



**AYURVEDA PERSPECTIVE OF SKIN CARE: A REVIEW ON COSMACEUTICALS
AND TRADITIONAL FORMULATION**

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ABSTRACT

Cosmetology now has become one of the vital aspects of parallel medical science. The traditional science of medicine ayurveda also gaining great attention in this field since uses of herbs for beautification increases day by day. The material which is used to improve beauty and preventing early aging effects termed as cosmaceuticals. Cosmaceuticals improve skin texture, complexion, rigidity, reduces wrinkles and offer anti aging effects. Herbal cosmetic product not only possesses cosmetic benefits but also acts as skin nutrient thus restrict early aging effect. The natural material such as; curcumin, ginseng, silymarin, soy, ginkgo biloba, chamomile, licorice and aloe vera offers beneficial effects towards beauty and aging. Herbal constituents present in these plant products such as; essential oils, proteins, alkaloids, vitamins and flavonoids considered responsible for skin wellness. Present paper deals with the ayurveda perspective of cosmaceuticals.

KEYWORDS: Ayurveda, Herbs, Cosmetology, Cosmaceuticals, Skin care.

INTRODUCTION

Beauty is one of the essentiality of human being which gives proud and confident feeling to individual. Cosmaceuticals (cosmetics and pharmaceuticals) are the products which used to improve beauty and complexion. These products such as; anti-aging creams and moisturizers, etc. consisted of biologically active ingredients which possess drug-like benefits. Ayurveda the science of Indian medical system recommended various herbs and formulations to prevent aging and improvement of skin luster. Ayurveda not only mentioned herbs for skin care but also described use of minerals and animal products to maintain beauty. Herbal extracts (carotenoids flavonoids and polyphenols) mainly employed as cosmaceuticals due to their antioxidant property. Aging is one of the aspects which affect physical appearance naturally and can be manage by healthy life style and use of herbal remedies. The complexion and texture of the skin decreases around age of 50 years. The use of herbal cosmaceuticals help to maintain equilibrium of *dosas* and offer *dhatus* nourishment therefore may delay the process of aging.

Chief ingredients of natural cosmaceuticals and their effects

❖ Vitamin C

Occurs in citrus fruits Act as Antioxidant.

❖ Zinc

Occurs in colorful fruits maintain Skin.

❖ Iron

Found in green leafy vegetables enhance skin rigidity and Hb level.

❖ Unsaturated Fatty Acid and Omega 3 Fatty Acid

Occurs in dry fruits, animal fats and maintains skin hydration.

❖ Fibers

Occurs in fruits and help to eliminate toxins thus maintain natural appearance of skin.

Ayurveda concept of beauty

- Proper functioning of *Kapha* which offer moisturizing balance.

- Proper functioning of *Pitta* associated with balancing between chemical and hormonal activities of the skin.
- Proper functioning of *Vata* relates with effective circulation of nutrients to the layers of skin.
- Rasa Dhatus* helps to support body tissues and maintain health of skin.
- Rakta* helps to remove toxins of skin and thus offer detoxifying benefits.
- Mamsa* provides steadfastness to the skin and support skin texture.

The ayurveda approaches towards the maintenance of beauty and complexion must offer balancing of *tridoshic* components (*Vata*, *Pitta* and *Kapha*) and *dhatus* (*Rasa*, *Rakta* and *Mamsa*). The *Urgaskara* and *Vyadhihara* are major approaches of ayurveda which help to promote and cure beauty and physical appearance.

Ayurveda perspective of *Tvaca* (skin)

Ayurveda described skin as *Tvak* which cover whole body, the different layers of skin perform various

protective function and different diseases of skin may occur due to the improper nourishment of such skin layers. The vitality of *Tvak* maintained by *rakta dhatus* and appearance of *Tvak* greatly depends upon characteristics of *sukra* and *sonita*. The color, texture, thickness and glow of skin are differs person to person since body constitution differ individually. Therefore the approaches of skin care set according to the type of *prakruti* of an individual.

Benefits of Herbal Cosmaceuticals

- Maintain physical condition and youthfulness of skin.
- Maintain moisture balance, hormonal regulation and circulation of nutrients.
- Maintain balances of *tri-doshas* and *dhatus* (*rasa*, *rakta*, *medas* and *ojas*)
- Improve strength, vigor, texture and complexion of skin.
- Improve skin pigmentation, enhance skin elasticity and prevent skin to become dry.
- Prevent skin from sunburn and delayed early aging manifestation.

Table 1: Disease which affects beauty and physical appearance.

