

THE ROLE OF VIDALAKA KALPA IN THE MANAGEMENT OF UNDER EYE DARK CIRCLES

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INTRODUCTION:

Shalakyta Tantra in its very definition clearly emphasizes in the word “*Urdhvjatrugata*” this *Anga* of Ayurveda is not only able to deal with Eye, ENT and Head disorders but also has a wide scope in the field of ayurvedic cosmetology. *Kriyakalpas* mostly being local procedures have the capacity to cross the surrounding barriers, thus enabling the “*Aushadhi Dravya*” to reach the target tissue and manage the associated issue. *Vidalaka* is a major *Kriyakalpa* procedure in which *Aushadhi Lepana* is done under eye and eyelids, *Vidalaka* can be considered as a counterpart of “*Lepa*” which has three types out of which *Varnyakara lepa* is considered most useful here.

Improper nutrition, irregular sleep, stress, UV radiation, lack of exercise, insufficient moisturisation speed up the ageing process of the skin particularly affecting the delicate under eye skin, causing dark circles.

The market share of skincare products and cosmetics is witnessing a new hike every day, also the chain of beauty salon is becoming bigger and bigger, while these products and beauty treatment work on the skin issues they also may cause harm to skin as they contain chemicals and preservatives also they can very well burn a hole in a common man’s pocket.

Eyes are of the most beautiful and attractive features of one’s face, just by looking at one’s eyes it is easy to guess whether the person is tired or sick, hence it is important to take care of them along with the whole face. *Vidalaka Kalpa* is one of the easy, economic & effective modality which can be applied on a daily basis to enhance the *Prakrita Varna* of the not just the under eye but whole of the eye lids and

orbital area. The *Varnya Dravyas* given in *Samhitas* and *Nighantus* can be used for the procedure. So, this particular *Vidalaka Kalpa* can also be referred as *Varnyakara Vidalaka*.

UNDERSTANDING DARK CIRCLES:

In simple words blemishes around the peri-orbital areas can be called as dark circles, it can be considered as infra-orbital venous stasis and peri-orbital hyperpigmentation, it has become one of the main lifestyles induced beauty problem.

1.The skin of lower eyelid is very thin, with minimal to no sub cutaneous tissue it has a close corresponding to the orbicularis oculi muscle hence the ageing changes lay more impact in this region as compared to rest of the face.

2.Ageing process makes the skin lose collagen affecting the undereye skin more making it thinner and making the appearance of dark circles more prominent.

3.Fatigue may result into puffy eyes and dark circles may appear as the shadow of puffy lids

4.Eye strain can cause dilatation of blood vessels around the eyes causing dark circles.

5.Dehydration can make eyes sunken making the skin in the surrounding area look darker.

6.Sun exposure can cause melanin pigment deposition around the eyes.

Roga Samprapti Chakra:

1.Vataand Pitta are aggravated due to *Shrama, Ratri-Jagrana, Asamyak Ahara* and *Vihara*.

2. Since *Pitta* and *Rakta* are *Samanadharmi* it gets *Dushta* leading to various *Raktaja Rogas* such as *Nilika*, *Nyaksh*, *Vyanga* etc¹.

3. Vitiated *Vata*, *Bhrajaka Pitta* located in *Avbhasini Twacha* and *Rakta* cause the *Kshaya* of *Medasa* around the *Akshigolaka* also affecting the *Samanaguna Kapha*² causing its *Dushti*.

4. Together they cause *Varna Vikriti* of the associated area causing the *Varna* to appear *Aruna-Shyava*, *Shyava* or *Neela*.

Ayurveda Description of *Vidalaka Kalpa*:

According to *Acharya Sharangdhara* *Vidalaka* is the fourth *Kriya-Kalpa* mentioned under *Netra Prasadana Vidhi* and it is as a type of *Bahirlepa*³. *Vidalaka* has its *Matra* and *Vidhana* just like *Mukhlepa*⁴, hence all the properties, benefits and contraindications are applicable for *Vidalaka* also:

