

Eight-fold ayurvedic cosmetic therapy

V. R. Chakravarthy Nathamuni¹ and Ch.Ravikumar²

¹PG scholar, Dr B.R.K.R Govt Ayurvedic College, India

²HOD, Dr B.R.K.R Govt Ayurvedic College, India

Cosmetology is specific branch of medicine that deals with cosmetic procedures being done for many beauty related issues for both genders. Now a days, because of global thinking and urbanisation, everyone is thinking about maintenance of beauty. The increasing urbanisation is causing pollution and altered lifestyle of people is making them addicted to junk foods as a part of metro life which are the triggering factors for many beauty related complaints like Acne vulgaris, Hyper pigmentation, Butterfly patches on the cheeks etc. To treat all the above mentioned problems, the following is the simple and effective remedy with the following drugs which are easily available and economical. The drugs used are Kumari, Orange peel, Haridra, Almond, Honey, Nimbu, Palandu, Tulasi, Triphala churna. These drugs can be used in scheduled massage procedures for 40 days (5 days with each drug). My present work is to make people aware about the beauty therapy which is being followed in Kerala as traditional Eight-fold therapy.

Biography

Dr.V.R.Chakravarthy. Nathamuni is Post graduate Research scholar at Dr. B.R.K.R.Govt. Ayurvedic College in the department of Dravyaguna. He has attended one international seminar and two national seminars as a delegate.

dr.chakravarthy.nvr@gmail.com