



The impact of Shalakya Tantra on Beauty - A Review

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Beauty is not merely a source of happiness but also enhances self-esteem and pride to a certain degree. Beauty is perceived differently by each individual. For ages, beauty has held significant importance in one's lifestyle. The process of beautification is a vital element of personal care that has been practiced since ancient times. Various methods for skin beautification, particularly concerning the face, eyes, and hair, are key focuses emphasized in Ayurvedic texts, especially within Shalakya Tantra. Shalakya Tantra represents a crucial field of Ayurveda, also known as Urdhvanga Chikitsa, as it pertains to the upper body regions above the clavicle, primarily detailed in Ayurvedic scriptures such as Sushrut Samhita, Charak Samhita, and Ashtang Hridaya. The Mukha encompasses the area from Chibuka to Lalata, which incorporates the complete face, and the ailments that arise in this region, along with its beautification, are addressed through various Kriya Kalpa techniques. In Ayurveda, the idea of beauty is not solely focused on attaining an appealing outward look but also on promoting good health. This journey begins while the child is still in the womb, by adhering to Sadvrittha practices, including Dinacharya, Ratricharya, Ritucharya, alongside the application of medicinal herbs and minerals. In this article, the various methods and procedures for improving the beauty of the face, eyes, and hair are examined, along with internal remedies, Pathya, and Apathya Viveshana. Therefore, the significance of Shalakya Tantra in enhancing the beauty of the face, eyes, and hair will be emphasized through a review of relevant literature. The multiple Kriya Kalpa procedures for the beautification of Mukha (face), Netra (eyes), and Keshha (hair) through adopting methods such as Abyanga, Swedana, Mukha Lepa (face packs), Vidalaka, Anjana, Nethra Parisheka, Shiroabyanga, Shirolepa (hair pack), etc., will be discussed comprehensively.

Keywords: Urdhvanga Chikitsa, Dinacharya, Ratricharya, Ritucharya

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Introduction

The literary interpretation of "*Saundarya*" is Beauty. Since ancient times, beauty has been an essential factor in one's lifestyle, and even in this competitive age, the significance of beauty is growing daily.

According to Ayurveda, beauty encompasses holistic health, which includes physical, mental, and spiritual well-being, and the use of herbs for enhancing beauty has been well-documented in Ayurvedic texts for centuries. The techniques for beautifying the skin, particularly the face, eyes, and hair, are the main aspects primarily targeted through various methods.[1]

Shalaky Tantra is a discipline within Ayurveda, also referred to as *Urdhvanga Chikitsa*, as it focuses on the upper body areas and is mainly discussed in Ayurvedic scriptures such as *Sushrut Samhita*, *Charaka Samhita*, and *Ashtang Hrudaya*.

In this article, the different methods and techniques for improving the beauty of the face, eyes, and hair are examined, alongside internal treatments, *Pathya*, and *Apathya Vivechana*. Therefore, the contribution of *Shalaky Tantra* in enhancing the beauty of the face, eyes, and hair will be emphasized through a review of related literature.

The various *Kriya Kalpa* procedures for the beautification of *Mukha* (Face), *Netra* (eyes), and *Kesha* (hair) through the application of techniques such as *Abyanga*, *Swedana*, *Mukha Lepa* (Face packs), *Vidalaka*, *Anjana*, *Netra Parisheka*, *Shiroabyanga*, *Shirolepa* (Hair pack), etc., will be explored in detail.[2]

The Concept of Beauty in Ayurveda

Ayurveda describes beauty as a reflection of inner health, which is influenced by *Prakriti* (individual constitution), *Doshas* (biological humors), and *Dhatus* (body tissues). The concept of *Saundarya* (beauty) in Ayurveda is not just limited to external appearance but also includes inner radiance, healthy skin, lustrous hair, bright eyes, and overall well-being.

Various classical texts, including *Charaka Samhita* and *Sushruta Samhita*, discuss several approaches to enhance beauty naturally through herbal remedies, external therapies, and lifestyle modifications.[3]

Importance of *Shalaky Tantra* in Beauty Enhancement

Shalaky Tantra offers a holistic approach to enhancing beauty by focusing on the health of the eyes, skin, hair, and oral cavity.

