



Review Article

CONCEPT OF BEAUTY THROUGH AYURVEDA

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ABSTRACT

Ayurveda is an ancient 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. 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. In today's era, beauty is very much essential to be one in thousand faces. It is essential for the preservation, restoration or bestowing of bodily beauty and also in the surgical correction of disfigured physical defects. Beauty as in common is related to skin unanimously. Beautiful skin of person gives perceptual experience of satisfaction. *Ayurvedic* science deals with cosmetology in a very precise way. Cosmetics drugs is widely been described as *Varnya*, *Kustaghna*, *Kandughna*, *Vayasthapak*, etc. Some medicinal plants like- *Haridra*, *Manjistha*, *Sariva*, *Chandana*, *Amalaki*, *Ghrithkumari*, *Babul*, *Lavanga*, *Shikakai*, *Ritha*, *Bhringaraj* etc. has been prescribed for beautification of skin, hair, etc. Diet has a special role to improve and maintain beauty of an individual. *Panchakarma* procedures and *Rasayanas* are employed for beatification of skin, the marker of overall condition of individual as per *Ayurveda*.

KEYWORDS: Cosmetology, *Kushta*, *Shodhana Karma*, *Rasayana*.

INTRODUCTION

Ayurveda is not only the science of medicine but it is the soul of leading healthy life^[1]. *Ayurveda* believes that the basic elements of Universe is *Panchamahabhuta* viz. *Akasha*, *Vayu*, *Aap*, *Tej* and *Prithvi* to what basically we can also depict as Nature^[2]. The beauty of nature can have a profound effect upon our senses, indirectly on our skin also. Skin is the most widely spread sense organ. The healthy skin reflects the healthy body. The skin is considered as a protective covering for more delicate & functionally sophisticated internal viscera^[3]. Cosmetology has described very systematically in *Ayurveda*; the measures to attain it, maintain it and also to enhance it through proper diet and nutrition, serenity of mind, and other specific measures to take care of different aspects of beauty. Because of its visibility skin reflects our emotions & some aspects of normal physiology. Cosmetology deals with every human being irrespective of age, sex and culture. Many interesting factors such as age, immunity, nutrition, hygiene, circulation etc. are totally responsible for the appearance and health of the skin. When these are in perfect harmony a person radiates with inner and outer beauty. *Ayurveda* also believes that the serenity and contentment of true beautiful face is the direct reflection of *Ojas* (the substance that maintains life) which is the by-product of a healthy, efficient, contented physiology^[4]. *Ayurveda* gives emphasis on lifestyle modifications such as following daily regimens and seasonal regimens. These include

guidelines about eating right food, at the right time, in right way, based on the seasons and one's constitution; regularizing bedtime rituals, practicing meditation, exercises, maintaining purity of mind and soul^[5, 6].

CONCEPT OF TWAK AND AYURVEDIC COSMETOLOGY

Skin care is one of the most important components of natural beauty, no matter what your age, skin tone, or skin type. Skin is a reflection of an individual's health^[7]. *Twak* gives clue to one's *Ayurvedic* constitution (*Dosha*). This is usually understood by the type of skin one has. *Sushruta* described the process of formation of *Twak* in the developing foetus. He says that after fertilization of ovum *Twak* develops just like a cream on the surface of milk in the uterus during the course of development of *Garbha*, differentiation of the layers of the skin takes place and is produced by all three *Doshas*, particularly by the *Pitta Dosha*^[3]. *Ayurvedic* herbal medicines act as nutri-cosmetics which nourish the tissues and micro channels of the body. They improve circulation, thereby revitalizing the tissues. One of the most important reasons for the increased use of *Ayurvedic* Cosmetology is that this system can clearly bring out a clear glowing skin with true inner happiness and relaxation.

SKIN TREATMENT IN AYURVEDIC CLASSICS

Ayurvedic Classics mentioned some of the specific measures for enhancement of different aspects

of Beauty. There are several topics related to beautification in *Ayurveda* of which following are described briefly:

1. Vayasthapana (Anti-aging)

The *Rasayana* that are described by *Charak* acts as *Vayasthapaka*. Some of the formulations are made by using *Vayasthapak Mahakashayas*^[8].

- *Haritaki (Terminalia chebula)*- Anti-oxidants, Astringent, Anti-fungal & Anti-septic.
- *Amalaki (Embllica officinalis)*- Anti oxidants, Anti-Allergy Properties.
- *Guduchi (Tinospora cordifolia)*-Anti oxidants, Anti-microbial activity.
- *Bibhitaki (Terminalia belerica)*- Anti-Bacterial, Anti-Oxidant, Anti-Allergy Properties.
- *Nagbala (Sida veronicaefolia)*- Aphrodisiac, Rejuvenative effects.
- *Vidanga (Embllica ribes)*- Anti-aging, Anti-fungal, Anti-Bacterial.
- *Pippali (Piper longam)*- Anti-aging, Anti-microbial activity.

