SNEHAN AND SWEDAN - A BOON TO COSMETICS WORLD!!

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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 ghrit and tail kalpns 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 BruchatTrayi 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 Pramana (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. Samayavastha 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-

**Review on Snehan and Swedan**

Snehan and swedan are considered purvakarma of shodhan treatment. But can be considered main treatment if used with medicated ghritya and taila kalpans. The function of snehan upkarma is produce unctuousness, mardav, vishyandan. 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 koshtha 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 ghritya.
- For Sun Burn-Application of shatadhauta ghritya and chandan tail.
- For Loss of Luster / Paleness of skin-Massage with shatavaryadi ghritya. Paste of sandalwood and vetivera (usheer) and Rose petal in aloe juice.
- For Freckles- Application of manjishtha oil, paste of shatadhauta ghritya and 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, Argyavardhani vati, sootashekhar rasa, Laghu sootashekhar rasa, swarna sootashekhar rasa, Gandhak Rasayan, Rasmanikya depending upon diseases, patient conditions.

**REFERENCE**

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