

**Impact
Factor
2.147**

ISSN 2349-638x

Refereed And Indexed Journal



**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-III

**ISSUE-
XII**

Dec.

2016

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CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Approach Of Ayurveda In Skin Care

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Abstract

Inner beauty reflects on our outer beauty. When the internal systems of the body work with harmony it results in healthy skin. In Ayurvedic treatment various herbs and therapies are used to balance doshas and to nourish body and skin. People are spending lots of money in spa centers, beauty saloons and as well as beauty parlor for skin care. Ayurveda play a very important role in skin care and treatment of various skin diseases. Ayurveda provides information regarding various herbs and therapies which are useful in skin care.

Key words- Ayurveda, Skin Care.

Introduction

Present scenario in context of beauty has been totally changed in every aspect. Today everyone is beauty conscious as beauty or personality has moved one step ahead of personal and social front till corporate level. Skin is largest organ of our body and it is protective covering over the entire exterior of the body .Skin is index of our body. Any kind of skin problem indicates disturbance in some part of our body which need to diagnose properly to remove its root cause¹.The colour of skin is determined by melanin, melanoid, carotene, haemoglobin and oxyhaemoglobin pigments present at different levels of skin.

Ayurveda is medical science which teaches how to maintain the healthy condition. Ayurveda has unique way of treatment. Aim of Ayurveda is not only to cure the disease but also to maintain the health of healthy person.Skin is seat of sense organ.According to Ayurveda healthy skin is a result of overall health condition of individuals and prescribes numerous skin care treatment that needs to be pursued at every stage of life.Now a day's cosmetics are considered to be one of the essential thing in day to day life.Cosmetics are applied to skin,hair and nail for the purpose of beautification,protection or to cure the diseases of exposed area of body.In Ayurveda skin is termed as "Twacha" .In Charak Samhita Acharya Charaka defines skin as organ which covers the whole body from outside. Ayurveda mention different types of therapies and medicines to obtain healthy skin and glowing complexion.Ayurvedic literature describes over 200 herbs ,number of minerals to maintain and enhance the health and beauty of the skin².

Aim And Objectives

1. To study Ayurvedic principles in skin care
2. To study the details of skin as per ayurvedic aspect.

Skin And Layers Of Skin:-

In Ayurveda skin is termed as "Twacha." Development of skin occurs in 3rd month of intrauterine life. Formation of skin takes place from heat generated in the process of union of sperm and ovum. Development of skin has been compared with the thick skin which appears on the surface of already cooled boiled milk, in this reference the term 'Kshirsyeva Santanikaha' has been used by Acharya Sushruta. Among tridoshas *Bhrajaka pitta* is situated in skin which gives colour to skin.

In Sushrut Samhita Acharya Sushruta described seven layers of skin as follows³-

1. Avbhasini
2. Lohita
3. Shweta
4. Tamra
5. Vedini
6. Rohini
7. Mansdhara

1. Avbhasini - Starting from outside to the inner side the first layer of skin is *Avbhasini*. This layer reflects skin colour and its shade. It is seat of pigmentation of skin. It measures 1/18th of paddy grain in thickness and constitute the pathological sites of skin frackles such as *sidhma, padmkantaka*.

2. Lohita - It is the second layer of skin. This layer of skin have coursing of blood vessels hence it needs to be kept healthy since nourishment of skin depends on proper blood supply. Thickness of this layer measures 1/16th of paddy grain and is site of disfigurements such as *Tilakalaka, Nyaccha* and *Vyanga*.

3. Shweta - It is the third layer of skin. Thickness of this layer of skin measures 1/12th of paddy grain and is seat of *Charmadala, Ajagallika* and *Mashaka*. This layer is *Kapha* dominant.

4. Tamra - It is the fourth layer of skin and it measures 1/8th of paddy grain in its thickness. It is seat of *Kilasa, Kushta* and *visarpa*. This Layer is *Kapha, Pitta* dominant.

5. Vedini - It is the fifth layer of skin. Thickness of this layer measures 1/5th of paddy grain and is seat of *kushta, visarpa*. This layer of skin is *Vata* and *Rakta* dominant.

6. Rohini - It is the sixth layer of skin. Thickness of this layer is *one brihi*. This layer of skin is seat of *Granthi, Apachi, Arbuda, Shlipada* and *Galganda*.

7. Mansadhara - It is the seventh layer of skin. This layer measures two paddy grains in thickness. This layer is thickest of all layers. This layer is seat of *Bhagandara, Vidradhi* and *Arsha*. This layer is dominant in *mandhatu* and *Kapha dosha*.

In Charak Samhita Acharya Charaka explain six layers of skin as follows⁴-

1. Udakdhara
2. Asrigdhara
3. Tritaya
4. Chaturthi
5. Panchami
6. Shashti

Causes Of Skin Problem-

1. Changes in Lifestyle and Dietary Habits - It is the root cause of any health problem. Junk food and Poor dietary habits causes all physical and mental health disturbances, due to poor diet body suffers from nutritional imbalance. Less amount of fat in the body causes dryness of the skin which leads to further skin problems Lack of exercise, mental stress leads to various skin problems.

