

Review of Skin through Ayurveda Perspective

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Mini Review

Volume 2 Issue 8

Received Date: October 22, 2018

Published Date: November 05, 2018

DOI: 10.23880/jonam-16000156

Abstract

In this world of presentation, the use of cosmetics has increased exponentially through all age groups excluding gender. Thus becoming the important factor in FMCG sector. Cosmetology in Ayurveda started 3-4000 BC, Indus valley civilization. Though the skin related diseases have been mentioned under the heading of Kshudraroga (Minor diseases) by Acharya but now a days, the superfast & changing lifestyle lead us to recently pay major attention towards so called minor diseases.

Keywords: Ayurveda Perspective; Agni; Doshas; Skin; India herbs

Introduction

Recently cosmetics are considered as one of the essential commodities of life. It is the fulcrum of first moving consumer's good (FMCG) sector. Through cosmetics are gaining pretty much importance now a days, Ayurveda the life science mentioned it in Kshudraroga (Minor disease). Ayurvedic literature describes over 200 herbs, number of minerals & fats to maintain & enhance the health & beauty of the skin but today's changing lifestyle & diet habits are forcing practitioners to pay attention towards cosmetics problems. There is once again a revival of preference for natural products & in recent year there have been a great upsurge in the study of India herbs. Ayurvedic cosmetics in use & practice since thousands of years in India, without any side effect & are well proven & documented. The analysis of many herbal ingredients using modern scientific technologies has lead to the identification of phytochemical components in Indian herbs, which deliver functional benefits anti wrinkles, anti-dandruff, age defying properties etc.

Skin & Ayurveda

According to Ayurveda, Aahara, Nidra & Bramhacharya are the three pillars of life & healthy skin is the result of strength of these pillars [1]. Crash diet, junk food, hard drinks, lunch timings, quality etc. Hamper the 1st pillars. Altered lifestyles, too much use of computer, mobiles, T.V., excessive stress are responsible for breakdown of others. Resulted in dull dry skin, boggy eyes, hair fall, weakness etc. Acharya Shushruta has explained the development of skin with the example of cream. It means as the best part of milk constitutes cream similarly premium Shukra & Shonit are responsible for skin [2]. In that era Shushrutacharya described not only the 7layers but also the thickness, supposed diseases & treatments.

Skin & Panchamahabhut

Skin pores are mainly related with Akasha Mahabhut, Skin & Touch have connection to Vayumahabhut whereas Rupa, Varna originates from Agni Mahabhut.

Skin & Agni

In Chaturvinshati Purush Prakrut Agni i.e. Jatharagni (Kayagni), Dhatvagni, Pachabhutagni are mainly responsible for Saravana Dhatus so the skin [3].

Skin & Dosha

Vata- Varna is one of the Udanavayu karma [4].

Pitta- Bhrajaka Pitta is directly related with Twacha [5].

Kapha- Raso Api Shleshmavata and twaksarata is nothing but Rasasarta [6,7].

Skin & Dhatu

Rasa: AcharyaCharaka mentioned the similarity of Twaksarata&Rasasarata.

Rakta: Mainly Dushya of all Kshudrarogas is Raktadhatu.

Mansa: Skin is mentioned as Updhatu of Mansa also many skin diseases are related with Mansadhatu [8].

Meda: Snehana is the basic Karma of Meda Dhatu, hence Prakrut Meda responsible for pliable, glowing, wrinkle free skin [9].

Asthi: Nails & Hair are explained as the Asthimala [10].

Majja: soft, glowing skin, attractive eyes are the byproduct of Majjadhatu [11].

Shukra: Saravana Shukra Dhatu gives well aligned, bright, shiny, firm teeth [12].

Skin & Mala: Hair have been mentioned as Majjamala & Asthimala also, sweda is one of the important factors regarding skin texture; Twaksneha is the mala of Majjadhatu [13].

Skin & Sharirbhava

Skin is described as Matrujabhava whether Varna is Satmyaj, hence Varna can be improved.

Skin care through Ayurveda

Specific measurement for the enhancement of different aspect of beauty & diseased condition in relation to skin are mentioned in Ancient Ayurveda text, they are described in brief.

Charaka Samhita: Charakcharya described about 18 types of Kushta like Vipadika (Rhages), dadru (Ring worm) etc. one of the great medicine, Varnya Gana is mentioned in Sutrasthana.

Shushruta Samhita: In kshudrarogachikitsa many of the skin care treatments are documented, like in Arunsika (Eczema of face & scalp), blood should be let out & the lesions are washed with Nimbadeocotion, Simillary Raktamokshana is mentioned in reference with Vyanga, Padadari.

Ashtang Hridayam: Three types of lepa Doshaghna, Vishaghna & Varnya are described. Furthur more

application of Lepavaring according to seasons (Rutus) is also explained.

Discussion & Conclusion

It is very clear to above discussion that large number of herbs and other naturally obtained raw material have been formulated into cosmetic products and this pure natural cosmetics are without any synthetic chemical they are not only devoid of side effects but also equally effective in comparison to their modern counterpart. The use of bioactive ingredients in cosmetics influence biological function of skin & provides nutrients necessary for the healthy skin. Description of several minerals useful in skin care had been registered from the ancient Indian Astrochemical books. Description of all of them is beyond the scope of any single review hence further research & review work is welcomed in this particular field.

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