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A Literary Review Of Cosmetological Aspects Explained In Brihatrayee And Nighantus Of Ayurveda

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Abstract:

The symbiosis between Cosmetology and Ayurveda is the most ancient one. There are many cosmetological aspects explained in Brihatrayee and other classical texts of Ayurveda. The best example can be enumerated as ayurvedic rejuvenation (rasayana) therapy in the field of cosmetology. There are a total of 45 drugs having varnya properties and 23 having varnaprasadana properties. The total number of kesya dravyas screened are 21 and tvachya drugs are 9 in number. Now-a-days cosmetology is a huge demanding subject in the era of modernization and beautification. Therefore, an effort is made to screen Brihatrayee along with all other available classical texts and recent related scientific articles to reveal the ancient wisdom regarding cosmetology in easy and lucid manner. The result of this tedious work is intended for both literary purpose and practical usage which will be beneficial for research scholars.

Key words: Cosmetology, Brihatrayee, Rejuvenation, Ayurveda

Introduction:

The use of cosmetics in ayurveda is very ancient. Ayurveda forms the foundation of cosmetology as it is seen in both Bruhatrayee and Laghutrayee. Basically in charak samhita and susrut samhita, cosmetological topics are widely covered and accepted. Vagbhatta has also described about cosmetological concepts neatly in his sutrasthana in the subject of mukhalepa. The uniqueness of vagbhatta is the explanation of mukhalepa according to season. ^[1] The concept of beautification using herbs is well defined in Ayurveda. The cosmetic preparations are used for worship and for sensual enjoyment in India since vedic period. The external application of *kajala*, *tilaka*, *aguru*, *chandana*, *haridra* etc to God and Goddess are seen in many rituals of India. ^[2] Cosmetology is any substance or preparation intended to be placed in contact with the various external parts of human body (epidermis, hair, nails and lips) with a view exclusively or mainly to cleaning them, changing their appearance or correcting body odors or protecting them or keeping them in good conditions. ^[3] Hence, it is our prime responsibility to use cosmetics judiciously for personal use and to prescribe to patients whenever necessary as an accessory to primary treatment for diseases.

According to the Drugs and Cosmetics Act (India) 1940 cosmetics may be defined as, any substance intended to be rubbed, poured, sprinkled, or otherwise applied to human being for cleansing, beautifying, promoting attractiveness. According to Ayurveda happiness, gloom, sadness and relaxation are the aspects that are reflected by the face and by the body and can't be disguised with cosmetics. Beauty is more than skin deep according to Ayurveda. It is the most obvious external manifestation of your overall well-being. It is a mirror to your physical, mental and spiritual wellness. Caring and maintaining the beauty that

one is born with was one of the first body care initiatives undertaken by civilized humans.

Consumer trends suggest a gradual shift from chemical-based products to ayurvedic beauty products. Growing concern over side effects of chemical-based products is the main reason behind this trend. The Ayurvedic natural cosmetics business of India is growing at the rate of 15-20% per year- much higher than India's overall cosmetics business that has a growth rate of 7-8%.^[4]

Material and Screening methods:

Ayurvedic cosmetology specializes in the field of natural principle and its application for modern demands. Plant extracts and natural substances have been formulated into cosmetic products not only for daily external body care but also for innumerable ailments. One of such examples can be enumerated as Rasayana therapy (ayurvedic) in the field of cosmetology. Now-a-days cosmetology is a huge demanding subject in the era of modernization and beautification. Therefore, an effort is made to screen Brihatrayees along with all other available classical texts and recent related scientific articles to reveal the ancient wisdom regarding cosmetology in easy and lucid manner.

Results:

Cosmetology is explained in various classical texts; in terms like varnya (improves the complexion), Kesya (suitable to the hair), and tvachya (good for skin). Effort is given here to explain these ayurvedic terminologies with proper examples and references along with explanation of available miscellaneous concept regarding cosmetology.

