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Comprehensive approach to anti-ageing

Ajayita Chanana

Dr. Ajayita's Charak Ayurvedic Panchkarma Clinic, India

Background: Regeneration, maintenance and degeneration form the lifecycle of any living organism. Ageing is apparent when degeneration overtakes regeneration. 1. Removal of toxins from the body (e.g. detoxification) will help to prevent premature failure of the organs. 2. Creating conditions for the body to absorb optimum nutrition from the food we eat which allows the body to rebuild heal and rejuvenate it. The imbalance between the synthesis and collagen breakdown is the primary cause of skin problems such as wrinkles. If stress cortisol level increases, increased levels of cortisol in persistent stress weaken the immune system of the body. When one is exposed to repeated or chronic stress the wear and tear associated with it is which grows over a period of time is called the allostatic load. This weakens the body immune system by causing stress hormonal imbalance.

Method: In Ayurveda, first of all constitutional analysis called Prakriti Prikshan is done to analyze the predominant doshas. After judiciously analyzing the predominant doshas full body detoxification and mental detoxification is done. Two prominent treatments are Shirodhara and Nasyam. They are performed to target the increase in the oxygen supply per cellular level and to achieve the equilibrium state of alpha waves in sleeping.

Result: We conducted a study on ten patients in which we found a marked improvement in the blood pressure and other vital parameters in 3 weeks of consolidated treatment of Panchkarma, breathing, exercises yoga and following ayurvedic life style. All the Ayurvedic Panchkarma therapies brought the stress levels remarkably down as per the HAMILTON

Conclusion: This retrospective 6 month clinical study showing the effectiveness of these Panchkarma therapies for ageing showed that the treatment is very effective for treatment of mid face, jowls and neck wrinkled and skin tightening of facial areas. It also shows significant improvement for cellulite reduction. Detoxification and rejuvenation allows us to truly achieve anti-aging in a very gentle and natural manner. The whole body will uniformly undergo anti-ageing and will not only look younger but the subject will also feel years younger and will with dedicated effort stay that way for years to come.

Biography

Ajayita Chanana is a Gold Medalist Ayurvedic Doctor and Cosmetologist. She has been the Director of a Clinic in Chandigarh for 17 years. In her 17 years of practice she has successfully treated many patients both from India & abroad. She has also done a Certificate Course in Non Surgical Aesthetic Treatment from Warsaw Poland. She was adjudged the best Ayurvedic Entrepreneur of the Year 2014 at the Pharma-leaders Award in Mumbai. She was bestowed with International Health Care Excellence Award in 2008.

ayurvedashimla@yahoo.co.in

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