

Sixteen Arts of Beautification

Paper Submission: 02/02/2021, Date of Acceptance: 20/02/2021, Date of Publication: 24/02/2021

Abstract

Sixteen items of make-up Solah Shringar is representation of femininity and our culture Bindi , Sindoor , MANGTEEKA OR BORLA, KESHAPASHARACHANA, KAJAL OR ANJANA, Nose ring or Nath, Mangalsutra, Ear rings, BAAJUBAND OR ARMLETS, - MAHENDI, BANGLES, AARS, KAMARBAND, ANKLETS, WEDDING DRESS, and PERFUMES are the sixteen embellishments of bride reflects the form of Laxmi resonating a super , nature , aura and luster. Sixteen objects of beauty are believed to be associated with the we being of her world be husband and also be safeguard her health.

Keywords: Femininity, Goddess, Laxmi, Shringar, Menstrual Cycle, Kumkum, Sindoor, Borla, Keshapasharachana, Anjana, Nath, Groom, Jhoomkas, Armlets, epitomize, choodiyar. Aarsi, Kamarband, Bichuas, Sari, Safeguard, Resonating, Aura, Luster, Pilgrim

Introduction

Look back and get experience
Look forward and see hope
Look around and find reality
Look within and find confidence

A traditional Indian girl has to dress up using sixteen adornments on her wedding day. Every girl wants to look like a princess on the most significant day of her life. Sixteen arts of beautification of a bride are generally refers as Solah Shringar. Different kinds of beauty rituals are associated with the wedding. Day, In India, the beautification of the bride consists of sixteen parts and covers almost every part of the body right from the head to the toe..

Solah Shringar is representation of femininity and our culture. This ritual is said to correspond to the sixteen phases of the moon which has negative effect on the woman's menstrual cycle. Solah Shringar is said to nullify this effect. The term shringar is also associated with Goddess Lakhmi, who is a model wife and the representation of female beauty, good luck, prosperity and fertility.

Solah Shringar is traditionally marked by the sixteen items of makeup, jewels and other accessories. Solah Shringar of bride starts from the top with her hair and ends at her toe which add spark to her beauty. These sixteen objects of beauty are believed to be associated with the well being of her would be husband and also to safeguard her health. Having knowledge about accessories that comprises. Solah Shringar helps you understand their their worth.

Bindi which has a strong religious implication and Is a sacred symbol of a married woman is put on the forehead. Bindi symbolizes dedication towards her husband. Traditionally, it was used to be round in shape and red in colour. But nowadays, a large variety of Bindis in various shapes, sizes and shades are available in the market.

Bindi point on the forehead is connected to our pituitary gland. Hence the function of the bindiya is same as that of a computer chip. Just as a chip runs a computer, the brain is activated by the bindiya and is kept under control.

Kumkum, which is traditionally used as the bindi, is made by mixing turmeric, lime and borax which produced a natural red colour. It is said that the importance of the Bindi is due to the red colour itself.

SINDOOR is applied on the central parting of the hair during the wedding ceremony. Sindoor (Vermillion) is a red coloured powder. It has various religious and mythological connotations. It denotes the aspect of completeness.

Sindoor is prepared by mixing turmeric lime and mercury. Mercury is liquid metal. Hence mercury besides controlling blood pressure also

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activates emotions. Sindoor should be applied right upto the pituitary gland where all our feelings are centered.

MANGTEEKA OR BORLA is worn on the central parting of the hair of the bride mostly made out of gold and embellished with semi precious stones, pearl or diamonds. Scientifically it is said that Mangteeka or Borla touches forebrain part which helps to interprets sensation, thought and memory.

KESHAPASHARACHANA Hair style plays an imperative role in determining the look of the woman. The kesh or hair is tied in tune with the latest fashion, and in sync with her wedding attire. It is then adorned with flowers.

KAJAL OR ANJANA Eyes are an incomparable gift of nature and it is our duty to safeguard their beauty as well as wellbeing. The eyes are highlighted with Kajal (kohl) to make it more attractive and appealing, Kajal keeps the eyes free of disease and enhances their beauty.

Eyes darkened with Kajal make the face appear uniquely Indian. In an Indian bride eyes without Kajal would make the face appear rather dull and devoid of radiance.

The traditional method of making Kajal was to light with oil in them. The soot collected on the lamp stand was called Kajal. Absolutely pure and inexpensive lamps black become a popular embellishment for the eyes. Nowadays eye makeup such as eye liners and mascara has taken the place of Kajal.

Nose ring or Nath completes the look of the bride, making her look traditional and ethnic. It is made of gold, it is generally worn on the left nostril and is supported by a gold chain which extend just behind left ear.

Mangalsutra or Necklace or Chains of different lengths, which is usually made of gold and embellished with diamonds, pearls or other precious stones, are also worn by bride. Mangalsutra which is tied by the groom during the wedding rituals.

Ear rings or KarnPhool or Thoomkas are worn in accordance with the necklace. They are heavy and are supported with chain. It further beautifies the woman's face.

BAAJUBAND OR ARMLETS are worn on the upper part of the bride over the sari blouse. Which give a more traditional look to the woman. Rajasthani designs of baajuband are more popular.

MAHENDI this forms an integral part of any marriage. Mahendi is applied on the hands as well as feet. Beautiful and intricate designs of mahendi epitomize the strength, affection and love bond between the couple.

BANGLES OR CHOODIYAN adore the wrist of the bride. It is usually made of laakh, gold or glass. It is mandatory for a bride to wear bangles as they signify the long life of her husband.

AARSI and EXOTIC RINGS The fingers of the bride are adorned with exotic rings. Aarsi is the

thumb ring which the bride wears. It mostly has mirror embedded on it and enable the bride to have a glimpse of herself as well as her life partner.

KAMARBAND it is a waist band that is tied on the waist line of the bride. Made up of gold, it is tied on the waist line of the bride. Made up of gold, it is embellished with stones, diamonds and precious gems and is beautifully designed. It not only enhances the waist area but also helps in holding the sari.

ANKLETS (PAYAL) AND TOE RINGS (BICHUAS) Payals are madeup of silver, it is thick chain that is tied on the ankle and is adorned with tiny bells that make enticing sound. Bichuas or toe rings are similar to rings worn in the fingers of the hand, but are worn in the fingers of each foot.

WEDDING DRESS Red colored wedding sari richly embroidered with gold threads is considered the most auspicious for Hindu weddings. However the choice can also be other bright colors like maroon, gold, magenta or green and comprises of sari, lehenga and salwarkurta.

PERFUMES OR ITAR it is a special fragrance that is applied on to the bride. It emits a special aroma and that helps the bride stay fresh despite the long elaborate rituals performed.

Aim of the Study

To give awareness about "Sixteen arts of beautifications "to Indian women so that she also reflects the form of Lakshmi, resonating a super natural aura and luster.

Conclusion

When the bride is bedecked with all the sixteen embellishments, the jingling of bangles and tinkle of anklets waft through the air and the atmosphere is vibrant as if with the waves communicate a fresh new energy. In countries abroad "wind chimes" are used to purify the energy in our culture everything is threaded into the garland of a woman's embellishment, in which she can intertwine her natural virtues with external ornamentation. In such a house the atmosphere becomes self begotten and virtuous. She also reflects the form of Lakhmi, resonating a supermatural aura and luster.

Would you be a pilgrim on the road of love ?
The first condition is that you make yourself humble as dust and ashes

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