

## EFFECT OF HERBAL DRUGS FOR ENHANCING & RELIEVING COSMETIC PROBLEMS W.R.O. PANCHKARMA PROCEDURE.

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<sup>1</sup> Asso.proff.

### Introduction:

Ayurveda not only cures the diseased but also protects health of healthy person. My research work is also on healthy person who have only skin discoloration because of exposure to external environmental conditions.

While working as consultant in Panchakarma department of SSAM &H., Nashik number of patients were reported for their complaints about skin.

There are various OTC products available in the market promising for their good cosmetic results still because of chemicals they could not be 100% solution.

Middle aged grouped patients of 20-45 years were registered for the study above. They were worried about problems like pimples, wrinkles, dark spots, tanning of skin etc.

In ayurved there is nice description about the herbs which can overcome all these problems. They are described for their effect on complexion, fairness, cleancing, skin tightening etc.

### Aim:

To study effect of herbal drugs to enhance & relieve cosmetic problems.

### Objectives

To improve the skin quality and to clear the discoloration of skin.

To study the efficacy of herbal drugs with Panchakarma process on varna prasadhan complexion

To give ayurvedic solution for the pigmentation/discoloration without any adverse effect.

### Materials and Methods;

. For this study 30 patients were selected.

In the middle aged group of 20-45 years having cosmetic problem about their look was selected. They were grouped in two as per their skin texture i.e. dry and oily skin.

**Methods:** Method for selected therapy was done as following step.

**1. Cleansing:** This was done with cotton for about 1 to 8 min according to type of skin. The time for cleansing was noted for after each seating before and after treatment.

**2. Massage:** This was done on the face in upward directions as prescribed in ayurvedic text. The massage was done 10 min for every patient. \*1,2,3

**3. Fomentation:** This was done with Panchakarma therapy i.e. Nadi-Swed till the sweat appears on patient's faces about 5 min.\* 4

**4. Face-pack:** This was applied on the face with the help of brush in upward direction. Also the close-eyes were draped by cotton dipped in rose-water. The

#### MATERIALS--

#### Properties of herbal drugs

Drug	Sariva *7	Manjistha *8	Yashtimadhu*9	Shati *10	Kumari *11
Family	Asepiadaceae	Rubiaceae	Leguminoceae	Hedyhium	Liliaceae
Latin name	Hemidesmos Indicus	Rubia Cordifolia	Glycyrrhiza Glabra	Spicatum	Aloe-Indica
Useful part	Root skin	Root	Root	Kand	Juice of leaves
External use	Decrease burning, oedema	Increases complexion	Decrease burning, Improve skin complexion	Purifies blood	Decreases oedema, cleans the skin
Properties	Antibacterial, Anti-inflammatory, Anti-fungal, Anti-allergic	Anti-inflammatory, Anti-oxidant	Anti-microbial, Astringent, Anti-secretory, Anti-ulcers	Anti-bacterials, Anti-ulcers, Anti-inflammatory	Anti-bacterial, Anti-fungal, Non-toxic, Rich in Vitamin E

Other than above herbal drugs, following are the materials used for the selected therapy

#### General properties of Ghruta-\*12,13

गव्यं घृतं विशेषेण चक्षुष्यं वृषयंग्निकृतं I  
स्वादुवाककर् शीतं वातपित्त कफापहम् I  
मेधलावण्य कान्त्योज् स्तजो वृद्धिकरं परम् I  
अलक्ष्मीपापरक्षोघ्नं वयस स्थापकं गुरु II  
बल्य पवित्रमानुष्य सुमङ्गलम् रसायनम् II  
सुगध्नं रोचनं चारु सर्वाज्येषु गुणाधिकं II

भा.नि. घृतवर्ग

The above Sidha Ghruta( i.e. processed with Manjistha, Sariva etc. herbals) was washed 100 times and Shatadhaut-Gruta was prepared. This was used as a Facial Cream for the selected therapy.

#### Shatadhauta Ghruta:\*14

“यत् पुनःपुनः सन्ताव्य शीताम्भसा निर्वाप्ये  
तथाविध सर्पिषि I

शतं वारान शीततोयेनधौतं फेनितं घृतम् ।

इति ईशानदेव : ।

तद् गुणाः- वातपित्तदाहहात नाशित्वम् “।

(वैद्यकशब्द सिन्दुकार)

\*15“अथवा शतधौतेन सर्पिसा क्षीरजेन वा”।

(शा.सं.उ.खं.१३/४४)

**Multani Mitti:**It is a natural clay,also known as Bentonite Multani Mitti

- ✓ Powdered easily
- ✓ Available easily
- ✓ Not costly Recommended uses:Removes toxins from skin
- ✓ Improves facial complexion
- ✓ Protects skin from UVrays
- ✓ Absorbs excess oil
- ✓ Stimulate circulation of skin

✓ **Rose water:**It is by product of Rose flowers essential oil .It is natural,does not contain any preservatives,additives,synthetic ingredients

- ✓ It maintains pH balance
- ✓ Anti ageing
- ✓ Used as a hydrating face-pack
- ✓ Helps to decrease the damage of the skins elastic fibers.

