

## Ancient beauty secret of Ayurveda

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### Abstract

*Ayurveda was revealed to the seers of India thousands of years ago.*

*In a natural environment supportive of all life, these seers or "rishis" came to understand the principles by which health and well-being is both created and destroyed. Ayurveda, the "science of longevity," promotes positive health, natural beauty, and long life. Although rooted in antiquity, Ayurveda is based on universal principles and is a living growing body of knowledge-as useful today as it was in centuries past.*

*When we talk about beauty in the context of Ayurveda, it should be perfectly clear from the start that we are not talking about market driven ideals of the moment. In Ayurveda, inner and outer beauty are intimately related. The more we nurture ourselves, the more radiant we become physically and expressively-regardless of our particular body shape or proportions.*

*Ayurveda believes that true beauty is composed of three vital elements: a well-nourished body, a balanced mind, and a peaceful spirit. In other words, outer beauty is a reflection of one's inner health and wellbeing. Following a healthy diet, getting adequate sleep, and managing stress are the cornerstones of a holistic, long-term beauty regimen.*

### Introduction

**T**he role of beauty in Ayurveda.

What is beauty?

Beauty is commonly described as a feature of objects that makes these objects pleasurable to perceive. Such objects include landscapes, sunsets, humans and works of art. Beauty, together with art and taste, is the main subject of aesthetics, one of the major branches of philosophy.<sup>1</sup>

In keeping with the general orientation of eastern philosophy and healing, beauty can be viewed as having three aspects, an outer, inner, and secret aspect. When one balances the outer and inner, one has accomplished the secret aspect.

#### Outer beauty-

is what we most commonly associate with the field of beauty. It is the perfection of what is visually perceived. It includes the obvious traits such as contours of the body, texture of the skin, and the quality of the hair and nails. But in Ayurveda it also includes grace in posture and movement and the subtle qualities of freshness and vitality and

magnetizing brightness of being like today's authorities on natural body care.

**Inner beauty-** relates to inner qualities of being including emotional state and mental abilities. Like physical qualities, they are largely determined at birth and are considered to be the result of actions and aspiration from previous lives. As physical form can be molded by diet and lifestyle, we can also train our mind to cultivate positive state of being.

**The secret aspect of beauty-** refers to the energy, insight, and inspiration it takes to balance the inner and outer. Developing this special quality takes time, patience, and a willingness to learn from experience. This is the mark of real maturity that ripens into deep lasting beauty that is experienced from within and seen by all from without.<sup>2</sup>

#### Enhancing Beauty through Ayurveda

- According to Prakruti
- The role of the dhatus in physical beauty.
- Diet and Nutrition (Ahara)
- Dincharya
- Rutucharya
- Ayurvedic drugs used in Cosmetology
- yog

- Panchakarma
- Rasayana Chikitsa

Table 1: According to Prakurti<sup>3</sup> - It plays an important role in the selection and establishment of every factor for which a person is going to interact from conception till death, e.g. lifestyle, diet planning, etc. It does not change during the whole life and is responsible for the physical and mental characteristics of an individual. This prakriti is of seven types according to Tridosha.

<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
<b>Slender in build</b>	Medium in build	Heavy in build; large, strong, stable
<b>Thin as a child</b>	Medium build as child	Plump or chunky as a child
<b>Under developed muscles, flat chest</b>	Athletic musculature, medium bone structure	Heavy bone structure, but not prominent
<b>Fine, small bones and/or prominent joints</b>	Skin is warm to be the touch all over	Skin cool to touch but rarely have especially cold hand or feet
<b>Unusually tall or short in height</b>	Delicate skin prone to premature wrinkles, inflammation and itchiness; blushes easily	Skin has pale, gleaming white tone, soft, moist, thick, smooth, slightly oily and tendency
<b>Skin cold to touch, dry and rough, especially hands and feet</b>	Body hair light and fine	
<b>Skin problems with dryness, specially in winter; other conditions may include psoriasis, dry eczema, corns, calluses, cracks</b>	Skin problems may include rashes, acne, blackheads.	Skin problems are rare, but may include skin sensitivity

Table 2: The role of the dhatus in physical beauty.<sup>4</sup>  
-There are seven dhatus or body tissues that give shape and form to the body.

