

Ayurvedic cosmetology and its practices

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As ayurveda the concept of beauty has an age old origin. Skin - Twacha is the term for skin in Ayurved. Skin is a cover of the exposed parts of the body. The sense of touch speeds over the entire body through skin. Healthy person with a well-formed flesh which is firm, the skin is correspondingly firm, glowing. Hair is also a part of beauty of the human beings. Mind is also closely related with hair hence mental tension is the commonest cause of hair fall. Acharyas of ayurveda state that the function of ayurvedic herbs is to purify blood and eliminate vitiated doshas (vata, pitta, kapha) from the body as they are mainly responsible for skin disorders and other diseases. As ayurveda believes that all living beings have the panchamahabhoota as its components, same is for skin. It is the seat of sparshan indriya (a tactile sensory organ). Skin is also the dwelling of Bhrajaka pitta and regulates the temperature of the living body and absorbs all local medicinal applications. The complexion (chaaya) and lusture (prabha) of our skin is also conferred to the skin. According to Acharya Sushruta "As the heating of milk forms a layer of cream on the milk surface, in a similar manner in the embryonic stage, dhatus form the different layers of the skin on our body." Various herbs for which description and usage in many forms (lepa, abhyanga, gandusha, combined drug) can be found in ayurvedic inscriptions like Chandana, Nagkesara, Padmaka, Yastimadhu, Manjistha, Sariva etc. Various other aspect of Cosmetology in Ayurveda will be presented in full paper. In this way Ayurveda has a very precious knowledge regarding cosmetology which is very useful even in day to day practices.

Biography

Narendra Singh Lodhi completed his M.D. (Ayu.) in year 2010. Presently working as Medical officer in Madhya Pradesh.

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Ayurvedic therapy for skin diseases

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Ayurveda perspective in treatment of skin diseases mainly focus on Body purificatory measures ie.Sodhana therapy.This helps to expel the metabolic waste from the body through natural orifices and makes the tissues healthy. Cause of the skin diseases are due to improper food, habits and the environment .According to Ayurveda skin is comprised of seven layers and malfunctioning of each layer is responsible for specific diseases.Purificatory methods needs a preparation of the body .For this medicated ghee is administered in high doses with due care. Then therapeutic emesis in medical supervision is adviced. After this purgation is also done.Special skin care includes medical paste application(Lepanam),medicated oil application.Thakradhara,and Shashtikalepam.The process may be repeated in chronic skin diseases like Psoriasis.Proper food care and regular bathing and body massage are recommended for preventing the relapses.

Biography

D.Sheela, Vice Principal & Hospital Suptd.,Vaidyaratnam Ayurveda College, Ollur, Thrissur, Kerala, completed graduation in Ayurveda from the reputed Kottakkal VPSV Ayurveda College and Post graduation from Govt. Ayurveda College, Trivandrum and working as faculty since last 31years.She is the Chairperson Board of Studies Ayurveda Calicut University. She is a resourse person for many faculty improvement programme in various universities and published more than fifty articles in journals and presented papers in national and international seminars.

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