A course to be the beauty ; Ayurveda

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Abstract: Ayurveda is a wholistic system of healing which evolved in ancient India some 3000 - 5000 years ago. According to Ayurveda everything in the universe, including human beings, is composed of the Panchamahabhutas (five elements). And, the three main energies : Tridoshas form human body. It teaches us to balance tridoshas in order to achieve optimum health and well being. Ayurvedic medicine based on metabolic body type (dosha) theory. Ayurveda is staged for convert modern medicine and various researches tried to combine current medicine with Ayurveda.

Keywords: Ayurveda, Tridosha, Vata, Pitta, Kapha, Pancha Karma

I. Introduction

We are living in the abundance that gained by fast economic growth for the last 30 years. People of the day invest a lot of effort and time than any time in order to be beautiful. Spending money to be a beauty isn't regrettable, and it is most phenomena, they have no regard for body and do a forcible diet. No, it maybe right to say that they have made a lot of their endeavors for a very long time. Even if desire of the people who are going to pursue beauty passes by the times, it is never dry. The beauty culture related industry showed annually a growth of 30 - 40 in depression of the same match recently fragmentarily, and to exceed in 15% in 2002. We can watch for a great interest of people about beauty so much.

However, interest about beauty are accompanied the problems that damaged health with forcible diet and Plastic surgery even if caused by an excessive consumption tendency besides the positive side that adorn oneself. If so, what is true beauty ? What must I do so that it is beautiful ?

Commonly, we talk about beauty by a modifier of beauty or a pronoun. You are beautiful like a flower or more beautiful than a flower... However, after a beautiful flower was already sick or having been dry, it is hard to say that. It is a meaning, nothing can brighten the unique beauty after having been sick. Therefore, a basic tyranny of beauty is health, and the body and mental health are included here. Psychosomatic medicine to treat the body and a spirit is contents of alternative medicine with the difference that a current medicine is distinguished.

There will be a lot of branches in a alternative medicine or therapy for health of mind and body, but the writer will talk on philosophy and management law of ayurveda for the health of mind and body that is an opening of beauty from now on.

II. Basic theory of ayurveda

Ayurveda is a wholistic system of healing which evolved among the Brahmin sages of ancient India some 3000-5000 years ago. Its aim is to provide guidance regarding food and lifestyle so that healthy people can stay healthy and folks with health challenges can improve their health. The word ayurveda has been coined by the conjunction of two Sanskrit words, "ayur" meaning life and "Veda" meaning knowledge. The word together means the knowledge of life. The Indian sages enscripted their knowledge about life and the fundamentals of ayurveda in the oldest scriptures known to mankind, namely the Rig Veda, Yajur Veda, Athrva Veda and Sam Veda. Ayurveda replaced earlier ideas on disease and Healing that were written down in the Atharva Veda. According to Ayurveda everything in the universe, including human beings, is composed of the Panchamahabhutas – Akash (Space or Ether), Vayu (Air), Jal (Water), Agni (Fire) and Prithvi (Earth). The biological energies that supports this elements are called Vata, Pitta and Kapha for the body and - Satwa, Rajas,
Tamas for the mind. And, Ayurveda recognizes three main energies: Vata, Pitta, and Kapha combine to form human body. It called the Tridoshas (tri meaning three and doshas being the basic physical energies). It teaches us to balance tridoshas in order to achieve optimum health and well being.

1. Mankind and a nature healing system

Mankind has the natural healing power that the body can overcome for the correspondence to unusual phenomenon to be delivered from an external stimulus or inner imbalance from time to be born. For example, what is recovered naturally if regular time passes when it falls over and is hurt or caught a cold is thing by this natural healing power. Therefore, having fallen ill means this nature healing system isn’t normal. By other expression, It is not for the heart or the stomach to have been sick, and a nature healing system of our body is indisposed. For that kind of a reason, it is basic theory of ayurveda that a secret to heal a disease, strengthens this nature healing system and helps the operation, and normalization had to get a healing mechanism done.

2. Cause of disease

How can we be healthy? If we think on the contrary, we can know the answer. We may find the answer in the cause of a disease. It is the Caraka Samhita, called the bible of ayurveda, is classifying the cause about a disease into the following three items greatly.

1. An abuse of a sense
2. Pranaparadha
3. Parinama

3. Constitutional medicine

Health comes when we live in harmony with our true nature. Ayurveda allows us to get a glimpse of that true nature and to find the best ways to live a life of balance. In Ayurvedic view a person is a unique individual. Thus, no same treatment applied for the same disease. According to Ayurveda, everybody is born with a typical balance of the Doshas (Biological Modes). The balance of the Doshas in parents determines the proportions at the time of conception. Ayurvedic medicine based on metabolic body type (dosha) theory. The each body type classified into Vata, Pitta and Kapha type. Each individual has a unique constitution that remains constant through life.