2. Kushthahara^[9]

- *Ela (Elatteria cardamomum)* - Anti-microbial, Anti-ulcer, Anti-Allergy properties.
- *Kushtha (Saussurea lappa)* - Anti-viral, Anti-bacterial, Anti-fungal & Anti-allergy.
- *Daruharidra (Berberis aristata)*- Anti-bacterial, Anti-fungal, Anti-viral, Anti-Inflammatory & Anti-Tumor.
- *Chitrak (Plumbago zeylanica)* -Anti-fungal, Anti-Inflammatory & Anti-worm infection.
- *Vidanga (Embllica ribes)* - Anti-Worm infection, Anti-fungal, Anti-Bacterial.
- *Haritaki (Terminalia chebula)* - Anti-Bacterial, Anti-fungal & Anti-septic.

3. *Varnya*:^[10] *Varnya* is the group of drugs, which have complexion promoting action.

- *Raktachandan (Petrocarpus santalinus)* - Natural toner and skin rejuvenator & Anti-septic, Anti-allergy & Anti-Inflammatory.
- *Lodhra (Symplococus racemosa)* - Skin glow, blood purify, Leucoderma, Leprosy, Psoriasis & Inflammation.
- *Manjishtha (Rubia cordifolia)* - Purifies the blood, skin diseases, improves complexion of skin.
- *Useer (Vetiveria zizanioides)* - Anti-Inflammatory, Anti-septic, dryness and cracking of skin.
- *Svetacandana (Santalum album)* - Various skin disorders, improves the skin complexion, relieves the itching, burning and redness of the skin.

- *KumKum (Crocus sativus)* - Improves complexion. useful in hyperpigmented spots.
- *Punnaga (Calophyllum inophyllum)* - skin rejuvenator, skin diseases like acne, acne scars, psoriasis, eczema, dermatitis.

4. Hair Care (*Kesya*)^[11]

Kesya is the group of herbs and animal products, which has beneficial action on the hair in terms of their length, strength and texture.

- *Bhringaraj (Eclipta alba)* - Improves quality of hair, Rejuvenating, anti aging.
- *Hastidantamasi (Ash of elephant ivory)* -Improves hair length, strength and texture.
- *Narikela (Cocos nucifera)* - hair care, anti-fungal and anti-bacterial properties.
- *Gokshur (Tribulus terrestris)* - control hair fall
- *Til (Sesamum indicum)* - Hair care, skin care.

5. Kesha Krushnakarak (hair blackening)^[12]

Hair blackening is very popular since ancient times. Following are well described in *Ayurveda*.

- *Indravaruni (Citrullus colocynthis)* -Prevent greying of hairs and as an anti- dandruff agent.
- *Bhringaraj (Eclipta alba)* - hair growth, darkening of the hair and makes them lustrous and shiny.
- *Gunja (Abrus precatorius)* - Prevent greying of hairs.
- *Sikakai (Acacia concinna)* - hair growth, darkening of the hair.
- *Ritha (Sapindus trifoliatus)* - Prevent greying of hairs and makes them lustrous and shiny.
- *Nilini (Indigofera tinctoria)* - hair growth, darkening of the hair.
- *Amalaki (Embllica officinalis)* - Prevent greying of hairs and as an anti- dandruff agent and makes them lustrous and shiny.

6. Herbs for *Tarunyapitika* (Pimples)^[13]

Pimples are effectively treated by many herbal formulations. E.g. local application of paste of

- *Lodhra (Symplococus racemosa)* - Skin glow, blood purify, Anti-bacterial.
- *Sarshapa (Brassica nigra)*-Anti-bacterial, Anti-fungal, Anti-viral, Anti- Inflammatory.
- *Vacha (Acorus calamus)* -Anti-bacterial, improve speech, memory and intelligence *Saindhav* are mixed with water and applied over face helps to get rid of pimples.

7. Foot Care

- *Ginger or Garlic (Zingiber officinale Roscoe)*: Soak your feet in a basin of warm water containing either a few pods of crushed garlic or crushed

ginger. Add to this a little alcohol. Soak feet for 10 minutes.

- *Neem* (*Azadirachta indica*) and turmeric (*Curcuma longa*) paste: Take a few Neem leaves and add to them a tablespoon of turmeric powder. Add a little water and put it into a mixer to form a thick paste.
- Soaked foot in Luke warm water with salt^[14].

8. Nails care

Sunflower seeds, sesame seeds, nuts, nail cream with almond oil and honey can be prepared and left overnight^[14].

9. Deodorants (*Gandha Dravya*)

There are certain herbs, which are used for fragrance and to avoid foul body odour e.g.