Varnya/varnakara(Complexion promoter):

Varnya as the name indicates are the drugs which enhance complexion in a particular individual. According to dictionary meaning 'varnya' means relating to or useful for or giving colour. ^[5] chandana (swetachandan-*Santalum album* Linn.) can be taken as drug of choice by acharya charak followed by other 9 drugs of varnyadashemani (a total of 10 drugs explained under varnya mahakashaya). ^[6] In sushrut samhita, varnya property is exhibited by Rodhradi gana drugs and Eladi gana drugs are possessing Varnaprasadana property. ^[7] In Astanga Hridaya varnya dravyas are explained in Rodhradi gana. ^[8] The list of drugs possess varnya property are listed in table no 1 and that of varnaprasadana property are enumerated in table no 2. A list of medicinal plants shows proven cosmeceutical aspects as per modern view is shown in table no 3.

Kesya (suitable to the hair):

In dictionary 'kesya' term is described as being in the hair or suitable to the hair. ^[9] Kesya dravyas are the drugs in Ayurveda that are good for nourishing the hairs, promoting their healthy growth along with preventing premature falling of hairs and greying discoloration. In Raja nighantu Ketaki dwaya (two varieties of Ketaki) is explained as kesa daurgandhya naasanam i.e. removal of foul smell from hairs. Along with kesya drugs there are also some drugs which are kesaranjana properties i.e. natural coloring agent, some are suitable in the conditions like *indralupta*, *khaalitya* (baldness), *rujya* (alopecia), *darunaka* (dandruff) and *palita* (grey hairs). The list of kesya dravyas is enumerated in the table no 5.

Tvachya (suitable for skin):

Tvachya are the group of dravyas in Ayurveda may be ausadha, ahara or vihara that are intended for the well-being of skin i.e. acting in the following way; twakprasadana, svedajanana or

svedaapanayana. These drugs help in preventing premature aging of skin and maintain its tensile strength and lusture. Apart from these panchakarma procedures are employed for beautification of skin – the marker of overall condition of individual as per ayurveda. Snehana and swedana two pre procedures of panchakarma are believed to be inhibiting trans epidermal water loss, restoring the lipid barrier and restore the amino lipid of the skin. ^[10] The list of tvachya dravyas is shown in the table no 6.

Miscellaneous concepts:

Beauty Care

Beauty care is very ancient in Ayurveda. Now a days many pharmaceutical industries promote their products and earn a huge amount of money in the name of herbal products which are nothing but the derived medicinal plant extracts or derivatives explained in devnagari language in ayurvedic texts. For eg Herbal face pack, herbal oil massage, fruit juice massage, intake of herbal tea etc. improves complexion and beautifies the body as claimed by many reputed companies. Beauty is not only a source of joy but gives confidence and proud in some extent. Ayurveda cosmetology started from mother wombs, *dinacharya*, *ratricharya*, *ritu charya* with the practice of medicinal herbs and minerals. ^[11] Beautiful woman is always praised in our ancient text as virtue and wealth. There was a provision for appointing a beautiful woman (kallee) in the Rasasala (pharmacy) for rasabandha and the characteristic of Kallee is well described in Rasaratna samuchachaya and Anandakanda. If the kallee is not available then the specific way to convert ordinary woman to kallee is also possible by the administration of one karsa (3 gm) of purified sulphur along with ghee for twenty one days. ^[12]

In charak samhita sutra sthana the dashemani explained related to complexion enhancer of human beings can be enumerated as varnya. The drugs in varnya dashemani are enumerated in the

table no 1. Other dashemani which are playing supporting roles for promoting complexion in human beings, retarding ageing properties and increasing lusture of skin along with good rejuvenating properties are Jeevaniya (invigorators), swedopaga (adjuvants of fomentation), snehopaga (adjuvants of unction) and vayasthapana (longevity promoters) dashemani. Here dashemani means a group of 10 drugs. The drugs of prime importance in explaining cosmetics like Jivaneeya and vayasthapana dashemani are shown in table no 4.

