Uttar Pradesh. Now she is doing her post graduation course from S V Ayd. College & Hospital, N T R University of Health, Vijayawada, Andhra Pradesh. She is doing research on the treatment of gynaecological disorder [Leucorrhoea].

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