

**Role Of Ayurveda In Cosmetology****Dr.Madhuri S. Ghogare ,**

‘P.G. Scholar,

**Dr.Dinakar M.Padade**‘HOD Dep.ofAyurved Samhitaand Darshan,  
(MD kriyasharir)S.S.A.M Hadapsar  
Pune – 411028,Maharashtra India.**Abstract :-**

Healthy means the physical, mental or emotional well being for keeping and improving the natural beauty in way of Ayurveda play important role in cosmetology the magic of Ayurvedic Cosmetics and formulated the Basic principles of Ayurveda effective in cosmetology which how impress with its simplicity and effectiveness. The power of Ayurvedic Cosmetics originates from the knowledge about Healthy lifestyle and use of hidden resources of nature the way to discover the beauty within you Ayurveda play important Role. Dietary management, Panchkarma, Dincharya, Ritucharya, Rasayan therapy, Acharrasayan, Siddvritta and the Karma told by Acharya to do daily which explain Samhita and ayurvedic cosmetic products which contain only pure natural ingredients - like flowers, herbs, milk, fruits, vegetables as well as powders (Basma) of which explain the cosmetic approach of Ayurveda in cosmetology is related to the Healthy status of body as well as the mind. More precisely explained in this paper.

**Keywords:-**Ayurveda ,Dincharya, Rutucharya, Aachararasayana, Ayurvedic Herbs

**1) Introduction :-**

In Ayurveda the role of cosmetology important. In know day's cosmetology work of improving the appearance of a customer's face, hair, using make-up and beauty treatments as ayurveda the concept of beauty has an age old origin skin-twacha is the term for skin in Ayurved. Twacha cover of the exposed part of the body the sense of touch, over the entire body through skin. Healthy person with a wel formed flesh which is firm, the skin is correspondingly firm, glowing hair is also closely related and part of beauty of the human beings. Mind is also closely related with hair so mental tension is the commonest cause of hair fall. Acharyas of Ayurveda state that the function of Ayurvedic herb's is to purify blood and eliminate vitiated doshas (Vata, Pitta, Kapha) that causes skin disorders and other diseases. Ayurveda belives that all living beings have the panchamahabhoota as it is components, same is for skin. It is the seat of sparshanIndriya (A tactile sensory organ skin is also present Bharjaka pitta that Regulates the temperature of the living body and absorbs all local Medicinal application's the (complexion Chaaya of (Lusture/Prabha) of our skin is also conferred to the skin, the herb's Ayurvedic use in various forms such as Lepa, abhyanga, gandusha and combined drug can be found in Ayurvedic inscriptions like Chandana, Nagkeshra,

Padmaka, Yastimadhu, Manjistha, Sariva etc. that means in this way Ayurveda will be very useful and precious knowledge regarding cosmetology which is very useful even in day to day Practices.

**2) Aim :-**

To see the importance of cosmetology in Ayurveda.

**3) Objective :-**

- 1) To explain role of Ayurveda in cosmetology.
- 2) To study the beneficial effect of cosmetology in Healthy life style with the help of Ayurveda i.e. Discover the beauty within you with reference to Ayurvedicgranthas and somhitas.

**4) Material and Methods :-**

- 1) AyurvedicGranthas and Samhitas
- 2) Modern Text
- 3) Online Data and Journals.

**5) Literary Review :-****Ayurveda :-**

Ayurveda is the oldest healing science in sanskrit. Ayurveda means “The Science of Life” the knowledge originated in India more than 5,000 years ago and is often called the “Mother of all Healing” Ayurveda based on the belief that Health and wellness depend on a delicate balance between the mind, body and spirit. Its main goal is to promote good Health, Not fight disease, But treatments may be geared toward specific health problems i.e. Ayurvedic lifestyle the key to Health that are

Dieterymangement, panchakarma, Dincharya, Sudvrittapalan i.e. life-style through Ayurvedic means is a good way to get background on Health in Ayurveda there are 3 main body types or doshasvata, pitta and kapha. We all are all unique blends of each.

These 3 doshas constitution balance the inner balance of body i.e. Balancing the 3 principle energies of the body.

