

Satyam Shivam Sundaram: Ayurvedic approach towards beauty

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Ayurveda is not only the science of medicines but also the science of the life and therefore all the aspects 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. Precisely, it can be said that physical, mental and spiritual beauty as a combined unit projects the cosmetic sense of Ayurveda. A healthy personality is the basis of beauty.

The description available in Ayurvedic texts in context of cosmetology and healthy personalities can be mainly categorized into three divisions as 1) Factors determining beauty 2) Factors contributing towards beauty 3) Factors improving beauty.

Prakriti, sara, samhanana, varna, prabha, chhaya, pramana of various angavayavasare are some of the factors that determine beauty. Dirghayu lakshanas described in texts give the aesthetic sense and fundamental base of personality and beauty.

Dosha, dhatu, agni in equilibrium and normal functioning status contribute to maintain the beauty. Similarly matrijadi shad bhavas and panchamahabhautic combinations contribute in creating inherent beauty.

Ayurveda elaborates description of adjuvants like dinacharya, ritucharya, achararasayana. Various methods in the form of internal medicines like mahakashaya, surgical treatment like plastic surgery, vaikritapaham, diet as hitatam, matravat, sadapathyadravyas, medicines like rasayana, ghrita, taila, etc., are advised in abundance to enhance beauty.

Biography

Gaurav Vaish has completed his B.A.M.S. graduation from H.N.B. Garhwal University, Srinagar Garhwal and is presently M.D. scholar in Department of Roga & Vikriti Vijnana in National Institute of Ayurveda, Jaipur. He is working on development and validation of Ayurvedic semenology. He has participated as a Rapporteur in associate events in 5th World Ayurveda Congress & Arogya Expo 2012, Bhopal and also participated in various seminars.

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