<i>Dhatu</i>	<b>Physical Function</b>	<b>Related Beauty Condition When Unbalanced</b>	<b>Foods That Aggravate</b>	<b>Foods That Benefit</b>	<b>Special Treatments To Balance</b>
<b>RASA</b>	nourishment	Fatigue, depression, overall dryness, anemia, premature aging, aches and pain	Fatty, sugary foods	Sea vegetables, fruit and veg juices,	fasting
<b>RAKTA</b>	invigoration	Dryness, dull skin, varicose vein, rashes, acne	Acid producing food	Minerals rich food	Fasting, blood-letting, deep breathing
<b>MAMSA</b>	Covering the skeleton	Weakness and emaciation in muscles, eczema, dermatitis, cysts, abscesses	Low protein diets	Quality protein, all essential amino acids	Surgery, cauterization
<b>MEDA</b>	lubrication	Dry skin, obesity or emaciation, dry or oily hair and nails, heavy breasts, smelly sweat	Heavy, fatty food	Essential fatty acids	Fasting, exercise, sweating, vomiting
<b>ASTHI</b>	support	Osteoporosis, poor posture, cavities	Excess protein, refined sugars	Mineral rich food, sesame seed,	Panchakarma, esp basti

		in teeth, hair loss, beard on women		sea vegetables	
<b>MAJJA</b>	Filling space	Sunken or protruding eyes, heaving, sticky, numbness	Stress when eating	Vit. B-rich food, proteins, lecithin	Elimination of excess doshas
<b>SHUKRA</b>	reproduction	Pre-occupation with fears and anxieties while eating	Milk, ghee, rejuvenative herbs	Exercise, sweet and bitter food, sex	

**Table 3: Importance of Dincharya.<sup>5</sup>**

Dincharya	Importance
<b>Anjan (applying kajal)</b>	Clear and brightness of the eyes
<b>Dhoompans (inhalation of medicated smoke)</b>	Decreased foetid smell from nose and mouth, Alopecia, Gray hair and Falling
<b>Nasya</b>	One who practices nasya regularly is not affected by graying of hairs, white hairs and hair falls, eye diseases, etc
<b>Dantopdhavna (teeth brushing) Jhivanirlekhna (tongue cleaning)</b>	Having the tastes of pungent, bitter and astringent twigs are good for brushing. Remove foul smell from mouth and better to teeth
<b>Mouth Freshners</b>	Mouth fresheners such as jaati katuka, pooga, lavanga, tamboola have been described
<b>Murdhni Taila</b>	It is the process in which sneha is applied on the head and does not suffer from headache, alopecia, greaying of hairs
<b>Sharir Parimarjana (body cleaning)</b>	Alleviates foul smell, itching and dirt
<b>Anulepana (Deodorants, perfumes, face-pack, etc)</b>	
<b>Ratna and abhushana dharan (Use of precious stones and metals in the form of jewellery)</b>	

**Table 4: Ritucharya and its Importance.<sup>6</sup>**

Ritucharya	Importance
<b>Shishir</b>	Massage with oil/powder/paste, bathing with lukewarm water, exposure to sunlight; food having sour as the predominant taste are preferred.
<b>Vasant</b>	One should take easily digestible food. May do exercise during vasant riyu, Udvartana, One should bath with hot water and used paste of Chandan and Agru on body.
<b>Greshma</b>	Foods which are light to digest, staying in cool places, applying sandal wood and other aromatic pastes over the body.
<b>Varsha</b>	Foods having sour and salty taste and of sneha qualities are to be taken. use of boiled water for bath and rubbing the body with oil properly after bath is advised.
<b>Sharad</b>	Food are having sweet and bitter taste, and of light to digest and cold properties are advised.
<b>Hemant</b>	One should use unctuous, sweet, sour, and salty foods; Exercise, body and head massage, sunbath, use worm water.

