A REVIEW ON CHAKSHUSHYA VARGA & ANJANA AS COSMECEUTICALS

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ABSTRACT
Cosmeceuticals is a cosmetic product with bio active ingredient proposed to have medical or drug like benefits. Cosmeceuticals are safe for long term use and promotes beauty, health and wellness with natural ingredients. We get lots of reference about cosmeceuticals mentioned in Ayurveda in the form of Rasayana, Varnya, Vrana ropana, Twachya, Sophahara, Kesha and Chakshushya. Changing lifestyles is invariably cause metabolic change that influence the functioning of eye are termed as Achakshushya in Ayurveda and leads to dry eyes, myopia, cataract, diabetic retinopathy etc like disorders. In alternative medicines there is no permanent cure or remedy for above disorders. Chakshushya drugs especially capable of acting in ophthalmic tissues to bring the Doshas back to their normal path. Chakradutta explained Chakshushya Varga which contain drugs like Triphala, Gogrita, Yava, Madhu, Satavari, Mudga etc. and Padabhyanga like daily regimen too. By this we can understand that to have better healthy life and vision Swasthavritta Charya and intake of Chakshushya drugs are inevitable.

Keywords: Cosmeceuticals, Chakshushya Varga, Anjana, Healthy eyes

INTRODUCTION
Natural beauty is blessings and cosmetic help in presenting and increasing the beauty and personality aspects of human beings. The word cosmetic was derived from the Greek word ‘Kosm tikos’ which means having the power, arrange and skill in decorating¹. The term Cosmoceuticals was first used by Raymond Reed founding member of US society of cosmetics Chemist in 1961². Herbal cosmetic products claimed
to have efficacy and intrinsic acceptability due to routine use in daily life and avoid the adverse effects which are commonly seen in synthetic products.

“Sarvendriyanam Nayam Pradhanam” eye is one of the most important among sense organ and they are connection between the inner and the outer world, with the science of Ayurveda several herbs and flora were used to make Ayurvedic cosmetics that not only beautified the skin but acted as a shield against any kind of external effects of the body, Kajal is such Cosmetics whose role in eye products can’t be ignored. Acharya Vagbhata clearly mentioned about ‘Souviryamanjanam’ should be applied regularly and Rasanjana once in a week for gaining beautiful eyes, to see minute objects and lashes becomes smooth and firm.1

Eye is very sensitive organ and hence any Cosmeceuticals products for use in eyes should be made from pure, safe, non-toxic and non-irritating materials. Though Kajal is one of the most important in eye makeup, but still the medicinal use of Kajal is limited and hence formulating medicated Kajal as a pharmaceutical product to combat eye infections and beautification was thought of an innovative approach.

**Aim & Objectives:**

1. To assess the Chakshushya Varga & Anjana as Cosmeceutical product.
2. Method of preparation of Anjana which can be prepared at low cost and therapeutically beneficial.

**Chakshushya Varga**

The concept of eye diseases Chakshushya drugs is especially capable of acting in the ophthalmic tissues. To maintain healthiness of eye various measures starting from Aahara vihara and Oushadha are mentioned in the lexicons of Ayurveda. Vagbhata explained Mudga, Madhu, Saindhava Lavana in Aaharavarga and Anjana, Nasyam & Padabhyanga like viharas which are Chakshushya2. Sushrutha explained among animal products various Gritas are considered as Chakshushya and Gogrita is best among them3. Navaneeta, Madhu, Lohya shali and Mudga are also good for eyes. In Taila varga, Atasi and Kusumba are considered as Achakshushya4. Acharya Chakra Dutta described about Chakshushya varga which includes Triphala, Grita, Madhu, Yava, Satavari, Mudga and Padabhyanga5. Daily intake of Chakshushya Ra-sayana helps to prevent eye disorders which can be prophylactic in many highly prevalent lifestyle disorders in turn which causes pathological changes in eyes.

Dress like Mudga, Amalaki, Madhu explained by Charaka, Vagbhata and Bhava Prakasha commonly and Netra hita dravyas works as eye tonic by preventing from eye diseases.

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### Mode of Action of Chakshushya Drugs

1. Immuno modulatory action of Chakshushya drugs is effective as well as protective approach in many eye disorders whether primary or secondary like retinopathy, Uveitis, ARMD.

2. Presence of Glutathione and ascorbate does anti-ageing action and does the physiological protection against oxidative damage of lens and helps to maintain transparency of lens.

3. Nutrients like vitamin A, C, B1, B2, B6, B12, vitamin D, β-carotoids, cystine present in Chakshushya dravyas protect the eyes from free radical damage and prevents diseases like macular degeneration.