The cosmetological aspect also precisely described in some chapters of charak and sushrut samhita. In sutra sthana 26th chapter i.e. Atreya bhadraakapyiya chapter in the context of properties of madhura rasa (sweet taste), charak explained it as varnakara, Tvachya and Kesya. ^[13] In the context of agrya ausadha (most important drugs) he specifically explained some cosmetological properties of yastimadhu. ^[14] In the context of annapanavidhi chapter charak explained madya (alcoholic preparations) prepared from pakva rasa (a decoction prepared from sugarcane juice as per commentator chakrapani) as having varnya properties. ^[15] Apart from the single dravyas charak explain many formulations i.e. combination of drugs which are having varnya properties. Charak also explained tvachya properties in the context of taila saamanya guna (general properties of oil).

Sushrut also explained regarding cosmetological aspects in various contexts. In karna vyadhavandhavidhi chapter sushrut is the pioneer to describe about reconstructive surgery or plastic surgery of vital parts like face, ear, nose and lips. Examples of such cosmetic applications in Ayurveda according to sushruta are as follows:

Karnavyadhavidhi, Karnasandhanavidhi, Nasavyadhavidhi, Nasasandhanavidhi and Osthasandhanavidhi. ^[16] He also explained abhyanga (medicated massage), lekhana (scraping), avasaadana (medicinal cauterization of granulation tissue), krshna karma (pigmenting procedure), pandu karma (restoration of normal skin coloration of scar), romasanjanana (regrowth of hairs), romaapaharana (depilation) and patradana (application of leaves) in the context of shashti upakrama in chikitsasthana. For krshna karma the drugs used are bhallataka beeja, go mutra and khsira along with drugs of salasaaraadi gana. For pandukarma the fruit of rohini left for 7 days in goat's milk and then well pasted with the same can be used. Apart from this nava kapaalika churna, cane root, Sarja, Kasisa, yastimadhu mixed with honey can be applied externally over the scar for the restoration of the normal coloration. The preparation like hastidanti masi with Rasanjana can be used for romasanjana. The other drugs for the same are Kasisa, naktamaala patra and kapittha. For depilation purpose oil of bhallataka together with latex of snuhi is effectively used. In patradana, leaves of different drugs are used considering the aggravation doshas in the ulcers. ^[17] The above procedures mainly intended for the well looking of the person after recovery from any skin diseases or the concern person interested to change their look in a better way from previous appearance.

The Ayurvedic cosmetics may group under- ^[18]

1. Cosmetics for enhancing the appearance of facial skin
2. Cosmetics for hair growth and care
3. Cosmetics for skin care, especially in teenager (acne, pimples and sustaining)
4. Shampoos, soaps, powders and perfumery, etc.
5. Miscellaneous products

