



## AYURVEDIC PERSPECTIVE OF SKIN CARE AND CURE: AN OVERVIEW

Dr. Prajakta Rakh

(MD Scholar) Dept. of Dravyaguna Vigyana, Bharati Vidyapeeth (Deemed To Be University) College Of Ayurved, Pune.

Dr. Shobha Khilari\*

(Asso. Professor) Dept. of Dravyaguna Vigyana, Bharati Vidyapeeth (Deemed To Be University) College Of Ayurved, Pune. \*Corresponding Author

**ABSTRACT** Ayurvedic concept of skin care has vast and deep aspect which serves cosmetics and therapeutic benefits. As Skin disorders are outer presentation of internal pathological conditions, Ayurveda offers a specific effective treatment strategy for this by identifying its root cause. Normal state of Dosha, Dhatu and Mala are important to maintain health of body as well as health of skin. Herbal Medication prescribed for skin care improves general health of person and thereby improves complexion of skin. Ayurveda gives preventive - curative aspect with various drug options along with its mode of application for total skin care. Present review paper mainly focused on preventive and curative aspect and specific action wise drugs regarding skin care and cure.

**KEYWORDS :** Skin care and cure, Herbal medication, Skin disorders, preventive and curative aspect

**INTRODUCTION:-**

In today's era large population is suffering from skin disorders due to changing lifestyle, bad food habits and pollution. It may associate with the occupation, hobbies, clothes, cosmetics and other articles that patient are exposed during his life. Though skin has a protective ability however it may not always be able to deal with the environmental stimulus and these leads to skin diseases.

Ayurveda has explained several herbal drugs and therapies which enhance the overall health of the skin and also support the natural healing process of skin in various disorders. Sharangadhara Samhita and Charak Samhita has mentioned separate chapter for Lepa Kalpana according to various skin disorders.

Skin care mentioned by Ayurvedic sages is not only for external care but also for internal purification which is very effective for skin and deeper tissues of body. Ayurveda contribute unique concept i.e. Dinacharya and Rutucharya in the context of Swasthivritta. It is also useful for regular skin care.

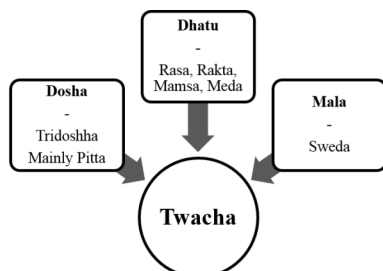
Ayurveda mentioned different herbal, mineral and animal origin drugs which posses wide range of effect in skin disorders.

**Concept of skin as per Ayurveda:-**

According to Ayurveda, Twacha is considered as Sparshanendriya i.e. the largest sense organ of touch and as a protective organ. Detail information regarding skin with its definition, formation, development, skin layers, functions, skin related disorders and its treatment is described very well in Ayurveda. To get proper idea about Ayurvedic concept of skin care and skin disorders one must know about normal structure and function of skin mentioned in Ayurvedic text to diagnose and treatment of skin disorders.

As Tridosha are govern all the activities of mind and body, Ayurvedic skin type and normal appearance of skin depend mainly upon Dosha as well as by Dhatu, Mala and Oja.

**Diagram 1: Association of skin and Dosha-Dhatu-Mala** (1,2,3,4,5,6)



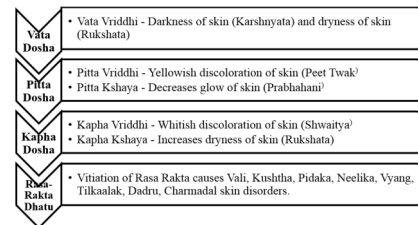
Prakrut Pitta and Rasa - Rakta Dhatu are responsible factors to create and maintain normal texture and complexion of skin.

As Oja is Sara (essence) of all Dhatus it also helps to maintain complexion of skin.

**Concept of skin disorders:-**

Imbalance between all these governing factors directly affects to the skin.