- 1) Vata is the energy associated with movement (Energy / Movement)
- 2) Pitta express as the body is metabolic system (Energy, Digestion, Metabolism)
- 3) Kapha is the energy that forms the body structure. (Energy of Lubrication)

Rutucharya, Rasayan therapy, Aacharrasayan, **(I) Role of Ayurveda in Cosmetology:-**

Health is not just fitness, but a flowing awareness of intelligence in each cell of the body from the skin to the self and from the self to the skin / Ayurveda takes one from the body towards the self and Yoga from the self towards the body. They both are Moksha Shastra's they maintaining a sound mind into sound body. Ayurveda explain the 3 types body types such as Vata, Pitta, Kapha these doshas body type all are undue skin (Twacha) and Hair (Keshha) features -

No.	Characteristics	Vata Type	Pita Type	Kapha Type
1	Skin type	Dry and rough, thin cracked cool.	Soft, warm moist (slight wrinkles moles, acne)	Thick, oily cold, pale soft, glossy clear.
2	Hair	Dry, Scanty, coarse, curly	Thin fine silky and oily	Thick, dark, soft and wavy
3	Eyes	Sunken, Small, Dry, Thin	Medium size sharp and penetrating gaze	Big/Large wide, Prominent dense.
4	Body weight	Thin, Lean/Slender	Moderate weight	Obese, Tendency for excess weight
5	Body frame	Thin	Medium	Large
6	Panchamahabhute	(air + space)	(Fire + water)	Earth + water
7	Complexion	Brown	Coppery, yellowish, reddish	Fair Bright
8	Disease	Nerve diseases	Inflammation heat, fever	Mucus, congestion
9	Personality strengths	Creative, quick understand imaginative	leaders, sharp good orators ambitious	loyal, clam content forgiving tolerant
10	Personality weaknesses	Nervous Anxious Fear, Full Lack of Willpower	Anger jealousy Irritability	Self Centered, Greed Attachment Possessiveness
11	Physiological Traits	crave sweet sour, balty food, disturbed sleep, cold hands &feet	good digestion strong appetite metabolism Body temperature run slightly higher that average.	Slow digestion good stamina sound sleep, crave Bitter and pungent food.
12	Eyes	Protutrant small, eyelasnes scanty	Sharp, eyelashes are brown or copper reddish in color	Large and attractive thick eyebrow.
13	Teeth	Cracked, Irregular dull, white	Moderate sized yellow	Large, white strong
14	Nails	Rough, dry less growth	Slightly Glossy copper coloural	Long, white strong& thick
15	Lips	Dry, thin blackish	Red, soft, moist	Thick glossy
16	Hands	Short	Medium	Long
17	Body Hair	Scanty	Few and brownish	Thick, dark and plenty.
18	Hair on the scalp	Brown, rough, dry	Scanty, tendency to	plenty thick dark,

			early baldness	long and glossy
19	Joint	Prominent	flabby	strong, well formed compact
20	Abdomen	Thin	normal	large
21	Chest	Thin, Narrow	Medium	wide strong well covered with muscle and fat
22	Body smell	None	foul smell	oily small
23	foot print	defined	normal	well defined
24	Tongue	Dark spots	Copper closed thin	Clean & raddish
25	pulse	Irregular quick	fast pace volume is less	Slow full in volume
26	Face	Small forehead dark tinge rough skin	copper colored with plenty of pimples	attractive good lookbright
27	Body weight	Light	Medium	Heavy
28	Body structure	Lean tall	Medium Size	Heavy Short
29	Blood vessels	Prominent reticulated	less prominent with greenish yellow color	Not at all visble deep
30	Body strength	Weak	Moderate	Strong
31	Body temperature	Slightly less than normal	Slightly above normal	Normal

Knowing your skin type helps you take care of your skin.

➤ **“Saundaryasatra”**

“Aesthetics” is an area of philosophy concerned with art and Beauty. OR Philosophical study of beauty is called as “Aesthetics”.

➤ **“Importance of Cosmetology” :-**

- 1) Eliminating stress (Relieve stress)
- 2) Improving Health Through Hair
- 3) Improving Health Through Skin
- 4) Raising Self Esteem

**C) Oily skin :-**

Excess oil can oftentimes leave pores congested and clogged.

**D) Sensitive skin :-**

Sensitive skin types may exhibit the characteristics of skin oily skin combination skin, but they also deal with a great amount of redness and Irritation.

**Cosmetology :-**

“cosmetology is the study and application of beauty treatment.