Table 1: List of varnya dravyas from different samhita and nighantus

S. No	Varnya Dravyas (Sanskrit name)	Latin name	Family	Corresponding Reference #/ ##
1.	Chandana	<i>Santalum album</i> Linn.	Santalaceae	C.S 4/10
2.	Tunga(punnaga)	<i>Colopfiyllum inophyllum</i> Linn.	Clusiaceae	C.S 4/10
3.	Padmaka	<i>Prunus cerasoides</i> D. Don.	Rosaceae	C.S 4/10
4.	Usheera	<i>Vetiveria zizanioidis</i> Nash.	Poaceae	C.S 4/10
5.	Madhuka	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	C.S 4/10
6.	Anjistha	<i>Rubia cordifolia</i> Linn.	Rubiaceae	C.S 4/10
7.	Ariva	<i>Hemidesmus indicus</i> R.B.	Asclepiadaceae	C.S 4/10
8.	Ayasya	<i>Ipomoea paniculata</i> R.Br.	Convolvulaceae	C.S 4/10
9.	Sitaa (swetadurva)	<i>Cynodon dactylon</i> Pers.	Poaceae	C.S 4/10
10.	Kumkuma	<i>Crocus sativus</i> Linn.	Iridaceae	B.P.N 3/78
11.	Prapoundarika (chakshusya)	<i>Cassia absus</i> Linn.	Caesalpinaceae	K.N 1/1405
12.	Saali	<i>Oryza sativa</i> Linn.	Poaceae	K.N 3/10
13.	Godhuma	<i>Triticum aestivum</i> Linn.	Poaceae	K.N 3/41
14.	Mudga	<i>Phaseolus radiatus</i> Linn.	Papilionaceae	K.N 3/53
15.	Mamsi	<i>Nardostachys jatamansi</i> DC.	Valerianaceae	D.N 3/47
16.	Guggulu	<i>Commiphora mukul</i> Hook. ex stocks	Burseraceae	D.N 3/134
17.	Sirisha	<i>Albizia lebeck</i> Benth.	Mimosaceae	D.N 5/114
18.	Simsapa	<i>Dalbergia sissoo</i> Roxb.	Papilionaceae	D.N 5/123
19.	Kamala	<i>Nelumbo nucifera</i> Gaertn.	Nymphaeaceae	B.P.N 5/4
20.	Asoka	<i>Saraca asoca</i> (Roxb.) De Wilde	Caesalpinaceae	B.P.N 5/38
21.	Pakva amraphala	<i>Mangifera indica</i> Linn.	Anacardiaceae	B.P.N 7/11
22.	Raktasaali	<i>Oryza sativa</i> Linn.	Poaceae	B.P.N 9/14
23.	Varahi	<i>Dioscorea bulbifera</i> Linn.	Dioscoreaceae	M.P.N 7/84
24.	Pasanabheda	<i>Saxifraga ligulata</i> Wall.	Saxifragaceae	Mad. N. 19/6
25.	Nyagrodha	<i>Ficus benghalensis</i> Linn.	Moraceae	Mad. N. 30/4
26.	Kshudra champaka	<i>Michelia champaca</i> Linn.	Magnoliaceae	R.N 10/62
27.	Ketaki	<i>Pandanus odoratissimus</i> auct. non L.f.	Pandanaceae	R.N 10/70
28.	Kubjaka pushpa	<i>Rosa moschata</i> Herrm.	Rosaceae	R.N 10/102
29.	Pakwa Jambira (Ripe fruit)	<i>Citrus limon</i> (L.) Burm. f.	Rutaceae	R.N 11/176
30.	Naagavalli	<i>Piper betel</i> Linn.	Piperaceae	R.N 11/256
31.	Lodhra	<i>Symplocos racemosa</i> Roxb.	Symplocaceae	S.S 38/14-15
32.	Palasa	<i>Butea monosperma</i> (Lam.) Kuntze.	Papilionaceae	S.S 38/14-15
33.	Kutannata(Syona ka)	<i>Oroxylum indicum</i> vent.	Bignoniaceae	S.S 38/14-15
34.	Lasuna	<i>Allium sativum</i> Linn.	Liliaceae	B.P.N 2/222

35.	Phanji (Bharngi)	<i>Clerodendrum serratum</i> (Linn.) Moon.	Verbenaceae	S.S 38/14-15
36.	Katphala	<i>Myrica nagi</i> Thumb.	Myricaceae	S.S 38/14-15
37.	Kadamba	<i>Anthocephalus cadamba</i> Miq	Rubiaceae	S.S 38/14-15
38.	Saala(Sarja)	<i>Vateria indica</i> Linn.	Dipterocarpaceae	S.S 38/14-15
39.	Kadali	<i>Musa paradisiaca</i> Linn.	Musaceae	S.S 38/14-15
40.	Ghrita (ghee)	-	-	K.N 4/265
41.	Rasanjana(<i>Berberis aristata</i> preparation)	-	-	D.N 3/167
42.	Roupya(silver)	-	-	D.N 6/7
43.	Madhu (Honey)	-	-	K.N 1/175
44.	Dugdha (Milk)	-	-	K.N 4/118
45.	Kasisa (Green vitrol)	-	-	Mad. N. 18/8