CHARACTERISTICS OF THE VATA BODY TYPE

Predominance of this dosha in an individual makes him a nervous person with fluctuating moods, quick but short memory and of a very creative mind. They are erratic and always unpredictable. A Vata's frame is usually tall or short, and always thin and low in weight with prominent bones and joints. They have thin skin which is rough and dry with a tendency to tan or be dark, with prominent veins. They will have curly, kinky, coarse, dry hair that's dark brown or blackish. Their teeth will usually be large, crooked and protrude. Both their heads and eyes will be small, quick and unsteady. The eyes will also be dark brown or black, dry, thin and dull. They are light sleepers with scanty, interrupted sleep patterns. They usually speak in a high pitched voice faster than they think. They generally spend money impulsively and so stay relatively poor. Their pulse is thin and feeble, and threads like a snake.

CHARACTERISTICS OF THE PITTA BODY TYPE

Predominance of this dosha in an individual makes him an easily irritable person who is goal oriented and has a good memory. They are moderately active, but with intensely competitive spirits. They can be overly aggressive and assertive, highly intelligent and organized, with nearly photographic memories. Stands with medium build, height, and bone structure, with soft, oily skin, that's warm to the touch. They have fair complexion, burning easily. The have a reddish or yellowish hue. Their hair is soft and oily and will bald and gray early. Until then it will generally be reddish or yellow-blonde. They sleep short and deep, with fiery dreams of war and violence. They know how to save, but usually for the purchase of luxuries. Their pulse is moderate, and jumps like a frog.

CHARACTERISTICS OF THE KAPHA BODY TYPES

Predominance of this dosha in a person makes him a large person with good muscular development. Kaphas are large, thick, big boned and strong. They stand not too tall. They have a tendency to be overweight and can become heavy by just looking at food! Their skin is thick, smooth, oily, and cool, with a tendency to be pale. Their hair is thick, wavy, oily, dark black or light blonde with strong even white teeth. Their eyes are large and well formed with ample whites showing and deep blue irises. Kapha people in general are slow, steady and reliable. They are good with money which they know how to conserve to an extreme. They can become overly greedy and attached. But they are extremely compassionate, forgiving, loving, and patient. They sleep deep and long, dreaming of romantic settings by lakes and rivers, or swimming. They speak slowly in a monotonous voice. Their pulse is broad and slow like the swan.
III. Healing method of ayurveda

Ayurvedic treatment is focused on elimination and neutralisation of the toxins from the body at the physical and mental level through a wide range of different methods. All the treatments are focused on restoring the balance. The approach is very personal and for that reason highly effective. Ayurvedic treatment include many-sided ways such as diet, exercise, meditation, massage therapy, herbal therapy, enema with pushing medicines in colon, blood letting, and purgation.

This treatments called Pancha Karma. It means the ayurvedic detoxification and rejuvenation. Pancha Karma is the cornerstone to Ayurvedic management of disease. Whereas diet, lifestyle and herbal supplements play key roles in creating and maintaining health; Pancha Karma is the process which gets to the root cause of the problem and corrects the essential balance of mind, body, and emotions. Ayurveda advises undergoing Pancha Karma at the seasonal changes to both keep the metabolism strong and keep toxins from accumulating in the Mind/Body. Using Pancha Karma prior to any rejuvenation treatment (herbal tonics and foods) greatly enhances the beneficial effects; for it cleanses the body, improves the digestion and improves the metabolic processes of the Mind/Body.

There are several eliminative procedures in Pancha Karma that assist in eliminating toxins; Therapeutic vomiting, Purgation, Therapeutic enema, Nose drops, Warm oil massage and sweat therapies.

1. Yoga, breathing, and Meditation

Yoga of ayurveda is sports prescription. A breathing and meditation can be one sections of the yoga and it is used for spirit healing and improving method independently.

(1) Yoga for sports prescription

* Five principals of yoga training
  1. An enough relaxation
  2. Harmonious physical training
  3. A correct breathing
  4. Appropriate food
  5. Positive thought and meditation

(2) A breathing and meditation of improving spirit and healing

* Three basic breathing laws
  1. Both nostril breathing law
  2. Breathing law of moon and breathing law of sun
  3. Breathing law of kapalabhati

2. Dietary treatment

All food is different in a way to react to the body because it has an each unique characteristic. According to ayurveda, we checks Rasa and Virya, Vipaka, Prabhava of each food in addition to a characteristic to be contrary of 10 pairs of them and choose suitable kind and amount of the food for each constitution.