**Table 5: Ayurvedic drug used in Cosmetology**

**Varnya.<sup>7</sup>- Varnya is the group of drugs, which have complexion promoting action**

<b>Raktachandan (Petrocarpus santalinus)</b>	<b>Natural toner and skin rejuvenator &amp; Anti-septic, Ant allergy &amp; Anti-Inflammatory.</b>
<b>Lodhra (Symplococ racemosa)</b>	Skin glow, blood purify, Leucoderma, Leprosy, Psoriasis and Inflammation.
<b>Manjishtha (Rubia cordifolia)</b>	Purifies the blood, skin diseases, improves complexion of skin
<b>Ushir (Vetiveria zizanioides)</b>	Anti-Inflammatory, Anti-septic, dryness and cracking of skin.
<b>Swhetacandana (Santalum)</b>	Various skin disorders, improves the skin

album)	complexion, relieves the itching, burning and redness of the skin
<i>Kumkum</i> ( <i>Crocus sativus</i> )	Improves complexion. useful in hyperpigmented spots.
<i>Punnaga</i> ( <i>Calophyllum inophyllum</i> )	skin rejuvenator, skin diseases like acne, acne scars, psoriasis, eczema, dermatitis

Table 6: Moisturizers and Skin Tonics.<sup>8</sup>

Aloe vera ( <i>Kumari</i> )	<b>Moisturizer, Sunscreen &amp; Emollient</b>
<i>Calendula officinalis</i> (Marigolds)	Wound healing
<i>Cichorium intybus</i> ( <i>Kasani</i> )	Skin blemishes
<i>Curcuma longa</i> (Turmeric)	Antiseptic, Antibacterial, Improves complexion
<i>Daucus carota</i> (Wild carrot)	Natural toner and skin rejuvenator
<i>Glycyrrhiza glabra</i> ( <i>Yastimadhu</i> )	Skin whitening
<i>Ocimum sanctum</i> ( <i>Tulasi</i> )	Anti-aging, Antibacterial & Antiseptic
<i>Rosa damascene</i> ( <i>Gole Mohammad</i> )	Toning & Cooling

Table 7: Anti-Aging (Vayasthapana)<sup>9</sup>

Terminalia chebula ( <i>Hantaki</i> )	<b>Anti-oxidants, Astringent and Anti-septic</b>
<i>Emblica officinalis</i> ( <i>Amalaki</i> )	Anti-oxidants, Anti – Allergy Properties
<i>Tinosporia cordifolia</i> ( <i>Guduchi</i> )	Anti-oxidants, Anti-microbial activity
<i>Terminalia bellerica</i> ( <i>Bibhitaki</i> )	Anti-oxidants, Anti – Allergy, Anti-Bacterial
<i>Sida veronicaefolia</i> ( <i>Nagbala</i> )	Aphrodisiac, Rejuvenative effects
<i>Emblica ribes</i> ( <i>Vidanga</i> )	Anti-aging, Anti-fungal, Anti-Bacterial
<i>Piper longam</i> ( <i>Pippali</i> )	Anti-aging, Anti-microbial activity

Table 8: Yog for Health and Beauty.<sup>10</sup>

<b>Yogasana</b>	<b>Importance and benified</b>
<i>Padmasana</i> (Lotus pose)	Calms down your brain and relieves your stress making it amazing for healthy glowing skin.
<i>Paschimottanasana</i>	It purifies the blood, improves

<b>(seated forward bend pose)</b>	skin elasticity and reduces the wrinkles along with giving skin complexion.
<i>Ustrasana</i> (camel pose)	Ustrasana improves the blood flow in your head which improves your skin and hair by removing toxins from the blood.
<i>Dhanurasana</i> (bow pose)	Dhanurasana improves your total body flexibility, detoxifying your body thus resulting in great glowing skin.
<i>Sarvangasana</i> (shoulder stand)	This improves blood circulation helps in improving facial glowing skin.

