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Review Article

COSMETOLOGY IN AN AYURVEDA PERSPECTIVE

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ABSTRACT

Background: According to ayurveda the concepts of beauty is optimal health, it explains the concepts of skin by detailing it with seven layers of which the first one *Avabhasini* functions to reflect color and complexion which is nourished by *Rasa Dhathu*. The opinion of different Acharyas includes various factors for improving beauty in the concept of *Agni*, *Dinacharya*, *Rithu Charya*, *Pathyahara*. Charak Samhita classified cosmetics drugs as *Varnya* (fairness), *Kustagna* (antihistaminic), *Kandugna* (antipruritus), *Vayasthapak* (antiageing), *Udarda Prasamana*, etc. Many *Alepam* (poultice) *Pradeha*, *Upnaha*, *Anjana*, *Taila* are described in *Susruta Samhita* and *Astanga Hrudaya* in the context of *Twakroga*. The very common medicines are - *Kunkumadi Taila*, *Bhringaraj Taila*, *Dashangalepam*, *Chandanadi Lepam*, *Yashti Ghruta*, *Jatyadi Taila*, etc. are very well-established medicine in Ayurveda. **Conclusion:** Ayurveda believes that stress, fear, any other negative thought or emotion or any other major diseases can hamper skin's natural glow and shine. Thus, *Panchakarma* therapy, *Rasayan* Therapy and "*Acharya Rasayan*" should be adopted to keep oneself fit and healthy at all ages. This review may help cosmetic and personal care industry, marketers and modern scientists understand various different trends in the field of cosmetology through Ayurveda.

KEYWORDS: Cosmetology, Ayurveda, *Varnya*, Hair care, skin care

INTRODUCTION

Cosmetology is an art of medical science for refining superficial beauty. It helps to attain attractive physic and pleasing looks, thus enhances one's confidence. Today's world is running behind a perfect derma. People all around the globe have been developing an immense obsession for a flawless skin. Presently most of the cosmetics available in the market are abundant with toxic chemicals, which lead to various ailments. On the other hand, ayurveda enriched with natural herbs purifies our body from within and out, it is a complete package for the nourishment of body mind and soul.

According to ayurveda the concepts of beauty is optimal health, it explains the concepts of skin by detailing it with seven layers of which the first one *Avabhasini* functions to reflect color and complexion which is nourished by *Rasa Dhathu*. According to Acharya Vagbhta *Varna* is determined *Antagarbhavastha* (embryonic stage) itself depending on the *Ahara* (food) and *Vihara* (life style) of the mother. Ayurveda promises radiant and healthy skin, hair and nails which we can only attain through harmony of doshas, proper nourishment of dhatu, procedural functioning of *Agni* and timely excretion of malas. The opinion of different Acharyas mentioned in Samhitas has been collected which includes various factors for improving beauty in the concept of *Agni*, *Dinacharya*, *Rithucharya*, *Pathyahara* etc.

The concept of *Varṇa*, *Chaya*, *Prabha* dealt in Ayurveda is innate entities of beauty. The word *Varṇa* in Sanskrit means "outward appearance, exterior form, figure, shape, colour", "colour of the face", "good colour or complexion, luster, beauty. *Varṇa* is not just colour but it includes all the parameters of healthy and radiant skin. *Chaya* is the entity which circumscribes *Varṇa* and *Prabha* is the highlighter of complexion. Thus, whatever brings softness and beauty to skin along with enhancement of complexion, radiance or luminescence is termed as *Varṇya*.¹ Therefore, the comprehensive concept of Beauty encompasses physical, psychological and spiritual states. Holistic health and Beauty go hand in hand. Ayurveda emphasizes the proper functioning of the body as a healthy body along with its tissue systems, metabolic fires, mental and physical functions form the basis of a beauty.

The secret of Ayurvedic cosmetology lies in the surrounding nature. Owing to have Ayurveda as a tradition and life science, Indians use vegetables, fruit, herbals, precious stones, metals, minerals and this let them create unique products which are useful for skin care combined with Ayurvedic massages and cleansing procedures which lead our body and skin to rejuvenation.

