



SKIN CARE & SOME EFFECTIVE FACE PACKS W.S.R. TO AYURVEDA

Ayurveda

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ABSTRACT

Asian countries environment is always or having most of times feels humid, environmental temperature is always above than normal called as land of the tropical countries. India comes under tropical countries; temperature of this country is always high for longer period, i.e. about six to eight month in one year.

This may cause for excessive perspiration, which leads to the dehydration, tanning of the skin as well as the there will be depletion of ion or electrolyte from the skin, which may leads to under nourishment of the skin, deterioration of the skin health.

It needs to take care of the skin before going to alter the lot of changes in the structure & functions of the skin. Ayurveda is the ancient science; known as the science of the life. It has certain face packs or medical formulations that could able to prevent or make rid over such kind of the problems & improve the skin health.

KEYWORDS

Skin colour, skin complexion, skin health, Ayurveda, certain formulations (face packs) etc.

INTRODUCTION:

In routine life there are several advertisements on the various face packs which claim as; these are all or some of them having been containing of the Ayurveda formulation.

Certainly, they attract the many people; eventually buy their product called face packs & face creams. But even after applying, these formulations over skin for several days they do not find any improvement of the skin health as well as there is no change in the face colour or complexion of the skin.

Actual fact is that, Ayurveda or any science could not able to change the colour of the skin completely. The lay man also well known about it (the colour of the crow could not become white). This is because; there is the intimate relation of the colour with the skin since birth. Basically skin is formed at the time of union of the sperm & ovum in the intrauterine life predominantly of the Teja mahabhuta.

Structure of the Skin According to Ayurveda:

Twak utpatti (manifestation of skin):

According to vagbhata twak is formed by the essence of rakta just like creamy layer is formed from boiled milk. According to Sushruta; during the paka of the shukra & shonita by agni or pitta dosha, seven types of twacha appear on the surface of the body of garbha just like while heating milk, cream appears on its surface.

Origin of twacha: Acharya Charaka has described that every structure of the body develops from the shadbhavas in that twacha is matruja bhava. Acharya Vagbhata stated that twacha develops from vayu mahabhuta.

Numbers of twacha:

There is a great controversy among various Ayurvedic classics regarding the numbers of twacha. Charaka, Vrudhavabhata, Bhela, & Kashyapa has stated six types of twacha.

The Acharya Sushruta, Bhavaprakasha has stated seven numbers of twacha.

According to Charaka:

Udakadhara: It is outermost layer of twacha. As per the name it holds the rasadhatu & lasika inside the body & prevents their loss from the body.

Asrukdhara: It is the layer next to udakadhara which has supplied by numerous blood vessels & it holds the blood inside the body itself. Acharya Charaka has given names only to first two layers of twacha. He described next layers of twacha. He described next layers of twacha on the basis of diseases occurring in them.

The **Trutiya** (third layer): is seat of manifestation of sidhma & kilasa.

The **Chaturthi** (fourth layer): is the seat of manifestation of dadru & kushtha.

The **Panchami** (fifth layer): is the seat of manifestation of alaji &

vidradhi.

The **Shashthi** (sixth layer): it is one on its excision causes loss of consciousness.

Sushruta Samhita:

In garbha-vyakarana adhyaya of sharirasthana; seven types of twacha are mentioned. These are as follow;

Avabhasani: it is first type of twacha thickness measuring about 1/18th (d Dalhan- 18/20th) vrihi bhaga (vrihi-rice grain); reflects all sort of complexions also brighten pancha chaya. It is the seat of sidhma & padmakantaka.

Lohita: it is second layer of twacha & having the 1/16th (Dalhan- 16/20th) vrihi bhaga (vrihi-rice grain) measurement & it is the seat of tilkalaka, nyacha & vyanga.

Shweta: it is third type of twacha having thickness of 1/12th (Dalhan- 12/20th) vrihi bhaga (vrihi-rice grain), & it is the seat of charmadala & ajagalika & mashaka.

