

AYURVEDIC COSMETOLOGY- AN ANALYTICAL REVIEW

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ABSTRACT

Beauty of individual gives feelings of pleasure or satisfaction. It is the desire of every individual either female or male to give pleasure to the sense. Some are beautiful by birth and some want to become beautiful. The association between Ayurveda and cosmetic is gaining importance in the beauty and cosmetic. It is being used in human society from ancient time and now gaining importance in the beautification and to cure the skin ailments. In Ayurveda, the cosmetic preparations are used for worship and for sensual enjoyment in India since Vedic period. An Ayurvedic/herbal cosmetic have growing demand in the world market. Ayurveda always have attracted considerable attention because of their effectiveness and comparatively lesser or no side effects in comparison with other drugs. Ayurveda health care and healing, works on four levels-body, breath, mind and spirit. When these are in perfect harmony, a person radiates with inner and outer beauty. According to Ayurveda, toxic materials inside the body makes a person look unhealthy and his personality weakens. Shodhana (Purification) is the best therapeutic intervention to eliminate body toxins which helps to become disease free and helps to maintain health and beauty. In Ayurveda there are several medicinal plants and mode of applications of their processed formulation for enhancing complexion, treating acne, skin disorders, hair fall, complexion etc. The present review deals with the advantages of Ayurveda in medicinal plants and their formulations related to Cosmetology.

KEYWORDS: *Ayurvedic Cosmetics, Cosmetology, Shodhana*

INTRODUCTION

Charaka Samhita, Sushruta Samhita and Astanga Sangraha (Brihat Trayee) have detailed descriptions of about 700 herbs¹. Several herbs have been mentioned in Ayurveda which enhances the health and beauty of the skin and hair. Ayurveda is an ancient medical science which deals with all the essentials of the human life. Skin is the basic element of the external appearance. Beauty of individual gives feeling of pleasure or satisfaction. It is the desire of every individual either female or male to give pleasure to the sense. Beauty is generally depends on the skin texture and body. Also, beauty not only depends on the skin but also on the other factors like hair falling, acne and skin disorders. The secret of Ayurveda cosmetology lies in the surrounding nature. Thus vegetables, fruits, oils, herbal preparations, precious stones, metals, minerals and other unique products are magic for skin disorder. Combined with Ayurveda

massages and cleansing procedures these lead our body and skin to immediate and long-term rejuvenation². Cosmetology is the science of alternation of appearance and modification of beauty. Cosmetology involves any substance or preparation intended to be placed in contact with the various external parts of human body (epidermis, hair, nails, lips, and external genitals) or with the teeth and mucous membrane of oral cavity with a view exclusively or mainly to cleaning them, changing their appearance and correcting body odors and protecting them or keeping them in good conditions³.

Beauty is related to skin and hair of person and gives perceptual experience of satisfaction. Ayurveda is the science that deals with cosmetology in a very precise way. Some medicinal plants like haridra, manjistha, chandna, alovera, ritha, amalaki and bhringraj etc. has been described for beautification of skin, its care and hair. Body purification is also

important for beautification, skin disorders and hair falling. Similarly, diet has plays a special role to improve and maintain beauty of an individual.

According to *Ayurveda*, human body functions through various channel systems called “*Srotamsi*”, containing both microscopic and macroscopic structures such as the respiratory system, lymphatic, circulatory system, reproductive system and nervous systems. These channels function as innumerable psychobiological processes such as enzyme production, neuro-transmitter secretion, hormonal intelligence, respiratory capacity and digestive, immune power etc. and responsible for wellness and beauty. In *Ayurveda* texts mainly two types of *Chikitsa* is described.⁴ *Shodhana* therapy and *Shamana* therapy. *Vamana karma* is the main *Shodhana* therapy.

In *Ayurveda* medicinal texts Acne is mentioned as “*Yuvana Pidika*” or “*Tarunya Pidika*”. *Yuvana pidika* has increased ‘*Kapha* and *Vata dosha*’ also the involvement of ‘*Rakta Dhatus*’ there in this disease.⁵ Hair fall is described *askhalitya* or *indralupta* (Alopecia) and has increased ‘*vata with pitta*’ or ‘*kapha*’ and ‘*rakta dhatu*’ also involved causing this disease.⁶ *Panchakarma* therapy is both preventative for healthy people to maintain and improve excellent cellular function, and curative for those experiencing diseases⁷.