**Diagram 2: Effects of Vitiated Dosha – Dhatu on skin** (7,8,9,10,11,12)



Vitiated Pitta and Rasa-Rakta are main causative factors for various skin disorders.

Several skin disorders have been described by Ayurvedic preachers which included Kushtha, Visarpa, Shwitra, Kandu, Pidaka, Vyanga, Twak Vaivarnya, Dadru, Chramadala, Karshnyata, Padadari, Shwitra, Mashaka, Tilakalaka, Nyaccha, Neelika, Sheetapitta, Udarda, Pama, Kotha, Astramandlam etc.<sup>13</sup>

Vyanga, Tilakalaka, Padadari, Mashaka, Twak Vaivarnya, Karshnyata, Tarunyapidika, Chramadala these are some examples of skin disorders which affects the beauty of skin.

**Concept of skin care according to Ayurveda:-**

Skin care mentioned in Ayurveda is not only limited with external application but also suggest internal purification with potential drugs. Ayurveda has taken care and cure of skin problems with the help of daily and seasonal regimens, Thus Ayurveda provides preventive and curative aspects for healthy skin.

Ayurvedic concept of skin care has vast and deep aspect which serves cosmetics and therapeutic benefits. Skin disorders are outer presentation of internal pathological conditions hence skin care mentioned in Ayurveda is not only limited with external application but also suggest internal purification. It gives preventive - curative aspect with various drugs along with its mode of application for total skin care.

**Preventive measures for skin care:-**

Ayurveda mentioned Dinacharya and Rutucharya as preventive measures which are useful to achieve longevity and good quality of life. Regular compliance of these regimen provides strength to all Indriyas (sense organ), helps to delay ageing process and beneficial to improve functioning, appearance of skin.

**Daily regimens beneficial for skin: -****Table 1: Benefits of daily regimens for skin** <sup>(14,15,16,17,18,19,20)</sup>

Name of Regimen	Benefits
Dhoompan	Kandunaashan <sup>14</sup>
Nasya	Sarva Indriya Vaimalyakara, Balyakara <sup>15</sup>
Shirobhyang	Indriyaprasadana <sup>16</sup>
Abhyang	Sutwakdrudhata Prapti, Twachya <sup>17</sup>
Padabhyang	Saukumaryaprapti, Paadsfutana Nashana <sup>18</sup>
Sharirparimarjan	Kandu - Sweda - Daurgandhynashak <sup>19</sup>
Snan	Swedmalapaham, Ojaskara <sup>20</sup>

**Seasonwise regimen beneficial for skin: -****Table 2: Benefits of Seasonwise regimens for skin** <sup>(21,22,23,24)</sup>

Rutu Naam	Mode of application
Hemant Rutu	Utsadan , Abhyang, Shirobhyang <sup>21</sup>
Vasant Rutu	Udvartana, Lepam - Chandnadi Lepam <sup>22</sup>
Greeshma Rutu	Lepam - Chandna Lepa <sup>23</sup>
Varsha Rutu	Pragharshan, Udvartan <sup>24</sup>

Rutucharya is necessary to avoid seasonal diseases and to maintain good health throughout the year. In Rutucharya, seasonwise Aahar, Vihar and various Upkramas are mentioned i.e. Utsadan, Abhyang, Shirobhyang, Udvartana, Lepam, Pragharshan which are helpful for skin care according to season.

All these skin related Upkramas can be divided into Sthanik and Sarvadehik.

**Table 3: Division of Upkramas for skin**

Sthanik Upkramas	Sarvadehik Upkramas	Sthanik-Sarvadehik Upkramas
Shirobhyang	Utsadan	Lepam
Padabhyang	Abhyang	Pragharshan
Dhoompaan	Sharirparimarjan	
Nasya	Snan	

**Therapeutic measures for skin care:-**

As earlier mentioned, skin disorders are outer look for internal pathology; Ayurveda gives wide range of therapeutic measures to cure various skin disorders. It includes different drugs with specific actions and its mode of application.

