



## ROLE OF COSMETOLOGY IN AYURVEDA: A CONCEPTUAL STUDY

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### INTRODUCTION

Cosmetology is the science of alternation of appearance and modification of beauty. Reference of beautifulness is found first in *Meghadoota*, *Abhigyan Shakuntalam* of Kalidasa and many other mythological epics, drugs like; *Kajal*, *Tilak*, *Agaru* were used as body decorative and to create beauty spots on the forehead, chin, cheeks, neck, umbilicus and flank and also wearing various ornaments. According to Ayurveda, the knowledge of beauty starts from mother wombs, *Dinacharya*, *Ratricharya*, *Ritucharya* with the practice of medicinal herbs and minerals. The secret of Ayurvedic cosmetology lies in the surrounding nature. Owing to have Ayurveda as a tradition and life science, Indians use vegetables, fruit, herbals, precious stones, metals, minerals and this let them create unique products which are useful for skin care combined with Ayurvedic massages and cleansing procedures which lead our body and skin to rejuvenation. Any substance or preparation intended to be placed in contact with the various external parts of human body like epidermis, hair, nails, and lips, or with the teeth and mucous membrane of oral cavity with a view exclusively or mainly to cleaning them, changing their appearance and/or correcting body odours and or protecting them or keeping them in good conditions.<sup>1</sup>

#### Purpose

To see the importance and role of cosmetology in Ayurveda and study the beneficial effect of cosmetology in Healthy life style with the help of Ayurveda i.e. Discover the beauty with reference to Ayurvedic texts.

#### Methods

Materials and methods related to cosmetology is collected from Ayurvedic text books including *Brihatryee*, *Laghutryee* and text books of modern medicine. The *Dalhana*, *Chakrapani* commentaries of Ayurvedic *samhitas* were also referred to collect relevant matter. The index, non-index medical journals were also included to collect information of relevant topic.

#### Conceptual Study

*Charak Samhita* classified cosmetics drugs as – *Varnya*, *Kustagna*, *Kandugna*, *Vayasthapak*, *Udarda prasamana*, etc.<sup>2</sup> Many *lepa*, *Pradeha*, *Upnaha*, *Anjana*, *Taila* are described in *Sushruta Samhita* and *Astanga Hridaya* in the context of *Twak Roga*. The very common medicine are – *Kunkumadi Lepam*, *Dashangalepam*, *Chandanadi Lepam*, *Dashana Samskar Churna*, *Kumkumadi Taila*, *Nilibringaraj Taila*, *Himasagar Taila*, etc. are very well established medicine in Ayurveda.<sup>3</sup> Sesame oil is used as a base in many oil in Ayurveda. It contains Lignan compounds called Sesamin and Sesamol, which are biologically active. These compounds enhance oxidative stability of the oil. They have potential to be used as anti oxidant compounds as well as having a moisturising effect. Buttermilk and goat's milk powders traditionally used in Indian face mask preparations have soothing and emollient properties. They also contain vitamin A, B6, B12 and E. They make beneficial alternatives to chemical bases and emollients. *Shikakai* is a traditional herb used in hair shampoos. The material is extracted from the *Shikakai* pods and *Shikakai* nuts of the *Acacia Concinna* shrub. The pods are rich in Saponins and make a mild detergent, which has a neutral pH.<sup>4</sup> *Aritha* powder, extracted from Soapnuts (*Sapindus Pericarp*) also contains Saponins, which acts as a foaming agent. It was used as soap in Ayurvedic tradition. The oils also maintain integrity of cosmetic products and could be used as a base instead of petroleum and plastic derivatives. In skin conditions like leucoderma, psoriasis, eczema and pimples, certain Ayurvedic preparations have already been found beneficial.

#### Benefits of Ayurveda in cosmetic counter part

- Time proven safety.
- No animal experiments.
- Natural sources suits to human body well.
- Human body can resist to synthetic substances.
- Herbs have a mild effect but have powerful and specific healing properties.

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- Works at cellular level and improves normal functions of the skin.
- pH balance is well maintained.
- Promotes the capacity to absorb products.
- Particularly suited to skin and hair care.
- Natural fragrances of flower and herbal
- Extracts help to calm the nerves and induce relaxation.

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 yuvavastha 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. Acharya Charak 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, Snana etc. beautification of the physique and the psyche also. Alepana, Utsadana, pandukarma, Roma Sanjana etc. indicates the cosmetic Approach in Sushruta Samhita. Elaborate description of Kshudrarogas which are fundamentally related to cosmetic science also support aesthetic sense of that period. Sushruta was the first person who established Plastic Surgery like Auroplasty and Rhinoplasty. In Astanga Hridaya Acharya Vagbhata has mentioned 6 prescriptions of mukhalepa according to Ritubhedha.

#### Medicinal Plants used in Cosmetology

Function	Plants
Anti-Aging (Vayasthapana) <sup>5</sup>	Haritaki, Amalki, Guduchi, Vibhitak, Nagbala, Vidanga, Pippali
Moisturizers and Skin Tonics <sup>6</sup>	Kumari, Haldi, Yashtimadhu, Tulasi, Manjishtha, Godhoom
Sun Screen and Sun Tan <sup>7</sup>	Kumari, Shigru, Musta, Shikakai, Gunja, Kumari,
Hair Care <sup>8</sup>	Nimb, Brahmi, Bhringaraj, Amalki, Til, Vibhitak, Hasti Dant Masi
Deodorants (Gandha Dravyas) <sup>9</sup>	Shwet Chandan, Mogara, Kumkum

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 body types such as Vata, Pitta, Kapha.

These doshas features according to cosmetology are

S.No	Characteristics	Vata	Pitta	Kapha
1	Skin	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, Protuberant small, eyelashes scanty	Medium size sharp and penetrating gaze, eyelashes are brown or copper reddish	Big/Large wide, Prominent dense, Large and attractive thick eyebrow

4	Complexion	Brown	Coppery, yellowish, reddish	Fair Bright
5	Teeth	Cracked, Irregular dull, white	Moderate sized yellow	Large, white strong
6	Nails	Rough, dry less growth	Slightly Glossy copper colour	Long, white strong & thick
7	Lips	Dry, thin blackish	Red, soft, moist	Thick glossy
8	Body Hair	Scanty	Few and brownish	Thick, dark and plenty.
9	Hair on the scalp	Brown, rough, dry	Scanty, tendency to	plenty thick dark,

## RESULTS

Cosmetology is one of the major emerging branch of industry, researcher and general public health. Synthetic cosmetics can cause adverse reaction like skin irritation, allergies etc. Herbal cosmetology which play important role in keeping healthy and beautiful mind and health and discover the beauty within our self with the help of Ayurvedic Medicine e.g. Varnya Mahakashya, Chandana, Punnaga, Padmaka, Ushira, Madhuka, Manjishta, Sariva, Payasyasita, Lata gives complexion. These drugs indicates the importance of cosmetology during that period and also follow the daily Dinacharya, Ritucharya, Aahar-Vihara rules to maintain the Health and beauty of an individual.

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, KumariAmalakhiganailepa, Nilabragaditailam 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 an individual 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 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 Regimen 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 Ayurvedic text to which are related to cosmetics.

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