

ROLE OF *YOGA-ASANAS* AND *PRANAYAM* IN *SAUNDARYA* (BEAUTY) - A REVIEW STUDY

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Abstract:

In this fast moving life, everyone wants a smart shortcut for every-thing. And it is difficult to follow all the regimens to follow to remain healthy and young due to this over challenging goals/targets. Everyone has to follow the unhealthy life-style, due to non-availability of time for itself. This result in early aging and degenerative changes and everyone want to look smart, young and beautiful. *Yoga* is believed to have a holistic effect and bring the body, mind, consciousness and soul into balance. *Yoga* in daily life is a system of practise consisting of eight levels of development in the areas of physical mental, social and spiritual health. Among these eight levels, we focused *asanas* and *pranayam* in this study. An effort was made to establish the role of above two component of *Yoga* in *Saundrya* (Beauty). In this study, it was illustrated that how *asanas* and *pranayam* works for beauty, an exploratory review was given to show above effect. By reviewing this study anyone will be able to know the role of *asanas* and *pranayam* in beauty.

Keywords: - *Pranayam*, *Asanas*, *Saundarya*, Beauty.

Introduction-

Every person in this world wishes to remain young and beautiful forever. And each one tries to improve his/her beauty through natural as well as artificial methods. *Yoga* is a process of not only keeping the body healthy but also of enhancing one's beauty and figure. Just by devoting about twenty minutes daily for a month, any person can improve his/her natural charms. *Yoga* in daily life is a system of practice consisting of eight levels of development in the areas of physical mental, social and spiritual health. These *aasans* can also prove to be boon for those whose skin has started to wrinkle, black circles have appeared around the eye and the stomach has become flabby.

The word “*Yoga*” is originates from Sanskrit and means “to join”, “to unite”. *Yoga* exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way *Yoga* assist us in coping with everyday demands, problems and worries. *Yoga* helps to develop a greater understanding of our self, the purpose of life and our relationship to God.

The practice of *yoga* has a crucial role in improving beauty routine. While it won't directly treat skin problems, *yoga* can help in detoxification. Therefore, making it a part of beauty regimen can help to achieve a healthier and glowing complexion, as well as prevent breakouts.

There are certain *asanas* or posture that increases the flow of blood in face and upper extremities. These include *Bhujangasana* (Cobra Pose), *Matsyasana* (Fish Pose), *Halasana* (Plow Pose), *Sarvangasana*

(Shoulder Stand Pose), *Trikonasana* (Triangle Pose), *Shishuasana* (Child Pose), *Sheetali & Sheetkari Pranayama* which all enhance circulation underneath skin. Improved blood circulation provides a rosy glow to skin, since blood delivers nutrients and oxygen as well as flushes out waste from skin cells. So this concept need to be elaborated and explained from the *Yoga* texts as well as justified with modern views for which this study has been planned.

MATERIAL & METHODS-

Present work has been done based on critical review of classical information, published research works, modern literature and research works conducted at various institutes. The possible correlation has been made between collected information and has been presented in systematic way.

RESULTS

Bhujangasana (Cobra Pose)- This pose reduces stiffness in the back and shoulders, relaxes and elevates mood, and makes skin smooth.

Matsyasana (Fish Pose)- This pose enables deep breathing, helps normalize hormonal imbalance and relaxes muscles. It also makes the skin more flexible and firm.

Halasana (Plow Pose)- This pose increases blood circulation to the face and head, resulting in glowing skin.

Sarvangasana (Shoulder Stand Pose)- This pose makes help in getting rid of dullness by supplying blood to the head. It also helps tackle acne and pimples.

Trikonasana (Triangle Pose)- This pose increases the flow of blood to face and head. The increase of oxygen supply manifests in the better quality of the skin.

Shishuasana (Child Pose)- This pose increases blood circulation to the head region and relieves stress and weariness.

Sheetali & Sheetkari Pranayama- Both these techniques help provide a cooling effect so that the skin glows.

DISCUSSION-

While deep breathing and *asanas* improve oxygen supply and blood circulation, *vinyasa*, on the other hand, enhance these health benefits by can energizing body, heating up your core temperature and sweating out your impurities and toxins. In this case, sweating is good for skin, as it is believed to flush out toxins and dirt that build up on pores. Plus, it kills bacteria by secreting Dermidin, a natural antibody. And since skin blemishes and dullness are caused by these toxins and bacteria, sweating them out during your *vinyasa* practice can result in clearer and healthier skin.

Pranayamas or breathing exercises, are effective routines that can help to de-stress. It also improves body healing as it increases oxygen flow that aids in cell regeneration. Deep breathing opens up lungs to accommodate more oxygen, which will facilitate the delivery of blood directly to your skin cells. This oxygenated blood is rich in regenerative properties that heal skin damages caused by free radicals and excessive sun exposure.

Having mentioned that yoga helps flush out toxins and impurities, it is good to point out that it can also prevent acne breakouts. Just as yoga stimulates detoxification, it also keeps hormone glands in check.

Inverted *asanas*, for example, floods the head and neck with blood, which in turn aids in flushing the thyroid gland that's responsible for growth and healthy digestion

As we all know, all-nighters and too much stress are factors that lead to the onset of pimples. That's because stress causes our body to release stress hormones that trigger your skin to produce more sebum, which is the number one cause of acne. Stress also makes our skin sensitive and reactive, thus making cell repair harder to attain. In short, stress makes skin look dry and dull, plus it can trigger breakouts and other skin problems, too. Yoga is effective in combating stress, along with its effects. Through regular practice, it can greatly reduce the stress level by relaxing the mind and soothing the body. Furthermore, it calms the mind and therefore allows you to get a good night's sleep

CONCLUSION-

Beauty won't be complete without a toned body and face. If you want to achieve a sculpted body and a contoured face, then you should try *Hatha* and facial yoga. There are a number of *asanas* or postures that work out your muscles from calf to thigh, and back to shoulders and biceps. Facial yoga, on the other hand, stimulates your facial muscles to regain its natural shape and prevent sagging. Yoga promotes wellness that is reflected inside and out. With proper diet and by using natural beauty solutions, person can achieve a fresher and more radiant look. Meditate and regularly practice your *asanas* to experience overall mind and body healing that can bring out the best.

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