**Inclusion Criteria:**

Healthy persons whose skin is affected by environmental conditions.

Individuals of both genders.

**Exclusion Criteria:**

The person below 20 and above 45 years age.

Individuals having any kind of skin diseases.

Apart from the inclusion criteria.

**OBSERVATIONS--**

Table-1: Distribution of cases according to age and sex

Age in years	Male		Female	
	No.	Percent age	No.	Percentage
20-25	4	7.01%	23	40.35%
26-30	2	3.50%	10	17.54%
31-35	-		7	12.28%
36-40	-		6	10.52%
41-45	-		5	8.77%
Total	6		51	

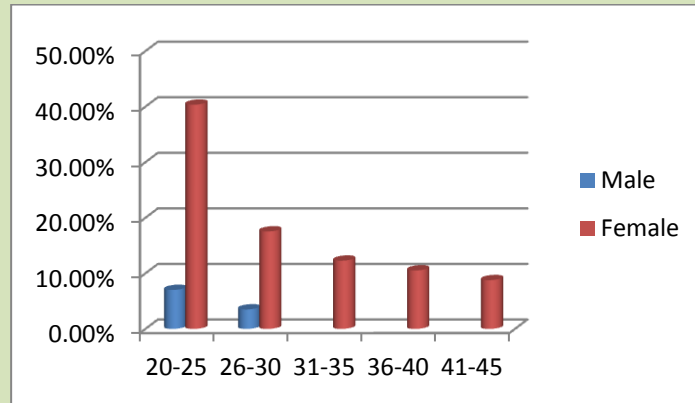


Table-2: Distribution of cases according to Prakruti

Prakruti	No.	Percentage
Vataj	1	1.75%
Pittaja	2	3.50%
Kaphaja	1	1.75%
Vata-Pittaja	18	31.57%
Vata-Kaphaja	15	26.31%
Pitta-Kaphaja	20	35.08%
Sama	0	0
Total	57	

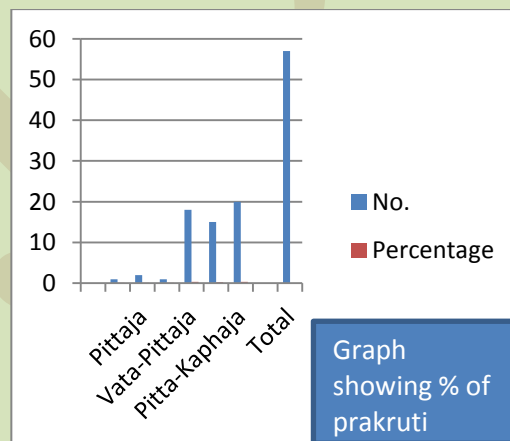


Table-3: Distribution of cases in various observation

1	Marital Status	Married/Unmarried	30	52.63%
			27	47.36%
2	Emotional Status	Emotionally Normal/Stressed	39	68.52%
			18	31.57%
3	Nature of work	Sedentary/Active	24	42.10%
			33	57.89%
4	Dietary habits	Vegeterian/Non-vegeterian	26	45.61%
			37	64.91%
5	Duration of Disease	Upto 1 month	13	22.80%
		6month	24	42.10%
		1 year	20	35.08%
6	Type of skin	Oily skin	38	66.66%
		Dry skin	17	29.82%

### Result

Result of therapy were assessed with both subjective and objective criteria.

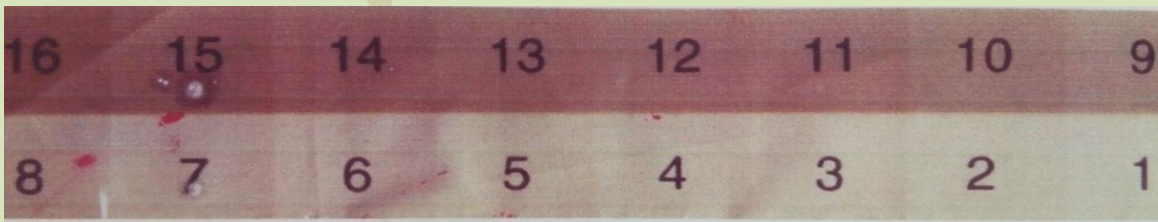
Table-4:Effect of the selected therapy on fairness.

