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A review on Cosmetology in Ayurveda

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ABSTRACT

According to *Ayurveda* concept of cosmetology is not merely limited up to beautiful skin and hairs, it also includes physical, mental, social elements. According to *Ayurveda* healthy skin is a result of overall health condition of individuals which includes *Prakrut Dosa*, the *Strotas*, *Agni* and the *Dhatus*. *Ayurveda* believe cosmetology from *Garbhaawastha*. In *Garbhasanskara* fifth and sixth months are considered effective for the treatment of *Varna* of fetus. *Panchakarma* treatment one of the major pillars of *Ayurveda* that are mainly famous as a detoxification procedure also contribute to cosmetology. Concept of *Rasayana*, *Dincharya*, *Ritucharya* delays the changes occurring in body due to advancement of age and also premature changes affecting the beauty. In *Charak Samhita* cosmetic drugs are classified in *Varnya Gana*, *Kustagna Gana*, *Kandugya Gana* and *Vayasthapak Gana*. Many *Lepas*, *Pradeha*, *Upnaha*, *Anjana Taila* are described in *Susruta* and *Ashtanga Samhita*. In *Garuda Purana* various beautifying *Yoga* are mentioned along with specific combination of drugs for beauty of skin and hairs. This literary review is an attempt to outline the concept of cosmetology according to different *Acharyas* of *Ayurveda*, *Panchakarma* as an effective cosmetic therapy, role of *Garbhasanskara* for desired beauty of fetus, and prevention of ageing by *Rasayana* therapy to promote *ayurvedic* cosmetology on global level.

Key words: *Cosmetology, Dincharya, Garbhasanskar, Rasayana, Panchakarma*

INTRODUCTION

The concept of beauty and cosmetics is as old as human civilization. In *Ayurveda* the concept of beauty has an old age origin according to *Ayurveda*, the concept of beauty includes physical, mental, social, and spiritual elements. Healthy skin is a result of overall health condition of individuals and prescribes numerous skin care treatment that needs to be pursued at every stage of life.

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Cosmetology is the science of alternation of appearance and modification of beauty Any substance or preparation intended to be placed in contact with the various external parts of human body like epidermis, hair, nails, and lips, or with the teeth and mucous membrane of oral cavity with a view exclusively or mainly to cleaning them, changing their appearance and/or correcting body odours and or protecting them or keeping them in good conditions.^[1]

Ayurveda promises radiant and healthy skin, hair, and nails which we can only attain through harmony of *Doshas*, proper nourishment of *Dhatus*, procedural functioning of *Agni* and timely excretion of *Malas*. *Ayurveda* cosmetology unlike modern cosmetology gives more importance to a healthy beauty, which means not only focusing mainly on external application but also the *Samaagni*, *Pathyahara*, *Dinacharya*, *Rithu Charya* all this matter provides beauty which comes from inside the body.

AIM - To review the concept of cosmetology according to different *Acharyas* of *Ayurveda*.

OBJECTIVES

Primary Objective - To review the concept of cosmetology according to different *Acharyas* of *Ayurveda*.

Secondary Objective - To review preventive and curative principles of *Ayurvedic Varnya Chikitsa*

MATERIALS AND METHODS

The sources of data are collected from *Brhatrayis (Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha / Hridaya), Bhavaprakash, Chakradatta, Garudapuran, Vangasena Samhita.*

Methodology**Skin**

Ayurveda explain the concepts of skin by detailing it with seven layers which are *Avabhasini, Lohita, Sweta, Tamra, Vedini, Rohini, Mamsadhara*^[2] of which the first one *Avabhasini* functions to reflect colour and complexion which is nourished by *rasa dhatu*.

