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Saundarya

Ayurveda
perspective of
Beauty &
Personality



Myanmar



Iran



Indian



Kenya



Africa



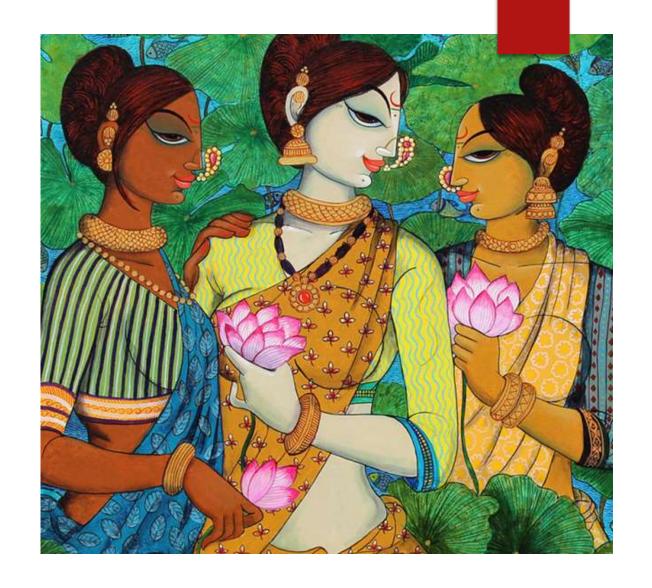
France

Beauty across different Cultures

What is beauty?
Is beauty a form?
Is beauty a color?
How to measure beauty?

3 Foundations of Beauty

- Roopam Outer beauty Shining Hair & radiant Skin
- Gunam Inner beauty
 Pleasing personality
- Vayastyag Lasting beautyYounger than age



Outer beauty A reflection of inner health

- Vyakti (Gender)
- Prakruti (Body Type)
- Sara (Dhathu Sarata)
- Ojus
- Samhanana (Compactness of body)
- Twak (Skin complexion)
- Pramana (Measurement)
- Dirghayu lakshana (Signs of long life)



Femininity & Masculinity

- Difference in Aesthetic appreciation.
- Binaries of Nature:

Sun	Moor

- ▶ Light Dark
- ▶ Day Night
- ▶ Inhale Exhale
- ► Shiva Shakti
- ► Yin Yang
- ► Sulfur Mercury
- ► Feminine Masculine



Men are Seetha snigdha Women are Ushna snigdha

Life is oneness of Duality

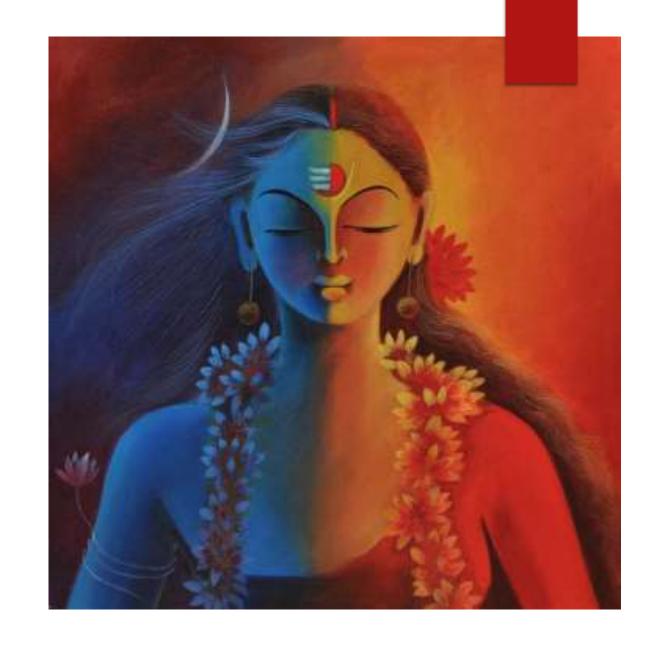
Individual has masculine & feminine energies.

Life is integration.