It includes various therapies, herbal formulations, and external applications that nourish the tissues and prevent aging signs.

1. Eye Care (*Netra Chikitsa*) for Beautiful Eyes

Beautiful eyes are a sign of vitality and good health. *Shalaky Tantra* provides various treatments to maintain eye health and enhance their natural radiance.[4]

- ***Netra Tarpana*:** A therapy that nourishes the eyes by holding medicated ghee over the eye region. It improves vision, reduces dryness, and enhances brightness.
- ***Aschyotana* (Eye Drops):** Herbal eye drops made from *Triphala*, rose water, or honey help cleanse and refresh the eyes.
- ***Anjana* (Collyrium):** Application of *Anjana* with herbal preparations such as *Rasanjana* improves eye health and enhances their shine.
- ***Nasya* (Nasal Therapy):** Administration of herbal oils like *Anu Taila* through the nasal route clears toxins and improves facial glow, including the brightness of eyes.

2. Skin Care Through *Shalaky Tantra*

Skin reflects overall health, and Ayurveda offers various therapies to improve skin texture, tone, and radiance.[5]

- ***Mukha Abhyanga* (Facial Massage):** Massaging the face with herbal oils such as *Kumkumadi Taila*, *Chandanadi Taila*, or *Jatyadi Taila* nourishes the skin, reduces wrinkles, and enhances glow.
- ***Lepa* (Face Packs):** Herbal face packs made from *Manjishtha*, *Chandan*, *Haridra*, and *Yashtimadhu* help in detoxification and brightening the skin.
- ***Varnya Dravyas* (Herbs for Glowing Skin):** Ayurveda describes herbs like *Manjishtha*, *Haridra*, and *Anantmool* that enhance complexion and reduce pigmentation.

- **Raktamokshana (Bloodletting Therapy):** This therapy helps remove impurities from the blood and prevents skin disorders like acne, blemishes, and dullness.

3. Oral and Lip Care for Enhancing Beauty

Healthy lips and teeth contribute significantly to facial beauty. *Shalaky Tantra* emphasizes oral hygiene and lip care through the following measures.[6]

- **Gandusha (Oil Pulling):** Swishing oil such as sesame or coconut oil in the mouth helps in detoxification and keeps lips and gums healthy.
- **Kavala (Gargling):** Herbal decoctions prepared with *Triphala* and *Yashtimadhu* enhance oral health and freshen breath.
- **Dantadhavana (Herbal Tooth Cleansing):** Brushing teeth with herbal powders like *Triphala Churna* and *Neem* keeps teeth white and strong.
- **Lip Moisturization:** Herbal applications using ghee, honey, or almond oil keep lips soft and pink.

4. Hair Care (Kesh Chikitsa) Through Shalaky Tantra

Healthy hair is a significant aspect of beauty, and *Shalaky Tantra* provides effective solutions for maintaining hair health.[7]

- **Shiro Abhyanga (Head Massage):** Massaging the scalp with *Brahmi*, *Bhringraj*, or *Neeli* oil strengthens hair roots and promotes hair growth.
- **Shirodhara (Oil Therapy for Scalp and Mind):** Continuous pouring of herbal oils on the scalp balances the Doshas and promotes hair growth.
- **Shirolepa (Herbal Hair Pack):** Application of herbal pastes containing *Amla*, *Bhringraj*, and *Henna* nourishes the hair and prevents dandruff.
- **Nasya Therapy:** Regular *Nasya* with *Anu Taila* promotes hair health by strengthening the roots and preventing premature graying.