Cosmetology

Cosmetology is the science of alternation of appearance and modification of beauty According to *Ayurveda* concept of cosmetology is not merely limited up to beautiful skin and hairs, it also includes physical, mental, social elements.^[1] According to *Ayurveda* healthy skin is a result of overall health condition of individuals which includes *Prakrut Dosa*, the *Strotas, Agni* and the *Dhatu*s. *Ayurveda* believe cosmetology from *Garbhaawastha*. According to *Acharya Vagbhta Varna* is determined at *Garbhavastha* (embryonic stage) itself depending on the *Ahara* (food) and *Vihara* (life style) of the mother.

Dhatu involved in beauty of skin and hairs are *Rasa, Rakta*. *Rasa Dhatu* nourishes *Rakta Dhatu* where function of *Rakta Dhatu* is *Varna Prasadana*.^[3] *Twak Saukumaryatha* is the *Karma* of *Swedas*.^[4] Decrease in *Asthi Dhatu* will result in roughness of skin, falling of hair, nails, and eyebrows.^[5] *Strotas* involved in beauty of skin are *Rasavaha, Raktavaha* and *Sweda Vaha Strotas* whereas *Dushti Lakshan* of *Rasavaha* includes baldness, greying of hairs. *Raktavaha Dushti Lakshan*

are *Neelika, Vyanga, Swithra*. *Swedavha Dushti Lakshan* are *Parushyam*(roughness)^[5] *Doshas* involved for skin complexion are *Udana Vata* and *Bhrajak Pitta* *Ayurvedic* treatment is based on two basic principles which are preventive and curative measures.

Preventive measures for problems related to cosmetology**Garbhasanskar**

According to *Acharya Vagbhta Varna* is determined at *Garbhavastha* (embryonic stage) itself depending on the *Ahara* (food) and *vihara* (life style) of the mother. skin is one of the maternal entities which is produced from mother.^[6] According to *acharya Susruta* during the sixth month, the foetus is developed more in respect of strength and complexion,^[7] hence the pregnant women particularly loses strength and complexion during the period so the drugs like milk and *Madhur Dravya* are given in sixth month in pregnancy.

Dincharya^[8]

Dincharya means daily regimen one should follow daily regimen to maintain health. Daily regimens like *Mukha Prakshalanam* prevent *Neelika, Mukhashosa*. *Tambula Sevanam* to provide *Kanthi*. *Siroabhyangam* for *Su Twak Ananam, Kesa Mardavam*. *Abhyangam* should be done for skin *Mardavam, Varna Pradam*. *Udwarthanam* for *Twak Prasada Karam*. *Mukhalepa* for *Drida Ananam, Avyanga Pidakam*. *Chatra Dharanam* for *Varnyam, Nidra* for *Varnam*. *Anutailam* for *Mukha Prasannam, Kesa Vardhana*. *Dhoomapanam* removes *Khalithya, Palithya, Kesa Pathana*. *Murdhini Tailam* to prevent *Khalithya* and *Palithya*. *Gandoosham* for *Vadanopachayam, Udvartana* it is a treatment in which specific medicinal powders like drugs of *Varnya Varga* are used in massage in specific directions to attain healthy skin. It enhances the body complexion, eliminates the bad odour, and cures the feeling of itching.

Ritucharya^[9]

As per *Ayurveda* time of one year is divided into *Adankala* and *Visargakala*. *Bala* and *Agni* of body variates according to season so as the skin complexion of the body. Body is naturally exhausted in in

Adanakala and in *Visargakala* it has maximum *Bala*. In *Hemanta* and *Shisira* season *Ushana Dravya Lepa* should be given as per the *Prakruti* and in *Adanakala* the *Sheeta Dravya* like *Chandan* should be used.

Rasayana Chikita

Treatment given for the formation of *Prashast* (best) *Rasa Raktadi Datu* is called as *Rasayan Chikitsa*. Benefits of these *Chikitsa* are long life, good memory, *Prabha*, good skin complexion, and best *Indriyabala* and healthy life.^[10] One should daily use *Rasayan* like *Goghrita*, *Godugdha*, *Guduchi*, *Yashtimadhu*, *Shatavari* for the best skin complexion.