4. The contents like polyphenols and tannins are responsible for radio protecting ability in the diseases like Pterygium, cataract, Catarrhal conjunctivitis.

5. Presence of zinc helps to store vitamin A in retina. Everyone should be aware about the role of dietary factors in the development of eye diseases. The energy required for metabolic activities of organ mainly derived from the food, so food items should be selective for prevention of eye diseases.

### Pathya (Wholesome diet):

- **Grains** - Godhooma, Yava, Mudga

- Meat- meat of birds

- Drinking water – pure cold water (rainwater)

### Lavana rasa – Saindhava Lavan

Fruits- sour tasted fruits are apathy but black grapes are good and Amalaki juice with sugar can be given in summer.

Even though Amla and Lavana rasa is not Pathya for eyes, Dadima is packed with things like phosphorus, manganese, magnesium, foliate and beta-carotene which is really good for our eyes. Saindhava Lavana is Pathya and it is Avidahi and Chakshushya as per Acharya Charaka.

Vegetables are carrot, gooseberry, elephant yam, bitter gourd, drumsticks etc. contain vitamin A abundantly, and so daily intake of these vegetables helps in improving vitamin A and can avoid blindness.

### Fruits: -

- Black grapes, pomegranate, banana etc. contain vitamin A

### Apathya (Unwholesome diet):

- Generally, Katu, Amla, Lavana rasa considered as Achakshushya.

- Saka Varga are Achakshushya except Jivanti, Guduchi and Tanduliyaka are best Saka.

- Oushadha Varga:- Rajika, Atasi thailam, Kusumbha Thailam and Sarshapa Thailam are considered as Apathya for eyes.

### Effects of Aushadhi varga on Netra:

- **Netra dahahara**: - Chandana, Rakta Chandana, Triphala, Guggulu

- **Vedana Hara**: - Jatamansi, Ashwagandha

- **Netra Sotha Hara**: - Dasamoola, Triphala, Punarnava
Netradrushtikara: - Saptamrita loha
Netrakandu hara: - Khadira, Manjishta, Haridra, tulsi, Nimba
Vrana ropana: - Nimba, Karanja, Haridra, Daruharidra

Anti-inflammatory, anti-allergic, and wound healing actions: - Yashimadhu, Daruharidra

Viharas in relation to Netra: -
Not sleeping on right time, use of illuminating gadgets for long time, looking into minute particles for long time etc. are few reasons.
Importance of Padabhyanga:\textsuperscript{11}:
In Ashtanga Hridaya, Foot massage, wearing shoes given much important saying that if anything happens to center of foot it directly affects the eyes since they have connected through Sira (veins). It is the end organ and so the nerve endings are highly sensitive, so stimulation of roots reflects in the eye via sympathetic and Para sympathetic supply.

Kriya Kalpa’s (Modalities of treatments):
Acharya Sushruta explained five Kriya kalpa’s viz Seka, Anjanam, Aschotanam, Tarpanam and Putapa-kam\textsuperscript{12}. Acharya Sharangdhara added two more Kriya along with this, namely Pindi and Vidalaka\textsuperscript{13}.

Anjana: It is the method in which the medicines are applied along the inner surface of the eyelids. Souveeranjanam, Darvi Rasakriya etc are mixed with honey and used as Anjanam because honey is having very peculiar properties like Vyaayai, Laghu and Aashukari. It is absorbed through the vessels as well as ophthalmic tissues. Accumulation of lipofucin (abnormal lipid formed as end product of metabolic activities of Drushtipatala) is a predisposing factor of degenerative changes in Drishti Patala\textsuperscript{14}. Abnormal lipids are confined to vitiated Kapha and Anjana is best procedure to keep away vitiated Kapha from eyes.

Anjana is of 3 types but Snehana Anjanam contain Madhura Rasa Dravya and ghee or oil which can be used daily for maintaining beauty and vision. The common drugs used for Anjana are Bringaraja (Eclipta prostrata), Sahadevi (Vernonia cinerea), Triphala etc.

Anjana can be prepared with different drugs according to
- Age: early age Sahadevi and Bringaraja is good, Apamarga (Achyranthes aspera) in old age which can help to prevent early cataract and AMD
- For Pitta Vikara: Anjana prepared with Jatimukula, Chandana, Laksha & Gairika (Chandanadi Anjananam)\textsuperscript{15}
- For prevention of Cataract: Palandu Masi\textsuperscript{16}
- For Cataract: Apamarga Anjana applied alone
- For better vision (like eagle’s eye) - Anjanam of Shodhitha Tutha & Anjana (Collyrium)\textsuperscript{17}
- For conjunctivitis: - Maricha and Bringaraja Swarasa application helps.\textsuperscript{18}

