



**Swarnnim Startup and Innovation University, Gandhinagar**

**Aarihant Ayurvedic Medical College**

**VALUE ADDED COURSE (2023-2024)**

**Kayachikitsa Department**

**Course name** – Advance Course On Training For Beauty Care In Ayurveda

**Organizing Department** – Kayachikitsa Department

**Course code** – KCTBA1

**Course co-ordinators** – Dr. Tushar Punse, Dr. Binal Gondalia

**Duration** – 30 hours

**Date** – 6<sup>th</sup> July 2023 to 24<sup>th</sup> August 2023

### **Preamble**

This course will cover all the aspects of different classes of Ayurvedic herbs and Medicinal plants used in different ailments related to cosmetics in skin and hair. It will deal in different regimens mentioned in Ayurveda for the same. Participants will also be made to practically perform the procedure techniques and will be made to identify herbs used for this purpose. Methodologies used for the easy procurement of the Ayurveda herbs will be discussed. Particular attention will be given to the unique Ayurvedic principles and their application in references to particular prakriti (Skin type, Hair type etc) of the individual. Participants will also be trained regarding different management issues while setting up a beauty clinic and will be acquainted with various related legal issues. Participants will be given a therapeutic guideline related to the diseases of skin, hair and other cosmetic areas which will include both medications as well as Ayurvedic procedures.

### **Aim**

The Advanced Course on ‘Training for Beauty care in Ayurveda’ is a selfemployment generating course designed to give hands on training on Ayurvedic beauty care regimens using Ayurvedic herbs and procedures. The course is designed for people who desire to set up a beauty clinic and will also instil entrepreneurship skills in them.

### **Objectives**

- 1) Preparation of different cosmeceuticals from different herbs.
- 2) Entrepreneurship and setting up of own Ayurvedic beauty clinic.
- 3) Updation of knowledge in Ayurveda herbs and their uses in cosmetology.
- 4) Value Addition in Ayurvedic clinics. Deep knowledge about beauty and health issues influencing beauty.
- 5) Therapeutic management of specific skin and hair related ailments

## Content of the course

Sr.no.	Module	Duration
1.	Diagnosis and treatment of <i>Kshudra roga</i> related to face	2 hours
2.	<i>Ayurvedic</i> management of sensitive skin, skin discolouration, scars, patch test.	2 hours
3.	<i>Ayurvedic</i> formulations for beauty enhancement: <i>Tailapaka</i>	2 hours
4.	<i>Ayurvedic</i> formulations for beauty enhancement: <i>Ghritpaka</i>	2 hours
5.	<i>Ayurvedic</i> formulations for beauty enhancement: Ointment	2 hours
6.	<i>Ayurvedic</i> formulations for beauty enhancement: Granules	2 hours
7.	<i>Ayurvedic</i> formulations for beauty enhancement: <i>Ayurvedic</i> face cream	2 hours
8.	theoretical information, demonstration and practice of: <i>Udavartan / Udgharshan</i>	2 hours
9.	theoretical information, demonstration and practice of: <i>Shasti shali pinda sweda</i>	2 hours
10.	theoretical information, demonstration and practice of: <i>Nasya</i>	2 hours
11.	theoretical information, demonstration and practice of: <i>Shirodhara</i>	2 hours
12.	theoretical information, demonstration and practice of: <i>Sirobasti</i>	2 hours
13.	Primary information of modern instruments	2 hours
14.	Legal Aspects	2 hours
15.	Management of beauty clinic	2 hours

## Teaching aids

PPTs, Videos, Case studies, Practical demonstration and Discussion.

## Assessment criteria

Assessment would be done based on oral examination, Practical demonstration, diagnostic skills & Quiz test. The certificate would be provided on successful completion of the course.

## Eligibility criteria

Medical Students – UG, PG students of BAMS.



Principal  
Asrihant Ayurvedic Medical  
College and Research Institute