Pranayama

Various kind of *Yogas* play important role in maintaining skin glow *Yogas* like *Suryanamaskara*, *Anulomvilom Pranayama*, *Sheetali Pranayama*, *Bhujangasan*.

Curative measures for problems related to cosmetology

Panchakarma

Panchakarma treatment one of the major pillars of *Ayurveda* science that are mainly famous as a detoxification procedure can also contribute to Cosmetology. As it works efficiently by deeply cleansing the skin and by removal of toxins out from the body. *Panchakarma* therapies mentioned in *Samhitas* for healthy skin, to improve the excellence of skin and to prevent the skin-related disorders are as follow-

Snehana - It is the *Purva Karma* of *Panchakarma*. It leads to cure of *Arushka*, *Visphotak*, *Pidika*, *Kandu*.^[35]

Swedana - It is the *Purva Karma* of the *Panchakarma*. It leads to the brilliance of the skin and prevents premature aging.^[11]

Vamana - It has great effects on treating the various type of skin-related disorders. As it deeply rinses the body by eliminating the morbid *Dosha* out from the body and leads to healthy skin.^[12]

Virechana - It helps in healing skin related disorders, *Vyanga* (pigmented spots present on face), and *Nilika*

(bluish discoloured patch over the skin) by cleansing the morbid *Doshas* from the body.^[13]

Basti - *Basti* works best on the skin and promotes the health of the skin.^[14]

Nasya - It gives beneficial effects in treating the pigmented spots on the face and intercepts the premature wrinkling of the skin.^[15]

Raktamokshana - It works best in treating skin related disorders, skin eruptions, *Vyanga* (blackish discoloration over face), *Piplu*, fungal infection, reddish patches on the skin. It also heals the bad body odour, itching, and black pigmentation over the skin.^[16]

According to Acharya Charaka

Dravya useful for the beauty of skin are included under the *Varnyagana*, *Kushtaghna Gana* *Kandughya Gana*, and *Vayasthapan Gana* helps to stay young various kind of *Lepas* are described in the *Kushta Chikitsa* one can also use that according to the *Prakruti* of the patient

Varnya Gana - *Candana*, *Punnaga*, *Padmaka*, *Usira*, *Madhuka*, *Manjistha*, *Sariva*, *Payasya*, *Sitalata* these ten are complexion promoting drugs.^[17]

Kushtaghna Gana - *Khadira*, *Haritaki*, *Amalaka*, *Haridra*, *Ballatak*, *Saptapana*, *Aragvadha*, *Karavira*, *Vidanga*, tender leaves of *Jati* these ten are anti-dermatosis.^[18]

Kandughya Gana - *Candana*, *Nalada*, *Aragvadha*, *Naktamala*, *Nimba*, *Kutaja* *Sarsapa*, *Madhuka*, *Daruharidra* and *Musta* these ten are anti pruritic.^[19]

Vayasthapan Gana - *Amruta* (*Guduchi*), *Haritaki*, *Amalaka*, *Yukta*, *Sweta*, *Jivanti*, *Atirasa*, *Mandukaparni*, *Sthira* and *Punarnava* these ten are age sustainer.^[20]

According to Acharya Susruta

Cosmetic medicines are mentioned under the *Lodhradigana*, *Arkadigana*, *Eladigana* and while describing various *Kshudraroga* many *Lepas* and oils and medicinal formulation are mentioned.