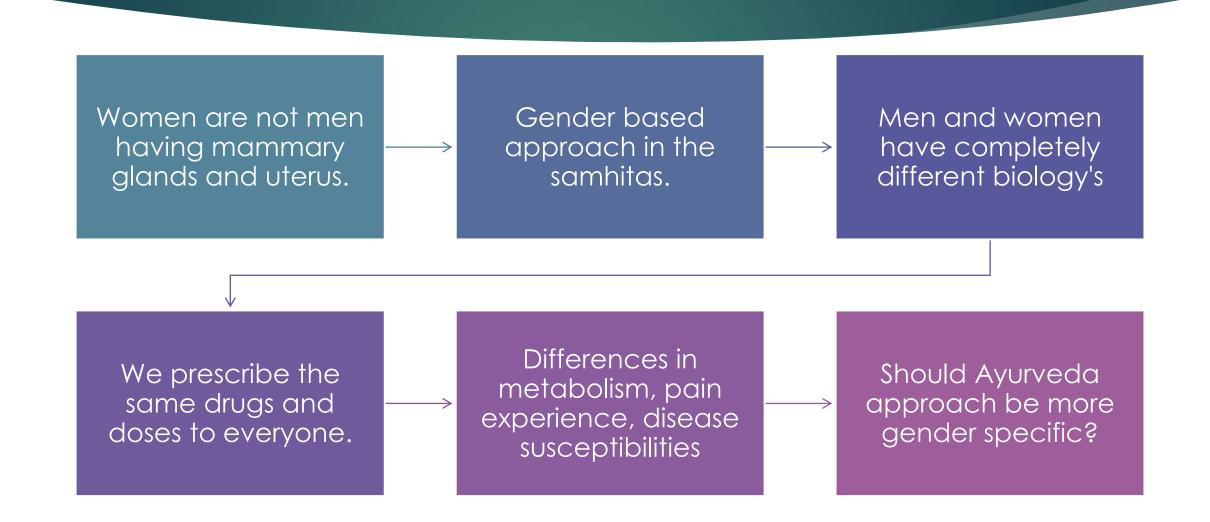
Matruja Bhava & Pithruja Bhava coexist in the body.

Man has prolactin and FSH.

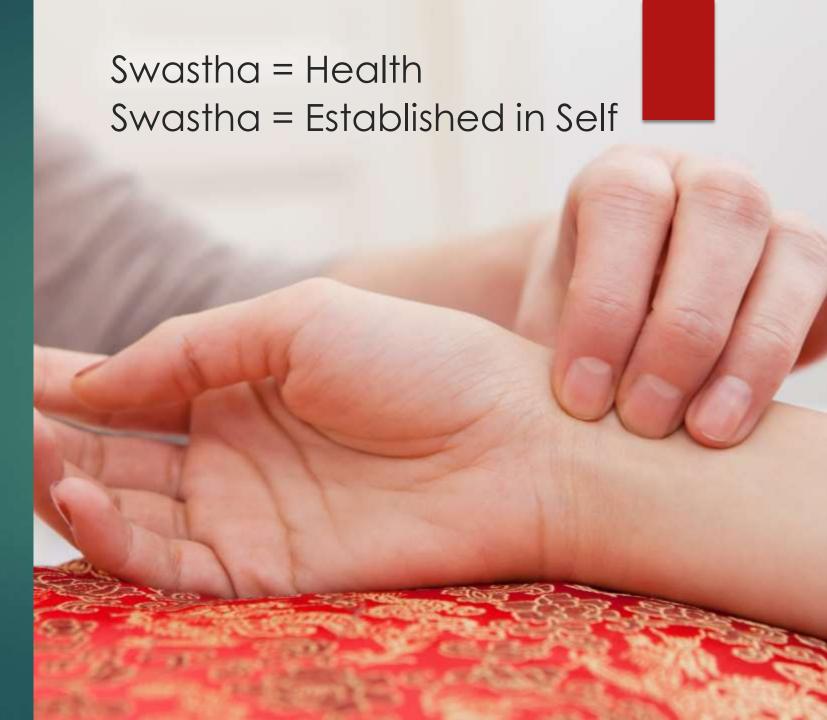
Woman has testosterones.