Cosmetic drugs are defined as Any substance or preparation intended to be placed in contact with the various external parts of human body like epidermis, hair, nails, and lips, or with the teeth and mucous membrane of oral cavity with a view exclusively or mainly to cleaning them, changing their appearance and/or correcting body odors and or protecting them or keeping them in good conditions. The objective of this article is to study in detail exact conditions and role of medicines used frequently for cosmetic purpose.

Ayurveda Medicine as Cosmetics:

Charaka Samhita classified cosmetics drugs as *Varnya* (fairness), *Kustagna* (antihistaminic), *Kandugna* (antipruritus), *Vayasthapak* (antiageing), *Udarda Prasamana*, etc.ⁱⁱ Many *Alepam* (poultice) *Pradeha*, *Upnaha*, *Anjana*, *Taila* are described in Susruta Samhita and Astanga Hrudaya in the context of *Twak Roga*. The very common medicine is - *Kinkade Lepam*, *Dashanga Lepam*, *Chandanadi Lepam*, *Dashana Samskar Churna*, *Kumkumadi Taila*, *Nilibringaraj Taila*, *Himasagar Taila*, etc. are very well-established medicine in Ayurveda.ⁱⁱⁱ Sesame oil is used as a base in many oils in Ayurveda. It contains Lignan compounds called Sesamin and Sesamolin, which are biologically active. These compounds enhance oxidative stability of the oil. They have potential to be used as anti-oxidant compounds as well as having a moisturizing effect. Buttermilk and goat's milk powders traditionally used in Indian face mask preparations have soothing and emollient properties. They also contain vitamin A, B6, B12 and E. They make beneficial alternatives to chemical bases and emollients. *Shikakai* is a traditional herb used in hair shampoos. The material is extracted from the *Shikakai* pods and *Shikakai* nuts of the *Acacia Concinna* shrub. The pods are rich in Saponins and make a mild detergent, which has a neutral pH.^{iv} *Aritha* powder, extracted from Soapnuts (*Sapindus Pericarp*) also contains Saponins, which acts as a foaming agent. It was used as soap in Ayurvedic tradition. The oils also maintain integrity of cosmetic products and could be used as a base instead of petroleum and plastic derivatives. In skin conditions like leukoderma, psoriasis, eczema and pimples, certain Ayurvedic preparations have already been found beneficial.

Details description of few frequently used Ayurveda cosmetic products are as follows:

- ***Kumkumaadi Taila:***

Contents: *Kumkumadi Tailam* is an ancient formula consisting of precious Ayurvedic ingredients. *Kumkumadi Taila* contains *Kumkuma*, *Usheera*, *Kaaleeya*, *Laksha*, *Yashtimahu*, *Chandana*, *Nyagrodha*, *Padmaka*, *Neelotpala*, *Manjishta* as the components.

Chemical constituents: Lanolic acid, Oleic acid, Palmitic acid, Laccirin, glycine, palmitic acid, manjisthin, purpin, xanthopurpin, glycyrrhizine.^v

Pharmacological activity: Antioxidant, antibacterial, anticancer, anti-inflammatory, antiviral, hypoglycemic action. It has pharmacological Activities like *Kumkumadi Taila* shows best results in skin discoloration. Even few research studies show that *Kumkumadi Taila* is effective in management of lip discoloration due to smoking.^{vi}

Mode of Action: Due to local application of *Kumkumadi Tailam* it helps in dilatation of blood vessels at the affected portion so the absorption of active ingredient present in the medicine helps in penetrate skin easily and it enters in to blood streams through capillaries at the affected portion of skin.

Uses: *Kumkumadi Tailam* is an Ayurvedic product which is excellent for skin treatment especially for skin lightening, very effective in improving skin texture. This unique blend of oils and herbs is formulated to help skin look young and healthy. *Kumkumadi Tailam* lightens complexion, makes skin fair, add radiance to skin also Reverses sun tan and treats patchy skin.

