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Ayurveda and cosmeceuticals: A literary review

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Abstract

Cosmeceuticals are the latest addition to the health industry and are described as cosmetic products with drug like activities. The term cosmeceutical was coined by Klingman. Cosmeceuticals refers to the combination of cosmetic and pharmaceuticals. These have ingredients that can influence biological function of skin and claims to improve skin care, texture, complexion, reducing wrinkles and anti aging. It is now gaining importance in the beautification and to cure skin ailments. Nowadays Cosmeceuticals are the fastest rising part of natural personal care industry. Present paper deals with the concept of skin and cosmetic care in Ayurveda and herbs being used for this purpose.

Keywords: Āyurveda, cosmeceutical, suśrut saṁhitā, caraka saṁhitā, aṣṭāṅga-hṛdayam, aṣṭāṅga-saṁgraha, yogaratnākara

Introduction

According to FDA, cosmetics are defined as “articles that are intended to be applied to the human body or any part of body for cleansing, promoting attractiveness, beautification, or modifying the appearance” [1]. Among the products included in this definition are skin moisturizers, perfumes, lipsticks, fingernail polishes, eye, and facial makeup preparations, shampoos, hair colors, toothpastes, and deodorants, as well as any material intended for use as a component of a cosmetic product. According to the United States Food and Drug Administration (FDA), the Food, Drugs, and Cosmetics Act; a product can be a drug, a cosmetic, or a combination of both, but the term "Cosmeceuticals" has no meaning under the law". Cosmeceuticals are the cosmetic products having biologically active ingredients which have medical or druglike benefits [2]. A cosmeceutical is an ingredient with medicinal properties, which manifests beneficial actions and provides protection against degenerative skin condition [3, 4]. Cosmeceuticals have acclaimed its most fascinating position in skin care products across the globe. The word "Cosmeceuticals" was popularized by Albert M. Kligman in the late 1970s. It is serving as a bridge between personal care products and pharmaceuticals. They are applied topically, but they contain ingredients that influence the biological function of the skin [5]. Cosmeceuticals improve appearance by delivering nutrients necessary for healthy skin. Cosmeceuticals typically claim to improve skin tone, texture, and radiance, while reducing wrinkles. Cosmeceuticals are the fastest growing segment of the natural personal care industry [6]. There is a great demand of cosmetics even during Samhita period (200 BC) to enhance the personal appearance of the person. The personal appearance of the person is affected by presence or absence of hair (Atiloma, Aloma), [7] abnormal skin coloration (darkening or lightening skin), health status, etc. In classics, various formulations are mentioned to get rid of these abnormalities and these are categories in skin care, i.e., Pāṇḍukarma (restoration of normal skin color of scar), Kṛṣṇakarma (Blacking procedure), hair care, i.e., Lomaśātana (depilation of hair), Romsanjanana (hair growth promoters) [8] and mainly used topically in form of lepa.

Concept of tvacā (Skin)-

In Āyurveda the word Tvaca is used for skin. The meaning of Tvaca is the outer covering of the body. There are seven layers mentioned in Tvaca as well as different diseases according to these layers. It is said that the formation of Tvaca take place by assimilation of Rakta dhātu or it is the supernatant part of incorporation of Śukra and Soṇita (sperm and ovum). The difference in all types of skin for its color, texture, glows, thickness, hair etc. are due to the specific body constitution of an individual. Āyurveda has mentioned a particular type of skin for a particular type of Prakṛuti (body constitution). The skin care principles are applicable according to the type of Prakṛuti of an individual.

Skin care through Āyurveda

Beauty is not in a magical pill. Everyone is beautiful in his or her own way- you just need a little natural and loving touch. The face is one of the important areas that you need to take care of because all five senses are located here. In ayurvedic skin care the person is pampered with exotic herbs, pure food, and beauty care that is natural and simply divine. The main function of ayurvedic herbs is to purify skin and eliminate vitiated doṣa (vitiated humor) from the

body as they are mainly responsible for skin disorders and other diseases. Several herbs have been mentioned in Āyurveda which can be used for healthy and glowing skin.