2. Infections- Various types of infections lead to various skin disorders.

3. Age Factor- During teenage hormonal imbalance in the body often leads to skin problems like acne. As we reach at the age of 40's hormones that are active in young age begins to slow down which leads to increase in dryness of skin. In old age skin starts getting wrinkles, patches & many other problems due to improper nourishment, at that time, we must not immediately rush to skin specialist or chemical prone medication as it adversely affects our skin. It is the natural process, we can't avoid it but we can slow down its pace by improving our lifestyle & dietary habits or use good herbs to maintain the internal strength of the body.⁵

4. Hormonal Problems- Increased stress and anxiety affects hormonal level in body, which further leads to hormonal disorders like PCOD and menstrual disturbances in women and testicular disorders in males. Hormonal problems adversely affects on skin.

5. Excessive use of beauty products – We use chemical prone beauty products for instant shine and glow of the skin which adversely affect on skin. These products contain bleaching agents, Amino acids and other harmful & strong chemicals which causes damage of skin.

All the factors mentioned above leads to various skin problems for which people use tropical treatments, people visit skin specialists who suggest heavy anti-biotic, anti-allergic & anti-inflammatory drugs. But in reality, they are not at all required as most of them just overburden the Liver & directly affect its functioning and health which in turn often leads to many other systemic disorders. Our natural skin requires herbal nourishment & treatment which is very light & has no side effects.⁵

Ayurvedic Approach Of Skin Care -

Prevention is better than cure. Improvement in lifestyle, timely sleep & diet will automatically cure various problems like stress, early aging & most gynecological issues. Excessive use of beauty products must be reduced. Nutritional level of the body must be maintained by proper *Dincharya* and *Rutucharya palan* as described in ayurvedic Samhita.

Using herbs, medicated oils, naturally occurring minerals and ayurvedic cosmetics bring skin to its own perfect balance. Cleaning, nourishing and protecting are the key factors in ayurvedic skin care which can be effectively done with the help of various ayurvedic formulations prepared from different naturally occurring herbs which helps to improve blood circulation and increase oxygen consume capacity of skin, as oxygen is essential to rejuvenate skin.

Following Ayurvedic Management is Beneficial for Skin –

Protection of skin and treatment of various skin disorders can be done as follows-

1. Abhyanga
2. Swedan
3. Virechan
4. Vaman
5. Basti
6. Nasya
7. Udvartan
8. Lepa Chikitsa
9. Dincharya & Rutucharya Palan
10. Yoga

- Abhyanga – One should do abhyanga everyday, it makes skin soft, delicate and shining⁶. *Sneha dravya* (Oil) is used for abhyanga and is *snigdha, guru, sheet, mrudu, drava, sara, manda* and *Sukshma gunatmaka*. Abhyanga nourishes the *dhatu*s and increases their strength. It improves colour of skin. It helps to achieve good complexion by improving blood circulation⁷. Oils like Narayana Tailam, Bala Tailam, Chandanbalalakshadi Tailam, Ksheerbala Tailam etc. can be used for abhyanga.
- Udvartana – It is the procedure in which medicated churna is applied on the body in *pratiloma* direction. Udvartana cleanses the body. It increases brightness and helps in excellence of skin. It enhances channel as well as cellular level circulation and transportation of fluid and nutrients.
- Lepa – Lepa is application of medicated paste on body. Various local applications have been indicated for various common skin diseases. Lepa helps to improve the complexion and tone of skin.
- Nasya – It is method by which either medicated taila or churna will be administered through *Nasamarga* (nose). It helps to increase brightness of skin. Medicated oils like Anutailam, Panchendriyavardhana tailam etc. is used for nasya.
- Dincharya and Rutucharya – It is important to follow Dincharya (Daily Regimen) and Rutucharya (Seasonal Regimen) to maintain the healthy state of mind and body.
- Yoga- Yoga helps to maintain mental peace and emotional balance which is important part in skin care. *Asanas* like Pranayama, Utkasana, Shirshasana encourage skin cell renewal and blood circulation which increase glow of skin.
- Dietary Management- *Virrudha aahar sevana*, Poor diet, junk, spicy food habits causes different types of skin disorders, so to prevent skin diseases avoid salty pungent, spicy, sour, fried things. Drink Plenty of water. Eat fruits like Kharjura, Aamalaki, Draksha etc. Avoid stress, anger, excessive sunlight (*Aatap-sevan*) etc.
- Our skin is a natural gift and it's our duty to take its care in a natural way only. Artificial products can only provide artificial or temporary shine & glow, so give Ayurveda care to your body and skin.⁸

Discussion & Conclusion-

Skin is important organ of body which needs to be nourished properly as in this modern era beauty gets the prior attention and beauty is reflected by skin, also in this luxurious and industrial lifestyle various pollutions are directly affecting the skin, which leads to further skin disorders so it is the need of time to protect the skin from these hazards and maintain its natural beauty in natural way which can be effectively done by following the ayurvedic principles of dincharya and rutucharya palan, diet management, stress management, yoga and other ayurvedic therapies like abhyanga, nasya, lep chikitsa helps to improve blood circulation and maintain the proper oxygen level in the body which directly leads to healthy skin that will make you look beautiful.

From above description we can say that the ayurvedic medicines and minerals that are naturally occurring can be used to prepare cosmetics that will be devoid of chemicals and thus will not cause any side effect to body this will not only influence the biological functions of skin but also will provide essential nutrients necessary for healthy skin. The vast array of knowledge of medicinal plants mentioned in ayurvedic texts is very helpful in the development of the new cosmetics products.

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