

AYURVEDIC REGIMES FOR SKIN CARE - A CONCEPTUAL STUDY

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ABSTRACT

Skin (*Twak*) is the *Vyapak* and largest *Indriya* of the body and the concept of skin care is very old. In *Ayurveda*, the skin care has been described in vast with the context of wellness of whole body. But in the present world, there is the race of whole world towards industrial growth resulting in continuous increase in the air pollutants, thus affecting the lives of human beings and consequently the skin is experiencing the harmful effects which leads to pre-mature aging, fine lines, wrinkles, hyper-pigmentation, dark spots etc. The population of the growing world is vastly using chemical cosmetics in daily life to overcome the harmful effects to the skin which in due course of time may be harmful and not produce even useful. These adverse effects can be over driven by using *Ayurvedic* skin care products and following *Dincharya* and *Ritucharya*. Moreover, the *ayurvedic* products which are natural and chemical free have no side effects and have healing and repairing effects on skin. This present concept of article is based on safe daily skin care regime which follows the concept of *Ayurveda*.

Keywords: *Twak, vyapak, Indriya, Ayurveda, Dincharya and Ritucharya.*

INTRODUCTION

Skin is the first thing which comes in view when meeting or just visualizing someone. Moreover, people are obsessed to look beautiful and charming and hence they are using various beauty products to stay young and charming. The concept of skin care and cosmetics is as old as mankind and civilization. *Ayurvedic* herbs and their significance is popular world-wide. Now-a-days herbal cosmetics are getting increased demand due to the unparallel effects of *ayurvedic* herbs which are invaluable gifts of nature. The procedures of skin care given in the *ayurvedic* classics are purely natural and they improve the skin health as compared to modern cosmetics products.

In Today's fast growing world, people are becoming more conscious about their skin as it is a compulsory part of their personality building. For this purpose people are using number of products prepared chemically, which ultimately harms their skin. Cosme-ceuticals are amongst them. It is representing the fastest growth segment in the skin care market, and a number of topical Cosme-ceuticals treatments for conditions such as photosensitivity, ageing, fine lines, wrinkles, hyper-pigmentation, dark spots etc. have come into widespread use.¹

All these products are very useful and easily available and applicable in the fast world but their long term use can cause several harms to the skin. So it is better to

follow the herbal care for the skin. Herbal skin care is good not only for the routine nourishing of the skin but also for treatment of skin disorders like eczema and psoriasis.² Most herbal skin care products don't have any side effects. These herbal skin care drugs can be easily made at home and hence making them more convenient and effective.

Literary Review:

The literary review of skin care regime comprises of following concepts which are available in various *ayurvedic* texts is as –

1. *Dincharya*: It includes following procedures for routine skin care;
 - a) *Mukhaprakshalana* (face wash): Washing the face with cold water and some specific drugs as *Amalki* etc. prevents hemorrhagic diseases, acne, dryness, pigmentation.³
 - b) *Nasya*: *Nasya* which is indicated in *Dincharya* is *Pratimarsha Nasya*.
 - Oil used for *Nasya* is *anu tail* which is considered as it is conductive for minute channels in the body called *Srotas*.⁴
 - According to “*Acharya Bhav Prakash*” – *katu tail* makes the skin free from wrinkles.
 - c) *Gandusha*: Oil used for *Gandusha* is *Til taila* which checks dryness of throat, cracking of lips and gives strength to gums and teeth.⁵
 - d) *Abhyanga*: It provides softness to the body, cleanliness, strength and improves the complexion.⁶
 - *Padabhyanga*: Massage of feet for softness skin of sole. It improves vision.
 - *Samvahana*: Gentle rubbing of the skin with oil promotes healthy muscles, blood circulations and texture of the skin.⁷
- e) *Vyayama* (Exercise): *Vyayama* is considered for building up health of the body and gives strength

as well. It also helps to clear channels of the body so that the entire tissues can thoroughly be cleansed via sweat. Exercises especially useful for the skin in order to renew itself and be fresh and clear. *Vyayama* should be done to half of one's capacity.⁸

- f) *Udvardana*: It is a process which helps in giving excellent clear complexion to the skin by making the skin soft and smooth.⁹
 - g) *Aalepana*: It provides cheerfulness, even tone, complexion, strength and eliminates foul smell, impurities, dead cells and fatigue.¹⁰
 - h) *Snana*: Bathing with cold water with *Amalaki* will surely get rid of wrinkled skin and grey hairs and gives life of hundred years.¹¹
2. *Ritucharya* – A beautiful concept for following the different *ritus* has been elaborated in details in *Ayurvedic* texts. Six *ritus* which are described in *Ayurveda* have been told to follow different regimes as per *ritu*. For example; in cold seasons (*Hemanta* and *Shishir ritu*) the local application of *Agaru paste* is advised to protect the skin against excessive cold.¹²
 - a) *Hemanta Ritu* (Early Winters): Paste of seeds of *Badar*, *Vasaka roots*, *Lodhra* and *Sarson*.
 - b) *Shishir* (Late Winters): *Kateri root*, *Black Til*, *Bark of Daruhaldi*, *Barley* without husk.
 - c) *Vasant* (Spring): Paste of *Dabh*, *Chandana Khas*, *Shirish*, *Saunf*, *Chaval*.
 - d) *Grishma* (Summer): *Kumud*, *Utpal*, *Khas*, *Durva*, *Yastimadhu*, *Chandana*.
 - e) *Varsha* (Rainy): *Khaliyaka*, *Til Khas*, *Jatamansi*, *Tagar*, *Padmak*.
 - f) *Sharad* (Autumn): *Taila*, *Pundarik*, *Mulethi*, *Khas*, *Tagar*, *Agaru*.