1. *Mukhlepa* when applied correctly prevents *Vyanga*, *Vali*, and *Nilika*⁵
2. It is an *Agrakarma* for *Prasadana* of *Twak-Mamsa* and *Rakta*⁶ *su.su*.
3. It should be applied in day time
4. For the *Varnyakara Karma* its *Pramana* for local Application is *Ardha Angula*⁷.
5. It should be applied Cold for *Varnyakara Karma*⁸.
6. It should be removed before drying completely⁹.
7. Only freshly prepared *Aushadhi Dravya* paste should be applied and layering should be avoided, once taken off it should not be re-applied¹⁰.
8. After removing the *Lepa*, *Abhyanga* should be done¹¹.
9. According to *Dosha Pradhanya* *Sneha* should be added to the *Lepana Dravya*¹².
 - 1/6 parts of *Sneha* in *Pitta*
 - 1/4 parts of *Sneha* in *Vata*
 - 1/8 parts *Sneha* in *Kapha*
10. Contraindications¹³
 - One should not sleep, speak during application.

-Contact from *Agni* and *Atapa* should be prevented during application

-*Krodha*, *Pinasa*, *Ajirna*, *Nasya*, *Hanugraha*, *Aruchi*, *Ratri-Jagrana*

Action Mechanism of *Varnyakara Vidalaka*:

After application the *Aushadhi Dravya* gets absorbed through *Romkoopas* travels through *Swedawahinis* and *Shiramukhas* and does its action¹⁴.

1. The *Varnyakara Dravyas* are mostly *Tikta* and *Kashya Rasa Pradhana* hence they treat the *Pitta Vikriti*,
2. The *Ushna Virya* helps in resolving *Vata* and *Kapha Dushti*, on mixing *Sneha* it further enhances the *Shamana* of *Vata* and *Pitta* and nourishes the *Kapha* and *Kshina Medasa*.
3. Since it is applied *Sheetala* hence it also calms down the vitiated *Rakta*,
4. *Abhyanga* being performed as *Pashchata Karma* further helps the absorption of the *Aushadhi*, as it increases the blood circulation
5. These all actions together also reduce *Netrayas*
6. Since *Vidalaka* is *Ekdeshiya* and a type of *Parimarjana Karma* it purifies the associated area.
7. Since *Varnyakara Vidalaka* is applied cold therefore it takes more time to start drying thus increasing the contact time with the skin surface.
8. Being cold it helps in soothing the puffy eyes decreasing the dilatation of the blood vessels.

This ultimately causes the *Varna* to return in *Prakritavastha* and improves the appearance of the under eye and rest of the orbital region.

Varnya Dravyas Mentioned in *Shastra*:

*Varnya Maha-kashaya*¹⁵: *Chandana*, *Tunga*, *Padmaka*, *Ushira*, *Madhuka*, *Manjishtha*, *Sariva*, *Payasya*, *Sita*, *Lata*.

*Mukh Kantikara Lepa Dravya*¹⁶: *Rakta-Chandana*, *Manjishtha*, *Lodhra*, *Kustha*, *Priyangu -pushpa*, *Vatankura*, *Masoora*.

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Vyangahara Lepa Dravyas¹⁷- Arjuna Twaka or Manjihista Twaka powdered and mixed with Navneeta.

Anya Mukh Lepa Dravyas¹⁸- Vata Patra (Pandu), Malti Patra, Rakta-Chandana, Kustha, Aguru, Lodhra this lepa works on Vyanga & Nilika.

Rodhradi Gana¹⁹- Rodhra, Savara Rodhra, Palasha, Shyonaka, Ashoka, Bharangi, Jingine, Kadamba, Sala, Kadli it has Kaphahara and Varnya properties.

Eladi Gana²⁰- Ela, Tagara, Kustha, Jatamamsi, Rohisha trina, Twak, Nag-kesara, Priyangu, Harenuka, Vyaghranaka, Shukti, Chanda, Shrivesthaka, Choraka, Ushira, Guggulu, Sarjarasa, Aguru, Devdaru, Kumkum, Punnaga it has Vata-Kapha Nashaka and Varna Prasadana properties.

CONCLUSION:

Varnyakara Vidalaka is a simple, cost effective beauty treatment, since it only contains natural ingredients the chances of any adverse reactions are very less. Varnyakara Vidalaka can be utilised After the assessment of the *Dosha Sthithi, Rogi Prakriti* in accordance with *Ritu and Kala* for people of all age groups. Further research should be done by conducting clinical trials so that evidence based solid results can be obtained.

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