



Review of saundarya prasadhan karma in ayurveda

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Abstract

Human life has a great impact on the external appearance of oneself. Skin is basic element of external appearance. In ancient as well as today's era external beauty has gained a lot of attention. Along with increased demand of beautification, Ayurveda classified herbal drugs as *Varnya*, *Kandughna*, *Kushtaghna*, *Vayasthapak*, *Varnaprasadana* in the various formulation of *Lepa*, *Alepa*, *Taila*, *Ghrita*, *Rasayana* etc. In present scenario, there is gradual shift from chemical-based products to ayurvedic beauty products. According to Ayurveda, the concept of beauty includes physical, mental, social, and spiritual elements, when these are in perfect harmony, a person radiates with inner and outer beauty. The secret of Ayurvedic cosmetology is in the surrounding nature. Ayurveda has safe, cost friendly & effective treatment of various dermatological issues i.e. skin care, hair, fairness and glowing skin, removal of post pregnancy stretch marks, foot care, haircare, acne scars etc.

Keywords: Cosmetics, *Varya Mahakashaya*, *Raktaprasadak*

INTRODUCTION

The word "cosmetics" is derived from the Greek 'kosmetike' meaning 'technique of dress and ornament. Ayurveda is an ancient science of medicine, it is not only a medical science but is an art of living in human beings. There is a significant demand of Ayurveda in the field of cosmetology due to its special concept about beauty and its effective and long-lasting therapy. ¹ Cosmetology is the science of modification of appearance and moderation of beauty. Any substance or preparation mean to be placed in contact with the various external parts of human body (epidermis, hair, nails, lips, and external genitals) or mainly to cleaning them, changing their appearance and/or correcting body odours and /or protecting them or keeping them in good conditions ²

In Ayurveda the concept of beauty and health is explained widely. Cosmetics have been in use for thousands of years all around the world by Ancient Egyptians, Indus Valley Civilization, Romans, Greeks etc. Art of cosmetics in ancient India was at a very advanced level which is evident by plenty of references available in various literature including *Brihat-trayi* regarding usage of various substances, procedures and therapies for imparting beauty to face, (eyes, teeth, hairs and skin).³ Ayurveda focus on external and internal beauty. There is some secret way of physical beauty in Ayurveda like Ayurvedic therapies, treatment and advice Separate *Ganas* (groups of drugs) are also mentioned by *Charaka*, *Sushruta* and *Vagbhata* such as '*Varnya Mahakashaya*', '*Eladi*' and '*Lodhradi*'. Cosmetology is the science of modification of appearance and moderation of beauty.

As stated by the Drugs and Cosmetics Act, 1940 (DCA)-Cosmetic means any substance intended to be rubbed, poured, sprinkled or sprayed on, or introduced into, or otherwise applied to, the human body which beautifying,

promoting attractiveness, or make alteration to the appearance, and includes any article intended for use as a component of cosmetic.⁴

Role of Ayurveda in Cosmetology

In ancient text acharyas describe the beauty by Sara (Structural dominance), *Sanhanana* (Body density) Prakriti (Body constitution), *Pramana* (Measurement), *Twaka* (Skin complexion), and *DirghayuLakshana* (Signs of long life). In Ayurveda acharya explain cosmetological concept starts from *dinacharya*, *ratricharya*, with the practice of medicinal herbs. In *Charak samhita*, Acharya charak classified drugs as *Varnya*, *Kustagna*, *vayasthapak*, *udardaprasamana*, *Kandugna dravya*.⁵

*Varnya Mahakashaya*⁶

theses *dravyas* are included,

Chandana, *Tunga*, *Padmaka*, *Ushira*, *Madhuka*, *Manjistha*, *Sarivā*, *Payasya*, *Sita*, *Latā*. These drugs act as complexion promoter.

1. Shweta Chandan-

As per Ayurveda, *Shweta chandana* act as *varnya*, *dahashamak*, hence it is used in skin diseases.⁷

Shweta chandana contain an oil, rich in sesquiterpenoid alcohols, which is used in various skin fairness herbal cosmetics.

2. Padamak-

According to *ayurveda* *Padmaka* used as *varnya*, *kandughna*, *kushthaghna*, *dahashamak*.⁸

Padamak contain puddumin B which act as antimelanogenic agent by suppressing tyrosinase protein and it makes suitable for skin fairness.