ADVANTAGES OF AYURVEDA IN COSMETOLOGY

- Long history of safe human usage, not tested on animals.
- The human body responds well to natural substances and has a resistance to synthetic ones.
- The skin and scalp are influenced at the cellular level, helping to improve normal function.
- Promotes the capacity to absorb products.
- Restores the normal pH balances.
- Herbs have a mild effect but have powerful & specific healing properties.
- Particularly suited to skin and hair care.

- Natural fragrances of flower and herbal extracts help to calm the nerves and induce relaxation.

Ayurveda Medicine as Cosmetics

Charaka Samhita classified cosmetics drugs as *Varnya*, *Kustagna*, *Kandugna*, *Vayasthapana*, *Udardaprasamana*, etc. Many *alepam* (poultice), *Pradeha*, *upnaha*, *anjana*, *taila* are described in *Susruta Samhita* and *Astanga hridaya* in the context of *twaka roga*. The common established medicines in *Ayurveda* are *Kumkumadi lepam*, *Dashanga lepam*, *Chandanadi lepam*, *Dashana samskara churna*, *Kukummatitaila*, *Nilibringaraj taila*, *Himasagar taila*, etc. *Tila Taila* (Sesame Oil) is used as a base in many oil preparations in *Ayurveda*. It contains compounds called as *Sesamin* and *Sesamolin*, which are biologically active. It also contains vitamin A, B6, B12 and E. They make beneficial alternatives to chemical bases and emollients. *Shikakai*, *ghritkumari* and *ritha* etc. are traditional herbs used in the preparation of hair *shampoo*. The material is extracted from the *Shikakai* pods of the *Acacia Concinna* shrub. The pods are rich in Saponins and make a mild detergent, which has a neutral pH. It was used as soap in *Ayurveda* tradition. The oils also maintain integrity of cosmetic products and can be used as base instead of petroleum and plastics derivatives. There are significant evidences already generated for *Ayurveda* skin care in vitiligo, psoriasis, eczema and acne vulgaris.⁸

The *Ayurveda* cosmetics may group under:

- Cosmetics for enhancing the appearance of facial skin.
- Cosmetics for hair growth and care.
- Cosmetics for skin care, especially in teenagers /younger (acne, pimples and wrinkles)
- Shampoo, soap, powders, cream and perfume, etc.
- Other products

List of Ayurveda medicinal plants commonly used in cosmetics:

Medicinal Plants used as Moisturizers, Skin Tonics.

1. *Gritakumari* (Aloevera) – Moisturizer, treats sunburn, dry skin, acne, stretch marks, heal wounds and anti bacterial.
2. *Arjuna* (*Terminalia Arjuna*)-Wound healing and cleaning skin^{9,29}
3. *Lodhra*(*Symplocos Racemosa*)- Removes Acne and blemish, Heals wound^{10,11,29,30,31}
4. *Haridra*(*Curcuma longa*)-Antiseptic, Antibacterial, Improves complexion^{12,13,14,29}
5. *Vacha* (*Acorus Calamus*)-Varna Shodhana^{15,16,17}
6. *Yastimadhu* (*Glycyrrhiza Glabra*) - Skin whitening, *Charma Vikara-Raktavikara*^{18,19,20,29}
7. *Tulsi*(*Ocimum Sanctum*)—Anti Aging, Antibacterial & Antiseptic, purifies blood, light skin tone and *Khalitya, Palitya*^{19,21,29,30,31,33}
8. *Ushera*(*Vetiveria Zizanioides*)- Skin rejuvenator, Cleansing, *Daha, Twagdosha, Rakta-Vikara, Kustha*.
9. *Manjishtha*(*Rubia Cordifolia*) - Wound healing & Anti-aging^{22,23,29,31,33}
10. *Bibhitaki* (*Terminalia Bellerica*) - Anti-ulcer activity and natural skin^{24,29,31}
11. *Chandana*(Sandal Wood) anti septic, pimple, dark spots and dark circles^{25,26,31,33}

