



Koneru Lakshmaiah Education Foundation

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Report on Cosmetic Veda-Ayurvedic Solutions

Conducted by

K L E F Women's forum on 25th January 2019

KLEF Women's forum conducted workshop on “**Cosmetic Veda-Ayurvedic Solutions**” Programme for the Girl students on 25th January 2019.

Resource Person	: Dr.S. Sahithi, CMD,BAMS,Vedamantra, Ayur Hospitals, Vijayawada
Venue	: Rose Hall
Date	: 25.01.19
Time	: 3.30 to 4.45pm
Topic	: Workshop on Cosmetic Veda-Ayurvedic Solutions for skin and hair problems.



K L E F Women's Forum conducted a workshop on “Cosmetic Veda-Ayurvedic Solutions for skin and hair problems.” in Rose hall on 25.01.19. Resource person Dr.S. Sahithi told that The term "Ayurveda" combines the Sanskrit words ayur (life) and veda (science or knowledge). Thus, Ayurveda means "the science of life." In Ayurvedic medicine, health is defined as the soundness of sarira (body), manas (mind), and atman (self). Each of these must be nurtured if an individual is to have good health. She also tell that Ayurveda, the most trusted system of medicine evolved in India centuries ago, is widely being accepted and practiced in every part of the world today.

Ayurvedic medicine aims to integrate and balance the body, mind, and spirit. This balance is believed to lead to happiness and health, and to help prevent illness. Ayurveda offers methods of finding out early stages of diseases that are still undetectable by modern medical investigation.

Most of our Indians not going for Ayurvedic Medicine. The people who are coming from the Ayurveda background they only come to know the importance of the medicine. But the fact is that it includes several key functions in disease treatment. The main goal of Ayurveda is prevention as well as the promotion of the body's own capacity for maintenance and balance. Ayurvedic medicine aims to integrate and balance the body, mind, and spirit. This balance is believed to lead to happiness and health, and to help prevent illness. Ayurvedic medicine also treats specific physical and mental health problems.



She also told that every women wants Beautiful, smooth, radiant skin is something everyone wants, but as we age, our skin tends to become drier and more irritated during cold seasons. Dry skin also causes wrinkles to develop earlier, making us look older. A clear, radiant complexion is a sign of good health. Beautiful, smooth, radiant skin is something everyone wants, but as we age, our skin tends to become drier and more irritated during cold seasons. Dry skin also causes wrinkles to develop earlier, making us look older. A clear, radiant complexion is a sign of good health. She also told some tips for nourish our skin. She also told some tips for good skin they are



- 1.Abhyanga
2. Shower less, use more oil
3. Drink enough water
4. Nutrition
5. Get enough sleep.
6. Reduce stress
- 7.Avoid extreme weather conditions

Hair fall :-

Dr.S. Sahithi also say relentless hair fall can indeed be extremely distressing for us and can have a grave psychological impact on our overall well-being. "Shedding hair can be one of the major reasons for dwindling self-confidence. Our current hectic lifestyle, pollution, and adulterated hair care products are primarily to blame," says skin and hair expert .

According to her In ayurveda, everything in the universe is made up of the five elements air, fire, water, earth and whether - and the three doshas, namely vata, pitta, and kapha. Ayurvedic experts say that we can achieve sparkling health by balancing these within our body, from hair colour to body type to the kind of illnesses we can get afflicted with. There can be various reasons for hair fall. These include weight loss, abysmal iron levels, irregular diet, stress and thyroid and hormonal imbalances. According to her a well-functioning body system is needed to control hair fall. In other words, the very root cause



of hair loss needs to be tackled first Ayurveda is not just about taking herbal medicine; it's also about following a strict lifestyle regimen. She also say that following Ayurvedic concepts such as Dinacharya and Ritucharya can go a long way in ensuring a host of health benefits. The basic idea behind these principles in Ayurvedic medicine is to prevent diseases by making lifestyle changes in accordance with cycles of Nature. Dinacharya involves organizing daily activities around two cycles of change that occur every day. Dinacharya routine includes waking up early, hygiene, exercise, meals, relaxation, sleeping and so on. Ritucharya involves lifestyle regimen to be followed each season. She told some natural Herbs if we apply to our hair that prevent hair fall they are 1. Aloe Vera 2. Bhringaraaja (Eclipta prostrata) 3. Amla (Indian Gooseberry) 4. Brahmi (Centella asiatica): 5. Ritha (Sapindus mukorossi) 6. Ashwagandha (Withania somnifera)

Some tips to prevent hair loss

1. Do yoga and meditations as these are stress buster and mood elevator
2. Adequate amount of water is essential for proper growth of hair
3. One shouldn't comb when the hair is wet
4. Sound sleep for 7-8 hours is utmost important
5. Avoid beverages like alcohol, coffee, excessive smoking
6. Give more weightage to seasonal fruits and green vegetables
7. Iron rich and adequate protein diet is good for hair loss
8. The juice of carrot, lettuce is good for hair growth
9. Avoid Pitta aggravating foods like spicy, fried and oily foods
10. Applying the juice of coriander on the scalp proves very fruitful in preventing of hair loss.

Dr. M. Sreedevi felicitated the Guest, Dr. S.Sahithi with a shawl and memento.