**Various th**

Following drugs with specific skin related actions can provide accurate treatment for skin disorders, which includes all three types of drugs i.e. plant origin, animal origin and minerals.

**Swedajanana:** - The drugs which promote sweating are called Swedajanana.

Karpur, Tambaku, Madya, Ahifen, Marich, Tulasi, Vatsanabh, Hingul, Tankan, Mustak, Sahadevi.

**Swedopaga**<sup>25</sup>: - The drugs which help to promote sweating. Shobhanjan, Erand, Arka, Vruscheer, Punarnava, Yava, Til, Kulatha, Mash, Badar.

**Swedapanayan:** - The drugs which are stop or reduce sweating. Lamajjak, Ushir, Suchi, Parasik Yavani, Dhattura, Yashad, Kupilu.

**Twaksanjanan**<sup>26</sup>: - The drug helps in healing of a scar are called Twaksanjanan.

Arjun, Udumbar, Ashwattha, Lodhra, Jambu, Katfal

**Romsanjanan**<sup>27</sup>: - The drugs which help to produce new hair. Lanka, Tailmakshika, Hastidant, Rasanjan, Piyushgranthi satva.

**Romashatan**<sup>28</sup>: - The drugs which helps to remove the hair. Kshar, Shankha Churna, Hartala.

**Snehan**<sup>29</sup>: - Oleation treatment of body can use in both way i.e. internal and external, which induces unctuousness, smoothness and moistness on consumption or application of drugs.

Chaturvidha Sneha - Ghrita, Taila, Vasa, Majja.

**Snehopaga**<sup>30</sup>: - Agents which helps to induce unctuousness, smoothness and moistness on consumption or application.

Mrudvika, Madhuk, Madhuparni, Meda, Vidari, Kakoli, Kshirkakoli, Jeevak, Jeevanti, Shalparni.

**Rukshan**<sup>31</sup>: - The drugs that causes dryness of the body as well as skin. Yava, Madhu.

**Varnya**<sup>32</sup>: - The drugs that beneficial to maintain natural color, texture and appearance of skin are called Varnya.

Chandan, Tung, Padmak, Ushir, Madhuk, Manjishtha, Sariva, Payasya, Sita, Lata.

**Kandughna**<sup>33</sup>: - The drugs which eliminate itching are called Kandughna.

Chandan, Nalad, Krutmal, Naktmal, Nimb, Kutaj, Sarshap, Madhuk, Daruharidra, Musta.

**Kushthaghna**<sup>34</sup>: - The word Kushtha consider for all skin disorders. The drugs which eliminate skin disorders are called as Kushthaghna drugs.

Khadir, Abhaya, Aamlaki, Haridra, Arushkar, Saptaparna, Aargvadh, Karveer, Vidang, jatipraval.

**Udardaprashamana**<sup>35</sup>: - The drugs which eliminates inflamed skin rashes (Udarda i.e. Urticaria) are called as Udardaprashamana.

Tinduk, Priyal, Badar, Khadir, Kadar, Saptaparna, Arjun, Asan, Arimeda.

**Durgandhihar:** - The drug which removes or conceals unpleasant smells, especially bodily odors.

Chandan, Naagkeshar, Priyangu, Granthiparna, Sthauneyak, Markandika.

**Raktashodhana:** - The drugs which are used for purification of blood are termed as Raktashodhan.

**Raktaprasadan:** - The drugs which enhance the quality of blood are known as Raktaprasadan.

Sariva, Chopachini, Manjishtha, Guduchi, Kiratatikta, Nimb, Apamarga.

**Rasayana**<sup>36</sup>: - Rasayan drugs which acting on Sapt Dhatu, ultimately helps to rejuvenate the skin and improves complexion.

Yashtimadhu, Guduchi, Mandukaparni, Shankpushpi, Shatavari, Amalaki etc.