Ingredients for Hair Care Product Uses

1. *Shikakai*(*Acacia Concinna*)- Natural Detergent, Anti-dandruff / Bacterial, Treats hair loss (Alopecia)
2. *Gritakumari* (Aloevera) - Cleanser & Revitalizer
3. *Neem*(*Azadirachta Indica*)- Reduces hair loss, Anti-dandruff and *Varna Shodhana*^{27,28,31}
4. *Brahmi*(*Bacopa Monnieri*)- Hair tonic, Reduce hair fallout.
5. *Bhringaraj*(*Eclipta Alba*)- Promotes hair growth, Prevents graying of hair and hair black^{19,29,30,31}
6. *Amala*(*Embllica Officinalis*)- Toner, Anti-dandruff, Protects & reduces hair loss^{19,29,30,31}
8. *Gurhal*(*Hibiscus Rosa Sinensis*)- Natural Hair dye, Prevent hair fall, Anti- dandruff
9. *Mehandi*(*Lawsonia Alba*)- Natural Hair dye, Antidandruff, Conditioner, strengthens hair²⁹.
10. *Reetha*(*Sapindus Trifoliatius*)- Natural detergent, Cleanse, hair tonic, Anti bacterial and fungal.
11. *Tila* (*Sesamum Indicum*)- Promotes hair growth, Blackens hair^{29,30,31}.

12. *Indravaruni*(*Citrullus Colocynthis Schrad*)- Promotes hair growth, blackens the hair and stop hair fall^{13,32}.
13. *Anantamula*(*Hemidesmus Indicus*)- *Khalitya* and *Palitya*²⁹.

Shodhana therapy for skin care and hair fall

In *Ayurveda* there are mainly two types of treatment, namely, *Shodhana* or purification and *Shamana* or herbal medicinal treatment. *Shodhana* plays an important role in making the body purified for the normal organic process to restore. *Panchakarma* is comprised of hot oil massages or retention of hot medicated oil processes on head called as *Shirobasti* and oil flow treatment on the head called *Shirodhara* for health benefits and beneficial for hair falling (Alopecia) condition or rejuvenation of dry follicles. *Nasya* is regarded to have the greatest outward and immediate effect on the hair conditions. Through *Nasya* an *Ayurvedic* medicated oil formulation is given through nasal route, so helps regrowth of hair. Leech therapy in *Ayurveda* is effective at increasing blood circulation and breaking up blood clots. Therefore, this therapy is applied on bald areas to increase blood circulation and helps to enhance the concentration and delivery of nutrients that makes hair follicles strong and for the promotion of hair growth. But most people are afraid of leeches so hair transplant is the better solution for hair loss. Leech therapy can be useful in helping some wound healing and to treat acne. *Shashtika Shali Pinda Swedana* is also most important for beauty (skin care). The main properties of *Shashtika* are *Snigdha, Guru, Sthira, Sheeta* and *Tridoshaghna*. Though a *Swedana Karma*, it has *Brimhana Guna*. It improves the blood circulation to face and enhance the complexion. It is beneficial in *Vyanga* (blemish), *Nyachha* and *Tilakalaka* (non elevated mole). It also detoxifies and revitalise the facial skin. It eases the muscle tension and strengthens the facial skin. The *Shodhana* therapy is also applied for beauty of skin. Various other *Panchakarma* therapies are *Siraveda, Vamana* and *Nasya karma*³³.

Beauty management through Ayurveda

- Diet and nutrition
- Mode of life

- Through social behavior
- *Rasayana* (health promoting drugs measures)

Ayurveda cosmetology started from

- Mother womb
- *Dincharya*
- *Ratri charya*
- *Ritu charya*

Herbal Product Range includes

- Face care (gels, wash, scrubs, masks, packs, cleansing, milk, astringent, toners, moisturizers, lotions, creams and lip balm).
- Sun care (sunscreen lotion and after sun burn gel).
- Body care (waxes, fairness bleach, rosewater, soaps and breast firming products).
- Hair care (hair wash, oils, shampoos, conditioners, kali *Mehndi* (henna) powder and styling gels).