Patients were grouped in four according to fairness scale A,B,C,D

Group	Scale	BT	AT
A	1to3	7	15
B	4to7	12	35
C	8to11	20	7
D	12to16	18	0

The effect is more significant in group B,61% satisfactory improvement in the fairness was recorded on the scale objectively.

### FAIRNESS SCALE--



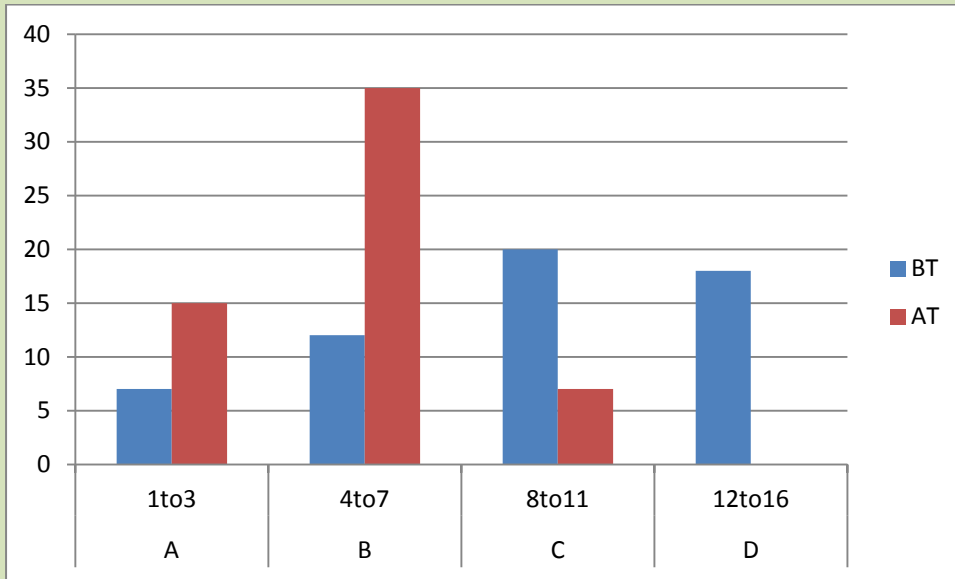
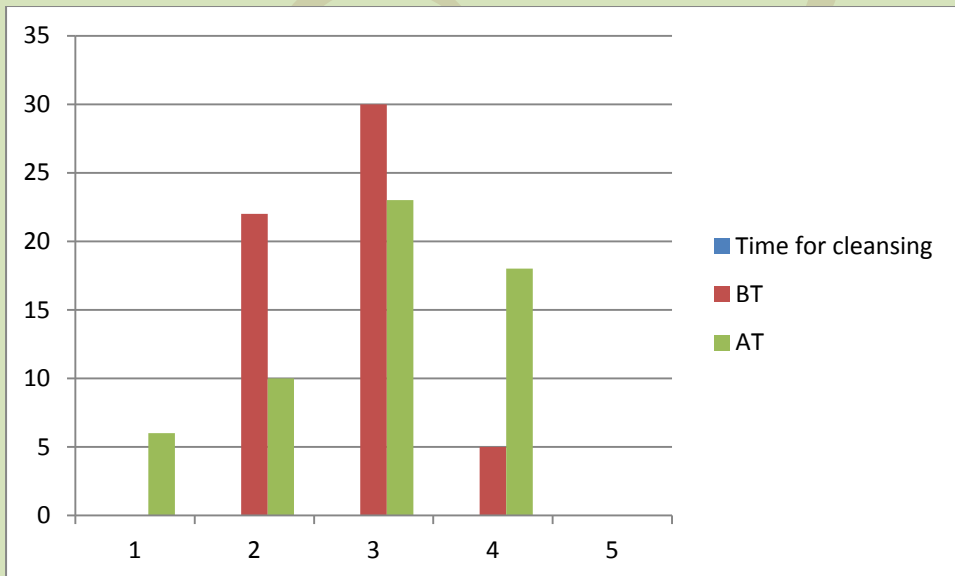


Table-5 :Effect of the selected therapy on removal of dirt particles

Time for cleansing	BT	AT
1min	0	6
2min	22	10
5min	30	23
8min	5	18



Removal of dirt particles was compared by time required for cleansing before and after treatment.52% satisfactory reduction in the cleansing time was found with the effect of therapy.

Effective therapy on –Sukumarata,Mruduta and Pimples were assessed with subjective opinion giving them scale.