According to Carak saṁhitā

In context of skin disorders Ācārya Caraka described about 18 types of Kuṣṭha (Including leprosy) in Cikitsā and Nidāna-sthāna^[9]. Apart from this there is a reference of ten varṇya drugs^[10] (Complexion promoting).

S. No.	Sanskṛta name	Botanical name	Family
1	Candana	<i>Santalum album</i> L.	Santalaceae
2	Punnāga	<i>Calophyllum inophyllum</i> L.	Clusiaceae
3	Padmāka	<i>Prunus cerasoides</i> Buch.-Ham. ex D. Don	Rosaceae
4	Uśīra	<i>Chrysopogon zizanioides</i> (L.) Roberty	Poaceae
5	Madhūka	<i>Glycyrrhiza glabra</i> L.	Leguminosae
6	Manjiṣṭhā	<i>Rubia cordifolia</i> L.	Rubiaceae
7	Sārivā	<i>Hemidesmus indicus</i> (L.) R. Br. ex Schult.	Asclepiadaceae
8	Payasyā	<i>Ipomoea echiophylla</i> O'Donell.	Convolvulaceae
9	Sitā (Dūrvā)	<i>Cynodon dactylon</i> (L.) Pers.	Poaceae
10	Latā	<i>Cynodon dactylon</i> (L.) Pers.	Poaceae

According to Suśrut saṁhitā-

In the ksudra-roga-cikitsa (treatment of minor diseases) many of the skin care treatments are mentioned^[11].

1. Aruṣhikā (Eczema of scalp and face)

- An incision is made and the blood is allowed to ooze out. The lesion is washed with decoction of Nimba (*Azadirachta indica* A. Juss.).

Then the below mentioned pastes are applied

- Paste of Hartāla (orpiment), Haridrā (*Curcuma longa* L.), Paṭola (*Trichosanthes dioica* Roxb.) leaves.
- Paste of Mulethī (*Glycyrrhiza glabra* L.), Nilotapala (*Nymphaea stellata* Willd.), Eraṇḍa (*Ricinus communis* L.) & Bhṛngarāja (*Eclipta alba* (L.) Hassk.)

2. Vyaṅga (Black spots)

- Vein of forehead is punctured and rubbed roughly with Samudra phena (Cuttle fish bone) and the paste of bark of Kṣīrī-vṛkṣa (plant containing latex) is applied. Paste of Balā (*Sida cordifolia* L.), Atibalā (*Abutilon indicum* (L.) Sweet), Haridrā (*Curcuma longa* L.), Yaṣṭimadhu (*Glycyrrhiza glabra* L.) is also useful.

3. Yuvāna-pīḍikā (Acne / pimples)

- Paste of Vaca (*Acorus calamus* L.), Lodhra (*Symplocos paniculata* (Thunb.) Miq.), Saindhava-lavaṇa (Rock-salt), Sarṣapa (*Brassica campestris* var. *sarson* Prain) is useful.
- Paste of Dhānāyaka (*Coriandrum sativum* L.), Lodhra (*Symplocos paniculata* (Thunb.) Miq.), Vaca (*Acorus calamus* L.) and Kūṭha (*Aucklandia lappa* DC.) is also useful.

4. Pādārī (Cracked feet)

- Madhu (bees wax), Vasā (fat), powdered Swarjikākṣāra (sodium salts), Yavākṣāra (potassium salts), Gairika (haematite) is added in ghee and applied on the foot.

According to Aṣṭāṅga-hṛdayam

There are three type of Mukhālepa (formulation applied on face).

