



A REVIEW ARTICLE ON FUNDAMENTALS OF AYURVEDA COSMETOLOGY

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ABSTRACT

Cosmetology is a widely discussed subject of modern era. Everyone wants to look attractive, for which they are experimenting on different products. There arises a demand for ayurveda cosmetology. Ayurveda promises results holistically which includes your body, soul, and mind, so when it comes to Ayurveda cosmetology also, it beautifies both from within and out. Ayurveda cosmetology includes shodhana chikitsa(elimination therapy) for elimination of Ama and bahu dosha, as well as samana chikitsa for balancing on tridoshas, agni(digestive fire) and proper nourishment of saptha dhathus. Correcting on Rithucharya, dinacharya and pathya ahara vihara helps in proper metabolism, which in turn maintains a healthy body and thus a healthy skin. This review article is trying to collect what are the basics of Ayurveda cosmetology.

KEY WORD: Dinacharya, Rithucharya, Pathyahara, Ama, cosmetology

INTRODUCTION

Cosmetology is an art of medical science for refining superficial beauty. It helps to attain attractive physic and pleasing looks, thus enhances ones confidence .Today's world is running behind a perfect derma. People all around the globe have been developing an immense obsession for a flawless skin. Presently most of the cosmetics available in the market are abundant with toxic chemicals, which lead to various ailments. On the other hand ayurveda enriched with natural herbs purifies our body from within and out, it is a complete package for the nourishment of body mind and soul. According to ayurveda the concepts of beauty is optimal health, it explain the concepts of skin by detailing it with seven layers of which the first one avabhasini functions to reflect color and complexion which is nourished by rasa dhathu. According to Acharya vagbhta varna is determined at garbhavastha (embryonic stage) itself depending on the ahara(food) and vihara(life style) of the mother. Ayurveda promises radiant and healthy skin, hair and nails which we can only attain through harmony of doshas, proper nourishment of dhathus, procedural functioning of agni and timely excretion of malas. The opinion of different Acharyas mentioned in samhithas has been collected which includes various factors for improving beauty in the concept of Agni, dinacharya, rithu charya, pathyahara etc

MATERIALS AND METHOD

The sources of data are collected from Brihatiriyis (CharakaSamhita,SushrutaSamhita,ashtanga

Sangraha/Hridaya), contemporey text books, relevant journals, and websites.

RESULTS

Ayurveda cosmetology mainly based on four factors . They are Agni(Digestive fire), Pathyahara(wholesome diet), Dinacharya(daily regimens), Rithu charya(seasonal regimens).

AGNI (Digestive fire)

Acharya Charaka mentioned functions of Agni(digestive fire) in Grahanirogadhayam. Varna(complexion) and prabha(lustre) depends upon agni.¹ Therefore, balanced agni or samagni has a key role in ones varna. Samagni is only possible by a balanced diet that is pathyahara.

PATHYAHARA (Wholesome Diet)

Pathyahara describes food, which is light, easy for digestion, proper in quantity, with nutrients. The quantity and type of food should be selected according to one's individual constitution. In charaka samhitha vimana sthana ashtahara vidhi visheshayathanas, rules for taking food is mentioned.² By following these rules, we can maintain samagani. Only proper food can maintain proper Agni and there by poshana of dhathus.

ROLE OF DHATHU AND SWEDA

Rasa dhathu nourishes raktha dhathu where function of raktha dhathu is varna prasada.³ Twak saukumaryatha is the karma of swedas.⁴ Decrease in raktha dhathu will result in twak



parushyam and twak rukshatha. Decrease in asthi dhathu will result in roughness of skin, falling of hair ,nails and

eyebrows.⁵ Decrease in sweda will results in twak shosham.⁶ So maintaining good rasa and asthi dhathu is important

ROLE OF SROTHAS

SROTHAS	DUSHTIKARANA	LAKSHANA
Rasa vaha	chinthyanam athi chinthanam(excessive thinking)	Baldness, Graying of hair
Raktha vaha	vidahi anna ,dushta snidha anna	neelika ,vyanga, swithra(Vitiligo)
Sweda vaha	ati santhapa, vyayama,seetha ushna akrama sevana, krodha soka(excessive anger,excercise)	Parushyam(Roughness)

Rasa vaha raktha vaha and sweda vaha srothas has a role in healthy skin and hair.⁵

RELATION WITH DINACHARYA

Dinacharya means daily routine. According to ayurveda one should follow dinacharya for a healthy, disease free life. Dinacharya helps to establish balance in one's constitution. It

also regulates a person's biological clock, aids digestion, absorption, assimilation, and longevity. In dinacharya adhyaya we will get different charyas which improves beauty of a person.⁸

DINACHARYA	BENEFITS
Mukha prakshalanam	Neelika, mukha shosa
Tambula sevanam	Kanthi
Siro abhyangam	Su twak ananam, kesa mardavam,bahutwam
Abhyangam	Mardavam, Varna pradham
Vyayama	Gathra kanthi
Udwarthanam	Twak prasada karam
Anulepanam	Varnakaram
Mukhalepa	Drida ananam, Avyanga pidakam
Chatra dharanam	Varnyam, kharma anila rajogham
Nidra	Varnam
Anutailam	Mukha prasannam, na shwetha kapila kesa, kesa vardhana
Dhoomapanam	Removes khalithya , aplithya, kesa pathana
Murdhini tailam	No khalithya and palithya,krishne cha kesa
Padabhyangam	Padamalapaham
Gandoosham	Vadanopachayam, na oshta sphotam

ROLE OF RITHU CHARYA

In *Ritucharya* we will get some Cosmetic aspect references In hemantha and shishira rithu which are cold seasons to protect skin from its cold effects application of agaru is prescribed.⁹In spring season application of chandana and agaru lepa is advised.¹⁰

ROLE OF RASAYANA

Acharya charaka in chikithsa sthana while explaining the benefits of rasayana he has said that rasayana gives prabha, varna and kanthi.¹¹

OTHER RELATIONS

Agni	Varna
Udanavatha	Varna
Bhrajaka pitha	Varna
Rakta	Varna prasadam
Sweda	Twak saukumaryatha

DISCUSSION

Ayurveda cosmetology not only targets external beauty but also nourishes mind and body. A person will get healthy skin and hair only if the person having a balanced agni, diet, following dinacharya and rithu charya properly. By taking proper diet the agni will be in sama avastha as a result the food which is taken by a person will get properly digested and

assimilated and uthorothara dhathu poshana take place. A well nourished raktha dhathu helps in skin and hair health. In dinacharya explained by acharya mentions many charyas which increases the quality of life.Dinacharyas like vyayamam, udwarthanam, Dhoomapanam, murdhini taila etc has direct effect on skin and hair. Rithu charya is for adapting our body according to seasonal changes.



CONCLUSION

Ayurveda cosmetology unlike modern cosmetology gives more importance to a healthy beauty, which means not focusing mainly on external application. Sama agni, pathyahara, dinacharya, rithu charya all these matter provides beauty which comes from inside the body.

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