



## A CRITICAL STUDY OF AYURVEDA COSMACEUTICALS WSR TO DINACHARYA AND RITUCHARYA

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**ABSTRACT** Cosmaceuticals are topical cosmetic pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skins biological function . Ayurvedic cosmaceuticals are known for their anti ageing activity and there is a great upsurge in their demand globally. Ayurveda has explained various modalities to be included in daily and seasonal regimes to rejuvenate the skin. It includes topical herbal applications, gargling, nasal instillation of herbs, powders for rubbing, oil massage etc. Ayurveda explains various herbs that has *vayasthaapana* ( age defying), Skin brightening (*Varnya*), promoting cell regeneration (*Sandhaneeya*) action. As compared to modern cosmetics Ayurveda skin care regimes and herbs are much economical, free from side effects and rejuvenating. Ayurvedic regimes can be customised to suit every skin type. This article is an attempt to compile textual references related to skin care along with their scientific action.

**KEYWORDS :** Cosmaceuticals, Ayurveda, Anti-ageing, Skin care.

### INTRODUCTION

The global skin care products market size is projected to expand at a Compound Annual Growth Rate of 4.4% from 2019 to 2025 on account of rapidly expanding global cosmetics industry. There is a wide variety of products available in the market including sunscreens, anti-ageing creams, body lotions, and skin brightening creams. The adverse effects of synthetic counterparts has contributed to an increase in the demand for cosmaceuticals.<sup>1</sup>

Cosmaceuticals are topical cosmetic pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skins biological function.(Grace R Cosmaceuticals:Functional food for the skin. Nat Foods Merchandiser.2002;23:92-9.[Google Scholar])There are many modalities of skin care explained in the *Ayurveda*. As compared to modern cosmetics *ayurvedic* skin care regimes and herbs are much economical, free from side effects and possess long lasting impacts. Chemical containing products seems to be useful and easily applicable but their long term use but can damage skin. So it is better to follow the herbal care for the skin.

### Aims And Objectives

- To compile the literature from Ayurveda texts regarding routine skin care.
- To establish a standard module for routine skin care .

### MATERIAL & METHODS

Various *Ayurveda* texts were referred for description of skin care modalities under the headings of *dinacharya* (daily Regime for prevention and promotion of health) and *ritucharya* (seasonal regime for prevention and promotion of health). On the basis of all the above literature, a conclusive routine skin care module is discussed for every individual, that is easily applicable, safe, effective, economical and proven on scientific ground.

### Literary review

It comprises of following

*Dinacharya*(Comprehensive personal health care daily regime): It includes following procedures for routine skin care:

- Netra and Mukhaprakshalana* (Eye and Face wash) Washing the face with cold water and some specific drugs as *Amalaki* (*Emblica officinalis*) etc prevents haemorrhagic disease, acne, dryness and hyperpigmentation.<sup>2</sup>
- Nasya*: Nasal instillation of very few drops of oil is "*Pratimarsha nasya*". *Anu Taila* is specially indicated as it is conducive for minute channels (*srotas*).<sup>3</sup>
- Acarya Bhavprakash* mentioned mustard oil for daily routine,<sup>4</sup> it prevents wrinkles.<sup>5</sup>
- Gandoosha*: Oil pulling with oil (*Tila Taila*) checks dryness of throat and cracking of the lips.<sup>6</sup>
- Abhyanga*: It provides softness of the body, cleanliness, complexion and strength.<sup>7</sup> Oil massage is best for the skin, so it

should be done daily.<sup>8</sup>*Padabhyanga*: Massage of feet for softness skin of sole.<sup>9</sup>Gentle rubbing promotes healthy muscles, blood and brilliance of the skin.<sup>10</sup> *Abhyanga* is described as *twak dardhyakara* and *varna balaprada*. *Abhyanga* should be resorted to daily; it wards off old age, exertion, bestows good vision, nourishment to the body, long life, good sleep, good and strong skin.

