



REVIEW ARTICLE

Cosmetology in Ayurveda

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ABSTRACT

The Cosmetic approach in Ayurveda is related to the healthy status of the body as well as the mind. More precisely, it can be said that physical, mental and spiritual Beauty as a combined unit projects the Cosmetic sense of Ayurveda. Ayurveda is not only the science of medicines, but it is the science of the life and such all the facts of life are dealt with in Ayurveda. Skin is called the cream of Rasa, but actually Rasa, Rakta and Mamsa Dhatus have to be in good condition to produce beautiful skin. Examining the Upadhatus and Malas can also prove useful in finding which of the Dhatu needs attention. Ayurveda strongly stresses that elimination of wastes is important for the health and beauty of the body. It is Agni that has the power to digest food well, making all nutrients available to the tissues. There is a concept of dinacharya and ritucharya also to maintaining the healthy life.

KEYWORDS

Ayurveda, Dinacharya, Ritucharya, Dhatus, Upadhatus

INTRODUCTION

Beauty is a subject of Socio-medical importance. The importance of Beauty and Personality is increasing now a day as it is a competitive era. Everyone wants to stand at height and they require a distinct Personality which differs them from a crowd. The increased demand of beautification is evident by number of Beauty contests, Beauty centres, various cosmetic items like creams, lotions, powder, etc. Ayurveda is not only the science of medicines, but it is the science of the life and such all the facts of life are dealt with in Ayurveda. The Cosmetic approach in Ayurveda is related to the healthy status of the body as

well as mind.

More precisely, it can be said that physical, mental and spiritual Beauty as a combined unit projects the Cosmetic sense of Ayurveda.

The description available in Ayurvedic texts in context of beauty can be mainly categorized into two divisions as –

- Factors contributing towards Beauty.
- Factors improving Beauty.

Factors Contributing towards Beauty

The Role of Dhatu in Physical Beauty

Skin is called the cream of Rasa, but actually Rasa, Rakta and Mamsa Dhatus have to be in good condition to produce beautiful skin. Good digestion and correct selection of food determines health of Rasa Dhatu. Mineral rich food and good supply of Oxygen and lack of

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toxins in the blood determined the health of Rakta Dhatu. Clean, well-nourished blood and regular exercise support the health of Mamsa Dhatu. Thus diet, digestion, air and exercise can be seen to be important in the healthy condition of the skin. Examining the Upadhatus and Malas can also prove useful in finding which of the Dhatu needs attention. Let's take an example: Nails. The condition of Asthi Dhatu determines the condition of the nails in that mineral rich food that nourishes bone tissue also produces gleaming teeth and strong nails. Yet, as Asthi Dhatu is supported by other Dhatus; problem in the nails can reflect problems in Rasa, Rakta, Mamsa or Meda Dhatu- those that support Asthi Dhatu. This explains how nails can be examined to determine the internal state of the body. For example, vertical ridges on the nails show malabsorption, a problem in Rasa Dhatu. As regards other aspects of physical Beauty, strong Majja Dhatu produces strong glossy hair- a commonly accepted sign of good health. And, the product of Shukra Dhatu that is the glow of vitality, Ojas is dependent on the health of all the tissues in the body which is why we can say that internal health is essential for radiant Beauty.

The Importance of Mala

Ayurveda strongly stresses that elimination of wastes is important for the health and Beauty of the body. Keeping the tissues cleansed of wastes and facilitating their regular elimination through normal channels is the key to freshness and vitality. Only a clean body can be at its peak and utilize the nutrients it receives, likewise, only an open mind free to enjoy the world.

The Importance of Agni

Unique to Ayurveda is the concept of Agni. It is Agni that has the power to digest food well, making all nutrients available to the tissues. It also cleans toxins and excess waste from the systems. Keeping the digestive tract cleans and the outer body fresh and glowing. So, of course, strong, healthy and balanced Agni is necessary

to keep the body and mind balanced and beautiful.

Guidelines for Balancing Agni

To improve Agni

- Eat smaller meals.
- Sip lime or lemon water or ginger tea.
- Take a pinch of Trikatu before meals.
- Take a pinch of a fresh ginger root that has been chopped finely and mixed with a little salt before a meal.
- Chewing is very important. Chew your food until it is at least liquidly before you swallow.
- Sip warm water with your meals.
- Agni can also be improved by fasting and herbal medications.
- Find a constructive way to release anger, frustration, etc.

Factors Improving Beauty

Role of Dinacharya

As cosmetic approach of the Ayurveda is related to a healthy state of the body and mind, the Beauty and health both are given equally importance in Ayurveda. Only a healthy person looks beautiful. Therefore, in the texts of Ayurveda all the remedies prescribed or described are for the both perspective health as well as Beauty. For that in daily routine some procedures are included which keep the person fit or healthy and young for a long time. The procedures also increase Beauty of hair, skin, eyes, etc., which are the organs having a great cosmetic Value. They delay the old age too. It shows how the people were conscious to look young and beautiful during that period. This daily routine is mentioned under the heading of 'Dinacharya' by almost all the Acharayas. Inside 'Dinacharya' following procedures are included : (*Ch.Su.5*)

- Anjana Karma For vision of the eyes.
- Dhoompana Increases strength of hair, skull, sense organs and voice.

- Nasya Face becomes cheerful and well developed, old age will be delayed.
- Dantadhavana For the health and Beauty of the teeth.
- Taila Gandusha Strength of Jaws, Development of face, prevents lip cracking, strengthen the teeth.
- Shiro Abhyanga Prevent alopecia, graying of hair, hair fall. Hair becomes firm rooted, long and black. Sense organs become cheerful. Face with pleasant glow.
- Abhyanga Body becomes firm, smooth skinned, charming and least affected by old age.
- Pada Abhyanga Health and Beauty of foot and sole.
- Snana Good promoter of Ojas.
- Wearing clean clothes and ornaments enhance charms, prosperity and produces happiness.
- Cutting of hair, beard, moustache, nail etc. along with hair dressing are nutritive and promoter of life's beautification.
- There is also an indication about the use of umbrella alleviates natural calamities, guards against the sun, wind, dust and rains.

Role of Ritucharya

Likewise 'Dinacharya', the description of 'Ritucharya' is also given in almost all the Ayurvedic texts for the purpose of maintaining the health as well as Beauty. 'Ritusandhi' is the particular stage when many environmental changes are occurring and it affects public health. Therefore, ancient Acharyas have mentioned special routines which have to be followed during a particular season.

In cold season (Hemanta and Sishira) the local application of Agarū paste is described to protect the skin against excessive cold. During Sishira one should avoid pungent, bitter, astringent, light, cold and Vata increasing foods and drinks. During Spring one should use a paste of Sandal and Agarū on the body and diet mainly consisting of barley and wheat. In particular summer season the Sun, with his rays, draws up excessively the moisture of the nature, hence, in that season sweet, cold, liquid and fatty foods and drinks are beneficial. One should take sleep in a cool room during the day and on the top of the mansion with abundant air and cooled with moon rays during night, having pasted Sandal on one body. One adorned with pearls and gems. During summer, one should resort to forests, cold water and flowers. In this way, the Aahara and Vihara mentioned for the protection from excessive cold and heat during that season show carefulness and awareness about Beauty and health.

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