- For removal of doṣa
- For removal of poison

- Varṇayakara (complexion promoting)

Application of a specific paste varies according to season.¹²

Hemanta (Dewy season)

Paste prepared from seeds of Badara (*Ziziphus jujuba* Mill.), Vāsā (*Adhatoda zeylanica* Medik.), Lodhra (*Symplocos paniculata* (Thunb.) Miq.), Sarṣapa (*Brassica campestris* var. *sarson* Prain) should be applied.

Śīśira (winter)

Paste of Kaṭerī (*Solanum surattense* Burm. f.), Brhatī (*Solanum indicum* L.), bark of Dāruharidrā (*Berberis aristata* DC.), Yava (*Hordeum vulgare* L.) should be applied.

Vasanta (spring)

Paste of Candana (*Santalum album* L.), Khasa (*Chrysopogon zizanioides* (L.) Roberty), Śīrṣa (*Albizia lebbek* (L.) Benth.), Miśī (*Foeniculum vulgare* Mill.), Taṇḍula (*Oryza sativa* L.) should be applied.

Varṣā (rainy)

Paste of Kālīyaka (*Coscinium fenestratum* (Goetgh.) Colebr.), Tila (*Sesamum orientale* L.), Jaṭmānsī (*Nardostachys jatamansi* (D. Don) DC.), Khasa (*Chrysopogon zizanioides* (L.) Roberty), Tagara (*Valeriana jatamansi* Jones.), Padmak (*Prunus cerasoides* Buch.-Ham. ex D. Don) should be applied.

Grīṣma (summer)

Paste of Kumuda (*Nymphaea alba* L.), Utpala (*Nymphaea nouchali* Burm. f.), Khasa (*Chrysopogon zizanioides* (L.) Roberty), Dūrvā (*Cynodon dactylon* (L.) Pers.), Yaṣṭimadhu (*Glycyrrhiza glabra* L.), Candana (*Santalum album* L.) should be applied.

Śarada (autumn)

Paste of Tālīśa (*Abies spectabilis* (D. Don) Mirb.), Etkāṭa (*Sesbania bispinosa* (Jacq.) W. Wight), Puṇḍarīka (*Nelumbo nucifera*), Yaṣṭimadhu (*Glycyrrhiza glabra* L.), Khasa (*Chrysopogon zizanioides* (L.) Roberty), Tagara (*Valeriana jatamansi* Jones.), Agarū (*Aquilaria agallocha* Roxb.)

should be applied.

According to Aṣṭāṅga-saṁgraha Mukhadūsikā-cikitsā (acne)

In Mukhadūsikā, warm paste of Lodhra (*Symplocos paniculata* (Thunb.) Miq.) and Tuvaraka (*Hydnocarpus wightianus* Blume.) is prescribed.

Lāncchana (patches on the face), vyaṅga (hyperpigmentation) and Nilikā (naevus) cikitsā

Topical application of paste prepared from the bark of trees having milky latex or that of Balā (*Sida cordifolia* L.), Atibalā (*Abutilon indicum* (L.) Sweet), Madhuka (*Glycyrrhiza glabra* L.) and Haridra (*Curcuma longa* L.).

According to Yogratanaṅkara

In Kṣudra-roga (minor diseases) nidāna cikitsā prakāraṇa (chapter dealing with diagnosis and prognosis) there are 44 types of minor diseases, among which few are related to skin.¹³

Aruṅṣikā

The paste of Nīlkamala (*Nymphaeanouchali* Burm.f.), Āmalkī (*Phyllanthus emblica* L.), Yaṣṭimadhu (*Glycyrrhiza glabra* L.) are prescribed. Triphalādi taila and Haridrādi taila are also prescribed.

Vyaṅga (dark patches on the face)

- Bhaṅgā-patra (*Cannabis sativa* L.), Vidhārā (*Argyrea nervosa* (Burm. f.) Bojer), Śinśapa (*Dalbergia sissoo* Roxb. ex DC.) root exhibit excellent results in dark patches.
- Application of Arjuna (*Terminalia arjuna* (Roxb. ex DC.) Wight & Arn.) And Mañjiṣṭhā (*Rubia cordifolia* L.) in equal amount with butter shows positive results in Vyaṅga.