Ayurvedic Medicinal Plants commonly used in cosmetics:

Table 1:

S.No.	Latin Name	Use
1	<i>Acorus calamus (Vacha)</i>	Aromatic, dusting powder
2	<i>Aloe vera (Kumari)</i>	Moisturizer, sun screen, emollient
3	<i>Avena sativa (Oat)</i>	Moisturizer, skin tonic
4	<i>Azadirachta indica (Nimba)</i>	Antiseptic, reduce dark spots, anti-bacterial

5	<i>Cacumis sativa (Tripush)</i>	Soothing, Moisturising, natural sun screen
6	<i>Cichorium intybus (Kasni)</i>	Reduces skin blemishes
7	<i>Curcuma longa (Haridra)</i>	Antiseptic, Anti-bacterial, improves complexion
8	<i>Ocimum sanctum (Tulsi)</i>	Anti-Ageing, Antiseptic, Anti-bacterial
9	<i>Sida cardifolia (Bala)</i>	Wound healing and anti-ageing
10	<i>Triticum sativum (Godhum)</i>	Anti-oxidant, Moisturising and Anti-wrinkle
11	<i>Cyperus rotundus (Musta)</i>	Reduces sun tanning
12	<i>Crocus sativus (Kesar)</i>	Improves complexion, Moisturising, Aromatic
13	<i>Moringa oliefera (Shigru)</i>	Astringent

Modern Review

1. **Cleansing:** Regular cleansing serves to remove dirt, dust, bacteria, removes excessive oil on skin and aids the cell renewable process.
2. **Toning:** Skin toning is the process of firming, tightening and improving the overall health of the skin by using powder, lotion etc.
3. **Moisturizing:** it helps hydrate the skin and prevent it from further moisture loss. It is very important for the people with dry skin or who have less sebum (skin's natural oil) on their skin.
4. **Sun Protection:** Use of sun screen agents and limiting the exposure to sun prevents tanning, early wrinkles and cancer of skin. Sun screen agents are used to prevent sun burns.

Cosmetics should be used according to skin type. Various adverse effects of cosmetics, cosmetic surgeries etc. are mentioned to introduce modern cosmetic science. Various modern treatments (like chemical peeling etc.) are also in practice but adverse effects, cost of therapy etc. necessitate searching for a better remedy from the natural resources.

Adverse effects of Modern cosmetics:

In general, adverse reactions due to chemical cosmetics can be classified as follows:

- a. Contact Dermatitis – Irritant/ Allergic/ Photo contact/ Immediate type reactions.
- b. Pigmentary Changes – Hypo-pigmentation/ Hyper-pigmentation/ de-pigmentation/ Acniform eruptions.
- c. Nail Abnormalities- Contact dermatitis, chronic paronychia/ Nail discoloration/ Onycholysis.

DISCUSSION

Attaining health through *Ayurveda* is one of the most emerging concepts and its acceptance is by majority of the population in the context of health. Skin care holds the special position. *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 cosmetic science.

While selecting the drug for proper skin care, *Ayurvedic* as well as modern both the aspects are taken into consideration. The products supposed to be selected for skin care should possess the following characteristics:

- The product should have *rakta shodhan* properties.
- The product must be *Twachya* (favourable to the skin)
- The product should not vitiate *Vatadi dosha* & rather it should suppress the elevated *Doshas* mainly *Vata & Pitta*.
- The product should act on *Rasa & Rakta Dhatu*.
- The product should have anti-ageing property.
- The product should contain de-pigmentation agent.
- The product range must have *Udvartan, Abhyang and Lepam dravya*.
- The product should not have any harmful constituent.
- The product should not have irritant property.
- The product should be easily applicable and available.
- The product should be appropriate for each type of skin.

CONCLUSIONS

Since maintenance of health is the one of the prime objectives of *Ayurveda*. In which routine skin care is the way to enhance the beauty of the skin and maintain it healthy. In modern cosmetology different lotion, cream, powder etc. are used for cleansing, toning, and moisturizing and sun protection but some time there are adverse effect on the skin and also increase of pollution in environment. In *Ayurveda* different procedure like *Mukhaprakshalana*, *Gandhusa*, *Abhyanga*, *Udvartana*, *Vyayama*, *Anulepana* are used. They are safe, easily applicable, effective, economically and these products are environment friendly. A person using all of the above safe procedures can maintain his/her skin healthy and beautiful.

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