

NOTION ON COSMETICS IN ASTANGA HRIDYA: A LITERARY SEARCH

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ABSTRACT

Beauty is a matter of Socio-medical significance. The cosmetics are the utility products used extensively throughout the world for maintaining and recuperating general appearance of face and other parts of the body. Along with increased demand of beautification, the problems are also increasing which cause damage to Beauty or Personality due to changed life style and polluted atmosphere. The concept of beauty and cosmetics is as old as human civilization. Ancient text, Astanga Hridya explains various factors which enhances beauty. The various karmas are explained in Dinacharya, Ritucharya etc. that enhances beauty directly or indirectly. Out of different ganas explained, two are related to beauty. Rodhradigana' and 'Eladigana' are characterized as the 'Varnya group'. It described 'Mukha Lepa', 'Samyak Prokta Mukha Lepa Laksana' etc. It also mentions six prescriptions of Mukha Lepa according to 'Ritu Bheda' (season). The present critical review highlights the cosmetics in Astanga hridya.

Keywords: Cosmetics, Cosmetology, Astanga Hridya, Varnya.

INTRODUCTION

Ayurvedais an antique medical science which was developed in India. Ayurveda deals with all the aspects of human life. Since early age, human life has a great impact on the external appearance of oneself. Skin is the basic element of the external appearance. The concept of beauty and cosmetics is as old as human civilization. Beauty is a matter of Socio-medical significance. Beauty is generally depended on the type and texture of the skin one has. Also the beauty is not only depended on the skin but also on the other factors like hair falling, hair blackening, wrinkle free skin etc.

The cosmetics are the utility products used extensively throughout the world for maintaining and

recuperating general appearance of face and other parts of the body. Along with increased demand of beautification, the problems are also increasing which cause damage to Beauty or Personality due to changed life style and polluted atmosphere. In today's era, beauty is very much essential to be one in thousand faces.

Cosmeceuticals are topical cosmetic—pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skin's biological function. The various topical application products that delay and/or reverse visible signs of aging are termed anti-aging cosmeceuticals. Research trends in anti-aging skin care products are moving towards developing new plant extracts and

botanical ingredients based on their traditional medicinal uses¹.

The concept of using herbs for beautification is well defined in Ayurveda. The cosmetic preparations are used for worship and for sensual enjoyment in India since vedic period. The external application of kajala, tilaka, aguru, chandana, haridra etc to God and Goddess are seen in many rituals of India.

Beautiful woman is always praised in our ancient text as virtue, wealth; affluence and creation depend on women. There was a provision for appointing a beautiful woman (kalinee) in the Rasasala (pharmacy) for rasabandha and the characteristic of Kalinee is well described in Rasaratna samuchachaya and Anandakanda. If the kalinee is not available then

the specific way to convert ordinary woman to kalinee is also possible by the administration of one karsa (3 gm) of purified sulphur along with ghee for twenty one days².

Astanga hridaya is a ancient treatise of ayurveda. *Astanga Hridaya* explains various factors which enhances beauty. The various karmas are explained in *Dinacharya*, *Ritucharya* etc. that enhances beauty directly or indirectly. Out of different *ganas* explained, two are related to beauty. *Rodhradigana* and *Eladigana* are characterized as the *Varnya* group. It described *Mukha Lepa*, *Samyak Prokta Mukha Lepa Laksana* etc.. It also mentions six prescriptions of *Mukha Lepa* according to *Ritu Bheda* (season).

MATERIAL AND METHODS

This study shows literary review on Ancient Treatise, *Astanga hridaya*. Internet, research journal are also reviewed.

RESULTS

Table no. 1: Eladi gana³

Sr. No.	Drug	Latin name	Rasa	Guna	Virya	Vipaka
1.	Ela	<i>Elettaria cardamomum</i> Maton	Katu, Madhur	Laghu, Ruksha	Shita	Madhura
2.	Bhruht Ela	<i>Amomum subulatum</i> Roxb.	Katu, Tikta	Laghu, Ruksha	Usna	Katu
3.	Turushka (silhaka)	<i>Liquidamber orientalis</i> Miller	Tikta, Katu, Madhur	Snigdha, Laghu	Usna	Katu
4.	Kusta	<i>Saussurea lappa</i> C.B. Clarke	Tikta, Katu, Madhur	Laghu, Ruksha, Tikshna	Usna	Katu
5.	Phalini (pryangu)	<i>Callicarpa macrophylla</i> Vahl.	Tikta, Kashaya, Madhur	Guru, Ruksha	Shita	Katu
6.	Jatamamsi	<i>Nardostachys jatamansi</i> DC.	Tikta, Kashaya, Madhur	Laghu, Snigdha	Shita	Katu
7.	Jala(sughandhabala)	<i>Pavonia odorata</i> Willd.	-	Ruksha, laghu	Shita	-
8.	Dyamaka(dhamasa)	<i>Fagonia cretica</i>	Kashaya, Tikta,	Laghu, Snigdha	Usna	Madhura