Gender Based Medicine



Body Type
Ahamkara
You're Unique!



Vata Body Type

- ✓ Thin, non- muscular body.
- ✓ Thin, dry, coarse and curly hair.
- ✓ Long, angular face; thin neck; small nose & eyes.
- ✓ Small mouth, with thin, narrow lips, irregular teeth
- ✓ Active, restlessness; quick gait; lack the stamina.
- ✓ Light, interrupted sleep of 5-7 hours a day.
- ✓ Rapid, chaotic speech; changes of mind
- Artistic & creative with a good imagination.
- ✓ Fearful, worrisome and anxious.



Pitta Body Type

- ✓ Moderately physique muscular limbs.
- ✓ Skin is soft, lustrous, warm, perspire more.
- ✓ Fine, soft, brownish; premature grey hairs.
- ✓ Face is heart-shaped, pointed chin; pointed nose.
- ✓ Usually active, particularly in sports.
- ✓ Overly competitive, proud, intolerant, & irritable.
- ✓ Loud, strong voice and precise, convincing speech.
- ✓ Intellectual & precise due to alert, focused mind.
- Sharp anger, irritable, jealous & aggressive.

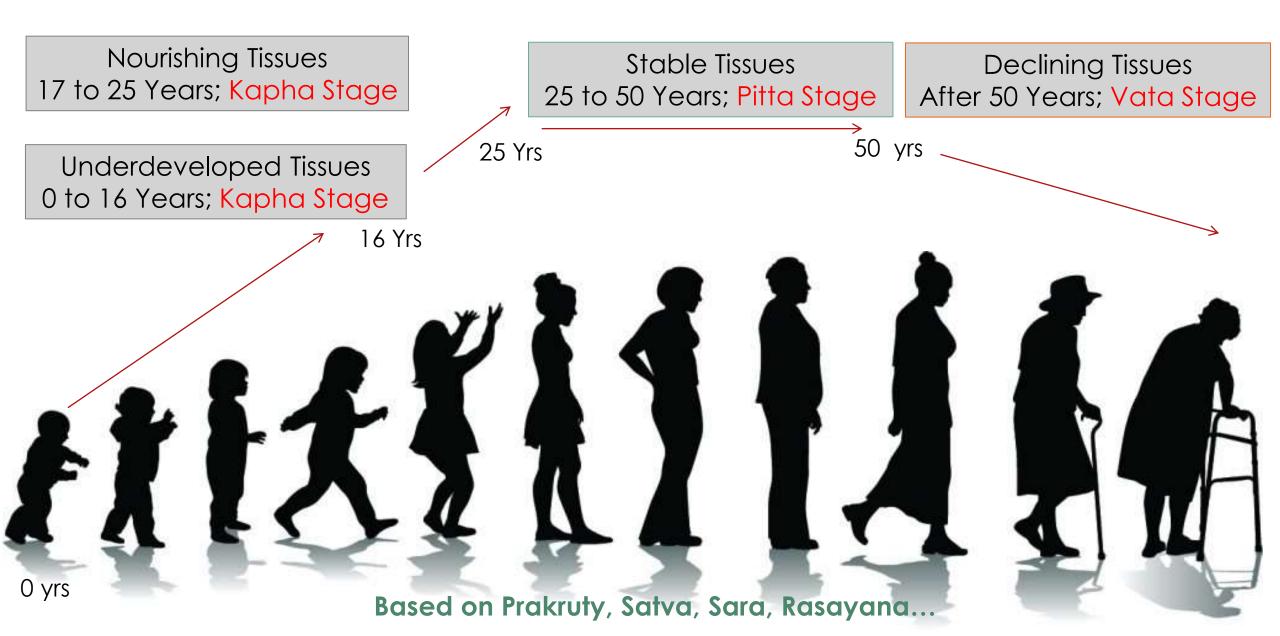


Kapha Body Type

- ✓ Broad, well-developed frame large, long limbs.
- ✓ Large round face; large nose.
- ✓ Large, attractive, eyes, thick eyelashes; full lips.
- ✓ Pleasant, deep voice; slow, rhythmic speech.
- ✓ Thick, wavy, lustrous & black or dark hair.
- Calm, steady, considerate, patient, slow to anger.
- ✓ Loyal, forgiving and understanding
- ✓ They can be lazy, if not driven.
- ✓ Long hours of deep sleep