Lodhradigana - *Lodhra*, *Savarlodhra*, *Palasa*, *Kutannata*, *Asoka*, *Phanji*, *Katphala*, *Elavaluka*,

Shallaki, Jingini, Kadamba, Sala and Kadali. This *Lodhradi Gana*, mitigates fats and *Kapha*, cures disorders of vagina, with holds elimination, bestows colours and destroys poison.^[21]

Arkadigana - *Arka, Alakrka*, the two *Karanja, Nayadanti, Mayuraka, Bharngi, Rasna, Indrapushpi (Krshnapuspa Karanja) Ksudraveta, Mahasveta, Vrcsikalli, Alavana (Jyotismati)* and *Tapasarvrksa* this *Arkadigana* mitigates *Kapha, Medas* and poison alleviates worms leprosy and some other kind of skin diseases and heals wounds especially.^[22]

Eladi Gana - *Ela, Tagara, Kushta, Mamasi Dhyamalka, Tvak Patta, Nagapushpa, Priyangu, Harenuka, Vyaghranakra, Valuka, Sukti, Canda, Sthauneyaka, Srivestaka, Coca, Coraka, Aguru, Sphrkka, Usira, Bhadradaru, Kumkuma, Punnaga, and Kesara [nagakesara]* this *Eladi Gana* mitigates *Vata, Kapha* and poison, bestows goods colour cure itching eruptions and rashes.^[23]

According to *Susruta* in *Nyaccha, Vyanga* and *Nilika* it is best to do puncturing of the vein in the forehead etc. as found suitable and convenient then the skin should be rubbed roughly and applied with the paste of *Bala, Atibala, Yastahva* and *Rajani*, or of *Payasa, Aguru, Kaliyaka* and *Gairika*. The paste of *tusk* (canine tooth) of a boar mixed with honey and ghee, or paste *Kapittha* and *Rajadana* (added with ghee and honey) is beneficial.^[24] For *Yuvanpidika* the same treatment are suitable and inducing vomiting is needed especially, applying the paste of *Vaca, Rodhra, Saindhava* and *Sarsapa*, or *Kustumburu, Vaca, Lodhra* and *Kushta* is beneficial.^[25] *Laksha, Kushtha Sarsapa, Sriniketa, Ratri, Vyosa*, seed of *Cakramarda* and *Mulaka Bija* are all macerated together with butter milk and the paste applied for cure of *Dadru*.

Svitra Chikitsa - For *Svitra Chikitsa Jalagandaja Ksara, Avalgujadi Lepa, Tutthadi Lepa* are given.^[26]

According to Bhavaprakash

The *Vayu* vitiated by anger and grief carries the heat of the body to the head. The *Pitta* named *Brajak* residing in the head also gets wrath due to anger. According to the saying, 'A vitiated *Dosha* irritates other *Doshas*' as

well vitiated *Kapha* greys the hairs, in this way all the three *Doshas* causes greying of hairs.^[27]

Treatment of greying of hairs

- 1 *Tola* of iron powder, 5 *Tolas* of mango marrow, 8 *tolas* of gooseberry, 8 *tolas* of *Harad* and 4 *tola* of *Beheda* all these grinded together and leave them overnight in an iron vessel. Then by applying this paste, the disease of *Palit* will soon be destroyed.^[28]
- Root of *Kashmiri (Kumbher)*, flowers from *Piyaban*, root of *Ketki*, iron chur, *Bhringraj* and four *tola Triphala*, all these medicines cooked in the oil with the paste of all these medicines. Then fill this oil in an iron vessel and bury it in soil for 1 month. By applying this oil, the white hair like the flower of *Kaas* also becomes black like the *Bhaura*.^[28]
- Harad, Bahera, Amla*, Indigo leaves, *Bhringraj* and iron powder - Grinding all these medicines on sheep urine causes hair to become very black.^[28]

Treatment for Indralupta

By rubbing the juice of the leaves of bitter *Parval*, even a very old *Indralupta* is calmed in three days.^[28]

Gokshura, sesame flowers and the same amount of honey and ghee, grind these and apply them on the head, the head will fill with hair.^[28]

Make ivory *Bhasma* and *Rasaut* mix it with goat's milk hairs are formed by this ointment even on the palms of the hands.^[28]

