



# **NATIONAL INSTITUTE OF AYURVEDA**

**(Ministry of AYUSH, Govt. of India)**

**Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India – 302002.**

**[www.nia.nic.in](http://www.nia.nic.in)**

## **P.G. DEPARTMENT OF DRAVYAGUNA**

### **Brochure**

## **ADVANCED COURSE ON TRAINING FOR BEAUTY CARE IN AYURVEDA**



## IMPORTANT DATES

<b>Commencement of Sale of Application Forms</b>	<b>2 June</b>
<b>Commencement of Deposit of Filled in Application Forms, Admission and Deposit of Course Fees</b>	<b>2 June</b>
<b>Last date of Submission of Application Form and Admission and Deposit of Course Fees</b>	<b>30 June</b>
<b>Commencement of Class</b>	<b>2 July</b>

## IMPORTANT DATES & INFORMATION

<b>Application Fee</b>	<b>Rs. 500.00</b>
<b>Course Fees</b>	<b>Rs. 25000.00</b>

## ADDRESS FOR COMMUNICATION

**Advanced Course on Training for Beauty Care in Ayurveda  
C/O The Director  
National Institute of Ayurveda  
Jorawar Singh Gate,  
Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA**



**Advanced  
Course on  
Training for  
Beauty care  
in Ayurveda.**

**NIA, Jaipur  
2018**

## **About NIA**

National Institute of Ayurveda was established in 1976 by the Government of India as an apex Institute of Ayurveda in the country to develop high standards of teaching, training, clinical services and research in all aspects of Ayurveda with a scientific approach. NIA offers UG, PG and Post-doctoral courses on all branches of Ayurveda along with short term courses on various important areas of Ayurveda to both Indian and Foreign nationals. NIA plays a very important role in formulating standards, guidelines and policy making of the AYUSH sector by its technical inputs.

## **About Dravyaguna Department**

Dravyaguna is the most important branch of Ayurveda which deals with the dravya (medicinal substances used in Ayurveda – mainly sourced from medicinal plants) and guna (their properties). P. G. Department of Dravyaguna is engaged in various educational, research and clinical care activity involving herbal drug. Department is having a well run O.P.D. especially known for its eminent work in the field of single drug therapy, lifestyle modification prescription and beauty care Ayurveda treatments following good clinical practices. Department also suggests different hair and skin packs at its own level. Department has a National Repository and Herbarium of authentic crude drugs used in Ayurveda with more than 250 samples. Departmental Medicinal Plant Museum contains more than 500 drugs samples from different part of the country. A well maintained herbal garden containing more than 300 plant species is present inside the campus. This department has completed different research projects on common beauty ailments of cosmetic concerns like hair-fall, skin diseases etc.

## **About the Course –**

The **Advanced Course on ‘Training for Beauty care in Ayurveda’** is a self-employment 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.

## **Advantage with NIA**

The candidate gets to learn from the qualified, experienced and best in class faculties in the country in the most premier infrastructure in the country. Every candidate undergoing the course will be confident and trained a class apart from the rest. After successful completion of the course, the candidate will be awarded the certificate from NIA, an institute having best reputation and acceptance at national and international platforms.

## **Course Scope**

This Course will help one to learn, get practically trained on beauty enhancing techniques according to Ayurveda as well as use of different herbal solutions for skin, hair and other cosmetic ailments. The candidate will become confident in this subject along with a deeper insight into beauty enhancement through Ayurveda and its principles. After completing the course, following Scope for the technical assistants/Experts:

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

## Course Description

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.

## Course Topics

LESSON	TITLE	DURATION
	<b>Part A: Basic concepts of beauty</b>	<b>7 hours</b>
1	<ul style="list-style-type: none"><li>• Concept of beauty and cosmetology.</li><li>• Explanations of terms <i>Varnya</i>, <i>Keshya</i>, <i>Vayahsthapana</i>, <i>Prasadana</i> according to <i>Ayurveda</i>.</li></ul>	1.5 hours
2	Role of Metabolism in Beauty	1 hour
3	Effect of <i>Ahara- Vihara</i> , <i>Viruddha Ahara</i> , <i>Dincharya</i> , <i>Ritucharya</i> in maintenance of beauty.	1.5 hours
4	Guidelines regarding <i>Ahara</i> according to <i>Prakriti</i>	1 hour
5	Daily beauty care regimen according to the basic concepts of <i>Ayurveda</i>	1 hour
6	<i>Ahara</i> for <i>Sthaulya</i> and <i>Karshya</i>	1 hour
	<b>Part B: Diseases influencing Beauty</b>	<b>18 hours</b>
7	Etiology and treatment of <i>Sthaulya</i> and <i>Karshya</i>	2 hours