3. Yashtimadhu-

The *Yashtimadhu* root has *varnya*, antioxidant, anti-aging properties which are useful for maintenance of healthy skin.⁹

A study shows, *yashtimadhu* contain *glycyrrhizic* acid which controls the secretion of melanin in the skin.¹⁰

4. Manjishta

According to Ayurveda, *Manjishta* used as *Varnya* and *raktaprasadak*. That's why *manjishta* used in various types of skin disease.¹¹

In a study, Methanolic extract of *Manjistha* reportedly show inhibition of tyrosinase activity, hence *Manjishta* act as a skin lightning agent.¹⁰

5. Sariva

It is most popular herb in Ayurveda which is used as *raktaprasadak*. In an in vitro and ex vivo study it is evaluated that *sariva* hav antioxidant acitivity.

A study shows methanolic extract of *sariva* root has been reported to show 14.80% tyrosinase inhibitory activity.¹⁰

6. Ushir

Ushir is employed in Ayurveda as a deodorant, *twakdosshar*, and *dahashamak*.¹²

Alfa amorphene, beta vatirenene, alfa grujunene, and dehydro-aromadendrene are all present in it chemically. It has antioxidant properties and inhibits induced melanogenesis, which lowers melanin level synthesis by deactivating tyrosinase and simultaneously separating oxidative stress.¹⁰

7. Shwet durva

It is *tikta*, *kashaya rasatmak*, *shita*, and *tridosshamak* to be *Shwet Durva*. It can be used as *varnya* since it maintains blood's alkalinity while also purifying the blood.¹³

8. *Harit durva*

Harit Durva is *Sheeta* and *Kapha Pittashamak*, *Tikta Kashaya*, and *Madhur*. It can be used as *varnya* since it maintains blood alkalinity while also purifying the blood.¹³

9. *Kshirvidari*

Madhur, *Sheeta ras* and *Vatapitta Shamak gun* make up *Kshirvidari*. It soothes pitta, enhances the quality of *kapha*, and nourishes the skin.¹⁴

10. *Nagkeshar*

Madhur, *Kashaya*, *Alpa Ursha*, *Laghu*, *Ruksha*, and *Kapha Pittashamak* are the characteristics of *Nagkeshar*. It controls the skin's excessive oil production. It lessens blemishes and black spots. It thoroughly cleans and purifies the skin and reduces pigmentation. It contains many antioxidants that benefit the skin.¹⁵

Essentially, *Varnya Mahakashaya* operates by affecting the pitta dosha and blood.

Blood returns to its natural composition after its extra lubricity and stickiness are removed.

The Ayurvedic cosmetics could be categorized as¹⁶

1. Cosmetics that improve the look of facial skin
2. Hair care and growth cosmetics
3. Skin care products, particularly for youngsters with acne, pimples, and sustaining
4. Toiletries such as soaps, powders, and perfumes.
5. Additional products

Medicinal herbs used for anti-aging, skin tonics, and moisturizers¹⁷

1. Aloe vera is a natural moisturizer, sunscreen, and emollient.
2. Calendula officinalis: Promotes the healing of wounds.
3. Cichorium intybus used for Skin imperfections.
4. Curcuma longa is Antibacterial, Sceptic and improves skin tone.
5. Daucus carota is Natural toner and skin rejuvenator.
6. Glycyrrhiza glabra, a plant that whitens skin.
7. Ocimum sanctum - Antibacterial, Anti-Aging, Antiseptic
8. Rosa Damascena act as Toning and cooling agent.
9. Rosmarinus officinalis is Skin-rejuvenating and Cleansing agent.
10. Rubia cordifolia is Anti-aging and wound healing.
11. Triticum sativum used for Skin-nourishing, antioxidant.

Discussion

According to Ayurveda, the ras dhatu generates skin. Ananta, Manjishtha, and other herbs improve the intestines' ability to digest food, and when combined with durva and kshirvidari, they encourage the shleshak kapha to function more effectively in the stomach and generate ras dhatu of excellent quality which provide sustenance for the skin itself. In Varnya Mahakashya, the majority of dravyas are Madhur and Tikta exhibit the varnya effect since they both rasatmak and kaphapitta shamak. It might be utilized both internally (Kwath, churna) and externally (Ilepā, oil for local application). Overall then, using a mix of ingredients, the Varnya Mahakashya cultivates and nourishes the skin.

Conclusion

Body nourishment with Varnya Mahakashya would undoubtedly produce more talented and attractive people. The best cosmetics in the world should be used to benefit the entire planet. The Varnya Mahakashya, who provided the permanent remedy for the skin. Varnya Mahakashya ought to be equated with flawless skin. There is increase in demand for ayurvedic cosmetics is rapidly increasing. With branded items in categories including skin care, hair care, soaps, and essential oils, numerous businesses have entered the market. India has the potential to become a significant player in the global cosmetics market With its Ayurvedic legacy, India excels in this area.¹⁸

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