Dietetics of ayurveda base on the simple truth that no matter how it is good food, it cannot become medicine to everybody, and no matter how it is bad food, it can become medicine to somebody. By looking for the cause to be disproportionate to personal constitution and takes takes in food to see in constitution of the person well, we may go forward to one step in healthy life more.

3. Massage

There is the massage field in ayurveda with concept of physical therapy. This is basically divided into “Snehana Therapy” and “Svedana Chikitsa”, and is plentifully used with a toxin removal method and a pain release.

Snehana Therapy

“Snehana” means oil. “Snehana Therapy” is able to devided into inside and external oil treatment, and massage belongs in external oil treatment. The main objective of “Snehana Therapy” is to make Ama soft and to melt and release it.

Also in Snehana Therapy, it is important to select and use the oil which corresponds in constitution of each one. For an example, in case of capa constitution, There is also generally a massage method which uses the powder in substitution of oil which has the immoderate nutrition.

* Representative oil medical therapy

  Abhyanga : The representative “ayurveda massage type” to uses the oil.

  Shirodhara : The oil medical therapy to plaster forehead, where the sixth chakras is, with the warm oil which is put medical plants in and be prepared. The medical therapy is used for the nervous to be healthy.

Svedana Chikitsa

In kind of heat treatments, it is possible to operate it with independence and it is used to operate it with process of panchakarma. This Svedana accomplishes the role which it assists ama and doshas, which became to melt and flow while doing an oil treatment, to eliminate more easily. In case of ama, it usually could be eliminated with sweat. This medical therapy must be
executed according to constitution of each one under consideration of hub and temperature and time.
In case of pitta constitution which have the characteristic of heat, this medical therapy must be executed as short as possible or not. And in case of kapha constitution which have the characteristic of water, dry sauna is good.

※ Representative fomentation medical therapy

- **Ushma Svedana** : sauna box or steam tent as the most general.
- **Nadi Svedana** : the therapy to drink steam through tube, lying in the bed.
- **Pinda Svedana** : with the fomentation which uses the rice, it is more unique than usual steam fomentation.

⊙ **Pancha Karma**

With very strong pain reduction medical therapy, it is a most strong cure method of the single cure in ayurveda. It is the purpose to discharges the *ama* and excessive *doshas* which are piled up in the body of the patient at the outside and to make the force of the body-inside strongest. It is impossible in the patient whose the vigor is too much weak only, so in this case, relaxation medical therapy is used or after reinforcing a physical strength in recuperation medical therapy, it is used.

※ Three step of **Pancha Karma**

**PurvaKarma** : Preparation step.

- Preparation term that the body will be able to discharge *ama*. It takes 3 - 21 days according to constitution.
- Oil treatment or fomentation treatment is one of the medical therapy which have the possibility of doing during this time.

**PradhanKarma** : Main step for discharge.

- Core step of **Pancha Karma**. Step.
- For course to discharge *ama*, it takes 5 - 10 days. *Vamana*, *birechana*, *vasti*, *nasya*, *raktamosana* belong to this step.

**PraschatKarma** : Management step for a vigor recovery.

- After discharging, successional step in order to recovers the vigor of the body which decreases, it takes 21 - 28 days.

### IV. Conclusion : Future vision of Ayurveda

An ayurvedic medicine or therapy have been handed down for a long time whether it is not new thing, but only forgotten force of its own for convince us nature instinct of the our body, and it to be breathed through nature again by freedom intention.

Ayurveda presents a way to create new essence to us, and suggests a method to health and harmony from a disease and pain. Ayurveda provides ways to go over a limit of our mind with yoga, and furnishes tools to enter to scope of the potential energy which is unrestricted.

In modern medicine there are many chronic diseases with many complaints. Usually a patient will have many other problems at the same time. Ayurveda is a holistic and natural medicine that causes no side-effects and has many side-benefits. It is a system of prevention oriented natural health care that focuses on restoring balance at essential level of the mind and body. This is the cause of why ayurveda is staged for convert modern medicine and various researches tried to combine current medicine with Ayurveda. Like other treatments, ayurvedic skin care is regarded as a useful natural treatment. Numerous treatments and cosmetic procedures being practiced and showing favorable results. Rightly, There are lots of institutions and academic programs in the Traditional Ayurveda and A graduate of the college called vaidya and works as ayurvedic physician.

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