8	Diagnosis and treatment of <i>Kshudra roga</i> related to face	2 hours
9	Demonstration of external treatment modalities of <i>Kshudra roga</i> related to face	2 hours
10	Diagnosis and treatment of <i>Kshudra roga</i> related to head	2 hours
11	Diagnosis and treatment of <i>Kshudra roga</i> related to upper and lower limbs	2 hours
12	Diagnosis and treatment of <i>Kshudra roga</i> related to mid body	2 hours
13	<i>Ayurvedic</i> management of sensitive skin, skin discolouration, scars, patch test.	2 hours
14	Demonstration of external <i>Ayurvedic</i> management of sensitive skin, skin discolouration, scars, patch test.	2 hours
15	<i>Ayurvedic</i> management of chemical burns, sunburn, phototoxicity, cold burns	2 hours
	<b>Part C: Herbs and Yoga for beauty enhancement</b>	<b>11 hours</b>
16	<b>Herbs for beauty enhancement</b> (Identification, properties and actions of : a) <i>Varnya, Keshya, Rakta prasadan</i> b) <i>Vayahsthapan, Rasayana, Balya, Jivaniya</i> c) <i>Kandughna, Krimighna,</i> d) <i>Lekhaneeya, Swedapanayana, Vishaghna</i>	2 hours 2 hours 1 hour 2 hours
17	<b>Yoga for beauty enhancement:</b> a) Preventive b) Therapeutics	2 hours 2 hours
	<b>Part D: Formulations for beauty treatment through Ayurveda</b>	<b>15 hours</b>
18	<i>Ayurvedic</i> formulations for beauty enhancement: a) <i>Tailapaka</i> b) <i>Ghritpaka</i> c) Ointment d) Granules e) <i>Ayurvedic</i> face cream	10 hours
19	a) <i>Udvaartana</i> b) <i>Dantamanjana</i> c) Natural astringent	2 hours
20	Introduction of classical formulations related to cosmetics: Discussion of ingredients and therapeutic uses	3 hours
	<b>Part E: Ayurvediya Karma for beauty enhancement and treatment</b>	<b>25 hours</b>
21	Basic theoretical information, demonstration and practice of:-	

	a) Full body massage with <i>marma</i> therapy	
	b) <i>Udavartan / Udgharshan</i>	
	c) <i>Shasti shali pinda sweda</i>	
	d) <i>Nasya</i>	
	e) <i>Shirodhara</i>	
	f) <i>Sirobasti</i>	
	g) <i>Ashchyotana, Pindi- vidalaka, Tarpana</i>	
	h) <i>Jalauka avcharana</i>	
	<b>Part F: Primary information of modern instruments</b>	<b>2 hours</b>
22	Cutometer- Skin elasticity Skin glossometer – Skin glow Skin spectrophotometer & SIA scopy – Skin tone Sebum scale – Skin sebum (oil collector) Primos – Fine lines & wrinkles Moisture metre – Skin hydration Vapometer – Transepidermal water loss Fitz patric skin type scale.	
	<b>Part G: Implementation of <i>Sugandha chikitsa</i> for beauty enhancement</b>	<b>6 hours</b>
23	Information about herbs used in <i>Sugandha chikitsa</i>	
24	Preparation of: a) <i>Ayurvedic</i> deodorant b) <i>Arka</i> c) <i>Sugandhita dhoopana</i> d) <i>Kwatha Evam Taila</i>	
	<b>Part H: Preparation of Herbal Cosmetic Products</b>	<b>6 hours</b>
25	a) Gel- hair gel, face gel b) Toothpaste c) Hair dye	
	<b>Part I: Legal Aspects</b>	<b>5 hours</b>
26	Drugs & Cosmetic act Legal terms of cosmetology & cosmetics Approval of herbs, minerals, preservatives, etc used in cosmetics Cosmetic law and regulations Cosmetic labelling guidelines Licences IPR & Patents Pharmacovigilance	
	<b>Part J: Management of beauty clinic</b>	<b>5 hours</b>
27	Guidelines for setting up of a beauty clinic including the knowledge of Budget, Interiors and Equipments etc	1 hour

	involved.	
28	Basic knowledge about Marketing skills and different packages.	1.5 hours
29	Personality development and confidence build up	1 hour
30	Documentation and data management	1.5 hours
	<b>Theoretical &amp; Practical evaluation, feedback and Valedictory</b>	<b>5 hours</b>
<b>TOTAL</b>		<b>105 hours</b>

**Medium of Instruction:** English and Hindi

**Seats:** 12 Participants Per Batch

**Course Duration and Timings** – 15 days continuous batch. (7 hours daily)

**Course material** – Study material related to the course will be provided to the participants.

**Eligibility for Admission:** Those who have passed their BAMS final year (BAMS interns can also apply) and have attended Basic Certificate Course on Training for Beauty Care in Ayurveda conducted by NIA.

**Selection Procedure:** First come First Serve Basis of the eligible candidates.

**Certificate:** Theory and Practical Examinations will be conducted after completion of the course. Minimum Passing Marks in Theory as well in Practical will be 50%. Certificates will be awarded to the qualified participants by the Institute.

