

## Role of ayurveda in cosmetology w.s.r. to plastic surgery

**Mallika Varma, S.Dattatreya Rao and M.Bhaskar Rao**

S. V. Ayurvedic College and Hospital, India

The science of cosmetology is a unique branch of internal medicine refers to integration, retardation and for acquiring various measures to safeguard the beauty of an individual. Probably, this is required to distinct the speciality of an individual to maintain the unexceptional identity among the crowd. The concept of beauty refers to physical, mental, & spiritual entity. Ayurveda, the science and art of the dynamic state of human being refers back 800 BC in safeguarding the concept of beauty. Sushruta, the father of ancient surgery (800 BC) vividly described various parasurgical measures like Jalaukaavachrana (leech application), Agnikarma (thermal cauterisation). He also emphasised on documentation of surgical principles. A special attention was also made for Plastic surgery, Nasa sandhana (Rhinoplasty), Karna sandhana (Earlobe repair), Oshta sandhana (lip plasty) and auto grafting of facial reconstructive surgeries. Regarding bloodletting procedures, Pracchana karma (multiple puncturing), Siravyadhana (venisection / phlebotomy), Jalaukaavacharana (leech application) occupied major role in cosmetology. Mere application of leeches on various cosmetic problems like Hyper pigmentation, Hyperkeratosis, Acne vulgaris, Acne rosacea, Cellulitis, Eczema, Boils, Alopecia, Herpes zoster and other dermatological lesion could prove a successful alternative. The transmucocutaneous suction with the help of leeches is the only solution in hetro and autografting of reconstructive surgeries which proves to yield collateral circulation as well as in enhancing local microcirculation. In this paper special attempt is made to collect the data of various herbs which involves in integration and preservation of various beauty concepts. Detail descriptions of various aesthetic ancient surgical descriptions are enlightened. Attention is also paid to signify the role of Sadvritta (hygienic practice) for the maintenance of equilibrium of Dosha (tumour), Dhatu (tissue), and Mala (waste products of the body) along with the practice of Achara Rasayana, and various practises in safeguarding Agni (digestive power), Vyayama (physical exercise) and Sneha abhyanga (massage therapy).

### Biography

Mallika Varma has completed her B.A.M.S. from State Ayurvedic College and Hospital, University of Lucknow, Lucknow, U.P. at the age of 25 years. Presently, pursuing her Post Graduation from S. V. Ayurvedic College and Hospital, Tirupathi, N.T.R. University of Health Sciences, Vijayawada, Andhra Pradesh. She is doing research on the treatment of Ano Rectal Disorder (FISSURE IN ANO).

[drmallika.varma.3112@gmail.com](mailto:drmallika.varma.3112@gmail.com)