			Madhur, Katu			
9.	Sprikka	<i>Delphinium zalil</i> Atich. & Henssl	Madhur, Tikta	Laghu	Shita	-
10.	Choraka	<i>Angelica glauca</i> Edgw.	Madhura, tikta, Katu,	Laghu	Shita	Katu
11.	Chocha(Dalchini)	<i>Cinnamomum zeylanicum</i> Breyn	Katu, Tikta, Madhur,	Laghu, Ruksha, Tikshna	Usna	Katu
12.	Patra	<i>Cinnamomum tamala</i> Eberm	Madhura,	Tikshna, Pichilla, Laghu	Usna	-
13.	Tagara	<i>Valeriana wallichii</i> DC.	Tikta, Katu, kashaya	Laghu, Snigdha	Usna	Katu
14.	Sthouneya	<i>Clerodendrum infortunatum</i> Linn.	Katu, madhura, tikta	Snigdha	-	-
15.	Jatirasa	<i>Commiphora myrrh</i> Holmes	Tikta, Katu, Kashaya	Ruksha, Laghu	Usna	Katu
16.	Sukti (nakha bheda)	<i>Achatina fulica</i>	Madhura, Katu	Laghu	Usna	Katu
17.	Vyagranaka	<i>Helix aspera</i>	Madhura, Katu	Laghu	Usna	Katu
18.	Surahva (Devadaru)	<i>Cedrus deodara</i> (Roxb.) Loud.	Tikta	Laghu, Snigdha	Usna	Katu
19.	Agaru	<i>Aquilaria agallocha</i> Roxb	Katu, Tikta	Laghu, Ruksha, Tikshna	Usna	Katu
20.	Srivasaka (sarala niryasa)	Oleo-resin of <i>Pinus longifolia</i>	Katu, Tikta, Madhura	Laghu, Tikshna, Snigdha	Usna	Katu
21.	Kumkuma	<i>Crocus sativus</i> Linn.	Katu, Tikta	Snigdha	Usna	Katu
22.	Chanda	<i>Angelica glauca</i> Edgw.	Katu, Tikta	Laghu, Tikshna	Usna	Katu
23.	Guggulu	<i>Commiphora mukul</i> (Hook ex stocks) Engl.	Tikta, Katu	Laghu, Ruksha, Tikshna,	Usna	Katu

24.	Rala	Resin of <i>Shorea robusta</i> Gaertn.	Kashaya, Madhura	Ruksha	Shita	Katu
25.	Khapura (kundaru)	Resin of <i>Boswelliaserrata</i> Roxb.	Katu, Tikta	Tikshna	Usna	Katu
26.	Punnaga	<i>Colopfiyllum inophyllum</i> Linn.	Madhura, Kashaya	Laghu, Ruksha	Shita	Madhura
27.	Nagahva(nagakesara)	<i>Mesua ferrea</i> Linn.	Kashaya, Tikta	Laghu, Ruksha	Usna	Katu

Table no. 2: Rodradi gana⁴

Sr. No.	Drug	Latin name	Rasa	Guna	Virya	Vipaka
1.	Rodra	<i>Symplocos racemosa</i> Roxb.	Kashaya	Laghu, Ruksha	Shita	Katu
2.	Pathani rodra	<i>Symplocos crataegoides</i> Buch-Ham.	Kashaya	Laghu, Ruksha	Shita	Katu
3.	Palasha	<i>Buteamonosperma</i> (Linn.) Kuntze	Katu, Tikta, Kashaya	Laghu, Ruksha	Usna	Katu
4.	Jingini	<i>Odina woodier</i> Roxb.	Madhura, Kashaya, Lavana	-	Usna	Katu

