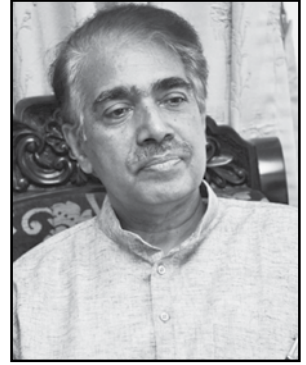


EDITORIAL

‘Pancha Soundarya’

(Five Elements of Beauty)



Greetings to all our readers!

I would like to share in this editorial my thoughts on Beauty, with respect to human beings. I will not be discussing the beauty of nature, flowers and such other things but only the beauty of human beings. When we say that she is beautiful or he is handsome, what we generally mean, refers to the physical beauty i.e, Roopa soundarya – well-proportioned shape of the body, face, colour and texture of the skin, hair and beauty of the eyes, nose, lips and the like. But as we know as per the old saying “beauty is only skin deep”. Then what is beyond this physical beauty? There are many more aspects of the beauty of human beings. Let us discuss some of these:

Arogya Soundarya- Physical fitness is an important complement to roopa soundarya, given that a physically handicapped person can also be attractive with good looks, roopa soundarya. Physical fitness, health of all parts of the body including internal organs with a well-balanced immune system is an important aspect of beauty. There is no perfectly healthy person, but the degree of physical fitness is to be considered as a complement to the roopa soundarya.

Manasa Soundarya - Mental beauty. A good looking person’s beauty is enhanced by having a beautiful mind and greatly diminished by an ugly (evil) mind. A beautiful mind is clean, peaceful and blissful and spreads happiness to others. Is the mind negative instead of being positive and optimistic? How ethical or evil the person is in the mind? Mind controls the thoughts and actions. A beautiful mind is positive thinking, optimistic, ethical in thoughts and actions. People get attracted to such persons. It is undoubtedly an important aspect of beauty.

Sanskara Soundarya – Cultural beauty: This depends on the person's family background, education, upbringing, exposure to various cultures and self-acquired /developed good attitudes and wisdom. It also depends on the level of Emotional Quotient (EQ) which is to be developed by continuous efforts and defines the person’s ability to work with people

in harmony and defines sociability and leadership qualities. Even a physically not so beautiful or even ugly person can be attractive by her/his sociability and leadership.

Atma Soundarya– Spiritual beauty: This is a measure of the person's spiritual development. How much has the person realized the divine self within' which we call conscience, and conquered ego? How he or she has discovered this inner voice, the divine light within and how much he or she has nurtured and strengthened it by communicating with it and developed righteousness, love and compassion, such persons have an aura around them.

Thus, there are five elements of beauty of human beings. These are Roopa soundarya – physical beauty, Arogya Soundarya- Physical fitness, Manasa Soundarya - Mental beauty, Samskara Soundarya– Cultural beauty and Atma Soundarya– Spiritual beauty. All these are different elements of beauty. All are not perfect, scoring 100 out of 100 marks, each may have different scores. Each of us should try to develop these different types of beauties to the maximum extent possible and become beautiful people. It is good to note that all these, except the first (which is considered genetic) can be improved by personal efforts. Even Roopa Soundarya can be improved by surgery, use of cosmetics and other means.

Dr. Chandrathil Gouri Krishnadas
Chairman – Editorial Advisory Board



**“Hope is wishing something would happen.
Faith is believing something will happen.
Courage is making something happen.**

**“Self control is strength.
Right thought is mastery.
Calmness is power.”**