

## Udvardana enhances skin texture and beauty

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According to Ayurveda, skin is a mirror to an individual's health. Skin gives clue to one's Ayurvedic constitution. Due to various physical and mental factors aggravated vata dosha directly afflicts the body; it creates various types of diseases and affects the strength and skin complexion. Aim of this research paper discuss and present about udvardana, the therapy of massage in Ayurveda view point. Massage is the one of the main technique mention in ayurveda for maintaining skin condition and lustre. Udwarthana is one of the specific massage technique uses in ayurveda to elevate and promote health of the skin. Acharya Susruta very clearly mentioned that udwarthana mitigates aggravation of vata, kapha, liquefies fat, bestows stability to the body and cleanses the skin. Other samhita also mentioned that it opens the circulatory channels, facilitates the metabolic activity and improves the complexion of the skin. Depending upon the variation in the therapeutic effect udgarshana mostly follows the udwarthana. Methodology pertaining to the topic will be compiled from ayurveda literature. As reference to vidhi of shastra when apply udwarthana always should be used oil according to body condition & dry powder of herbs is used in udgarshana therapy. This therapy gives softening and exfoliation of dead skin cells leaving a lustrous and glow. It activates the nerves and increases the blood flow and preserving the skin texture and natural elasticity.

### Biography

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