

Ayurveda for total beauty

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Beauty has always being the most haunting persona of an individual from the times immemorial. Beauty of the mind/ body is reflected by one's attitude. It has even lead to the wars and collapse of the dynasties. It is very well evident from our most respected epic Ramayana, Mahabharata to Cleopatra (the most beautiful lady of the Greece). In olden days, Greece women on certain occasion dilated their pupils with opiodes to look more attractive. Concept of beauty in ayurveda is totally different from other medicinal sciences. It not only deals with improving outlooks with the help of different herbomineral products and procedures like panchkarma but also improves the health condition of an individual. Rasayana (rejuvenation therapy) sustains the life by increasing longevity of life like by improving colour of skin, shine of the body, voice, memory, etc.. This presentation deals all ways to improve your physical outlook from head to toe along with inner beauty of mind and thoughts, beauty of voice and physical appearance. Acharya Sushruta, father of surgery, apart from sandhana karma (plastic surgery) has described above procedures & many more. Following dincharya & ritucharya, sadvritta, using ayurvedic cosmetics one can get total beauty. Detailing will be done at the time of presentation. In this way it fulfills the demand of total beauty that too at cheaper cost & for longer duration.

Biography

Shipra Jaiswal had completed her B.A.M.S. course at the age of 25 years from Rishikul Govt. Ayurvedic College & Hospital, Garhwal University, Utrakhand. Now she is pursuing her post graduation course from S.V. Ayurvedic College & Hospital, NTR University, Vijayawada, Andhra Pradesh. She is doing research on anorectal disorder (Haemorrhoides).

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