Materials and Methods
Materials required for Anjana preparation: Lamp, Tila (Sesamum indicum) oil, an earthen or brass vessel & Muslin cloth

Method of preparation of Anjana (Kajal)
- Plants like Tulsi (Ocimum sanctum), Sahadevi (Vernonia cinerea), Bringaraja (Eclipta prostrata) etc are taken, cleaned well.
- Chop into small pieces - juice is prepared – filter it.
- A thin cotton cloth is taken which is washed and dried previously, dipped in to juice
- Squeeze well and dry it. Repeat the same procedure on the same cloth for 7 times.
- Dried cloth is cut into pieces and rolled (Picture 5)
- Wick is dipped in sesamum oil and ignited.
- It will take 1-2 hours to complete burning of wick
- After cooling, sooth is collected and stored in air-tight container.
- For application, a small quantity is taken into a small vessel add Gritha or Castor oil, mix it well. It is applied on eye lids.
Table 2: Showing the step by step method of Preparation of Anjana

<table>
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<tr>
<th>Plants which generally used for Anjana</th>
<th>Steps to prepare cloth</th>
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<td><em>Tulsi</em></td>
<td>1. Wick prepared from cloth</td>
</tr>
<tr>
<td><em>Sahadevi</em></td>
<td>2. Used wick and <em>Tila thaila</em> from Lamping</td>
</tr>
<tr>
<td><em>Bringaraja</em></td>
<td>3. After cooling Sooth is collected</td>
</tr>
<tr>
<td></td>
<td>4. Sooth is mixed with Cas-tor oil</td>
</tr>
</tbody>
</table>

**Time of Application:** The suitable time of application of Anjana in a healthy person is in the morning 6-8 am before bath. The *Kapha Dosha* which is aggravated at night can be easily drained out by applying Anjana.

**DISCUSSION**

The literary study reveals reference of 105 herbal drugs, 36 single mineral drugs and 97 *Aahareeya Dravya* which are considered to be *Chakshushya*; these drugs can be used as preventive, therapeutic, nutritive, curative and rejuvenating properties. *Sarpimanda* is rich in unsaturated fatty acids which is good for vision. *Chakshushya* drugs are *Indriya Balaprada* (Wholesome for Sense organs) can be advocated as *Rasayana* in order to arrest the progression of already existing disease and prevent occurrence of new disease which forms the comprehensive discipline of positive health.

*Madhu & Grita* are best drugs for *Kaphaja & Pittaja vikaras*. Since eyes are prone to get diseases of these Doshas, it can be advised to use internally as well as externally to pacify.

*Pathya* or Wholesome diet is already mentioned years back by our *Acharya’s* to fulfill our daily requirements through food or habits. As Ayurveda give importance to *Swasthya Rakshanam* to have a prolonged healthy life rather than treating a diseased one.

*Chakshushya Varga* drugs acts as *Deepana*, *Pachana* & *anulomaka* especially *Triphala*,

Thus, improvising *Pachakaghni*

\[
\text{It makes bio- available after assimilation} \\
\text{Easily transformable (by Dhatwaghni)} \\
\text{Nourishes all type of Pitta including Alochaka pitta}
\]
(photo sensory layer of retina).
There are many complications like Toxicity, Corneal ulcer, Allergy, Conjunctivitis etc. by the usage of Kajal available at market but these problems can be resolved by the usage of homemade Kajal which is efficient economically, cosmetically and more important therapeutically.

By nature of *Kapha Dosha* it has tendency to create *Abhishyandi* (micro channel obstruction) leading to morbid physiology of eyes which can be prevented by daily usage of *Anjana* and decreases the risk of *Kapha*. *Anjana* maintains the *Netra Srotas*, stimulate the nerve endings and increase the functional capacity of the eyes. It dissolves the accumulated vitiated *Kapha Dosha* and drains it out. When *Bringaraja Tulsi* etc. are used it acts as *Lekhananjana* but while adding any kind of *Sneha* to it in the form of *Grita* or *Eranda* it becomes *Prasadana Anjana*. Thus, it penetrates the ocular surface and gives maximum benefits since tissue contact is more which in turn gives prolong delivery, moreover effective in both anterior & posterior segments.

## CONCLUSION

Herbal cosmetics are modern trend in the field of beauty and fashion; most of women prefer natural ingredients for their personal care to enhance their beauty as these products supply the body with nutrients and enhance health and provide satisfaction as these are free from synthetic chemicals and have relatively less side effects compared to the synthetic cosmetics. Increased Cataract is due to irregular habits and diets, which can be taken care by simple methods like having good food and *Anjana* with *Chakshushya* drugs, daily habit of these can help new generation for keeping eyes healthy.

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