Table no 2: Drugs having varnaprasadana property

S. no	Drug's Sanskrit name	Latin name	Family	Corresponding Reference###
1.	Ela	<i>Elettaria cardamomum</i> maton.	Zingibearaceae	S.S. 38/24-25
2.	Tagara	<i>Valeriana wallichii</i> DC	Valerianaceae	S.S. 38/24-25
3.	Kustha	<i>Saussurea lappa</i> C.B. Clarke	Asteraceae	S.S. 38/24-25
4.	Mamsi	<i>Nordostachys jatamansi</i> DC	Valerianaceae	S.S. 38/24-25
5.	Dhyamaka	<i>Cymbopogon martini</i> (Roxb.)	Poaceae	S.S. 38/24-25
6.	Tvak	<i>Cinnamomum zeylanicum</i> Breyn.	Lauraceae	S.S. 38/24-25
7.	Patra	<i>Cinnamomum tamala</i> Nees & Eberm	Lauraceae	S.S. 38/24-25
8.	Nagapushpa	<i>Mesua ferrea</i> Linn.	Clusiaceae	S.S. 38/24-25
9.	Priyangu	<i>Callicarpa macrophylla</i> Vahl.	Verbenaceae	S.S. 38/24-25
10.	Harenuka	<i>Vitex negundo</i> Linn.	Verbenaceae	S.S. 38/24-25
11.	Vyaghranakha	<i>Capparis horrida</i> Linn. f.	Capparidaceae	S.S. 38/24-25
12.	Chandaa	<i>Angelica archangelica</i> Linn.	Apiaceae	S.S. 38/24-25
13.	Srivestaka	<i>Pinus roxburghii</i> Sargent.	Pinaceae	S.S. 38/24-25
14.	Choraka	<i>Angelica glauca</i> Edgew	Apiaceae	S.S. 38/24-25
15.	Guggulu	<i>Commiphora mukul</i> (Hook ex Stocks)	Burseraceae	S.S. 38/24-25
16.	Sarjarasa	<i>Shorea robusta</i> Gaertn.	Dipterocarpaceae	S.S. 38/24-25
17.	Turuska	<i>Liquidamber orientalis</i> Miller	Hamamelidaceae	S.S. 38/24-25
18.	Kunduruka	<i>Boswellia serrate</i> Roxb.	Burseraceae	S.S. 38/24-25
19.	Aguru	<i>Aquilaria agallocha</i> Roxb.	Thymelaeaceae	S.S. 38/24-25
20.	Useera	<i>Vetiveria zizanioidis</i> (Linn.) Nash	Poaceae	S.S. 38/24-25
21.	Bhadradaru	<i>Cedrus deodara</i> (Roxb.) Loud.	pinaceae	S.S. 38/24-25

22.	Kumkuma	Crocus sativus Linn.	Iridaceae	S.S. 38/24-25
23.	Punnagakesara	Colophyllum inophyllum Linn.	clusiaceae	S.S. 38/24-25

Table no 3: Medicinal plants used as moisturizers, skin tonics & Anti-Aging ^[19]

S. no	Sanskrit name	Latin name	Family	Primary action
1.	Kumari	<i>Aloe vera</i> Tourn. ex Linn.	Lilliaceae	Moisturizer, Sunscreen & Emollient
2.	Kaasani	<i>Cichorium intybus</i> Linn.	Asteraceae	Skin blemishes
3.	Haridra	<i>Curcuma longa</i> Linn.	Zingiberaceae	Antiseptic, Antibacterial, Improves complexion
4.	Garjara	<i>Daucus carota</i> Linn.	Apiaceae	Natural toner and skin rejuvenator
5.	Yastimadhu	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	Skin whitening
6.	Tulasi	<i>Ocimum sanctum</i> Linn.	Lamiaceae	Anti-aging, Antibacterial & Antiseptic
7.	Taruni bheda	<i>Rosa damascene mill</i> Linn.	Rosaceae	Toning & Cooling
8.	Manjistha	<i>Rubia cordifolia</i> Linn.	Rubiaceae	Wound healing & Anti-aging
9.	Brihi	<i>Triticum aestivum</i> Linn.	Poaceae	Antioxidant, Skin nourisher, anti-wrinkle