Complexion promoting

Paste of Masūra (*Lens culinaris* Medik.) and milk is applied with ghee for enhancing complexion. Kumkumādī-tailam is also prescribed for promoting skin complexion.

Yuvāna-piḍikā (acne)

- Paste of Jātiphala (*Myristica fragrans* Houtt.), Raktacandana (*Pterocarpus santalinus* L.f.), Marica (*Piper nigrum* L. is prescribed for application.
- Topical application Śalmali (*Bombax ceiba* L.) spine with milk is prescribed for treatment of acne.

Vipādikā

Paste of wax, Saindhavav (rock salt), Ghṛta (ghee), Guḍa (jaggery), Guggulū (*Commiphora mukul* (Hook. ex Stocks) Engl.), Rāla and Gairika (Haematite) is prescribed for positive results.

According to Śāraṅgadhara saṁhitā

There are three types of lepa¹⁵

- Doṣaghna (pacify the aggravated doṣa)
- Viṣaghna (pacify the poisonous substance)
- Varṇya (for promoting complexion)

Complexion promoting

Raktacandana (*Pterocarpus santalinus* L.f.), Mañjiṣṭhā (*Rubia cordifolia* L.), Lodhra (*Symplocos paniculata* (Thunb.) Miq.), Kūṭha (*Aucklandia lappa* DC.), Priyaṅgu (*Callicarpa macrophylla* Vahl) and Masūra (*Lens culinaris* Medik.) have complexion promoting properties.

Yuvānapīḍikā-

Ripened leaves of Vaṭa (*Ficus benghalensis* L.), Raktacandana (*Pterocarpus santalinus* L.f.), Kūṭha (*Aucklandia lappa* DC.), Kālīyaka (*Coscinium fenestratum* (Goetgh.) Colebr.) and Lodhra (*Symplocos paniculata* (Thunb.) Miq.) are made into paste and applied externally to remove pimples, black spots and patches on the face.

Aruṅṣikā

Paste prepared from bark of Khadira (*Acacia catechu* (L.f.) Willd.), Rājajambū (*Syzygium cumini* (L.) Skeels), Kuṭaja (*Holarrhena pubescens* Wall. ex G.Don) and Saindhava (rock salt) processed in cow's urine is prescribed to get rid of Aruṅṣikā.

Table: Cosmeceutical preparations in classical ayurvedic texts¹⁶

Sr.	Name of formulation	Ingredients	Indication	Reference
1.	Roma-nirharṇa yoga	Śankha cūrṇa, Hartāla, Amla (sour) dravya	To remove hair	Suśruta saṁhitā

Discussion

Pathya Apathya Ahāra Vihāra, and Varṇya Daśemāni have been mentioned in Āyurveda. Herbs have dual advantage; these serve cosmetic as well as therapeutic benefits. Some herbs used in diseases like dermatitis, eczema and some has property of blood purification and imparting bright colour to the skin. The drugs Madhuka, Vidāri and Sārivā have rich nutritive values, which provide nourishment to the skin. They offer external cosmetic benefits as well as uphold the youthfulness of the skin for a long time.

Conclusion

Āyurveda stated different aspects of cosmeceuticals and has mentioned the ways to achieve that effect, maintain and improve it. Skin reflects the physical condition and nutrition of the body. It cannot seem healthy and beautiful unless it is not appropriately nourished. The uses of herbal ingredients in a cosmetic product have dual advantage. They act as a

cosmetic product along with being nutritive to the skin. The use of bioactive ingredients in cosmetics influence biological functions of skin and provides nutrients necessary for the healthy skin. The classical texts mentioned in the review are just the tip of iceberg, apart from them there are several Nighaṅṭu containing description about several medicinal plants. There are several books dealing with formulations too.

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