5.	Sarala	<i>Pinus roxburghii</i> Sargent	Katu, Tikta, Madhura	Laghu, Tikshna, Snigdha	Usna	Katu
6.	Kataphala	<i>Myrica esculenta</i> Buch-ham.	Kashaya, Tikta, Katu	Laghu, Tikshna	Usna	Katu
7.	Kadamba	<i>Anthocephalus indicus</i> Miq.	Tikta, Kashaya	Ruksha	Shita	Katu
8.	Kadli	<i>Musa sapientum</i> Linn.	Madhura	Guru, Snigdha	Shita	Madhura
9.	Ashoka	<i>Saraca asoca</i> Roxb. De Wilde	Kashaya, Tikta	Laghu, Ruksha	Shita	Katu
10.	Elvalu	<i>Prunus cerasus</i> Linn.	Kashaya	Laghu	Shita	Katu
11.	Pari pelava (kshudra chandana)	<i>Pterocarpus santalinus</i> Linn. F.	Tikta, Madhura	Guru, Ruksha	Shita	Katu
12.	Mocha	Resin of <i>salmalialabarica</i> Schott & Endl.	Kashaya	Laghu, Snigdha, Pichilla	Shita	Katu

Acharya Vagbhata in sutrasthana chapter *Gandushadi vidhi* describes *mukha lepa* as of three types⁵:

1. *Dosha hara*
2. *Visha hara*
3. *Varnakaraka*.

Ingredients of lepa [On the Basis of Ritu (season)]⁶

Hemanta: Kola Majja (pericarp of *Zizyphus jujube* Lam.), Vasa Mula (root of *Adhatoda vasica* Nees), Sabara Lodara (*Symplocos crataegoides* Buch-Ham.), Sweta Sarsapa (*Brassica campestris* Linn.).

Shishira: Brhuti mula (root of *Solanum indicum* Linn.), Krishna Tila (*Sesamum indicum* Linn.), Daru Haridra Twaka (bark of *Berberis aristata* DC.), Nishtusa Yava (*hordeum vulgare* Linn.).

Vasanta: Darba Mula (root of *Imperata cylindrica* Beauv.), Chandana (*Santalum album* Linn.), Ushira (*Vetiveria zizan-ioides* Linn.), Shirisha (*Albizia lebeck* Benth.), Mishi (*Foeniculum vulgare* Mill.), Tandula (*Oryza sativa* Linn.).

Grishma: Kumuda (*Nymphaea alba* Linn.), Utpala (*Nymphaea stelletta* Willd.), Kahalara (*Nymphaea rubra* Roxb.), Durva (*Cynodon dactylon* Linn.), Yastimadhu (*Glycyrrhiza glabra* Linn.), Chandana (*Santalum album* Linn.).

Varsha: Kaliyaka (pita chandana), Tila (*Sesamum indicum* Linn.), Ushira (*Vetiveria zizan-ioides* Linn.), Jatamanshi (*Nardostachys jatamansi* DC.), Tagara (*Valeriana wallichi* DC.), Padamaka (*Prunus puddum* Roxb. Ex Wall.).

Sharada: Talisha (*Abies webbiana* Lindl.), Gundra (*Typha angustata* Bory & Chaub.), Pundrika

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(*Nelumbo nucifera* Gaertn.), Yastimadhu (*Glycyrrhiza glabra* Linn.), Kasa (*Saccharum spontaneum* Linn.), Tagara (*Valeriana wallichii* DC.), Agarar (*Aquilaria agallocha* Roxb).

DISCUSSION

The varnya or varna prashadana is the karma of *bhrajaka pitta* i.e the type of pitta that resides in the skin. So, the dravyas that act as a varnya or varna prashadana must act on pitta dosha. On critical screening of *Eladi gana*, *rodradi gana*, different lepa dravyas used on the basis of season etc. dravyas are mostly having *katu vipaka* and *usna virya*. They acts on *bhrajaka pitta* and then the complexion of skin increases.

Acharya Vagbhata describes the mukha lepa as *vali-palita hara*⁷ i.e it prevents wrinkles formation in skin and untimely graying of hairs.

CONCLUSION

These above screened dravyas can be helpful in day-to-day clinical practice. These dravyas are used both internally and externally. Medicated oil is used externally to achieve the desired effects. Ayurvedic cosmeceuticals are very much prized for their safe, holistic action. Based on the immense and established knowledge of Ayurveda, herbal products, fruit extracts and essential oils are now being effectively used in medicines, food supplements and personal care.

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