DISCUSSION

The beauty market has been driven by products that use natural or herbal components, and the market share of natural-based products has been increasing gradually. The use of chemical based cosmetic products is known to cause side effects. Advance research is going on plant derived products, active plant stem cells, beauty, skin and hair. India market has been traditionally inclined toward natural products for their beauty needs, and Indians have a history and knowledge of using natural products. Thus about the benefits of natural herbs, this knowledge is well-inherited in India from *Ayurveda*. *Yuvana Pidika* and hair fall are the diseases, which affects beauty of skin and body. Different causative factors are mentioned for the disease *Yuvana Pidika* and hair fall like *Swabhava*, excess production of *Shukra Dhatu*, Hormonal Imbalance, allergic manifestation, Climate, Diet, Constipation, Mental stress etc. *Acharya Sushruta* and *Madhava* also described causative factors of *Yuvana Pidika* as *Kapha*, *Vata* and *Shonita prakopaka*³⁴. In *Shodhana* therapy, *Vamana Karma* helps in elimination of

Kapha Dosha. *Vamana Karma* is the ideal choice in disorders caused by *Kapha Dosha*, *Pitta Samusrushtha Kapha* and *Pitta Sthanagata Kapha*. *Yuvana Pidika* being a disease having the predominance of morbid *Kapha*, *Vata* and *Rakta*, so it requires effective *Kaphahara*, *Vatahara*, *Raktahara* procedures in the form of *Shodhana* therapy. Leech therapy is also indicated in *Yuvana Pidika* (Acne Vulgaris) and *Khaliya* (Hair fall). *Swedana Karma* has *Brimhana Guna* and improves the blood circulation of face and the body. It also detox and revitalize the facial skin. It eases the muscle tension and gives strength to the facial skin. It brings back the lost glow and to the skin by reducing the dark spots and acne of the face. *Panchakarma* can be done mainly to remove the toxins from the skin. It is also useful in treating various skin disorders like acne and hair fall etc. *Lepa* preparation are applied to skin prevents metabolism of drugs in the liver and increases the bioavailability of the drug and also provides its effects directly on the site of action. It is the natural desire of mankind to have a healthy and glamorous skin. The concept of using herbs for beautification is well described in *Ayurvedic literature*. *Ayurveda* had reached the zenith of knowledge in the *Samhita Kala* regarding the application of *Lepa Kalpana* for therapeutic and cosmetic purposes. Various drugs are used in the preparation of *Mukhalepa* (application of herbal paste on face), it makes skin healthy in natural way and enhances the complexion without causing any adverse reaction. It can be also effectively used to get rid of common skin ailments like acne vulgaris, hyper pigmented patches, and scar marks etc³⁵. The herbs to be used for making the paste for applying on the face should be chosen carefully after studying the skin type of the person. Moreover, in contemporary era there are tremendous opportunities for further advancement of *Lepa Kalpa* for much better therapeutic, cosmetic purposes by adopting current science and technology³⁶. All *Acharya* have agreed that *Panchakarma* is best line of treatment which reduces the acne and hair loss. It is more effective, impact very quickly to beauty as like *Vamana Karma*^{37,38,39}, *Virechana Karma*³⁸, *Nasya*

Karma^{37,38,39}, *LepanaKarma*^{37,38,39}, *Abhyanga*(Massage)^{37,38} and *Sira Vedha*(*Raktamokshana*)^{37,39} etc.

CONCLUSION

Yuvana Pidika and hair fall occurs mostly at age of adolescence during which there is presence of Hormonal Change, other causes like Diet, Constipation, Cosmetics and diseases etc. it is also play important role in the pathogenesis of *Yuvana Pidika* and hair fall. *Panchakarma*(*Vamana Karma*, *Nasya karma* and *Shashtika Shali Pinda Sweda*) when accompanied with external application showed more effective improvement in controlling *Yuvana Pidika*, *Khalitya* and *Palitya*. It is made the beauty through herbal medicine (*Churna*, *Malham*, *Taila*, face powder and *Lepa karma*) treatment. As like acne, skin care and hair fall etc.

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