- *Svetacandana* (*Santalum album*) - Deodorants, Various skin disorders, improves the skin complexion, relieves the itching, burning and redness of the skin.
- Lavender (*Lavandula angustifolia*) - Soaps, cosmetics, perfumes and decorations.
- *Kshudrabija* (Almond) (*Terminalia catappa*) - Soaps, perfumes and skin toning.
- *Kumkuma* (*Crocus sativus*) - Deodorants, Improves complexion. useful in hyperpigmented spots.
- Distilled products of Rose, Jasmine (*Mogra*) etc.

These are applied in the form of paste (*Alepa*) or *Arka* (Perfumes) over the body^[14].

The hidden treasures of *Ayurveda* speak about removal of toxins by *Panchakarma* procedures.

Shodhana chikitsa

- When *doshas* are vitiated in large quantity and disease is chronic then *Shodhana chikitsa* should be administered first^[15].
- *Shodhanachikitsa* that has been classified under *Panchakarma* are *Basti* (Enema therapy), *Vamana* (Emesis), *Virechan* (Purgation), *Raktamokshana* (Bloodletting), *Nasya* (elimination of *Dosha* through nose)^[16].

Shamanachikitsa

- When *Doshas* are minimally imbalanced and the body is weak, *Shamana chikitsa* is more important. *Shamana chikitsa* can be classified as external and internal^[17].
- Administration of proper food and medicines orally is internal treatment and the application of medicated oil, *Lepa* (ointment), etc. is external treatment^[18].
- *Ayurveda* has said that for all skin diseases '*Khadira*' is best as oral medicine and '*Aragwadh*' is best for local application^[19].

- *Shirish*, *Nagkesara* and *Lodhra* are used Hyperhydrosis and as an anti-sweating agent.

- There is also the mention of various herbs from *Kushthaghna Mahakashaya* that are effective curatives for skin disorders. Few such herbs are *Khadira* (*Acacia catechu*), *Abhaya*, *Amalaki* (*Emblia officinalis*), *Haridra* (*Curcuma longa*), *Bhallataka*, *Saptaparna*, *Aragvadha* (*Cassia fistula*), *Karavira*, *Vidanga* (*Emblia ribes*), *Jati*^[20].
- The herbs that are described in *Eladi Gana* can eliminate toxins from the body, clear the complexion that leads to a glow on the skin and alleviates pruritus, *Kustha* and boils^[21].

Rasayana & Skin Beauty

- Among the *Ashtanga Ayurveda*, *Rasayan* is the one that prevents ageing of the skin and the entire body and deals with optimum life span^[22].
- To maintain the balance between the *Doshas* and the *Dhatu*, *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.
- To cure this and prevent these skin eruptions, *Ayurveda* has suggested *Rasayanas* that revitalize the *Rasa dhatu*.

DISCUSSION

In *Ayurvedic* treaties the concept of *Twak* is discussed with utmost importance so as to explain pathogenesis or *Samprapti* of many skin diseases (*Kushtha*). Due to hectic life style and consumption of junk food various skin diseases like acne vulgarise, wrinkling of skins, black spots, etc. grows. It can be corrected by using *Ayurvedic* ways without any toxic effects. *Ayurveda* believes that stress or fear or any other negative thought or emotion can hamper skin's natural glow and shine. Besides emotion there are certain disorders that have adverse effect on body and skin. Few such ailments can be like that of Eczema, Psoriasis and Acne etc. There are other diseases relating to hyperpigmentation also that spoil the skin. It is notable that mental stress can aggravate hyperpigmentation and thus *Achar Rasayan* should be adopted to have truthful, calm and easy life style and temper. To keep oneself fit and healthy at all ages *Ayurveda* has proposed numerous suggestion that if followed with dedication it maintains health and skin. *Ayurveda* suggests that the natural urges should not be suppressed. The bathing water must be cleaned and processed with medicinal and aromatic herb. Massaging of body should be done regularly with *Varnyadravya*. Hair massaging should be done regularly to keep it healthy and shiny. Natural products like *Bhringaraj* oil, coconut oil, castor oil or any other processed with *Heena*, *Amla*, *Aloevera*, *Brahmi*, *Neem* and *Jatamansi* should be used. Massage also relieves insomnia and

induces good sleep. The remedy of *Nasya* must be administered to cure diseases that affects head, nose and throat and to increase the complexion of skin also.

CONCLUSION

Just as with one's diet and daily routine, knowledge of the *Doshas* is the answer to your skin questions. Naturally, the health and radiance of our skin depends as much on our general health as what materials we use to wash and moisturize. Your skin is your protective barrier between world and outer world. The quantity of your skin reflects your inner vitality and health. Look after your skin so that you are protecting your world. No amount of bleaching, chemical creams, or application of makeup though dexterity of a skilled beautician can hide the shallow look if skin is unhealthy. *Rasayanprayoga* can be used as the rejuvenation therapy for skin. Whereas *Shodhan* can be used for purification of toxic materials of skin. Under *Shaman chikitsa*, *Bahirparimarjan chikitsa* can be used to boost up the skin texture.

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