**1) Skin Type**

The most important step in caring of your skin comes in understanding your specific skin type. Your skin is your body’s Largest organ. Every person’s skin is unique but there are few common skin type. The 3 main skin type are commonly referred to as oily, normal/combination dry, sensitive skin.

**A) Normal/Combination Skin :-**

People with normal/Combination skin often experience dryness on the checks.

**B) Dryskin:-**

Dry Skin can feel tight throughout the day and may experience notice flaking.

**2) Hair :-**

The mass of thin thread like structures on the head of a person is called hair or any of these structures that grow out of the skin of a person.

Hair is protein filament that grow from follicles found in the dermis.

**A) Straight Hair :-**

Which reflects the most sheen and also resilient of all the hard to damage is also the oiliest hair type.

**B) Wavy Hair :-**

Wavy hair has a texture and sheen between straight and curly hair and is likely to become fizzy. Fine wavy hair can be tamed and easily styled. However medium and coarse hair can be hard to style.

**C) Curly Hair :-**

Curly hair have 's' shape. The pattern of the hair resembles an 's' shape and sometimes a 'z' shape. This type of hair is usually voluminous climate dependant and damage prone if your curly hair lacks proper care your can cause less defined curls.

**D) Kinky hair :-**

Kinky hair features a tightly coiled curl pattern is often very fragile with a high density. This type of hair shrink when wet because it has fewer cuticle layers than other hair types and because of this is more susceptible to damage.

- Some specimens like Shilajita, Kajala and Mirrors found in the Mohenjodaro and Harrapa culture indicate that the aesthetic sense prevailed in the that period.

Rigveda - Lepa (Local application) of certain herbs.

Atharvaveda - Many mantras highlight the significance of improving the varna the kesha.

Garuda Purana - Various beautifying Yoga are mentioned and description of beauty explain for male and female.

Ramayana & Mahabharata give ample description about beauty of important personalities like Ramachandra, Sita, Nakula, Sahadeva etc.

- In Ayurveda the Description of Dinacharya and Ritucharya also indicates the cosmetic beauty and also unique concept of Ayurveda like Vyayama, Abhyanga (massage) and different types of Snana etc.
- Rasayana therapy highly suggests the importance of yuvavastna in which person wants to look more attractive.
- Ayurveda given equal importance to health along with beauty. Only healthy body and mind fulfils criteria of a beautiful person.
- "MaharshiCharak" has grouped different herbs according to their effect such as Varnya, Keshya, Vayasthapana etc. which add to the beauty of an individual and many hygienic performances like Abhyanga, Snanan etc. beautification of the physique and the psyche also.
- 22 Upkramas - Vaikritapanam (Alepana) parlseka, Utsadana, pandukarma, Roma Sanjana etc. indicates the cosmetic Approach in "Sushruta Samhita."
- Elaborate discription of Kshudrarogas which are fundamentally related to cosmetic science also support aesthetic sense of that period. Moreover.
- Sushruta was the first person who established "Plastic Surgery" like Auroplasty and Rhinoplasty.

**II) Beneficial effective Role of Ayurveda in Cosmetology :-**

According to Ayurveda Bhrajaka pitta is Located in the skin, it imparts the characteristics of colour and Luster so termed as Bhrajaka According to acharyacharak has also stated that the production of Normal and abnormal tgemperature of the body as well as the Normal and abnormal colour of the skin is due to pitta the variation in the colour of skin is due to Bhrajaka pitta which is located in the skin.

In all Human being's beauty is divine gift. It has socio-medical importance. In Ayurveda the concept of beauty has an age old origin. Ayurveda say's that 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.

Ayurveda is an ancient science of indigenous medicine. It is not only a medical science but is an art of living in human beings there is a great demand of Ayurveda in the field of cosmetology due to its unique concept about beauty and effective, cheaper and long lasting beauty therapy without any side effect.

❖ **History of Indian Cosmetics :**

- Beauty related lot's of evidences in the history available i.e. various paintings carvings etc. the ancient source of existing knowledge i.e. veda along with Purana, Ramayana, Mahabharata, Brihat Samhita, Vatsyana Kamsutra are also having great contribution in this field.

**In Astanga Samgraha and Hridaya :**

2 groups of herbs labelled as "Rodhradigand",Eladigand, characterized as the varnya group. Both described 'Mukhalepa', Mukhalepa Varjya, and Samyakprokta Mukhalepalaksana.

