



## Chapter 19. Ayurvedic Perfumes & Fragrances (Attars)

### 1 What Is an Attar?

#### Easy Definition

A 100 % natural perfume made by **steam-distilling flowers, herbs or woods into sandalwood (or vetiver) oil**

#### Classical Line

“*Gandha dravyam taila samyuktam rasāyanam mano-haram*” – scented oils please mind & act as tonic

#### Key Take-Away

Think of attar as “aroma captured in sandalwood.” No alcohol, no synthetic fixatives.

### 2 Why Sandalwood as the Base?

- Heavy, slow-evaporating – **fixes** lighter floral notes.
- Cooling **Śīta vīrya** – balances fiery Pitta (heat headaches, flushed cheeks).
- Micro-antibacterial – extends shelf life 20 + years!

### 3 The 7-Step “Bhāpka” Process (see diagram)

Castor-oil lamp soot > copper still > bamboo chonga pipe > sandalwood receiver > separate water > mature in leather bottle > filter & bottle.

(Visual flow-chart created above for classroom projection.)

### 4 Fragrance Wheel - Match Each Attar to Doṣa

Note Type	Famous Attar	Dominant Doṣa Effect	Quick Mood
Floral	Ruh Gulab (Rose), Mogra (Jasmine)	Cools <b>Pitta</b> , lifts <b>Vāta</b> sadness	Romantic calm
Earthy / Root	Ruh Khus (Vetiver)	Grounds racing <b>Vāta</b> , deodorises Kapha sweat	“Petrichor” rain smell
Sweet-woody	Sandal Mysore, Kesar Chandan	Pacifies <b>Pitta</b> , subtle aphrodisiac	Meditative warmth
Citrus / Herb	Kewda, Lemon-Grass	Wakes sluggish <b>Kapha</b>	Fresh shower feel
Resin / Oud	Dehn-al-Oudh	Warms cold <b>Vāta</b> , luxury depth	Royal, contemplative

### 5 Classroom-Friendly “Mini-Attar” Recipes (50 ml)

**Dilute** in fractionated coconut if real sandalwood is cost-prohibitive.

Name	Formula (by drops)*	Matures
Rose-Sandal Calm	Sandalwood 45 ml + Rose Otto 3 ml + Vetiver 2 ml	14 days amber
Orange-Jasmine Joy	Sandal 40 ml + Sweet Orange 6 ml + Mogra absolute 4 ml	10 days
Cedar-Oudh Depth	Sandal 35 ml + Cedar 8 ml + Oudh 2 ml + Patchouli 5 ml	30 days

\*Drops ≈ with 20-drop/ml EO or absolute.

**Student Tip:** Shake in warm water bath (40 °C) 10 min every 2 days → faster marriage of notes.



## 6 Application & Safety Cheatsheet

How Much	Where	Why
1 drop	<b>Marmas:</b> wrists (Manibandha), behind ear (Vidura), 3rd-eye (Ajna)	Quick mood, pulse warm diffuses scent
3-5 drops	<b>Hair ends / Beard</b>	Scent trails without skin over-dose
< 0.25 ml	<b>Bath-water</b> (mixed in milk first)	Total-body aroma therapy

**Contra:** sandal allergy rare; test elbow pit; avoid Citrus attars before sun (phototoxic).

## 7 Interactive Activity for Students

1. **Blind-smell quiz** - pass cotton buds of 4 attars, ask class to tag "flora / root / resin / citrus".
2. **Doṣa match** - give case snippets ("Kapha teen, hates waking up") → students choose attar.
3. **Mini-macération** - pair up, create 10 ml blend, label, present scent story.

## 8 Mini-Quiz Answers

1. **Why is sandalwood the "fixative"?** - Heavy molecules slow evaporation.
2. **Which attar cools overheated eyes?** - Vetiver (Ruh Khus).
3. **What must you mix attar into before tub-bath?** - A carrier like milk or almond oil so it disperses.

### Key Take-Aways

- Attar = **steam-distilled aroma + sandalwood fixative** - alcohol-free, ancient.
- Choose note by **doṣa & mood**.
- Safety = use micro-doses, patch-test, beware citrus sun sensitivity.
- Distillation workflow (diagram) shows **seven steps**; understanding process helps in quality control and craft marketing.

**Perfumer mantra:** "Capture the flower's breath, anchor it in sandal, balance the doṣa - fragrance becomes therapy."