- ***Neelibhringadi oil***

Contents: This oil is referred in Sahastra Yoga text, it contains multiples of ingredients like *Neeli Swarasa, Bhringaraj Swaras, Shatakratulata, Amalaki, Aja Ksheera, Narikela, Mahisha Kshira, Godugdha, Tila Taila, Yashti, Gunja, Daruharidra*.^{vii}

Chemical constituents: *Indigotin, Wedelolactone, Demethylwedelolactone, emblicanin A, emblicanin B, Octanoic acid, sesamin, sesamolin, tocopherols, glycyrrhizic acid, Precol, Abrol, Berberine, proteins, lipids, sugars, mineral salts, vitamins, etc.*

Pharmacological activity: Laboratory studies have shown that *Bhringraj* oil has antimicrobial properties that may help treat minor fungal or bacterial infections. C fraction of *A. precatorius* seeds were tested against the head louse ie *Pediculus humanus capitis*. Pediculicidal activity was determined by filter paper diffusion method. The findings revealed that petroleum ether extracts possess excellent anti-lice activity.^{viii} The leaf extract of *Neeli* showed the ability to inhibit the growth of gram-positive bacteria and thus showed antibacterial and anti-oxidant activity.^{ix} Subjective grading of xerosis by the investigators and visual analogue scales used by the patients showed a general trend toward better (though not statistically evident) improvement with coconut oil than with mineral oil, therefore Coconut oil is superior to mineral oil in dry skin and hair.^x Proteins found in sesame oil are rich in methionine, an amino acid that contributes to hair growth and development. It nourishes the scalp in terms of preventing drying out, but it also prevents formation of dandruff, and it plays an important role in preventing skin infections.^{xi}

Mode of action: This oil is used to treat imbalances in pitta, since excess pitta is characterized by heat, the cooling properties of oil are believed to help normalize conditions caused by pitta imbalances *Neelibhringadi* oil is said to alleviate inflammation when massaged into the scalp or skin. It can also increase the thickness and lustre of hair as well as prevent graying and split ends.

Uses: *Neelibhringadi* oil is an Ayurvedic hair oil used to improve quality of hair, to treat split hairs, premature graying, scalp itching, dandruff and baldness. When used as a massage oil, *Bhringraj* oil is thought to induce calm, relieve stress, and promote sleep.

- **Jatyadi Ghrut:**

Contents: *Jatiphala, Nimba, Patola, Haritaki, Sariva, Katuka, Darvi, Nisha, Manjistha, Ushira, Sikta, Shudhha Tuthha, Madhuka, Karanjabeeja, Ghrita, Jala.*^{xii}

Chemical constituents: Glycyrrhetic acid, Ursolic acid, Karanjin, Curcumin, Berberine and kutkin.^{xiii}

Pharmacological properties: *Jatyadi Ghrita* contains parts of plants namely, *Myristica fragrans* Houtt, *Azadirachta indica* A Juss., *Trichosanthes dioica* Roxb., *Terminalia Chebula* Retz. and *Hemidesmus indicus* R. Br. which are already reported for their wound healing and anti-inflammatory activities. A study of burn wound healing activity of *Jatyadi Ghrita* and *Jatyadi Taila* was performed by Dhande *et al.* (2012).^{xiv} The study concludes that *Jatyadi Ghrita* and *Jatyadi Taila* help in reducing the period of epithelialization as compared to silver sulfadiazine. Wound healing activity of only *Jatyadi Taila* was indicated. *Jatyadi Taila* caused reduction in wound area as compared to the application of modern topical antimicrobial agent neosporin.^{xv} *Jatyadi Ghrita* also indicated faster maturation of granulation tissue, lesser inflammatory cells and early angiogenesis.