- In Astanga Hridaya Acharya Vagbhata has mentioned '6' prescriptions of mukhalepa according to 'Ritubheda' (Season).

- During the mughal rule the cosmetic science got more importance. this evident from the references available in the texts like sarangdhara, Bhavapraksha, Yogaratnakara.
- Some of the factors are described in Ayurveda which play kech role in the determination of beauty of a person.

- a) Prakriti    b) Sara
- c) Samhanana d) Varna
- e) Prabha    f) Chhaya
- g) Pramana of various Angavayavas

determines the organic beauty and Dirghyalakshanas described in texts give the aesthetic sense and fundamental base of personality and Beauty.

- Ayurvedic point of view Prakriti is inherent constitutional factor influencing the beauty of a person.
- Vegbhata has described different prakrutis on the basis of facial appearances especially of eyes.
- The organs like eye, skin, teath, nail along with svara, varnaetc anatomical consideration of organ given prime importance describing the 8 saras.
- MaharshiCharaka has mentioned that the skin of the Tvaksarapurusha is snigdha (lusterious), shalakhshana (silkytouch), komala (soft), Prasanna (attractive), Sukshma (thin) and Prabhyukta (Shiny).
- MaharshiCharaka also describing SwasthaPurushaLakshnas said that samasamhanana, samamamsa, ample power, strength of the sense organs remain unaffected by the diseases. It shows importance of Health in the individual personality.
- Kashyapa and charaka have described the personality and longevity of the person as different anatomical characters eg. skin, read, ears, eyes, eyebrows, nose, mouth lips, neck, chest, hands, axilla etc. According to their different shapes and contours.
- Ayurveda the word “Varna” means colour and complexion etc. Charaka explain colourviz Krishna, Shyama, Shyamavadata and Avadata are considered as normal colour of the body. While Nila, Shyam, Tamru, Harita and Shukla are Vikruta Varna of the body. the external factor such as desha, kula, jati, shukra and Aharuvihara and internal factor shukramahabhoota, Dosha and dhatu are responsible for creation of color and complexion in child.
- Some importance factors According to Ayurveda which improving or important role towards improving beauty.
  - 1) Dinacharya
  - 2) Ritucharya
  - 3) AcharaRasayana

- 4) Various methods in the form of internal medicines like mahakashaya.
- 5) Surgical treatment like plastic surgery Varikritapaham.
- 6) Diet as Hitatama, Matravat Sadapathya dravyas.
- 7) Medicines like Rasayana, Ghritatailaetc are available.

**“Role of Ayurveda in Cosmatology” :**

As per cosmetic approach Ayurveda is Related to Healthy status of the Body and mind Ayurveda gives equal importance to Beauty as well as Health.

**A) DinacharyaPalan :**

Ayurvedic text prescribed for the both perspective health as well as beauty. follow daily routine and some important procedures keep the person fit or Healthy and young for a long time. these procedures also increase beauty of hair, skin, eyes etc. that great cosmetic value they delay the old age too, In dincharya following procedures are includes.

**Dinacharya - The Ayurvedic daily Routine**

Ayurvedic medicine that looks at the cycle of nature and bases daily activities around these cycles. Among the classical Ayurveda textbooks, the one close to my Heart is ‘AshtangaHridaya’. It is written by Acharya Vagbhata in Ashtangahridaya textbook in second chapter with Dinacharya or daily Regimen.

[Din ⇒ Day,    Charya⇒ Regimen]

**Daily Recommendations Practice :**

- 1) (Wake up in the morning) before 6 a.m.
- 2) Eliminate and empty your bowel and bladde (Don’t strain), If you have problem you show taking Triphala Churna before bedtime at Night.
- 3) Wash your face, using natural products.
- 4) Brush your teeth and scrape your tongue and drink a glass of warm water.
- 5) Perform a self massage (Abhyanga) by using warm oils. After 10-15 minutes massage then take a shower.
- 6) Perform yoga asanas and have a go at pranayama that are simple breathing practices.
- 7) Eat light Breakfast - Eat a small amount, but make it big enough to get you through to lunch without needing a snack. Quantity may very based on body type (before 8-9 am.)

