



Yogakshema

Do you know your Daily regime (Dinacharya) can give you Cosmetic effect.

Dr. Noor Fathima, MD (Ayu), PGDCC

Beauty is not just a source of joy. It also soothes the mind by boosting an individual's confidence. Increased demand for beautification is evident by the magnitude of a beauty competition, beauty parlours, a range of makeup items like creams, lotions, powder etc. The desire to become beautiful by using chemical-based cosmetics is giving rise to certain problems. Also, factors like changed lifestyle and the polluted atmosphere are harming skin and health of every individual.

Ayurveda, one of the world's ancient medical science, deals with all aspects of human life. It emphasizes on external and internal beauty.

Ayurveda defines beauty as "Roopam, gunam, vayastyag, iti shubhanga karanam.

The three pillars of beauty are

- 1. Roopam** - the outer beauty which is personified by shining, healthy hair and a clear, radiant complexion.
- 2. Gunam** - this refers to the inner beauty that shines from within, characterized by a warm, pleasing personality and innocence of mind and heart.
- 3. Vayastyag** - means lasting beauty which makes one look, and feels, younger than their chronological age.

Thus, Ayurveda does not focus only on cosmetics to achieve a state of true beauty. Ayurveda gives importance to Dinacharya, i.e. daily regime, which is said to be healthy for human beings. There are Dinacharya procedures for skin becoming healthy with good complexion and texture.

My small effort in highlighting Dinacharya (Daily regime) as a restorative intervention in cosmetology is as follows. It educates people about living a healthier, happier and longerlife.

Dinacharya starts with waking up in the morning, in brahamimuhurta, followed by mala mutra visarjana, dantadhavana (Brushing teeth), kavala, Gandusha (oil pulling & Gargling), etc. Hygiene is as important as cosmetic application. Beauty is not achieved in one day, but it can be enhanced or maintained by following certain daily

regimens mentioned in our Ayurvedic Classics.

A healthy man should wake up in Brahma Muhurta. This protects his Ayu (longevity). As per ayurvedic ideology, the Brahma Muhurta (90 minutes before Sunrise) is the dominance of vata dosha and indeed controls the mana (Mind). Hence Brahma Muhurta is necessary for spiritual evolution. When a person wakes up early in the morning, his ageing process is delayed. When one wakes up in Brahma Muhurta (before sunrise), the are Satvika (righteous) qualities in nature brings peace of mind and liveliness to senses, that in turn will influence in enhancing one's beauty.

Danthadhavana (brushing): Cleaning teeth brings freshness by removing bad breath and gives a nice coating to teeth. It increases the beauty of teeth.



One should brush in the morning and at night before going to bed. Arka (Calatorpis procera), Khadir

a (Acacia catechu), Karanja (Pongamia pinnata) and Arjuna (Terminalia arjuna) are useful herbs which cleanse the mouth.

Jihwanirlekhana (cleaning of the tongue), Gandushadharana (oil pulling), helps in removal of foul smell and prevents lips from cracking, gives

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tenderness to face. Smile is the person's ability to express the range of emotions with the structure and movement of the teeth and lips. It often determines how friendly a person is in society. So, to remain confident, proper care of teeth and lips is essential.

Nasya: Nasya therapy is a process where the therapeutic drug (herbal oils and liquid medicines) is administered through the nostrils.



Nasya ensures proper and healthy growth of hair. This therapy enhances the activity of sense organs and protects the person from diseases pertaining to the head. The regular administration of Nasya effectively prevents the premature ageing process.

Abhyanga: It is one of the most popular therapies for the maintenance of health, according to Ayurveda. It is the process by which the body of an individual is massaged with oil. Regular practice of Abhyanga



enhances the looks and reduces wrinkles. It relieves tiredness and weakness, improves the eyesight, tones up the body tissues, strengthens the body, induces sound sleep and imparts a glossy and soft appearance to the skin. Altogether, it improves the general health of an individual. It improves circulation.

It promotes nutrition to the cells and helps in increasing the production of sweat, which helps in the excretion of waste products through the skin. Shiro Abhyanga (Oiling of head): one who applies oil on his head regularly, doesn't suffer from headache, and the skin of his face glows.

Snana (Bathing): Snana is the regimen that when practised daily, removes dirt and makes the person healthy. Snana is purifying, a libidinal stimulant which gives longevity. Taking



a bath is auspicious, and enhances virility, strength, compactness and complexion.

Anjana (Collyrium): Eye is the most important among all the sense organs. To protect it, one should apply Anjana (collyrium) every day. The gold ornaments are cleaned using oil, cloth and hairbrush, similarly, application of Anjana cleans the human eyes, which makes them shine like the bright moon



in the clear sky. This also increases the beauty of the eyes.

