

Factors affect on lustre of the skin (with special reference to fundamentals of Ayurveda)

S.P.Molligoda, Baladev Kumar Deeman and Asit. K.Panja
National Institute of Ayurveda, India

Skin is a mirror to an individual's health. Skin gives clue to one's *Āyurveda* constitution. The *Āyurvedic* approach to health of skin is comprehensive, extending to a person's daily diet, work routine and environment. The active healthy state is achieved through balance, changes over time, age, environmental factors, stress levels, life style choices and dietary imbalance (excesses or deprivation). Any fact of them directly affect on and it resulting in breakdown of the lustre of skin. According to modern science skin is the largest organ of the body. It serves as a protective barrier between our inside and the rest of the world; helps regulate body temperature and act as filter. The greatest *Ācārya Caraka* has explained in *Caraka Samhitā Vimāna Sthāna* 8/103 individuals having the excellence of skin (*tvak*) are characterized by unctuous, smooth, soft, clear, fine, less numerous, deep rooted and tender hair and lustrous skin, such individuals are endowed with happiness, good fortunes, power, enjoyment, excitement and longevity. *Ācārya Caraka* has explained five sense faculties. These are visual, auditory, olfactory, gustatory and tactile. He explained the major action of the skin as touch or. Further it mentioned *Vāyu Dosha* dominates in the sensory organ, and this sensory organ is lodged in the skin. Aims of this study are Identify and talk about factors enrich the skin lustre and diminish the health of skin through the *Āyurveda* view point. Methodology pertaining to the topic will be compiled and scrutinized from *Āyurveda Samhitā*. Those data definitely help to the people who concern beauty of the skin.

Biography

S.P. Molligoda received BAMS (First Class Hon), M.Phil, MD(Ayu). Worked as senior lecturer at Institute of Indigenous Medicine, University of Colombo, Rajagiriya Sri Lanka. she was published more than 10 Research Papers & Abstracts in reputed journals & conference she is one of the Editors of "Vimarsha" Peer Reviewed Journal which is publishing by Deptt of basic principles, Indigenous Medicine in Sri Lanka.

susanthamolligoda@gmail.com