5. Nasya for Facial Glow and Youthfulness

Nasya therapy is highly beneficial for maintaining youthful skin and preventing premature aging. Medicated oils such as *Anu Taila* and *Ksheerbala Taila* nourish facial tissues and enhance beauty.[8]

6. Diet and Lifestyle for Beauty Enhancement

Shalaky Tantra recommends specific diet and lifestyle practices for maintaining and enhancing beauty:

- **Ahara (Diet):** A balanced diet rich in antioxidants, herbal teas, and *Ayurvedic* formulations like *Chyawanprash* keeps the skin and hair healthy.
- **Dinacharya (Daily Regimen):** Practices such as waking up early, performing yoga, and following proper skincare routines contribute to long-lasting beauty.
- **Rasayana Therapy:** *Ayurvedic* rejuvenation therapies, including herbal formulations like *Brahmi*, *Ashwagandha*, and *Guduchi*, promote youthfulness.

In *Ayurveda*, the term *Varnya* relates to beautification.

Ahara and Pathya Apathya For Beautification

Caraka Samhita mentions its use *Varnyadashemani* which we can use as Internal and External medications serve to improve beauty .

This includes 10 herbal drugs that are *Pterocarpus santalinus* (*Candana*), *Calophyllum* (*Tunga*), *Prunus cerasoides* (*Padmaka*), *Vetiveria zizanioides* (*Uśira*), *Glycyrrhiza glabra* Linn. (*Yasthimadhu*), *Rubia cordifolia* Linn. (*Manjistha*), *Hemidesmus indicus* Linn. (*Sariva*), *Ipomoea mauritiana* Jacq (*Vidari*) and *Cynodon Dactylon* Linn. (*Durva*).

Varnya is intended for enhancement complexion, and through this drug combination, it will pacify aggravated bodily humors, bestows complexion and also nourish the tissues. Internal administration has more therapeutic effect than external application.

As per the appellation *Varnya*; its purpose is specifically enhancement of complexion and impart bright color to the skin. Recent studies indicate that these medications possess properties beyond it. It is a drug combination.

Which pacify vitiated *Doshas*, give complexion and also, nourish the tissues. As most of these medications possess Antioxidant activity: the synergistic effects of the drugs in this combination will yield a greater impact on the preservation of health and also for the enhancement of beauty is what *Dincharya* procedures are. *Ayurveda* texts describe it.

Some of these are *Ushapaan Mukhaprakshalan*, *Nasya*, *Abhyanga*, Exercise, Massage, Bath, Clothing, *Lepana* for skin, *Anjana*, *Jala Sinchan*, *Nasya*, *Siroabhyanga*, *Padaabhyanga*, *Snana*, *Padatra Dharana* for eyes.[9]

Siroabhyanga, *Snana*, *Kesha Prasadana*, *Nasya* for Hair. *Achamana*, *Kavala*, *Gandusha*, *Danta Dhavan*, *Jihwa Nirlekhana* for Tooth.

Furthermore, they should also refrain from *Adharaneeyavega Dharana*, *Atichankramana*, and *Manasik Sundarata* - they are required to adhere to *Sadvrittappalan*, *Dharaniyavega Dharana* and *Achara Rasayana*.

Furthermore, employing *Pathya*, *Hitakara*, *Sarva Rasa Ahara* and *Rasayana* will also be very important. The individual requiring beauty enhancement should avoid *Katu*, *Tikta*, *Kashaya Rasa Pradhana Ahara*, *Viruddha Ahara*, excessive use of *Pippali*, *Kshara*, and *Lavana*. [10]

7. Management of Aging Signs through Shalakya Tantra

Aging is a natural process, but its effects can be minimized with Ayurvedic therapies.[11]

- **Virechana (Detoxification Therapy):** Helps remove accumulated toxins and improves skin clarity.
- **Basti (Medicated Enema):** Enhances nourishment of body tissues, leading to healthier skin and hair.
- **Kayakalpa Therapy:** Rejuvenation therapies using herbal formulations help maintain youthful skin and slow down aging.

Conclusion

Shalakya Tantra, with its diverse therapeutic approaches, provides a holistic way to enhance beauty naturally.

Through eye care, skin care, oral hygiene, hair treatments, and detoxification techniques, Ayurveda ensures not just external beauty but also internal health and wellness.

By incorporating *Shalakya Tantra* into daily life, one can achieve and maintain long-lasting beauty, radiance, and youthfulness without harmful chemicals or artificial treatments.

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