Mode of action: Ingredients of *Jatyadi Ghrita* having *Tikta, Katu, Kashaya Rasa, Ushna Veerya* and *Vranahara, Kandughna, Kushtagna, Vishagna* actions, thus act as *Vrana Shodhana* and *Ropana*. Moreover, *Ghrita* having *Snigdha, Sheeta Guna* and *Dahaprashamaka, Snigdhatta* and *Shlakshnata* properties in *Vrana*, thus acts as *Vrana Shodhana* and *Ropana*.^{xvi}

Uses: *Jatyadi Ghrita* is a classical Ayurvedic formulation^{xvii} indicated in ulcers in vital points, oozing/weeping ulcers, deep-rooted ulcers, painful ulcer, bleeding ulcer and non-healing ulcer.

- **Yashtimadhu Ghruta:**

Contents: *Yashtimadhu, Goghrita, Water.*^{xviii}

Chemical constituents: Glycyrrhizin, glycyrrhetic (glycyrrhetic) acid, isoflavonoids, chalcones, triterpenoids, coumarins and sterols, amines, gums, lignans, amino acids and volatile oils.^{xix}

Pharmacological activity: Studies conducted on modern scientific parameters have proved the healing, antiulcer, anti-inflammatory and skin regeneration activity of *Yashtimadhu*. Sodium, glycyrrhizate possessed anti-ulcer activity and stimulation of regeneration of skin. *Yashtimadhu Ghrita* showed encouraging results in minimizing the side effects of radiation and chemotherapy.^{xx}

Mode of action: *Yashtimadhu Ghrita*^{xxi} has *Madhura Rasa, Sheeta Veerya, Madhura Vipaka*. It is *Vata-Pitta Shamaka*. It is very effective for application in post-operative management of *Agnidagdha Vrana* in *Arsha*.

Uses: *Vedanasthapana, Sothahara, Vranaropan, Soolahara, Vranaropana and Sodhana.*

- **Hair Colouring (*Kesharanjan*)^{xxii}:**

Hair dyes are very popular since times. Following is well described in Ayurveda, *Bhringraj (Eclipta alba)*, *Sikakai (Acacia concinn)*, *Reetha, (Sapindus trifoliatus)*, *(Indigofera tinctoria)*, *Amla (Embllica officinalis)*.

- **Foot Care (*Vipadikahara Yoga*)^{xxiii}:**

Vipadika (Rhagades) is a disease of palm and sole in which there are many crack marks along their edges. These are effectively treated by *Vipadikahara Tail* (an ointment).

- **Removal of Post Pregnancy Stretch Marks (*Kikkishar Yog*)^{xxiv}:**

Post pregnancy marks are also a very embarrassing problem for women and to remove it, Ayurveda described for paste for local application; e.g. 1. *Sweta Chandan, (Santalum album)*, *Mrinala (Nelubium nuciferum)* *Dhatki (Woodfordia fruticosa)*, *Sirisa (Albizia lebbek)*, *Sarsapa (Brassica campestris)* and *Ushira (Vetiveria zizanioides)*. 2. Irrigation of breast and abdomen by decoction of *Patola (Tricosanthes dioica)*, *Nimba (Azadirachta indica)*, *Manjistha (Rubia cordifolia)*, and *Surasa (Ocimum sanctum)*. Eyes are very important from cosmetic points of view in Ayurveda there is a mention of use of five types of Collyrium *Anjan* to increase the beauty of it. Many types of *Chakshushya Dravya* describe in Ayurveda - *Mamira (Coptis teeta)*, *Piyaranga (Thalictrum foliosum)*, *Chakshushya (Casia absus)*, *Katak (Strychnos potatorum)*.^{xxv}

- ***Krishnikaran* (Blackening of the White Scar Tissue)^{xxvi}:**

Use of *Bhallataka* oil (*Semicarpus anacardium*) mixed with ash of hoofs of domestic a marshy animal.