Stages of Lifespan



Dhatu Sara – Tissue excellence

Measure to assess the health of an individual. State of excellence of a Dhatu

Sahaja

Ahara

Vihara

Agni

Srotas

Dhatu Sara

Rasa: Oily, Soft & Smooth skin, Clarity of complexion, glow & lustrous skin



Rakta: Good coloration of the cheeks, lips, ear lobes, tongue, tip of nose



Mamsa: Strong muscles, good facial expression and eye movements



Ojus

- ► Arogyam = Ojus
- Ojas is refined from progressive transformations of Dhatus
- Ojus is the essence present in every dhatu
- Sara of all the 7 dhatu
- ▶ Thejo Guna + Soma Guna
- Soumya agneyam Jagat is expressed inside body



Ojus

Ojus bestows:

- Strength
- Stability and growth of muscles
- ► Ability to perform all functions
- ► Clarity of voice
- Brightness of complexion
- ► Perception of sense organs

Causes of Premature Ageing

Symptoms of Oja Kshaya

Factors adverse to Ojus:

- Excessive Physical exertion
- Fasting for long period
- Constant worries
- Consumption of dry food
- Restricted food intake
- Excessive exposure to sun & wind
- Anger, fear, grief & sorrow
- Keeping awake at nights
- Physical & emotional trauma

- > Assessment of Samhanana of
 - > Rakta
 - > Mamsa
 - > Asthi

- Susamhata (Balavanta)
- Asamhata (Alpa Bala)
- Madhya sareera (Madhya Bala)

Samhanana

Compactness of body

Varna

Chaya & Bhrajaka Pitta

Prabha

Varnya (Complexion promoter)
Eg: Varnya Mahakashaya; Eladi gana

Kesya (Suitable to the hair)
Eg: Vibhitaki, Yashtimadhu, Bhringaraja, Japapushpa

Tvachya (Suitable for skin)
Eg: Tvak prasadana, Sveda janana



Pramana - Measurements

Dirghayu Lakshana Signs & symptoms of long life

Concept of Asta Nindita Purusha & Endocrinal presentations:

- Ati Deergha Pituitary gigantism
- Ati Hrasva Pituitary dwarfism
- Ati Loma Hirsutism
- Aloma Hypotrichosis
- Ati Krushna Hyper melanosis
- Ati Goura Hypomelanism / albinism
- Ati Sthoola Hypothyroidism / PCOS / Cushing s syndrome
- Ati Krusha Hyperthyroidism / malnutrition

Elixir of Life? Fountain of Youth? Rasayana nourishes & re-stabilizes Ojas

What is Rasayana?

Rasayana - Study of appropriate & accelerated Nutrition.

Rasayana promotes Tissue excellence (Sara).

Rasayana promotes Ojus.

Rasayana is not just Geriatrics.

Rasayana extend our Health span.

Rasayana

Naimithaika (For Cure of Diseases

Kamya (Promote Normal Health)

Prana Kamya (Vitality & Longevity)

Medha Kamya (Higher Mental Faculty)

Sri Kamya (Complexion & Lustre)

Rasayana

Achara Rasayana (through Lifestyle)

Ahara Rasayana (through Diet)

Oushadha Rasayana (with Herbs) Rasayana

Vathathapika (Outdoor - basis)

Kutipraveshika (Isolation - basis)

