



# REVIEW ON VARNYA MAHAKASHAY

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## ABSTRACT

Ayurveda is one of the most ancient medical sciences of the world, which aims at promotion of health and treating the disease of an individual. There are many fundamental principles in Ayurveda which can be helpful in understanding the maladies in modern medicine. Varna is considered to be an important aspect of health with variety of physiological and pathological effects. In Charak Samhita Varnya Mahakashaya has described. These medicines are used either internally or externally.

**KEYWORDS:** Varna, Varnya Mahakashaya, Skin, Beauty, Ayurveda, Complexion, Charak Samhita.

## INTRODUCTION

In the last decades as suffering COVID situations, lot of interest has been generated in the medical world regarding Ayurveda. The two main goals of Ayurveda are:

- To protect the health of a healthy person
- To eradicate the disease.

These two goals will be achieved with the help of Saptapadartha, i.e. Dravya, Guna, Rasa, Veerya, Vipak, Prabhav, Karma. By the virtue of these Saptapadartha possible drug mechanism or activity can be observed. Varnya is Sanskrit word with - varna means colour 'Ya' means health associated with the concept of the body. A drug that improves the appearance of the skin is known as Varnya. People all around the world is getting more cureious about skin and it's health. Charaka Samhita, the varnya Mahakashaya had describe. They can be used externally and internally in different ways like

decoction, powder, ingestion, oil –ghruta preparations, lepa-pralepa, bathing, etc. Dravyas in Varnya Mahakashaya Includes- Shwetchandan, Manjishtha, Padmak, Sariva, Nagkeshar, Ushir, Yashtimadhu, Neel Durva, Shwet Durva, Kshirvidari<sup>1</sup>. Varya is overall presentation of health according to ayurveda. Saptadhatu sarbhag contributes to uttapti of skin. Skin with seven layers. Dravya in mahakashay works on skin.

## AIM AND OBJECTIVES

1. To study Varnya Mahakashaya in Charak Samhita.
2. To evaluate the Varnya dravya mentioned in Charak Samhita.

## MATERIAL AND METHODS

| Sr.No. | Dravya           | Ras                    | Vipaka | Veerya |
|--------|------------------|------------------------|--------|--------|
| 1.     | Shwet Chandan    | Tikta, Madhur          | Katu   | Sheeta |
| 2.     | Padamak          | Tikta, Kashaya         | Katu   | Sheeta |
| 3.     | Nagkeshar        | Tikta, Kashaya         | Katu   | Sheeta |
| 4.     | Ushir            | Tikta, Madhur          | Katu   | Sheeta |
| 5.     | Manjishtha       | Tikta, Madhur, Kashaya | Katu   | Ushna  |
| 6.     | Sariva           | Madur, Tikta           | Madhur | Sheeta |
| 7.     | Shwet durva      | Tikta, Kashaya         | Madhur | Sheeta |
| 8.     | Neel/Harit durva | Tikta, Kashaya         | Madhur | Sheeta |
| 9.     | Yashtimadhu      | Madhur                 | Madhur | Sheeta |
| 10     | Kshirvidari      | Madhur                 | Madhur | Sheeta |

### 1. Shweta chandan

Tikta rastamak so work on raktshodhan, katu vipak helps in aam pachan, Madhur ras works on vatshaman and kaphvardhan, sheet veerya helps in pitas ushna gun shaman so works on bhraj pitta and works as varnya.

According to modern science it is rich in sesquiterpenoid alcohols that is used in skin fairness and alpha santanol has inhibitory action on tyrosinase<sup>2</sup>.

## 2. Padamak

Tikta and kashay ras have aam pachan and kled shoshan karma, sheet veerya works against ushna and Tikshna gun of pitta, overall prakrit kledak kaph and ranjak pitta increases which improves colour. Also have kandughna, Kusthaghna properties<sup>3</sup>.

Pharmacologically it have antimelanogenesis activity of Puddumin B. It suppresses tyrosinase protein<sup>4</sup>.

## 3. Nagkeshar

It is laghu, ruksha so works as kaphghan, as like padmak it is tikta, kashay ras act as aam pachan and kled shoshan, sheet veerya works against ushna and Tikshna gun of pitta, overall prakrit kledak kaph and ranjak pitta increases which improves colour<sup>4</sup>.

Its antioxidant action helps to protect skin, it also helps in balance of excess oil production of the skin and lightens the pigmentation<sup>5</sup>.

## 4. Ushir

Tikta ras causes aam pachan, raktshodhan, Madhur ras increases kaph as rasopi shelshmvat so rasvardhan, sheet veerya helps in kaphvardhan, mutral action detox body act as varnya<sup>6</sup>.

Chemical constituents like Alfa amorphene, beta vatirenene, alfa grujunenr are present works on dark skin brightening. It have antioxidant action that decreases production of melanin.

## 5. Manjishtha

Tikta and kashay ras and ushna veerya have aam pachan, katu veepak and kled shoshan so work as raktaprasadak. Madhur ras causes vatshaman<sup>7</sup>.

Chemical constituents like Purin, Manjishthin, Jantho sudo Purin act as skin whitening and have inhibitory action on tyrosinase.

## 6. Sariva

Tikta rastamak so work on raktaprasadak, katu vipak helps in aam pachan, Madhur ras works on vatshaman and kaphvardhan, sheet veerya helps in pita ushna gun shaman so works on bhraj pitta and works as varnya.

Roots contain Methoxy Salisilik aldehyde shows antioxidant activity. Seeds contain sisterol, tetrasayclin, trytripin act as skin brightening<sup>4</sup>.

## 7.Shwet durva and Harit durva

Both have Tikta and kashay ras have aam pachan and kled shoshan karma, sheet veerya works against ushna and Tikshna gun of pitta, overall prakrit kledak kaph and ranjak pitta increases, kapha pittashamak which improves colour.

Both shweta durva and harita durva maintains alkalinity of blood and also does purification of blood and therefore used as Varnya<sup>8</sup>.

## 8.Yashtimadhu

Madhur ras, Madhur veepak works on kaphvardhan, vatpittashman, sheet, snighdha gunatamak so work as varnya<sup>9</sup>.

Yashtimadhu root Anti-Aging, Antioxidant pharmacological properties, which are useful for maintenance of healthy skin. Glycyrrhizic acid present in it controls the secretion of melanin in the skin and thus reduces dark pigmentation and increases fairness of skin.

## 9. Kshirvidari

Madhur ras, Madhur veepak works on kaphvardhan, vatpittashman, sheet, snighdha gunatamak leads to nourishment of skin so work as varnya<sup>10</sup>.

Pharmacologically it has Carissic acid, coumaric acid that are antioxidant.

## CONCLUSION

As per the review of above all mentioned factors- Majority of dravyas in Varnya Mahakashaya are madhura tikta rasatmaka, kapha pitta shamaka. Therefore, shows varnya effect. They can be used externally or internally.

According to modern review- Varnya dravya has high antioxidant and antiinflammatory potential. Varnya Dravyas disrupts the melanin formation pathway through tyrosinase inhibition.

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