

Enhancing Physique, Beauty, Youth and Intelligence

Beauty, Youth and Intelligence are a result of great harmony of body and mind respectively. Such harmony can be attained with the help of spiritual energy. The more the body and the brain are under the influence of spiritual energy, the greater will be the effect. It takes more time to increase beauty and intelligence than just making body and mind healthy.

My faith is in the ayurvedic classification of body and mind. The body is supposed to be made of tridoshas or three energies and every person has a natural proportion of these doshas which is at the time of birth. When the natural proportion changes with time, disorders in the body result.

From my understanding of ayurveda, the notion of beauty can also be attributed to a balance of the three doshas. Beauty corresponding to the western notion is exemplified by a predominance of kapha dosha which is Grecian body structure.

But the real aesthetic beauty comes because of the presence of higher level harmonies in the body which happens by a balance of the three doshas. So to look really aesthetically attractive in addition to being well built, one has to possess a good balance among the doshas.

Similar is the case of intelligence where it is gunas instead of doshas.

Those who want to try it out can contact me at: sravnatestprep@gmail.com