Tamra: it is fourth type of twacha, having thickness of 1/8th (Dalhan- 8/20th) vrihi bhaga (vrihi-rice grain)

Vedini: it is the fifth type of twacha having thickness of 1/5th (Dalhan- 5/20th) vrihi bhaga (vrihi-rice grain) & which is the seat of kushtha & vishrpa.

Rohini: it is the sixth type of twacha & measuring thickness about one vrihi bhaga (Dalhan- 1) (vrihi-rice grain) & which is the seat for granthi, apache, arbud, shlipada, galaganda etc.

Mamsadhara: it is the seventh type of twacha having thickness about two vrihi bhaga (Dalhan- 2) (vrihi-rice grain) & it is the seat for bhagandar, vidradhi & arsha.

Twacha & Dosha Relations:

Sr. No.	Vata dosha & functions	Pitta dosha & functions	Kapha dosha & functions
1	Prana Vata-tactile sensation (cold, heat, roughness, smoothness, pressure, pain)	Bhrajak Pitta- digestion & absorption (at cellular level as; abhyanga, parisheka, avagaha), expression of varna (complexion).	Kapha dosha; due to snigdha guna of Kapha, oily & moistened nature of skin is due to kapha dosha.
2	Udana Vata-Varna (complexion of skin)	Bhrajak Pitta: Charaka-normal & abnormal colours of the twacha, Vagbhata-it imparts the luster & radiance of twak, Chakrapani; regulation of body heat & variation in the colour.	Kapha kshaya leads to decrease in snigdha quality & due to this twacha becomes dry & cracky in nature.

Skin care:

Skin is exterior organ which prevent invading many micro organisms, it protect entire body by getting injured from external environment. Before going to take the skin care; the people must be take wholesome diet, non wholesome diet must be prohibited. Must take proper sleep at night, they should not suppress the natural urges.

Ayurveda recommends the two times bathing in a day, cleaning of the face at least three to four time in day with arm water. There is always some amount of the metabolic wastages or excretory by-products removed by the skin (skin act as the excretory organ) if it is not cleaned; they will deposited over the surface of the skin & become cause for all bad events.

In Ayurveda there is *udvartan* (scarpering) therapy, which prevents the excessive deposition of the *meda* & *kapha* dosha, mala products (metabolic wastages or excretory by-products), lighten the skin which improve the circulation & skin will become well nourished. On the basis of this (*udvartan* = scarpering) therapy certain face packs listened below which could improve the skin health.

Naturally, due to dominance of the *kapha* (*Pruthvi* & *Jala*) dosha skin become somewhat oily & vice versa; so face packs listened on the basis of the oily skin & dry skin as follow;

Face packs for oily skin:

1. 50 gms Masoor dal soaked in the water throughout night, on the morning grind it & add little milk or 3-4 drops almond oil; this can be applied as the face pack which rejuvenates the skin quickly, removes the extra oil & nourishes the skin.
2. Multani mati & sandal wood powder mix with rose water get dry; this pack absorbs excess oil from skin & gives smooth skin.
3. Rice pack: fresh prepared rice paste also helps to oily skin.
4. Apply lemon juice on the face & wash it out.
5. Dry orange peel in shade & paste it by adding curd & used for face pack.
6. Apple slice application, cucumber slice application & tomato juice application helps for the oily skin.

Face packs for dry skin:

1. Almond oil (*vatada*) & multani mati in to paste can be applied over face.
2. Freshly prepared rice, fenugreek seeds, basin powder, add few drops of coconut oil apply as the face pack.
3. Fresh milk application is very useful for dry skin.
4. Dried neem leaves made into paste by adding butter helps a lot in dry skin.
5. *Yestimadhu*, turmeric powder, rose water, made into paste by adding almond oil & apply over face.
6. *Manjistha*, turmeric powder, *tulasi*, *brahmi* made in to paste & could be apply over face.
7. Indian gooseberry powder, aloe leaf juice made face pack, could be apply over face for dry skin.
8. Masoor dal, *aswagandha*, skimmed milk, ghee made into paste for dry skin.

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