- **Depilatory Agent (*Lomshatan*)^{xxvii}:**

Depilatories remove part of the hair shaft and are easy painless to use. Now a days waxing process is in vogue. 1. Powdered shell 2 part (*Shankha*) + orpiment 1 part (arsenic trisulfide). These should be pouched with sour gruel (*Shukt*). 2. Oil of *Bhallatak (Semicarpus anacardium)* mixed with latex of *Snuhi (Euphorbia neriifolia)*. 3. Ash of *Kadali (Musa paradisiaca)* & *Dirghvrint (Melia azedarach Linn.)*, orpiment salt (arsenic trisulfide) and seed of *Shami (Prosopis cineraria)* pounded with cold water.

- **Acne Care (*Yuvan Pidika Nasan*)^{xxviii}:**

1. *Vacha (Achorus calamus)* + *Lodhra (Symplocus racemosus)* + *Saindhav* + *Sarsapa (Brassica juncea)*, 2. *Dhaniya (Coriandrum sativym)* + *Vacha (Achorus calamus)* + *Kustha (Saussurea lappa)*,

3. *Narikel (Cocos nucifera) Manjari* and *Vata (Ficus benghalensis) Patra*, 4. *Gorochan* and *Maricha (Piper nigrum)*, 5. *Salmali Katak (Bombax ceiba)*. Post inflammatory scars also get cleared by them. *Vaman Karma* is a best treatment of *Yuvan Pidika*.

- **Anti-Aging (Vaysthapan)^{xxix}:**

Vayasthan is a group of herbs that prevents aging process. *Vayasthapan* drugs include *Amrita (Tinospora cordifolia)*, *Abhaya (Terminalia chebula)*, *Dhatri (Embelica officinalis)*, *Yukta (Rasana) (Pluchea lanceolata)*, *Shweta (Clitoria ternatea)*, *Jiwanti (Leptadenia reticulata)*, *Atirasa (Asparagus recemosus)*, *Mandookparni (Centella asiatica)*, *Sthira (Desmodium gangeticum)*, *Punarnava (Boerhavia diffusa)*.^{xxx} These *Dravya* promote nutrition through improving *Agni* (digestion, metabolism) and by promoting the competence of *Srotas* (microcirculatory channels in the body) which determine skin health and youthfulness.

- **Role of Panchkarma^{xxxi}:**

The hidden treasures of Ayurveda speak about removal of toxins by *Panchakarma* procedures. When doshas are vitiated in large quantity and disease is chronic then *Shodhana Chikitsa* should be administered first. *Shodhana Chikitsa* that has been classified under *Panchakarma* are *Basti, Vamana, Virechan, Raktamokshana, Nasya*.

- **Role of Rasayana^{xxxii}:**

Among the Ashtanga Ayurveda, *Rasayan* is the one that prevents ageing of the skin and the entire body and deals with optimum life span. To maintain the balance between the *Doshas* and the *Dhatus*, *Rasayan* strives and contributes to the process. According to Ayurveda, *Rasayan* and skin have an innate relation because of which the vitiation of *Rasa Dhatu* the skin gets spoiled.

Conclusion:

Outer beauty is the direct indication of overall health. This depends on your food habits, purity of blood & routine. A person looks beautiful and healthy, which can be gained through yoga, meditation and natural beauty enhancement process. Ayurveda believes that stress, fear, any other negative thought or emotion can hamper skin's natural glow and shine. It is notable that mental stress can aggravate hyper-pigmentation, thus "*Achara Rasayan*" should be adopted. To keep oneself fit and healthy at all ages Ayurveda has proposed numerous suggestions, if followed with dedication it maintains health and skin.^{xxxiii}

The desire to look young prevails in the majority of us. The latest trends in beauty, health and wellness sectors are giving rise to a new realm of possibilities by fusing anti-aging cosmeceuticals with traditional Indian medicine Ayurveda. The future for beauty from within functional cosmetics that offer multifunctional

benefits in the area of anti-oxidant cellular protection and skin health with anti-inflammatory and anti-stress properties is bright. Backed by sound science and substantiated structure and function, they will have a big market in cosmeceutical sector. This review may help cosmetic and personal care industry, marketers and modern scientists understand various different trends in the field of cosmetology through Ayurveda.

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