

SNEHAN AND SWEDAN -A BOON TO COSMETICS WORLD!!**Dipika¹ Saroj²**¹Assistant Professor (Agad Tanra Evum Vidhi Vaidyaka) Baba Mastnath University, Asthal Bohar, Rohtak²Assistant Professor (Kayachikitsa) Baba Mastnath University, Asthal Bohar , Rohtak**ABSTRACT**

According to Ayurveda inner beauty reflects on outer beauty. When the internal system works with harmony it results in healthy skin. In Ayurvedic treatment plants and herbs are used to balance doshas and to nourish body and skin. It also emphasis operation and sudation which is important part of panchkarma also add boon to cosmetic world. Different types of medicated oil can be used for message which increases the luster of the skin along with sudation which removes the toxin from the body through sweating process.

INTRODUCTION

It is natural desire to be beautiful and vibrant in this world. Everyone wants to be beautiful irrespective of age, sex, profession. Physical beauty is utmost important now a days. Young generation and elderly are using chemical based creams irrespective of its side effects. Ayurved offers so many ghrith and tail kalpnas which not only increase the luster of skin as well as increase the longevity of skin. People are spending lots of money in spa center, beauty saloon as well as beauty parlor. Twacha, according to the Ayurveda is not only the outer covering of body, but it is a Dnyanendriya which encompasses the body from within also. In addition to this , twacha has intimate relationship from various aspects with many components of body like Dosha, Dhatu, Mala.

AIM AND OBJECTIVES-

1. To study the role of Snehan and swedan in different type of skin disorders.

2. To study the different kind of skin manifestation prevailed in today world.

MATERIALS AND METHOD-

- References regarding Twacha and snehan and swedan are collected from BruhatTrayi and Laghu Trayi and various textbooks and compilation was done.
- Concept of twacha , snehan and swedan, was studied in detail.
- Collection of all the references was done and correlation between the data was done logically i.e. by using Yukti Prama (logical inferences).

Review of Twacha (Skin)-

Sushruta and charak both have described about various aspects of Twacha as well as types of Twacha along with the disease caused due to its vitiation. Samaya-vastha of three doshas is responsible and essential for maintaining the proper health of skin¹. Their imbalance by virtue of materialistic/ qualitative or functionally, cause dearrangement of skin metabo-

lism and leads to various cutaneous conditions. Prana vayu-Maintains Sense organs-Touch². Udana vayu-Maintains colour of skin³. Samana vayu- Maintains fluid balance-Ambudharana⁴. Vyana vayu- Maintains Lymphatics and blood circulation⁵. Bharajaka Pitta- Resides in the Twacha itself, Digestion of substance entered through and into skin⁶ and causes protection from cold, Wind, Dust, harmful things. Ranjaka pitta-it is generator of raktadhatu, it is responsible for skin colour and immunity to skin⁷. Pachak pita-it is related to Agni and thus influence the health of skin by virtue of other types⁸. Kledaka kapha-Maintains fluid balance of skin⁹. Avalambak Kapha- Maintains healthy mind sense organ¹⁰. Tarpaka kapha-Helpful to sense organ of body, keeps unctousness of skin intact¹¹. Shleshaka kapha- Maintains structural strength and smoothness of body¹².

Review on Snehan and Swedan

Snehan and swedan are considered purvakarma of shodhan treatment. But can be considered main treatment if used with medicated ghrith and taila kalpana. The function of snehan upkarma is produce unctousness, mardav, vishyandan¹³. In Ayurveda 80 types of vata vyadhi is mentioned. The best treatment of vata vyadhi is Snehan upkarma. Doshas which resides in shakha also moves to koshta by the snehan upkarma and sudation process. The action of sudation (fomentation) is to liquify the entire toxin present in diseases area from where they come out from the body through sweating. As all the vata manifestation vitiates due to sheeta guna, in such case sudation showing hot potency pacify the vitiates vata manifestation.

DISCUSSION AND CONCLUSION

Treatment of different kind of skin disorder with oleation and sudation-

- For Dry skin- Snehan with herbs infused oils like Shatavari and Bala.
- For Wrinkles- Facial massage with shatavari oil and ghrith.
- For Sun Burn-Application of shatadhauta ghrith and chandan tail.
- For Loss of Luster /Paleness of skin- Massage with shatavaryadi ghrith. Paste of sandalwood and vetivera (usheer) and Rose petal in aloe juice.
- For Freckles- Application of Manjishtha oil, paste of sandalwood, manjistha and rosewater as facepack. Application of eladi churna on affected area.
- For Acne- (Pitta kapha dosha) facial steam with Eucalyptus oil
- Application of manjistha tail.paste of multani + Neem patra powder +sandal wood+Manjistha + Rose water as facepack.
- Application of Eladi churna on affected areas.
- Hyperpigmentation- Facial massage with Kumkumadi oil.
- Eladi churna + Butter milk on affected areas.
- Essential drug in skin disorder- Brahmi Vati, Arogyavardhani vati, sootashkhar rasa, Laghu sootashkhar rasa, swarna sootashkhar rasa, Gandhak Rasayan, Rasmanikya depending upon diseases, patient conditions.

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