- Vyayama* (Exercise): Regular exercise is essential for health and beauty as it helps to clear the channels of the body so that the entire tissues can thoroughly get cleansed via sweat and other elementary channels and be well supplied with nutrients. Exercise is especially helpful for the skin in order to renew itself and be fresh and clear. As a rule, exercise needs to be performed only till half of the physical capacity (*Balardha*).<sup>11</sup>
- Udvardana*: *Udvardana* is a process which improves skin complexion.<sup>12</sup> According to *Aacharya Sushruta*: Massage with powder of herbs without oil is "*Udgharsana*",<sup>13</sup> whereas with oil is "*Utsadana*".<sup>14</sup> According to *Aacharya Vagbhata*, *Udvardana* is massage with different powders of herbs, having astringent taste.<sup>15</sup> It dilates the blood vessels, increase *Bhrajaka Pitta*. Rubbing with a brick piece stimulates tactile heat, cleanses opening of blood vessels and removes itching and allergic rashes.<sup>16</sup>*Utsadana* enhances complexion of women, gives pleasure, clarity and lightness in the body.<sup>17</sup>
- Anulepana* (smearing): It provides complexion, cheerfulness, energy and strength and eliminates sweat, foul smell, abnormality of complexion and fatigue. Application of cosmetics on face makes eyes firm, cheeks and face corpulent, free from freckles and boils and skin appears like lotus.<sup>18</sup>

### Rules of application of Lepa (Herbal topical applications)

- Should be applied in opposite direction of the hair follicles as the drug gets absorbed through hair roots, sweat glands & capillaries.
  - Snehas* (moisturizers) should be added while applying lepa's i.e. *Vataja*-1/4<sup>th</sup> part of *Sneha dravya*, *Pittaja*-1/6<sup>th</sup> part & *Kaphaja*-1/8<sup>th</sup> part.
  - Lepa* should not be left in situ after drying. It should be washed with luke warm water.
  - Should be prepared freshly & used.
- Snana*: Bathing with *Amalaki*, always will surely get rid of wrinkled skin and grey hairs and gives life of hundred years.<sup>19</sup>

### B. Ritucharya (Seasonal Regimen)

*Acharya Vagbhata* has explained seasonal application of various pastes as shown in Table No 1. *Vagbhata* mentioned the benefit of *Mukhalepa*, which signifies that the person who are the habitual to application of paste of drug over face, the vision become keen, removes dullness and enhances glow like lotus flower.<sup>20</sup>

**Table 1 Seasonal Skin care regimen**

S.No	Ritu(Season)	Compatible Diet	Compatible behaviour
1.	Hemanta Early winter	Rasa-Madhura, Amla, Lavana Guna- Snigdha, ushna	Vyayama(Exercise), Udvartana(Rubbing herbal powders), Aatapa sevana(Sunbath), and Abhyanga(massage with mustard oil) , dark coloured woollen, silk clothes. Application of Paste of seeds of Ber (Ziziphus jujuba), Vasaka root (Adhatoda vesica),lodhra(Simplocos racemosa),Sarshapa(Brassica Campesteris).
2.	Shishira Late winter Mid Jan-Mid March	Rasa-Madhura, Amla, Lavana Guna- Snigdha, ushna	Application of paste of Agar (Aquillaria agallocha), Kumkuma Paste of Kantakari (Solanum surattense), Black Tila(sesame indicum), Daruharidra(Berberis aristata), Barley(Hordeum vulgare).
3.	Vasanta Spring Mid March-Mid May	Rasa- Katu, Kashaya Guna- Laghu, rooksha, Ushna Ushnodaka(Warm water)	Vyayama, Udgarshana, Application of paste of darbha(Imperata cylindrica), chandana(Santalum album), Ushira(Vetivera zizanoids) , Shirisha (Albizia lebbek), Shatapushpa(Foeniculum vulgare).
4.	Greeshma Summer Mid May-Mid July	Rasa-Madhura Guna-Snigdha, sheeta, drava, laghu.	Application of paste of chandana (Santalum album), Kumud (Nymphaea nouchali) utpala (Nymphaea stellata), khas, doorva, yasthimadhu (Glycyrrhiza glabra),
5.	Varsha Rain Mid July-Mid September	Rasa-Amla. Lavana Guna-Snigdha, Laghu	Application of paste of Kaaliyaka(Coscinium), tila, jatamansi (Nordostaychys jatamansi), khas, tagara (Valeriana wallichii), padmaka(Nelumbo nucifera).
6.	Sharada Autumn Mid Septembet-Mid November	Rasa-Madhura, Tikta, Kashaya Guna- Sheeta, Laghu	Application of paste of Talees (Abies webbiana), Etkat(Sesabania cannabina), yasthimadhu (Glycyrrhiza glabra), Khas,Agaru(Aquillaria agallocha), padmaka(Nelumbo nucifera).