**Vayasthapan**<sup>37</sup>: - Vayasthapan drugs helps to delay the ageing process so they are useful for age related skin problems such as wrinkles, loss of skin tone and darkening of skin.

Amruta, Abhaya, Dhatri, Mukta, Shweta, Jeevanti, Atirasa, Sthira, Punarnava, Mandukaparni.

In this way, above mentioned specific Karmas with various drugs provides many effective options for skin care and cure.

**DISCUSSION AND CONCLUSION:-**

Skin is a largest organ of a body which reflects overall health and beauty of individual. Equilibrium of Doshas and proper nourishment of Sapt Dhatu are essential for beautiful and healthy skin.

Vitiation of Tridosha and Rasa, Rakta, Mamsa Dhatu may leads to many dermatological issues. Various Ayurvedic drugs play key role in preventing and treating different skin disorders.

Various action wise drugs described by Ayurveda, that can be use accordingly e.g. Rasayana and Vayasthapan drugs helps to prevent skin disorders by improving overall health, where as Kushthaghna, Kandughna, Udardaprashamana, Raktaprasadan and Romsanjanan drugs are useful for management of diseases and Varnya, Romashatana drugs are for skin care.

To get a rid of skin disorders one should think thoroughly about Ayurvedic concept of skin, various drugs mentioned with specific therapeutic actions and also mode of applications. One can get dual advantage by using Ayurvedic drugs as these gives cosmetic as well as therapeutic benefits.

Ayurvedic approach to skin care is multidimensional as well as more effective and safe.

#### REFERENCES:-

- 1) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 12, verse 1, 2.
- 2) Sushrut Samhita, Kaviraj Ambikadutta Shastri, Part -1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2017. Dalhan commentry on Sutrasthana 35, Verse 16.
- 3) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha, Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 24, verse 4.
- 4) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha, Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Vimansthan 5, verse 8.
- 5) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Vimansthan 8, verse 106.
- 6) Sushrut Samhita, Kaviraj Ambikadutta Shastri, Part -1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 15, Verse 8.
- 7) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 11, verse 5.
- 8) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 11, verse 7.
- 9) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 11, verse 16.
- 10) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 11, verse 8.
- 11) Sushrut Samhita, Kaviraj Ambikadutta Shastri, Part -1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2017. Sutrasthana 15, Verse 11.
- 12) Ashtang Hridayam by Kaviraaj Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2017. Sutrasthana 11, verse 8,9,16.
- 13) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 28, verse 11 -13.
- 14) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 27 - 31.
- 15) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 62.
- 16) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 83.
- 17) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 86, 87.
- 18) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 90 - 92.
- 19) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 93.
- 20) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 5, verse 94.
- 21) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 6, verse 14.
- 22) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 6, verse 24, 25.
- 23) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 6, verse 31.
- 24) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 6, verse 40.
- 25) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 13 (22).
- 26) Charak Samhita with Vidyotini Hindi commentary by Vd. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Part - 2, Chaukhambha Bharati Academy, Varanasi, reprint edition, 2018. Chikitsasthan 25, verse 113.
- 27) Sushrut Samhita, Kaviraj Ambikadutta Shastri, Part -1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2017. Chikitsasthana 1, Verse 101.
- 28) Sushrut Samhita, Kaviraj Ambikadutta Shastri, Part -1, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint 2017. Chikitsasthana 1, Verse 105.
- 29) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 22, verse 11.
- 30) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 13 (21).
- 31) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 22, verse 10.
- 32) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 10 (8).
- 33) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 11 (14).
- 34) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 11 (13).
- 35) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 17 (43).
- 36) Charak Samhita with Vidyotini Hindi commentary by Vd. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Part - 2, Chaukhambha Bharati Academy, Varanasi, reprint edition, 2018. Chikitsasthan 1, verse 1 / 7-8.
- 37) Charak Samhita with Chakrapani commentary by Vd. Harischandra Kushawaha , Part-1, Chaukhambha orientalia, Varanasi, reprint edition, 2016. Sutrasthan 4, verse 18 (50).