The benefits of following Dinacharya (daily regime) gives benefits like glowing skin, pleasant appearance and also acts as anti-ageing. The cosmetic industry flourishes by using the principles of procedures like Abhyanga (oil massage), Anjana (Kajal), etc. They produce products like creams, moisturizers, sunscreens, day creams, night creams, face packs, kajal and so on. Modern science accepts the benefits of massage but lacks the principles and remedies of Ayurveda.

Beauty is not obtained in a single day. Everyone wants to be beautiful and for that people are using many beauty products with chemicals which have shown adverse effects on the skin. This is the reason why people are attracted to Ayurveda, as it is efficient and has long-term beauty therapies without any harmful effects. But as we know, lifestyle has a unique role in improving and maintaining the beauty of an individual. So by following the Ayurveda in the form of Dinacharya, we can promote and restore beauty in a natural way.

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Kumari - Aloes Plant

Botanical Name: *Aloe barbadensis mill*
Family: *Liliaceae*

Aloe vera is extensively used in beauty products and for a good reason. Since the skin needs nutrition, Aloe Vera, when formulated into a properly designed personal care regimen, can treat, exfoliate, restore, reveal and provide ongoing, impressive nutrition to the skin. The miracle herb that can be used to treat wounds, minor cuts, dry skin and severe burns.

1. Take a 2-3 teaspoons Q.S. of aloe vera fresh pulp with a pinch of turmeric, a teaspoon of honey, a teaspoon of milk and a few drops of rose water. Blend this mix till you get a paste. Apply it and leave for about 20 minutes & wash it using lukewarm water to get rid of Dry Skin.

2. For acne-free skin: 2 teaspoons of aloe vera gel with 3-4 drops of tea tree oil and 1 vit E capsule – mix it well and apply in night hours.

3. To check dry hair and hair fall: Mix the pulp of aloe vera with Triphala choorna and massage the scalp for 5 minutes and apply as a pack, It promotes hair growth, prevents itching on the scalp, reduces dandruff and conditions your hair.

4. Consuming pulp aids in IBS(irritable bowel syndrome) and Constipation.

YOGASANA



Gomukhasana



Gomukhasana means cow face pose. The final posture appears like the face of a Cow, hence this posture is called as Gomukhasana.

Method:

- Step 1: Sit with legs stretched out, bend the left leg & bring the foot under the right hip.
- Step 2: Bend the right leg over left leg & draw it towards the left hip, keep the right knee on the left one.

- Step 3: without rising, bend the left hand behind & bring the palm facing upwards, raise the right hand, bend down to reach left palm & clap.
- Step 4: Hold in the position & close your eyes, breathe slowly & release the hands & legs slowly.

Benefits :

- Gives flexibility to ankles, knees, thighs, muscles.
- Increases the tonicity of the muscles.

Contraindications :

Cervical spondylitis, bones degenerative condition.

Indication:

Obesity, Diabetes mellitus type II, Hypothyroidism



Beauty Care that is natural and divine.

Beauty is more than skin deep. So, we treat you with exotic herbs, pure foods and beauty care that is simply natural and divine.



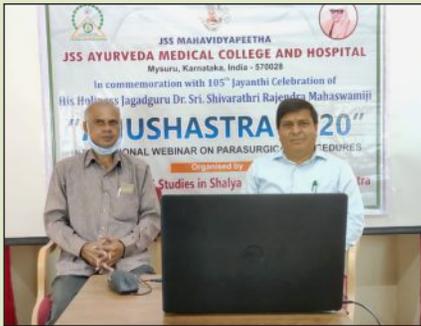
Face: We take you through a holistic path for healthy and glowing skin. Our wide array of natural facials and customized diet plans will help you enhance your beauty naturally.



Hair: Ayurvedic treatment for hair is time-tested. It is healing for the scalp and beautifying for the hair. We address the root of the issue to make your hair healthy, lustrous and shining.

Report on Inaugural function of "ANUSHASTRA-2020" International webinar on Parasurgical Procedures

8th September 2020



Department of PG Studies in Shalya tantra and Shalakyatantra, JSS Ayurveda Medical College, Mysuru, organized a five-day International webinar on Parasurgical procedures "ANUSHASTRA - 2020" from 8th to 12th September 2020.

The programme was inaugurated on 8th September 2020, at 11 am with an invocation by Dr. Lavanya. The dignitaries and delegates were welcomed by Dr. Sarbeswar Kar, Principal and Medical Superintendent, JSS Ayurveda Medical College, Mysuru.