**DISCUSSION:**

Skin care is essential to every individual. *Ayurveda* has its own approach for skin care, which is related with healthy status of body as well as mind. There is a great demand of *Ayurveda* in a field of cosmetology due to adverse effects and limitation of modern cosmetics. It should posses following properties:

The *dravya* should have *Varnya* property and should act on *Rasa & Rakta Dhātu*. The *dravya* should maintain balance of *Dosha*. The drug should have properties like emollient, astringent, demulcent etc. which enhances the beauty of the skin. The drug should not have irritant property. Various *Ayurveda* herbs possessing cosmaceutical properties is explained in Table No 2. The *dravya* should be easily applicable and suitable for each type of skin. Choice of skin care regime and herb depends on the constitution as explained in Table No 3.

**Benefits of Daily Massage**

- Using warm, organic, Sesame Oil is recommended for most skin types.
- It lubricates the skin, cleanses the pores, and penetrates the lipid barrier.
- Replaces tired, toxin-clogged lipid cells with fresh lipid cells.
- Refreshes mind & body.
- At least massage daily to *Shiras* (head), *Shravana* (ears) & *Pada* (foot) is mandatory.

**Effects of Udvartana:-**

- Deeply penetrating massage with herbal powder.
- The repeated movements over hair follicles and skin tissue promote the breakdown of fatty deposits.
- The friction of the powder during the massage creates heat on the body, which increases circulation.
- It removes toxins and exfoliates the skin. Benefits range from reducing cellulite, weight loss, and clear skin as well as imparting mobility to the joints while strengthening and shaping the muscles.
- This is recommended for *kapha* congestion or imbalances.

**Table 2- Herbs and their action**

S.NO	Skin care herbs	Action
1.	Acorus calamus(Vacha)	Aromatic, deodouring agent
2.	Aloe vera(Kumari)	Moisturizer, sun screen, emollient, cures Acne
3.	Avena sativa (Oat)	Natural Scrubber
4.	Azadirachta indica (Nimba)	Antiseptic, reduce dark spots
5.	Cucumis sativa (Tripush)	Soothing, moisturising, natural sunscreen
6.	Curcuma longa (Haridra)	Antiseptic, antibacterial, improves complexion
7.	Cyperus rotundus (Musta)	Reduces sun tanning

8.	Crocus sativus (Kesar)	Improves complexion, cures blemishes and hyperpigmentation
9.	Rubia cordifolia (Manjistha)	Wound healing & anti-ageing, improves complexion.
10.	Hemodisumus indicus (Sariva)	Improves complexion and blood purifier

**Table 3- Skin type and regimen**

Skin type as per constitution	Ideal skin care regime	Common skin issues
1.Vata type skin	Nourishing and rehydrating nature Warm oil application( <i>Abhyanga</i> ) Herbs like <i>Agaru, Haridra, tila, Utsadana</i> is advisable.	Wrinkles, dryness, premature ageing
2.Pitta type skin	Sunprotecting agents Cooling agents like <i>chandana, ushira, padmaka</i> etc.	Acne, tanning, sunburns, Pigmentary changes
3.Kapha skin type	Scrubbing agents Like <i>Triphala, Yava Udvartana</i> is advisable.	Acne, Blackheads, oily skin

**CONCLUSION:**

Health is the one of the prime objective of the *Ayurveda*. In which routine skin care is the way to enhance the beauty of the skin and maintain it healthy. The desire to look young lies within every individual and ageing is physiological. It can be delayed with the use of *Ayurveda*. In modern cosmetology different lotion, cream, powder etc. are used for cleansing, toning, and moisturising and sun protection but some time they cause adverse effect on the skin and also increase the pollution in environment. *Ayurveda* explains various modalities that are safe, easily applicable, effective, economical and are environment friendly.

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