



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*, *Keshya* 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 Nayanam 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 'Souviryanjanam' should be applied regularly and Rasanjanam once in a week for gaining beautiful eyes, to see minute objects and lashes becomes smooth and firm³.

Eye is very sensitive organ and hence any Cosmoceuticals 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 a 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 *vihas* which are *Chakshushya*⁴. Sushruta explained among animal products various *Grithas* are considered as *Chakshushya* and *Gogrita* is best among them⁵. *Navaneeta, Madhu, Lohita shali* and *Mudga* are also good for eyes. In *Taila varga, Atasi* and *Kusumba* are considered as *Achakshushya*⁶. Acharya Chakra Dutta described about *Chakshushya varga* which includes *Triphala, Grita, Madhu, Yava, Satavari, Mudga and Padabhyanga*⁷. Daily intake of *Chakshushya Rasayana* helps to prevent eye disorders which can be prophylactic in many highly prevalent lifestyle disorders in turn which causes pathological changes in eyes.

Drugs 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.

Table 1: showing properties and actions of *Chakshushya Varga*'s

Dravya	Rasa	Guna	Veerya	Vipaka	Karma	Chemical Constituents	Pharmacological Action	Main Indication
Haritaki	Kashaya pancharasa	Laghu, Ruksha	Ushna	Madhura	Tridosahara, Rasayana, Chakshushya	Chebolic myrobalan, Gallic acid, sorbitol	Purgative, Anti-microbial, cardiogenic	Netraroga, Vibandha
Vibhitaki	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kapha-Pitta hara, Chakshushya	Gallic acid, Ellagic acid, Bellericanin	Expectorant Tonic	Kasa, Netraroga Krimi
Amalaki	Amla pradhana pancharasa	Laghu	Sheeta	Madhura	Tridosha hara, Raktapitta hara, Rasayana, Chakshushya	Ellagic acid, Phyllathine, Chebolic acid	Immuno modulator, Anti-ulcerogenic	Rasayana Chakshushya
Grita	Madhura	Alpa ahishyan-di, Snigdha	Sheeta	Madhura	Vatapitta shamaka, Chakshushya,	3-6 Omega Fatty acids, Vitamin	Prevent degenerative diseases, anti-	Udavarta, Jwara, unmada, Kshaya

					agnideepana	E&K	inflammatory	
Madhu	Madhura Kashaya aurasa	Laghu, Ruksha, sukshma, Vi- shada	Sheeta	Katu	Grahi, Vilek- hana, Chakshushya, Swarya	Flavaoids, Phenolic acids	Anti-oxidants, Anti- inflammatory	Kushta, Arsha, Kasa, netravika- ra, Vrana so- dhana
Yava	Kashaya madhura	Ruksha, guru, Pichhila	Sheeta	Katu	Kapha pitta hara, Rakta- pitta pra- sadaka	Sterols, Tocopherols Pheolic acids	Anti-oxidants Anti- inflammatory	Urustambha, Trishna
Satavari	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Vata-pitta hara, Netrya	Sarpogenin, Flavanoids like rutin	Immunostim- ulent, Cardio- protective	Rasayana, Medhya, Chakshushya
Mudga	Kashaya, Madhura	Laghu, Ruksha	Sheeta	-	Kapha pitta hara, netra prasadaka	Flavanoids Phenolic acids	Anti-diabetic, Anti- hypertensive	Netravikara, Jwara

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 -carateoids, 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 diseases⁸.

Pathya (Wholesome diet): -

Grains - *Godhooma*, *Yava*, *Mudga* Meat- meat of birds

Drinking water – pure cold water (rainwater)

Madhura Rasa- sugar is best one

Amla Rasa- *Dadima* (*Punica granatum*) is good

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*⁹.

Oushadha Varga:- *Rajika*, *Atasi thailam*, *Kusumbha Thailam* and *Sarshapa Thailam* are considered as *Apathya* for eyes¹⁰.

Effects of Aushadhi varga on Netra: -

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

Vedana Hara: - *Jatamansi*, *Ashwagandha*

Netra Sotha Hara: - *Dasamoola*, *Triphala*, *Punar-nava*

Netradrushtikara: - Saptamrita loha

Netrakandu hara: - Khadira, Manjishta, Haridra, tulsi, Nimba

Vrana ropana: - Nimba, Karanja, Haridra, Daruharidra

Anti-inflammatory, anti-allergic, and wound healing actions: - Yashtimadhu, 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*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 foots 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 *Putapakam*¹². Acharya Sharangdhara added two more *Kriya* along with this, namely *Pindi and Vidalaka*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 *Vyavayi, 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*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 *Pittaja Vikara: Anjana* prepared with *Jatimukula, Chandana, Laksha & Gairika (Chandanadi Anjananam)*¹⁵
- For prevention of Cataract: *Palandu Masi*¹⁶
- For Cataract: *Apamarga Anjana* applied alone
- For better vision (like eagle's eye) - *Anjanam* of *Shodhitha Tutha & Anjana (Collyrium)*¹⁷
- For conjunctivitis: - *Maricha* and *Bringaraja Swarasa* application helps.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 (Oscimum 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*

 <p><i>Tulsi</i> <i>Sahadevi</i></p> <p><i>Bringaraja</i></p>		 <p>1</p>  <p>2</p>	
 <p>3</p>  <p>4</p>			
Plants which generally used for <i>Anjana</i>		Steps to prepare cloth	
			
5. Wick prepared from cloth	6. Used wick and <i>Tila thaila</i> from Lamping	7. After cooling Sooth is collected	8. Sooth is mixed with Castor oil

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*.

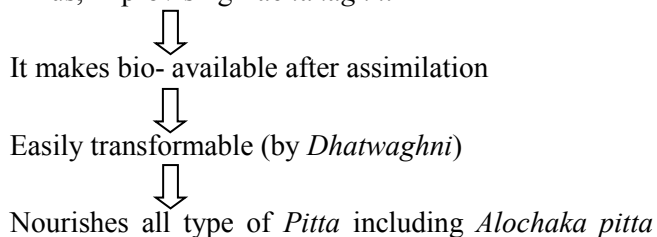
DISCUSSION

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. *Sarpi manda* 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*



(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 *Lekhananjnam* 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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