**Midday dinacharya :-****1) Lunch:**

Relax and make it the Largest Meal of the day. Brief Rest on the Left side & Light walking (10-15 min.) after Lunch to facilitate digestion. (Between 10 am. to 2 pm.)

**2) Evening Dinacharya (2 pm - 6 pm)**

- 1) Supper : the lighter and earlier, the better
- 2) Evening yoga, breathing exercise, and medication.
- 3) Go to bed by 10 pm.

**B) RutucharyaPalan :**

To maintaining the Health as well as Beauty the important role of Ritucharya explained in various text book of Ayurveda and also aahara and vihara mentioned for the protection from excessive cold and heat during that season show carefulness and awareness about beauty and health.

**C) Aachara Rasavana Palana :**

According to Ayurveda's complete Beauty includes mental, physical and spiritual well being. Acharya's gives highly importance to rasayana therapy it's unique concept of Ayurveda and have a higher cosmetic sense helps to keep the person younger and attractive till the old age that means maintain yuvavastha, and delay vridhavastha and cure change of olderage.

**▪ Discussion :-**

Cosmetology is one of the major emerging branches of industry, researcher and general public health and know it's part of life. Synthetic cosmetics can cause adverse reaction like skin reaction, irritation, allergies, etc so due to maintain health mind and body use herbal cosmetology which play important role in keep healthy and beautiful mind and health and discover the beauty within you with the help of Ayurvedic Medicine e.g. VarnyaMahakashya, Chandana, Punnaga, Padmaka, Ushira, MadhukaManjishta, Sariva, Payasyasita, Lata gives complexion these drugs indicates the importance of cosmetology during that period and also follow the daily dincharya, Ritucharya, Achar-Vichara rules to maintain the Health and beauty of an indicates. According to their prakriti Ayurveda play important role in cosmetics. Ayurvedic cosmetics range from skin cream, lotion, nourishing skin cream, hair care preparations viz. paste, hair fixer, hair gel, hair oil, shampoo, Anti dandruff, conditioner, colorants etc. Ayurvedic text also explain some haircare preparation like- Bhrangadi, JapaKusum, Madhukadilepa,

KumariAmalakighanalepa, Nilabrangaditailam etc. to maintain oral hygiene useful mouth wash, chewable breath freshners, mukhadhavana yoga etc. Dental powder eg. Kasisadichurna explain while, kadalyadilepa, haritaladilepa, are described to useful to remove unwanted hair these are important Ayurvedic cosmetics useful to maintain the Health and beauty care of on individuals that helps to improve the quality of skin hair etc. they indicates important role is cosmetology.

**▪ Conclusion :-**

Cosmetics as external beauty has gained a lot of Attention and demand in today's world because every one wants to look beautiful and attractive but today's synthetic cosmetics causes skin health issues and irritation to mind and physical (Skin / Body) problems so it's not completely safe manner but It use Ayurvedic cosmetics and also some rules such as aahar, Vihar, aushad, daily and seasonal Regeman enhance the internal as well as external beauty i.e. ayurveda emphasizes on external and internal beauty so Role of Ayurveda in cosmetology is important, beauty management through Ayurveda there is no side-effect and gives lot's of benefits, Ayurvedic medicine help to life modifications told in Ayurvedicgranthas and text to which are related to cosmetics.

**References :-**

- 1) Charaka Samhita : With Ayurvedadipika. Comm. By Chakrapanidatta with hindi commentary by Pt. Kashinath Shastri 6<sup>th</sup> Edi. Chaukhamba Sanskrit Series.
- 2) Sushruta Samhita : With NibandaSamagra Comm. by dalhana, Chaukhamba oriented Varanasi, 7<sup>th</sup> Edi. 2002.
- 3) Astanga Samgraha : With Hindi commentary by Vaidya Sh. Govardhan Sharma, Chhangani - Chaukhamba Sanskrit Sansthan, Varanasi.
- 4) Astanga Hridaya - with Hindi Commentary KavirajAtridev Gupta - ChaukhambaPrakashan, Varanasi.
- 5) Garuda Purana (Ka 1/63)
- 6) Dravyaguna Vijana : Chaukhamba Bharati Academy.
- 7) Ayurveda and Modern medicine : Dr. R. O. Lele. Ayurvedic Pharmacopoeial plant Drugs expanded therapeutics : C.P. Khare