Table 9: Panchakarma for beautification of skin.<sup>11</sup>

<i>Abhyanga</i>	Abhyanga is effective application of oil followed by a massage in specific directions. It helps in purifying the skin from dirt, beautifies the body figure, nourishes the body tissues for healthy living. it enhances the body complexion and helps in keeping the original texture of the skin.
<i>Udvartana</i>	Udvartana is a treatment in which specific medicinal powders like drugs of Varnya gana are used in massage in specific directions to attain healthy skin. It enhances the body complexion, eliminates the bad odour, and cures the feeling of itching.
<i>Swedana</i>	Swedana is a type of procedure or an Upakarma (Purva Karma) in which induction of sweating is done for therapeutic procedures by different means. With the use of Swedana, one can achieve the soft and lustrous skin. It leads to the brilliance of the skin and prevents premature aging.
<i>Vaman</i>	A procedure in which toxins present in the body are removed by inducing the vomiting. It has great effects on treating the various type of skin-related disorders. As it deeply rinses the body by eliminating the morbid Dosha out from the body and leads to healthy skin.
<i>Virechan</i>	It is a procedure of expulsion of toxins of the lower gastrointestinal tract through the anal route It helps in healing

	skin related disorders. Like Vyanga (pigmented spots present on face), and Nilika (bluish discoloured patch over the skin) by cleansing the morbid doshas from the body.
<b>Basti</b>	Basti is a procedure in which the medicine is administered through the rectal, urethral, or vaginal route according to diseases. Panchaprastrik Basti, kushthahara ganadi basti, Varnyadi gadadi basti mentioned in classical text.
<b>Nasya</b>	A Procedure in which medicine is administered through the nasal route. It gives beneficial effects in treating the pigmented spots on the face and intercepts the premature wrinkling of the skin.
<b>Raktamokshana</b>	It is a minor surgical procedure of allowing the blood to bleed for therapy. It works best in treating skin related disorders like skin eruptions, Wangra (blackish discoloration over face). Piplu, fungal infection, Reddish patches on the skin. It also heals the bad body odor. Itching, and black pigmentation over the skin.

**Table 10: Role of Rasayana in beautification of skin.<sup>12</sup>**

Among *Ashtang Ayurveda*, *Rasayan* is the one that prevent ageing of the skin, maintains *prabha*, *varna* and the entire body as well as deals with optimum life span.

<b>Aushadh Rasayana</b>	<b>Based on drugs and herbs.</b>
<b>Ahar Rasayana</b>	Based on diet and nutrition.
<b>Achar Rasayana</b>	Based on conduct and behaviour.

**Table 11: Role of Diet and Nutrition.<sup>13</sup>**

*Ahara* - (Balanced Diet)

It plays vital role in maintaining physical and mental health. Nutritious *ahara* maintain entire skin complexion. *Ahara Vidhi Vishesh Ayatanan* means These are the special factors in the science of diet and dietetics. Ayurvedic classical texts give due regards to these eight factors which determine the utility of various types of food.

**Table 12: Ahara Vidhi Vishesa Ayatan**

<b>Name of The Factor</b>	<b>Description</b>	<b>Explanation with Example</b>
<b>Prakrti</b>	Nature of the food substances. <i>Prakrti</i> indicates the nature of the substance, i.e. inherent attributes of diets and drugs.	<i>Masha</i> is heavy and <i>Mudga</i> is light and meat of <i>Sukara</i> is Heavy and that of <i>Ena</i> is light.
<b>Karana</b>	Processing of food substances. Processing results in the transformation of the inherent attributes of substances.	Transformation of the food quality is effected by dilution, application of heat, cleansing, churning, etc
<b>Samyoga</b>	Combination of two or more food substances.	Combination of honey & ghee or honey, fish and milk.
<b>Rashi</b>	Quantity of substances to be taken	Quantity of all things involved is <i>Sarvagraha</i> and that of each and everything individually is <i>Parigraha</i> .
<b>Desha</b>	<i>Desha</i> denotes the habitat of food substances.	It determines the variations of the qualities of the substances according to their geographic region, due to different soil etc.
<b>Kala</b>	Time as age, seasons and conditions	Time factor is described in dual context; one pertains with daily and seasonal variations while other deals with individual's conditions of age and disease.
<b>Upayoga Samstha</b>	It consists of dietetic rules	-----
<b>Upayokta</b>	Habit and state of individual	It means the person who takes food.

**Conclusion:**

India is blessed with Ayurveda which has many ancient techniques for maintaining good health with beauty. Ayurveda emphasis on *dhincharya*, *Ritucharya*, *Panchakarma* therapy etc. for enhancing

beauty. Ayurveda also offer vast amount of information on principle of anti-aging activity. This is the secret of beauty explained according to Ayurveda.

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