Treatment for Mukhdushika

A face ointment that is a quarter of a finger thick is called a poor amount, a one third finger thick ointment is called a medium amount and a half finger thick ointment is called a good amount.^[29]

The coated herb should be kept dry until it dries. After drying, it should be separated, because the coating becomes defective when dry, it contaminates the skin by leaving it lying.^[29]

Mukhlepa - By applying *Lodhra, coriander* and *Vacha*, the pimples on the face that occur in puberty are destroyed. Similarly, due to the application of black

pepper with *Gorochan*, pimples of the mouth arise in youth gets destroyed.^[29]

Mustard, *Vacha*, *Lodhra* and *Sendha* salt - all these by applying and vomiting by eating *Vamak* substances, pimples of the mouth arise in youth gets destroyed.^[29]

Mukhakantika paste - Grind only the thorns of sharp *Shalmali* with milk and apply it on the face for three days, the face becomes soft and smooth like a lotus that is, the pimples are destroyed.^[29]

Therapy for *Neelika* and *Vyanga*

By vein piercing, by massage of ointment and oil etc. *Vyanga*, *Neelika*, *Nyachcha* and *Tilkala* should be treated.^[29]

Vata Ankur and *Masurdal* - applying these destroys *Vyanga*.

Only by applying *Jatiphal* (nutmeg) paste, *Vyanga* and *Nilika* are destroyed. (Here it should be considered appropriate to grind nutmeg with milk and apply it). The blackness of the mouth that has arisen for a long time, goes away by applying the paste of Aak's milk and turmeric powder.^[29]

Grinding *Masur* in milk, mixing ghee and applying it on the face, in seven days, the face becomes smooth and soft like a lotus.^[29]

Treatment of *Tilkalak*, *Mashak* and *Jatamani* - *Charmakeel*, *Jatamani*, *Mashak* and *Tilkalak* should be cut or scraped with a weapon and then burnt (stained and eradicated) with *Kshar* or fire.^[30]

Nyachcha treatment

Medicine - *Nyachcha* should be treated by the help of *Shirovedha*, *Pralepa* and *Abhyanga* (massage) or by grinding the bark of *Kshirivriksha* (*Vat*, *Mullar*, *Piper*, *Pakar*, *Paridh*) in milk, the leaves of *Mang*, the root of *Vidhara* and the leaf of *Shisham* should be applied on *Nyachha*. By applying them by making a powder, *Nyachcha* and *Vyanga* are destroyed.^[30]

Treatment of *Padminikantak* - Medicine - Drink neem water and make patient vomit and drink ghee made from neem, mixed with honey, or make a paste of

neem and *Amaltas* leaves and apply it again and again.^[30]

According to *Vangasena Samhita*

Treatment of *Mukhdushika*^[31]

Painless black sesame like marks in the body are called *Tilakalak* it is *Tridoshaja*. For treatment one should cut it up with a weapon and burn it completely with *Kshar* and fire. *Yuvan Pidika*, *Nyachya*, *Neelika*, *Vyanga* and *Sharkara* are best treated with *Shiraveda*, *Pralepa* and *Abhyanga*

Lodhra and coriander grinding them together ends the much *Pidika* of youth. By applying the paste of *Gorochan* and *Kalimich* together, *Yuvapidika* are removed.

White mustard, *Vacha* *Lodhra* and *Sandhanamak* by applying its *Lepa* or by making vomit with help of these drugs the *Pidika* is calm.

By applying *Arjun's* bark or *Manjistha* and honey together or by making *Mashi* of white horse's hair and mixing it with *Navnita* cures *Vyanga*.