**General Rules and Regulations:** As per the rules and regulations of NIA.



**Application Fee [by Bank Demand Draft (DD)/NEFT]:** Applicants have to pay application fee **Rs.500** (General & OBC) and **Rs. 250** (SC & ST Candidates) in form of DD in favour of “Director, National Institute of Ayurveda” payable at Jaipur / NEFT as per account detail given below. The DD or NEFT receipt should be enclosed along with the duly filled Application Form. Application Fee once paid will not be refunded under any circumstances.

**Course Fees:** Selected candidates have to deposit Course fee of **Rs. 25000.00** (**Twenty five thousand only**) by Demand Draft in favour of “Director, National Institute of Ayurveda” payable at Jaipur/ NEFT as per account detail given below before the stipulated date. Course Fee once paid will not be refunded under any circumstances.

#### **Account Detail**

Name of Account: Director, National Institute of Ayurveda, Jaipur

Account no: 3124200215

Name of Bank and Branch: Central bank of India, NIA, Jaipur

IFSC Code: CBIN0283634

#### **How to apply/Last Date for Receipt of Applications:**

Candidates are required to apply in the prescribed format given herewith. The format should be neatly typed on A4 size paper on one side and should be signed by the Candidate at the specified space with Date. The Institute will not consider any other format or application proforma. Duly filled application form enclosing self-attested copies of all certificates, mark sheets (including BAMS final year marksheet), testimonials in support of age, educational qualifications, certificate of attending ‘Certificate Course on Training for Beauty Care in Ayurveda’, caste/community in prescribed format by Govt. of India should be sent by Registered/ Speed Post/ deposited by hand in an envelope Superscripted

**“ADVANCED COURSE ON TRAINING FOR BEAUTY CARE IN AYURVEDA”** and should reach the following address on or before 5pm, 30-6-2018. Applications received after the Closing Date will not be accepted. Documents should also be mailed at the given mail address after the confirmation mail is received by the candidate. The scanned documents should not exceed 300 dpi and should not exceed 2MB.

**The Director  
National Institute of Ayurveda  
Jorawar Singh Gate,  
Amer Road JAIPUR - 302002 (RAJASTHAN) INDIA**

**Invalid Applications:**

Candidates are advised to read all instructions carefully before sending their applications otherwise their applications are likely to be rejected on one or more of the following reasons in terms of the notifications.

- Applications received after the closing date.
- Applications not in prescribed format.
- Candidates not having the required qualifications.
- Applications without latest photo pasted in the space provided.
- Applications without declaration.
- Application without signature.
- Applications without supporting documents.
- Applications, which are incomplete/illegible in any manner.
- Applications without the prescribed Application Fee.

**Admission Procedure:**

Selection of the candidates will be done as per First come first serve basis. The submitted application forms will be screened and the selected candidates will be intimated by phone/ email. The candidate has to deposit the Course fee within 3 days of the intimation to confirm his/ her admission. If the course fee is not

deposited by the stipulated time, then the right to admission will be forfeited without any further notice. The Director, NIA reserves all right to reject any application form without assigning any reasons.

**Contact :-**

**Website: [www.nia.nic.in](http://www.nia.nic.in)**

**E-mail – [dravyaguna.nia@gmail.com](mailto:dravyaguna.nia@gmail.com)**

**Dr.Hemvati – 8619307133**

**Dr.Neha - 7697392756**

**Dr. Krutika Joshi – 7990285408, 9408648068**



# NATIONAL INSTITUTE OF AYURVEDA

(Ministry of AYUSH, Govt. of India)

Jorawar Singh Gate, Amer Road, Jaipur, Rajasthan, India – 302002.

Advanced Course on “Training for Beauty care in Ayurveda”

## REGISTRATION FORM

Application Fee (Rs.500/250) –

DD/NEFT Number & Date –

Drawn on Bank –

Affix your recent self attested (on front side) Passport Size Colour Photograph here.

Full Name Mr./Ms. (In Capitals) -----

Fathers/ Husband Name -----

Date of Birth ----- Gender -----

Corresponding address -----

Mobile -----

E mail id - -----

Aadhar Number -----

Academic Qualification (Graduation & Onwards, Enclose certified copies of proof)

Examinations Passed	University/Board/Institution	Year of Passing	Subjects	Marks Obtained/ Division/Percentage

Experience:

‘Certificate Course on Training for Beauty Care in Ayurveda’ conducted by NIA attended - Yes/No.

If attended, duration of the course- From \_\_\_\_\_ to \_\_\_\_\_

### DECLARATION

I hereby declare that the information mentioned in this Application is correct and true to the best of my knowledge and belief and I understand that furnishing false/improper information will lead to rejection and cancellation of my candidature and also that I am liable for legal and/or disciplinary action as may be initiated by the National Institute of Ayurveda.

Date:

Signature of the Candidate