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Comprehensive approach to anti-ageing

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Background: Regeneration, maintenance and degeneration form the lifecycle of any living organism. Ageing is apparent when degeneration overtakes regeneration. Removal of toxins from the body (e.g., detoxification) will help to prevent premature failure of the organs. Creating conditions for the body to absorb optimum nutrition from the food we eat which allows the body to rebuild heal and rejuvenate. The imbalance between the synthesis and collagen breakdown is the primary cause of skin problems such as wrinkles. In stress, cortisol level increases. Increased levels of cortisol in persistent stress weaken the immune system of the body.

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.

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 panchakarma, breathing, exercises yoga and following ayurvedic life style. All the Ayurvedic Panchakarma Therapies brought the stress levels remarkably down as per the Hamilton Depression Rating Scale Ayurvedic panchakarma treatments are given to increase the rate of cell division and improves wrinkling. Improving dermal vasculature and stimulates new collagen deposition, restores the dermo-epidermal interphase which is undulated and improves the skin's water barrier properties. It also showed improvement in skin elasticity and firmness, increase in skin moisture and collagen synthesis and decrease in wrinkle depth. Ayurveda aims to reduce the destruction and promote the synthesis of stronger collagen fibers thus there was a marked improvement in the skin glow and texture.

Conclusion: This retrospective 6 month clinical study showing the effectiveness of these panchakarma therapies for ageing showed that they are very effective for treatment of mid face, jowls and wrinkled neck and skin tightening of facial areas. It also shows significant improvement for cellulite reduction.

Biography

Ajayita Chanana is the President of Confederation of Wellness, Medical Tourism and Spas in India. She is a Gold Medalist Ayurvedic Doctor and Cosmetologist. She has been the Director of a Clinic in Chandigarh for 13 years. In her 13 years of practice she has successfully treated many patients both from India & abroad. She has successfully completed a Certificate Course in Non Surgical Aesthetic Treatment from Warsaw, Poland. Her articles have been published in leading newspapers. She is a TEDx Speaker too. She was adjudged the best Ayurvedic Entrepreneur of the year 2014 at the Pharmaleaders Award in Mumbai and was bestowed with International Health Care Excellence Award in 2008.

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