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# COSMETOLOGY, TRICHOLOGY AND AESTHETIC PRACTICES

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### Asian shift - spiritual sexuality to cosmetic gynaecology today

Sexuality in Asia has always been regarded in spiritual context since ancient times. It has always been synonymous with a sacred expression of nature's life force and mystery of creation. It was believed that sex is a powerful tool of transcendental development and sexual experience was regarded as mystical. Spiritual sexuality sacred sex aims at the concept of joining energy sources, joining of all the essences of health to attain longevity of life and spiritual advancement. Ancient Asian people interpreted sex in many ways, main reason were for reproduction and fulfilling physical need of married couple, for complete union of body and soul for intimate partners and as a barter to gain monetary or other benefits. There were many aids and ideas to increase the pleasure of sex. Most intrinsic mechanism used was through mind and spiritual path and yogic methods. Kundalini awakening and tantric sexual practices were welcomed. Many ancient texts like Kama sutra from India Ishinpo from Japan gives good guide for sexual practices. Recent trend of cosmetic gynaecology if practiced in a balanced manner will enhance sexual pleasure and satisfaction. Cosmetic gynaecology aesthetic gynecology aims at giving outward satisfactory look and also enhances functional capability. As per the changing time, girls and women of today live different ways of life as compared to ancient times. Shape and size of labia which were not considered as of much importance becomes a very important aspect for women athletes and for those wearing swim suits. Vulvovaginal atrophy was one of the commonest problems women used to suffer silently without taking professional help due to lack of awareness and embarrassment. Cosmetic gynaecology has many aspects including labiaplasty, vaginal tightening, perineum and pelvic floor repair, vaginal rejuvenation, hymen repair and these are helping women live a satisfactory lifestyle and hereby increasing quality of life. In recent times quality of sex has fallen and sex has lost its sacredness, its scientific understanding and its simplicity and naturalness. People started aiming for just for the outward look and temporary physical satisfaction and relaxation and using sex for barter and revenge and coercion and forgetting the very essence of spirit and sacred component of sexuality. Unless we can bring a deep understanding and a harmony to the act of sex, unless we make it spiritual, a better humanity cannot come into being. We as practicing gynaecologist, as a sexual health provider need to give a message to society to balance the act of cosmetic and spiritual component wisely. Otherwise the very meaning of sexuality and purpose of sexual act will be lost.

### Biography

Savana Chongtham is the founder President of Savannah's She Matters Women's Clinic which provides complete wellness for women including gynaecological wellness, counseling, genital cosmetic and rejuvenation. She had worked in various Government health sectors including State and Central Ministry level. She believes overall wellness comes from treating the patient as a human being including all aspects physical, mental, spiritual and sexual.

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