Classification of Rasayana

Kuti Pravesika Rasayana

Isolation Procedure for Anti ageing

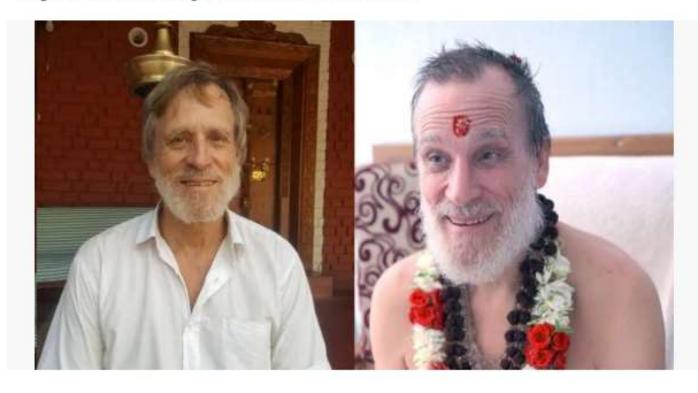
Complete rest to all sensory organs 4 weeks to few months

Kuti Pravesika Treatment

- Cleansing process followed by Isolation.
- Isolation in a 3 chambered building.
- Innermost sanctum remains dark.
- Room temperature is maintained.
- External noises are reduced.
- Smell is also blocked off.



69-yr-old brims with youthfulness after kayakalpa rejuvenation ayurveda treatment



Cut off from the world outside and living solitarily in the dark confines of a specially built trigarbha griha (three-chambered building) for 121 days and living on a specially made medicine or rasayana, Kedar, a 69-year-old transcendental meditation guru, came out young, hale and hearty and strong on Friday.



Kuti Pravesika Treatment Process

- ▶ Only form of human contact while serving meals.
- ▶ A mixture of Amla & herbs
- Milk from the medicated native cow
- ▶ Body & mind slowly adjusts to this isolation & diet.
- ▶ Need of research

Achara Rasayanam

Mode of living, behavior and conduct for Healthy Long Life

- Psychological Aspects
- Spiritual Aspects
- Food & Nutritional Aspects
- Social & Behavioral Aspects
- Personal Aspects

- Ayurveda & Nature
- Internal Biological Clock
- Supra-Chiasmatic Nucleus
- SCN controls blood pressure, temperature, hormone
- Disruption of Biological clock

Ahara Rasayana

Dietetics for Healthy Long Life

- Mental state while eating & Digestion
- Annam Brahma ithi vyajanat
- 6 tastes in Food
- Madhura rasa is best for skin & hair
- Lavana rasa is worst for skin & hair

Oushadha Rasayana

Herbs for Healthy Long Life

- Can't define Rasayana based on the Guna or Veerya
- Guloochi, Pippali, Yashtimadhu are Rasayana
- Draksha is not a Rasayana

Rasayana Herbs - Qualities

- ▶ Can't define Rasayana based on the properties.
- Work in apt requirements like a lock and key.
- Selection of Rasayana herbs is very important.
- Narasimha rasayana, Agastya rasayana



Naimithika Rasayanam

For Cure and for the Non-Recurrence of Diseases

Kamya Rasayana

Promote Vitality, Longevity, Higher Mental Functions; Complexion & Luster

- Prana Kamya
- Medha Kamya
- Sree Kamya

Kamya Rasayana – Promoter of Health

Age	Loss	Desirable Rasayana
1-10	Childhood	Acorus Calamus, Gold
11-20	Growth	Gmelina arborea, Sida cordifolia
21-30	Body glow	Emblica officinalis, Iron
31-40	Grasping power	Convolvulus pluricalis
41-50	Luster	Celastrus paniculatus
51-60	Vision	Celastrus paniculatus
61-70	Vigor	Withania somnifera, Mucuna Pruriens

Rasayana has to be selected in consideration of age, constitution, habituation, digestion, Sara, channels of circulation, season etc.

Rasayana for different Structures

Eye –		Triphala
Lymph	_	Asparagus
Blood	<u>-</u>	Iron, Emblica officinalis
Muscle	<u>-</u>	Meat soup
Fat	<u>-</u>	Milk, Commiphora mukul
Bone -		Laccifer Lacca, Red Coral
Nervous tissu	ie -	Convolvulus pluricaulis
Reproductiv	e -	Milk, Mucuna Pruriens



Thank you

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