Dr Rajesh A Udupudi, Dean, JSS AMC briefed about the events of five



days webinar which covers ten scholarly scientific sessions from

national and international famed resource persons. He proudly declared that more than 1200 delegates across the globe have registered for the webinar and more

than 200 delegates have registered for the scientific paper presentations including UG students, Internees, PG Scholars, PhD Scholars, and faculty members of Ayurveda Colleges across India.

Prof. K. S. Dhiman, Director General, CCRAS, New Delhi in his inaugural address

mentioned about the validation of Anushastra using present-day modern



parameters so that it can reach the general public and also he highlighted the works carried out in CCRAS in this regard.

Sri. R. Mahesh, Director, Medical Education, JSS Mahavidyapeetha, conveyed his best wishes to the webinar.

Dr. Siddayya Aradhyamath, Organizing Secretary & Head of the Department of PG Studies in Shalya tantra, JSSAMC rendered the vote of thanks.

After the inauguration, Keynote address was delivered by one of the luminaries in Ayurveda Prof. Manorajan Sahu, Founder Director, AIIA, New Delhi, Ex Dean, Faculty of Ayurveda, IMS, BHU. In his address, Sir described newer techniques of Ksharasutra like IFTAK and gave a detailed explanation with examples of cases in pictures and videos. And also explained the importance of Anushastra.

Valedictory Report on Anushastra

The valedictory programme of 'Anushastra', was held on September 12, 2020 from 2- 4 pm.

The programme commenced with an invocation by the PG students of the Department of Shalyatantra, JSSAMC, Mysuru.

Dr. Sandhya Rani, Reader, Dept. of Shalakyatantra, JSS AMC, Mysuru, in presentation of webinar said that there were 1250 delegates, 200 scientific papers and 20 poster presentations in the webinar.

Chief Guest Dr. Prasanna Narasimha Rao, Principal, SDM Institute of Ayurveda, Hassan, in his address explained his view that 'ANUSHASTRA' is very much relevant in the present situation. He briefly narrated how Ksharasutra commenced and how it is being practiced in modern days, and similarly, how leech therapy is practiced in plastic surgery [as decongestant] and also in treatment of migraine and piles.

Dr. Ahalya Sharma, Principal, Government Ayurveda Medical College, Bengaluru, who was



the guest of honour, expressed her view that a blend of both Ayurveda and modern medicine, without disturbing the principles of Ayurveda is the need of the hour.

Dr. Gurubasavaraj, Professor, RSBK, In-charge Principal presided over the programme. In his address he observed that in this era of super-specialty surgical procedures, 'Anushastra' mentioned by Acharya Susrutha, is relevant in managing certain chronic and recurrent disorders.

Dr. Vivek G.K., Asst. Professor, Dept. of Shalakyatantra gave a vote of thanks.

Dr. Aiyanna P.P., Asst. Professor, Dept. of PG studies in Shalyatantra anchored the programme.

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Teachers Day Celebration Report

JSS Ayurveda Medical College & Hospital celebrated Teachers Day on 05.09.2020. The Programme began with an invocation remembering the great legacy of Guru Parampare of Sri Kshetra Suttur.

Dr. Rajesh A Udupudi, Dean welcomed the guests and gathering.

Sri. R Mahesh, Director, Medical Education Division, JSS Mahavidyapeetha was the, Chief Guest for the function. He spoke about the duties and responsibilities of teachers, especially during this COVID situation. He applauded the role of teachers in building a healthy society.

Dr. Sridhara B. S. Joint Director, State AYUSH Board, Bangalore was felicitated as "Best-Teacher" on this occasion. He spoke about the education system and the role of teachers in building a strong society. He also threw light on Ayurvedic Medicine which helps to boost immunity in this Pandemic time.

Dr. Jayaraj.R. Prof, Department of Kaumarabritya, JSS Ayurveda Medical



College and Hospital was awarded as "Best-Teacher" of the year and was felicitated.

"Dhatu Vignana" – Book written by Dr. RajendraPrasad.M.L, Asst.Professor Department of Rasasastra was released by the dignitaries on this occasion.

Dr.Sarbeswar Kar, Principal, JSS Ayurveda Medical College & Hospital did presidential address and said that teachers should enlighten the younger generation for the upliftment of the society and lauded all the teachers for their sincere contribution.

Among other Dignitaries, Dr.Lakshmi Narayan Shenoy, Asst. Director, Government Ayurveda Research Center, Mysuru was also present on this occasion.

Dr.Aiyanna, Asst.Professor, Department of Shalyatantra rendered vote of thanks and Dr.Madhusudan.B.G, Reader, Department of Roganidana was Master of the ceremony.

All PG Scholars, Internees, Teaching faculty actively participated on this occasion.

