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Abstracts



TIPS FOR GLOWING EYES - AN AYURVEDIC REVIEW OF EYE CARE

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Both Ayurveda and Beauty culture are becoming very common and attractive topics in modern world. Glowing, attractive eyes auspice of the beauty. There is a dictum as "Beauty is in the eye of the beholder". Hence, everyone should pay attention on eye care. In this review, an attempt has been done to access eye exercises and routine for the use of mankind. For the present review information regarding eye care was gathered via authentic text books and the web. There are number of eye exercises like Sunning, Eye wash, Palming, Bar swinging, Ball exercises, Fine print reading, Distance chart reading, Eye movements, Acupressure, Candle exercises, Central fixation exercise, Blinking, Clock exercise, Figure eight, Rope exercise, Button separation, Candle reading and Zero filling exercise. Yoga like Trataka, Jala nethi, cold eye pads, steam bath for eyes, eye massage and neck exercises are also effect for a better vision. Eye is the window of soul. The preventive measures like strictly following pathyapathya for eyes, Dinacharya, Raatricharya, practice of Yoga, Pranayama, Eye exercises, Kriyakalpa, Panchakarma are absolutely beneficial for healthy soul and body.

Keywords: Key words: Trataka, Jala nethi, pathyapathya, Dinacharya, Raatricharya, Pranayama, Kriyakalpa, Panchakarma

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AROMATHERAPY : AN AGELESS TECHNIQUE TO INVOKE NATURAL BEAUTY

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The understanding of beauty in Ayurveda has got deeper insights which hold powerful health enhancing methods and luxurious beauty techniques like aromatherapy such that beauty can be realized in our increasingly fast paced and chaotic world. Every person should be able to find what brings out their beauty. At the same time those interested in practising as beauty therapist should receive the benefits of the deep insights and marvellous results Ayurveda can offer their clients. In Ayurveda inner and outer beauty are intimately related. The more we nurture ourselves, the more radiant we become physically and expressively. Beauty can be viewed as having 3 aspects – an outer, inner and secret aspect. When one balances the outer and inner aspect, one has accomplished the secret aspect. Outer beauty is what we most commonly associate with the field of beauty- that which is visually perceived. It includes the obvious traits such as contours of the body, texture of the skin and the quality of hair and nails. But in Ayurveda it also includes grace in posture and movement and other subtle qualities of freshness and vitality. Ayurveda has always understood beauty to be the product of general physical health and appropriate daily care. It isn't just a cosmetic event. The emphasis is on self knowledge and development of positive routines and habits that literally will bring out the best in ourselves.

Even as we grow older, with beauty relates to inner qualities. Like physical qualities the actions and aspirations from we can train our minds to and strengthened to make disciplined. With mind to and be more aware in the inspiration it takes to balance patience and a willingness to invoke the natural beauty by myrrh and sandalwood which later developed as an art of influence on the emotions and cosmetics.

Keywords: aromatherapy, su
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Herbal cosmetics have grown in nature. Herbal formulations have wide effects when compared to well defined in Ayurveda. The means skill. According to The any substance intended to be being for cleansing, beautifying, beautification of hair and skin, to good look. The procedures de abhyanga, sugandha dravya lepa dhoomapanam, pratimarsa nas keeps our body fit and healthy right from the mother's womb explained in the context of ma Various cosmetic drugs are well classified cosmetic drugs as var Many alepam, pradeham, pralepa the context of twakroga. Kumilam etc are well established me