According to *Garuda Puran*

Hair growth factor combination^[32]

1. Mixing *Hastidant Masi* with *Ajakshira* and *Rasanjan* and applying it on the head, within a week, the hair regenerates in the head of the *Khalvat* person.
2. Mix *Bhringraj's* juice in four parts of oil and give *Gunjachurna* in it. Applying it on the head causes hair growth.
3. *Ella*, *Mansi*, *Kushth*, *Mura* and *Gunjaphal* should be applied as a *Lepa* to eradicate baldness (moon)
4. By the paste of the *Amrasthi Majja* and *Amalak*, the hair growth root becomes strong and do not fall quickly.
5. The oil perfected by *Vai Widang* and *Gandhapashan* is the best hair tonic.
6. By applying *Chaturgun* Cow urine and *Manahshila* in the head, the lice of the head etc. is removed.

7. The newly prepared *Shankhabhasma* is rubbed on the mirror and after applying it, the hair becomes thick and very black.
8. Applying *Bhringraj*, *Lohachurna*, *Triphala*, *Beejpurak*, *Neeli* and *Karveer* mixed with jaggery in equal quantity, those whose hair has turned grey, they become black again. It is a great remedy to darken the grey hair.
9. If *Triphala* is applied on the head with *Mahisha's* milk, the hair becomes black and the hair of the *Khalwat* person is also born.

Saundaryavardhak Yoga^[33]

1. Grinding *Lodhra*, *Kumkum*, *Manjistha*, *Loha*, *Kaliyak*, *Yava*, *Tandul*, and *Yashtimadhu* with water and applying it on the body of women makes their body beautiful.
2. Mix two parts of *Chagadugdh* in one *Prastha* oil and cook it by giving *Rakta Chandan*, *Manjistha*, *Laksha*, *Yashtimadhu* and *Kumkum*. By applying it for a week, there is an increase in the radiance of the face.
3. Grind dry *Haridra*, *Shvetsarshap*, *Mulak*, *Matulung* seeds and apply it for a week, the body is refined.
4. Mix the *Kshar* of *Lata of Kushmand* with cow urine and grind it with *Haridra* water and heat it in a slow fire and mix the *Mahisha Mala*, its application makes the body beautiful.
5. Grind sesame seeds, mustard seeds, turmeric and *Daruharidra* and *Kushtha* in water and apply it to the body to destroy the bad smell and the body starts to smell like fragrance.
6. Grinding *Durva*, *Kakajangha*, *Arjuna* flower and *Jambu* leaves and *Lodhra* in water and applying it ends body odor.
7. If you apply *Atasi*, *Mash*, *Godhuma* and *Pippali* with *ghee* to the body and walk around, you will become like *Kandarp*.

According to *Chakrdatta*^[34]

Treatment for *Mukhkanti*

- *Haridradya Tailam*

- *Kanak Tailam*
- *Manjisthadi Tailam*
- *Kumkumadi Tailam*
- *Varnak Ghritam*

Treatment for good hairs

- *Haridradvyay Tailam*
- *Triphaladyad Tailam*
- *Bringaraj Tailam*
- *Maltyadi Tailam*

DISCUSSION

According to *Ayurveda* healthy skin is a result of overall health condition of individuals which includes *Prakrut Dosa*, the *Strotas*, *Agni* and the *Dhatus*. Cosmetology is not merely limited up to beautiful skin and hairs, it also includes physical, mental, social elements. *Ayurveda* cosmetology unlike modern cosmetology gives more importance to a healthy beauty, which means not only focusing mainly on external application but also the *Samaagni*, *Pathyahara*, *Dinacharya*, *Rithucharya* all these provides beauty which comes from inside the body.

CONCLUSION

Panchakarma treatment is one of the major pillars of *Ayurveda* that are mainly famous as a detoxification procedure also contribute to cosmetology. Cosmetic drugs are classified in various *Ganas* according to different acharyas. *Samhita* gives us various combination of medicines for beauty of skin and hairs as curative measure of the skin disease. For preventive purpose in *Garbasankra* sixth month is considered effective for the treatment of *Varna* of fetus, concept of *Rasayana*, *Dincharaya*, *Ritucharya*, *Pranayam* delays the changes occurring in body due to advancement of age and also premature changes affecting the beauty.

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