Table no 4: Drugs of Jeevaniya and Vayasthapana dashemani

S. No	Sanskrit name	Latin name	Family	Corresponding reference #/ ##
1.	Jivaka	<i>Microstylis wallichii</i> Lindl.	Liliaceae	C.S 4/9
2.	Rushabhaka	<i>Microstylis musifera</i> Ridley.	Liliaceae	C.S 4/9
3.	Medaa	<i>Polygonatum verticillatum</i> All.	Oleaceae	C.S 4/9
4.	Mahamedaa	<i>Polygonatum verticillatum</i> All.	Oleaceae	C.S 4/9
5.	Kakoli	<i>Roscoeia procera</i> Wall.	Zingiberaceae	C.S 4/9
6.	Kshirakakoli	<i>Roscoeia procera</i> Wall	Zingiberaceae	C.S 4/9
7.	Mudgaparni	<i>Phaseolus trilobus</i> Ait.	Papilionaceae	C.S 4/9
8.	Mashaparni	<i>Teramnus labialis</i> Spreng.	Papilionaceae	C.S4/9
9.	Jivanti	<i>Leptadania reticulate</i> W & A.	Asclepiadaceae	C.S 4/9
10.	Madhuka (Yastimadhu)	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	C.S 4/9
11.	Amruta (guduchi)	<i>Tinospora cordifolia</i> Miers.	Menispermaceae	C.S 4/18

12.	Abhaya (Haritaki)	<i>Terminalia chebula</i> Linn.	Combretaceae	C.S 4/18
13.	Dhatri (Amalaki)	<i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	C.S 4/18
14.	Mukta (Rasna)	<i>Pluchea lanceolata</i> Oliver & Hiern	Asteraceae	C.S 4/18
15.	Svetaa (Rasna bheda)	-	-	C.S 4/18
16.	Jivanti	<i>Leptadenia reticulate</i> W & A.	Asclepiadaceae	C.S 4/18
17.	Atirasa (satavari)	<i>Asparagus racemosus</i> Willd.	Liliaceae	C.S 4/18
18.	Mandukaparni	<i>Centella asiatica</i> Urban	Apiaceae	C.S 4/18
19.	Sthiraa (Shalaparni)	<i>Desmodium Gangeticum</i> DC.	Papilionaceae	C.S 4/ 18
20.	Punarnava	<i>Boerhavia diffusa</i> Linn.	Nyctaginaceae	C.S 4/18

1-10 Jeevaniya dashemani and 11-20 Vayasthapana dashemani

Table no 5: List of kesya dravya

S. no.	Kesya dravya (Sanskrit name)	Latin name	Family	Corresponding reference # / ##
1.	Bibhitaka	<i>Terminalia belerica</i> Roxb.	Combretaceae	B.P.N 2/35
2.	Yastimadhu	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	B.P.N 2/129
3.	Bakuchiphala	<i>Psoralea corylifolia</i> Linn.	Papilionaceae	B.P.N 2/182
4.	Bhallatakavrunda	<i>Semecarpus anacardium</i> Linn.	Anacardiaceae	B.P.N 2/203
5.	Gambhariphala	<i>Gmelina arborea</i> Linn.	Verbenaceae	B.P.N 4/14
6.	Nirgundi	<i>Vitex negundo</i> Linn.	Verbenaceae	B.P.N 4/99
7.	Swetagunja	<i>Abrus precatorius</i> Linn.	Papilionaceae	B.P.N 4/110
8.	Raktapunja	<i>Abrus precatorius</i> Linn.	Papilionaceae	B.P.N 4/110
9.	Nili	<i>Indigofera tinctoria</i> Linn.	Papilionaceae	B.P.N 4/178
10.	Bhrungaraja	<i>Eclipta alba</i> Hassk.	Asteraceae	B.P.N 4/207
11.	Saireyaka(kesaranjana)	<i>Barleria prionitis</i> Linn.	Acanthaceae	B.P.N 5/42
12.	Japapushpa	<i>Hibiscus rosacinensis</i> Linn.	Malvaceae	B.P.N 5/47
13.	Beejaka	<i>Pterocarpus marsupium</i> Roxb.	Papilionaceae	B.P.N 6/26
14.	Bahuvara(sleshmataka)	<i>Cordia myxa</i> Roxb.	Boraginaceae	B.P.N 7/88
15.	Lasuna	<i>Allium sativum</i> Linn.	Liliaceae	K.N. 1/1221

