

A REVIEW OF COSMETICS IN AYURVEDA**Dr. Dinesh Patil***

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Panchkarma, Shubhdeep
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Indore (MP), INDIA.**ABSTRACT**

Ayurveda is the ancient Indian holistic medicinal system. Various classics of Ayurveda described cosmetics in detail. There are numerous references regarding the cosmetics. Ayurveda herbs are essentially promotive and preventive medicine. These herbal drugs are used for both function maintain of skin, hair and cure the skin, hair diseases etc. The herbal cosmetic industry is in rapidly growing stage not only domestically but also globally; it offers several obvious advantages over the synthetic cosmetic because it has fewer side effects. *Charak*, *Susruta* and *Vagbhata* were some illustrious masters of *Ayurveda*. In *Charaka Samhita Varnya Mahakasaya* (Group of ten drugs) and *Sushruta* and *Astanga Hridaya Eladi* and *Rodhradi Gana* (Group of

drugs) is a complex promoter. *Vagbhat* has mentioned six *Mukh lepa* (*Drugs for external application*) according to each half of verse (Ritus). These *lepa* are beneficial for hair, soft and lustrous skin like a lotus flower. The charm of understanding herbal product is even you can use it by making certain combination at your home and get the benefits. This article focuses on the various herbs and formulation described in *Ayurveda* text used as cosmetics with a new approach. Due to this work new formulation can be formulated for cosmetic purpose which can be beneficial to them.

KEYWORDS: *Charak*, *Susruta* and *Vagbhata*, *Astanga Hridaya Eladi* and *Rodhradi Gana*.**INTRODUCTION**

“Any substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair system, nails, lips and external genital organs) or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them, perfuming them, changing their appearance and/or correcting body odours and/or protecting them or keeping them in good condition.”

According to encyclopaedias Britannica- the word cosmetic are defined as substances of diverse origin, scientifically compounded and used to cleanses, allay skin trouble, cover imperfections and beatify.

Ayurveda is not only a system of medicine but is a comprehensive science of life. As such it is not concerned only to the cure of diseases but also aims to relieve the humanity from all categories of miseries- physical, mental, intellectual and spiritual by the natural way. *Ayurveda* is serving the living being from the time immemorial. The concept of cosmetic/beauty is not a new things, it have been into usage from time immemorial. *Ayurveda* beauty concepts have got lot of attention and have been witnessing a huge rise in demand not only nationally but on international arena. Most of the earth population today depends on plants to treat common ailments. Many *Ayurvedic* drugs have been scientifically evaluated for their cosmetic potential. These herbs are used in two ways as internal (removing toxins and other inflammatory mediators) and/or external (using appropriate cleansers, toners and moisturizers etc.) medications. The cosmetic industry is in rapidly growing stage not only domestically but also globally; it offers several obvious advantages over the synthetic cosmetic because it has fewer side effects. Cosmetic industry is mostly depending on the *Ayurveda* herbs. A large number of cosmetic have been developed based on Indian Herbs recently. Apart from traditionally documented applications, some modern trials have also established the utility of Indian herbs in cosmetic product. Indian women have long used herbs from the ancient time, Such as Sandalwood and Turmeric for skin care; Henna to colour the hair. These herbal drugs are used for both function maintain of skin, hair and cure the skin, hair diseases etc. In ancient India, men and women usage the various cosmetic and they were know highly advances ideas for self beautification. people of Egypt, China, Roma, India, and Greek used a wide variety of herbs and herbal formulation like as Turmeric (haldi), Neem, Keshar (saffron) and Mehndi (haldi) to beautfy themselves. Many more references are available in Vedic period such as Asikini for Palita and Rajini for colouring agent.

Some herbal formulation that is be used as cosmetic purpose has been taken by the *Ayurveda* text, are as follow.

Skin Lightning and Exfoliating Scrub

Sirisa(*Albizzia lebbeck*), Lamajjaka(*Cymbopogon jwarancusa*), Hema(*Mesua ferrea*), Lodhra(*Symplocos racemosa*) -ointment prepared with all these drug. When rubbed over the skin alleviate skin diseases and reduces diaphoresis (2).

Deodorant powder

Ayurvedic texts mention numerous herbs for alleviating the bad body odour, to be used as powders as thin paste, all over the body. Patra(Cinnamomum tamala), Ambu(Pavonia odorata), Lodhra (Symplocos racemosa), Abhaya(Terminalia chebula), Chandana(Santalum album) –ointment these drugs remove bad odour from the body.

Depilatory (lomshatnam)

Oil of Bhallataka (Semicarpus anacardium) application is also best to ward off hairs. Kadali (bark of banana) and Argbhadha(Cassia fistula) made into ash and applied remove the hairs.

Mouth Freshener

There are the numerous herbs and herbal preparation used to refreshed the mouth. along with the fragrance , these herbs or preparations also serve to clear off the mucous secretions from the throat caused by kapha, alleviate vomiting sensation ,improve the voice, they gives cleanliness and good smell to mouth, and removes dirt from jaws ,mouth, throat, teeth, tongue. Brilliant complexion and beautiful appearance to the face .chewing betel leaves along with powder of karpura(camphor), Jatiphala (myristica fragrance), Lavangaa (Embelia ribes) is beneficial. In common parlour, Tambula(a sweet herbal mouth freshner) is called as 'paan' and it is a traditional eaten by people, after food, throughout india. Tambula is one of the most commonly consumed mouth refreshners.it augments the digestive juices and also work well as a carminative.