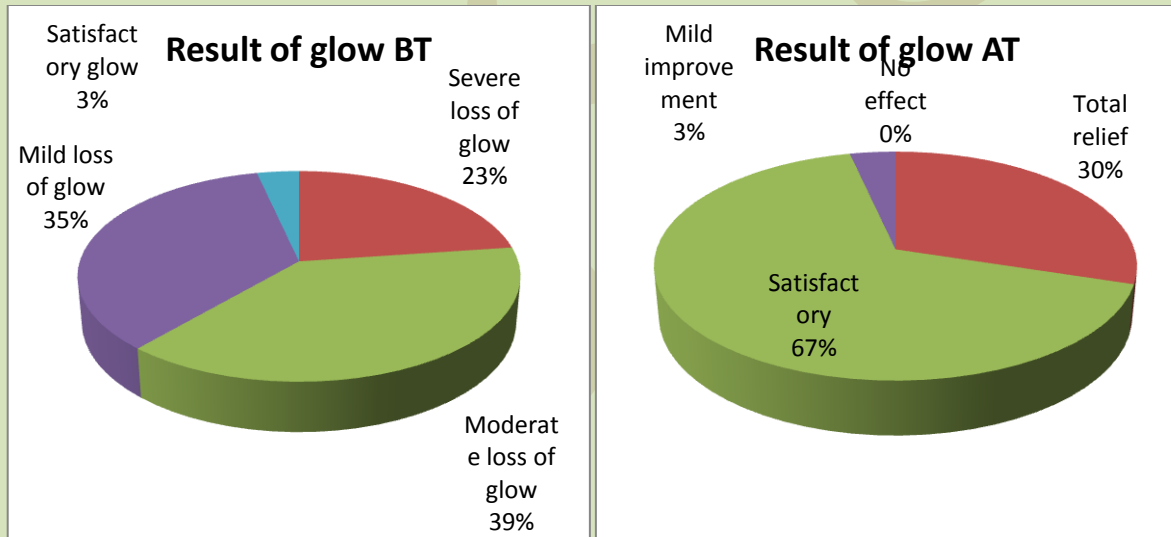
- 0-No effect
- 1-Mild improvement
- 2-Satisfactory
- 3-Totally relieved

Table-6::Effect of the selected therapy on glow.

Result

Before treatment		After treatment	
Severe loss of glow	13	Total relief	17
Moderate loss of glow	22	Satisfactory	38
Mild loss of glow	20	Mild improvement	02
Satisfactory glow	02	No effect	00

Out of 57 patients 22 were having moderate loss of glow before treatment. After treatment satisfactory glow of 66% was found on faces of 38 patients.



Criteria	0	3	2	1
Sukumarata	-	50%	43%	52%
Mruduta	-	35%	52%	12.20%
Pimples	-	-	48%	51%

Sukumarata/Softness after therapy was improved by 50%. Wrinkles were reduced satisfactorily with 52%. Mukhadushika was main complain of 33 patients. It was reduced 48% after therapy



## DISCUSSION--

### Ayurvedic Prespective:

त्वकस्य त्वचो भ्राजनात् भ्राजकम् ।

तद्भ्यगं परिषेकालेपादिन पाचयति छायाश्च  
प्रकाशयति । (अ.स.सु.२०/५)

Twacha is a sthan of Bhrajak pitta which is responsible for 'Chaya Prakashan'. It maintains normal colour of skin. It also help the action of locally administered drugs i.e. abhyanga, Lepa, Parisheka.

When the skin is exposed to harsh environment for a long duration bhrajak pitta dushti occurs. as a result of this 'Twak vaivarnya' (Discoloration of skin) arises.

Drug selected for the therapy Manjista, Sariva, Yashtimadhu, Shati, Kumar i etc. are raktapittaprasadhak, varnya. These drug correct the action of vitiated bhrajak pitta and improve fairness and glow of skin.

### Modern Prespective:

According to modern view unheated milk and honey act as anti-oxidant, nourishes skin. Sidha-shatadhaut ghruta used for a massage detoxifies and nourishes the skin. It is more alkaline than other oils which results in smoother skin tone and strength.

Dashmool nadi swed opens up the pore which helps to remove dirt and sticky sebum.

Pralep ingredients manjishta, multani mitti, rose water etc. acts as natural cleanser, astringent, maintain the oil-balance of skin, improve blood circulation. Also help to decrease skin elastin fibers and prevent wrinkles.

Juice of aloe vera reduces pore size, also enhance activity of fibroblasts which are the special cells found in the skin that create fibers such as collagen and elastin. These gives skin lustre and make it fleshy. Aloe vera provides essential nutrients



**Conclusion:**

Above all data ,graph shows that the therapy was found with no side effect and was more effective on enhancing glow on

face with 66%,cleansing time was reduced to 52%.This study also show good external therapy to improve fairness with 61%.Complaints like pimples and wrinkles also showed good satisfactory effect.

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