16.	Tila taila	<i>Sesamum indicum</i> Linn.	Pedaliaceae	B.P.N 9/54
17.	Kadalikanda	<i>Musa sapientum</i> Linn.	Musaceae	B.P.N 10/85
18.	Avika Dugdha	(<i>Milk of Sheep</i>)	-	B.P.N 14/16
19.	Sahakara amra(one of mango variety)	<i>Mangifera indica</i> Linn.	Anacardiaceae	K.N 1/343
20.	Kosamra majja (pulp of one of the mango variety)	<i>Mangifera indica</i> Linn.	Anacardiaceae	K.N. 1/386
21.	Kasisa (Green vitriol)	-	-	B.P.N 8/153

Table no 6: Lists of Tvachya dravyas

S. No.	Tvachya dravya (Sanskrit name)	Latin name	Family	Corresponding Reference#/ ##
1.	Bakuchi phala	<i>Psoralea corylifolia</i> Linn.	Papilionaceae	B.P.N 2/182
2.	Aguru	<i>Aquillaria agallocha</i> Roxb.	Thymelaeaceae	B.P.N 3/21
3.	Kundururu (sallaki niriyasa)	<i>Boswellia serrate</i> Roxb.	Burseraceae	B.P.N 3/45
4.	Sweta Bhrungaraja	<i>Eclipta alba</i> Hassk.	Asteraceae	B.P.N 4/207
5.	Pita Bhrungaraja	<i>Wedelia chinensis</i> Linn.	Asteraceae	B.P.N 4/207
6.	Beejaka	<i>Pterocarpus marsupium</i> Roxb.	Papilionaceae	B.P.N 6/26
7.	Tila taila	<i>Sesamum indicum</i> Linn.	Pedaliaceae	B.P.N 9/54
8.	Eranda taila	<i>Ricinus communis</i> Linn.	Euphorbiaceae	B.P.N 20/20
9.	Sahakara amra(a variety of mango)	<i>Mangifera indica</i> Linn.	Anacardiaceae	K.N. 1/343

(# varga or Gana or chapter, ## corresponding verse number, C.S-Charak samhita, B.P.N-Bhavprakash Nighantu, M.P.N-Madanpal Nighantu, Mad.N-madanadi nighantu, R.N-Raj Nighantu, K.N-kaidev Nighantu, D.N-Dhanvantari Nighantu)

Discussion:

As we see there are many drugs explained in bruhatrayee (i.e. charak, sushrut and vagbhata) and different nighantus. Out of different concepts of cosmetology indicated and explained at different context of subject in ayurveda, the widely explained concept is varnya concept. From the time immemorial people are very conscious to make themselves look and appear good in society. From this inherent interest most of the rishis and acharyas put most effort in describing varnyadravyas in their samhitas. For enhancing complexion alone the varnyadravyas can't be

helpful without rasa and raktadhatusodhakadravyas that's why to remove the impurities in srotas (body's channel) snehopaga and swedopaga drugs can be helpful. Along with this Jivaneeya and Vayasthapakadravyas can be rejuvenator of rasa dhatu and twak (skin) avoiding premature wrinkling of skin. After the varnya dravyas acharya Bhava Mishra list out around 18 drugs which are good for the hair. It means these drugs can be helpful for normal hair growth, preventing premature hair loss, strengthening the roots of hair and after all colouring of hair without any serious adverse reactions. Apart from this the

tvachyadravyas is also explained in some context not in an elaborative manner rather in a brief way. Acharyasushruta is the first person to put the light on the context of piercing of ear, nose and lips for cosmetological point of view along with some medical benefits. Now-a-days the modern reconstructive surgical procedure are nothing but the extension of surgical methods told by acharyasushruta thousand years back.

As a part of this review, I hope this review will help many research scholars to find the literature regarding cosmetological aspects explained in Ayurveda in different context and help them to think in a new innovative way to co-relate the ancient methods of explanation in modern day terminology to build a career in cosmetology as well as to help their patient clinically after some facial or superficial skin surgery to restore their attractive look for a longer duration.

Conclusion:

Cosmetology is an important part of human life. It is required to enhance and maintain the personality of all living beings. So far this literary review regarding cosmetology in ayurveda will help the scholars to find the way to know the details about the drugs useful for skin and hair care in relation with modern advancements.

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