Anulepana/Lepa/Face packs

The topical application of herbal paste to face and keeping it undisturbed for certain period is known as Mukhalepa. This therapy is used to clear the morbidity of dosas or any toxic substance in facial skin as well as to improve the colour and complexion the skin. Today the face packs designed as per specific needs, are marketed on a large scale. Ayurveda classifies Mukhalepa (facepacks) in to three type *Doshaghna*(alleviating dosas), *Visaha*(detoxifying), and *Varnkar*(complexion promoting).

Vagbhat (The master) has mentioned six different group of drugs for mukhalepa. These are prescribed in each half of verse (called ritus) for unguents six seasons. mukha is a face and mukhalepa is anointing the face with paste of some drug. *Varnkara* is for restoring original normal colour of skin. Mukhalepa paste anointing is not to be dry. It should be moist. *Mukhalepa* is also beneficial for cure early greying of hairs, *vyanga* (moles/ warts) and

pigmented patches, soft and lustrous skin like a lotus paper who are accustomed to *Mukhalepa* as a habit. In ayurveda indication of applying cosmetics on the face called mukhalepa, and it is beneficial for makes the face free of coloured patches and eruptions and bestows brilliant like a lotus colour.

Benefits of Anulepa (External application)

Anulepa provide charm, complexion, cheerfulness, energy and eliminate sweat, foul smell, and abnormality of complexions. Application of Mukhalepa (cosmetics) on face make eye firm, cheeks and face corpulent, free from freckles and boils and handsome like lotus.

Anga raga lepa (cosmetic application)

Powder of Haritaki (*terminalia chebula*), leaves of Nimba (*Azadiracta indica*) ,Bark of mango tree, flower of pomegranate tree are made into a paste and applied to the face this *angaraga* bestowing colour and complexion is fit for use both by men and gods.

Complexion promoting Herbs

The complexion of the skin depends on the normality of skin cells and pores. In addition to these factors, it is closely related to, especially blood circulation of skin. The herbs which bring back the balance of these factors and promote the complexion (*varna*) of the skin, hence are known as 'Varnya'. These herbs are of therapeutic use internally as well as externally.

Varnya Dasemani (Group of ten drugs)

Candana(*santalum album*), tunga(*colophyllus inophyllum*), padmaka(*prunus cerasoids*), usira(*veteveria zizanioides*), madhuka(*Glycyrrhiza glabra*), manjista(*Rubia cardifolia*), sariva(*hemidesmus indicus*), payasya(*ipomoea paniculata*), sita(white variety of *cynodon doctylon*) and lata (black variety of *cynodon dectylon*)- these ten drugs are complexion promoters.

The Siddharthaka Bath (to take bath with medicinal decoction) that is mentioned in the ancient book Caraka Samhita. The contain of siddharthaka bath such as – Musta-acorus calamus, Madanaphala (*Randia spinosa*), Intrayava (*holarrhena antidysenterica*), Darvi (*Berberis aristata*) etc. the powder or paste of these drug is useful for unction which promotes the colour of skin.

Ayurveda Herbs for Pimples

In Ayurveda pimples called as a 'Mukhadusica' or Yuvanapidika. In Yuvanapidika, particularly medicinal emesis is beneficial and the paste of Vaca (*Acorus calamus*), Lodhra (*Symplocos racemosa*), and saindhava-salt mixed with Sarsapa or of Dhanyaka vaca, Lodhra and Kushta should be applied.

Ayurveda paste for pimples- The paste preparation from Manjistha (*Rubia cordifolia*), Raktacandana (*Pterocarpus santalinus*), Lodhra (*Symplocos racemosa*), Kustha (*Saussurea lappa*), Priyangu (*Callicarpa macrophylla*), Vatankura (aerial roots of *Ficus bengalensis*), Masura (*Lens esculenta*) is used in the form of lepa that cure pimples and pigmented skin of face. Apart these lepa, haridra (turmeric) and Raktacandana (sandalwood) are used in the form of mukhalepa that cures the pimples and improve the colour and complexion the skin.

Hair Remedies

According to Ayurveda the hair (kesha) is closely related to Asthi dhatu (bones). Hence, anything detrimental to Asthi Dhatu will be harmful to the hair. Depletion of Asthi Dhatu and sweat causes hair loss. The health of hair depends upon the health of bones and skin. Many remedies are indicated in Ayurvedic texts for hair growth, early greying of hair, treat the hair fall, are as follows.

*Tila (*Sesamum indicum*), Amalaka (*Emblica officinalis*), Padamkinjalka, Madhuk (*Glycyrriza glabra*) - these drugs used in the form of paste added with honey applied on head - strengthens the hairs and bestows good colour to them.

*Wash with Triphala decoction (*Haritaki-terminalia chebula*, *Vibhitaka-terminalia bellerica*, *Amlaki- amlika officinale*) makes the hair black and smooth.

*Medicated oil prepared juice of Sahacara (*Barleria prionitis*), Bhringaraja (*Eclipta alba*), Sursa (*Osimum sanctum*) and Yastimadhu (*Glycyrriza glabra*) it is beneficial for hair.

CONCLUSION

The concept of cosmetic/beauty is not a new thing; it has been into usage from ancient time. Various classics of Ayurveda described cosmetics in detail. There are numerous references regarding the cosmetics. Many herbs have been scientifically evaluated for their cosmetic potential. The usage of herbal cosmetics has been increased to many folds in personal care system and there is a great demand for the herbal cosmetics. Personal care industry is

currently more concentrated on these herbal based cosmetics as now days it is fast growing segment with a vast scope of manifold expansion in coming years.

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