Disease	Affected body part	Ayurveda management
<i>Nilika</i> , <i>Vyanga</i> , <i>Tila</i> , <i>Mukhadushika</i> , <i>Mashaka</i> etc.	<i>Tvacha</i>	<i>Ushapaan</i> , <i>Mukhaprakshan</i> , <i>Vyayama</i> , <i>Abhyanga</i> , <i>Snana</i> , <i>Vastra Dharana</i> , <i>Lepana</i>
<i>Kesha Rukshata Khalitya</i> , <i>Palitya</i>	<i>Kesha</i>	<i>Snana</i> , <i>Siroabhyanga</i> , <i>Kesha Prasadana</i>
<i>Sthulata</i>	<i>Meda</i>	<i>Udvartana</i> , <i>Vyayama</i> , herbs

Natural cosmaceuticals and their properties

The herbal cosmetics are natural and animal products free from synthetic chemicals therefore expected to be less toxic as compared synthetic products. Plant, animal and other natural sources offer wide range of compounds which may be used as natural cosmetics.

The natural cosmetics must possess following properties

- Safety
- Skin compatibility
- Wide range of selection, etc.

Safety

- The natural cosmetics must be safe to use.
- Hypo-allergic.
- Safe to use anytime, anywhere.
- Should not produce skin rashes and skin itchiness.
- Safe to the whole body or intending area.
- Should not produce unpleasant odour and burning sensation.

Skin compatibility

- Natural cosmetics should be compatible for all skin types.
- Skin compatibility irrespective to the complexion of skin.

- Product meant for sensitive part like; eye must be non irritant or should not cause any harm to delicate body part.
- Child care product must be safe up to high extent.

Wide range of selection

- Natural cosmetics must offer variety of beauty products for all types of people.
- They should be available in wide variety of different products such as; foundation, eye shadow, lipstick, concealer and blush.
- Availability for different age groups.
- Natural cosmetics must be available as per locality or climatic conditions of specific area.

Table 2: Natural cosmetics and their benefits.

Used for	Natural cosmetics	Benefits
Skin care Antiaging	Coconut oil	Skin moisturizer and softener
	Sunflower oil	Smoothing properties
	Jojoba oil	Moisturizer and natural pH balance
	Olive oil	Skin and hair conditioner
	Carrot	Anti-aging
Hair care	Henna	Hair pigmentation
	Neem	antifungal antibiotic effect
	Amla	Used in hair and scalp problems hair loss
	Shikakai	hair growth

**Figure 1: Various marketed formulation of cosmetics.****Herbs and their cosmetic benefits*****Aloe Vera***

- ❖ It offers beneficial effects in sunburn, wrinkles, skin irritations and scratches.
- ❖ *Aloe* gel stimulates skin circulation and help to remove dead skin cells.
- ❖ Provide youthfulness of skin.
- ❖ Reduces wrinkles since offer moisturizing quality.

Turmeric

- ❖ It offers antioxidant and antiseptic properties.
- ❖ Provide nourishment to upper skin layer.
- ❖ Protects skin against infections since it possess antiphlogistic and bacteriostatic properties.
- ❖ It helps to heal wounds and burns.

Gingko Biloba

- ❖ It is used as antioxidant and anti-inflammatory agent.

- ❖ Protect skin from sun burn.

- ❖ Offer moisturizing and shooting effects to the skin.
- ❖ Boost skin complexion and texture.

Ginseng

- ❖ It exhibits antiaging and antioxidant properties.
- ❖ Improve physical appearance and luster.
- ❖ Boost *sukra* therefore improve physical attraction of an individual.
- ❖ Delayed early aging effects.

Pomegranate

- ❖ Pomegranate seed oil acts against skin cancer.
- ❖ Pomegranate extract offers antioxidant and antiviral properties thus prevent skin infections.
- ❖ Pomegranate peel enhances dermal regeneration and epidermal regeneration.
- ❖ It also offers photo protective effects.

Licorice

- ❖ *Glycyrrhiza glabra* used to treat dermatitis, eczema and skin irritation.

- ❖ Possess antimutagenic and anticarcinogenic capacity against skin cancer.
- ❖ Antibacterial effect of *Glycyrrhiza glabra* protects skin from infections.

Table 2: Ayurveda formulation for skin care.

S. No.	Types of formulation	Example
1	<i>Rasousadha</i>	<i>Arogyavardhini ras, Gandhak rasayan Medani Sara Rasa, Pittala Rasayana</i> and <i>Tarakeswara Rasa</i>
2	Natural powder (<i>Churna</i>)	<i>Bakucyadya Churna, Kakodumbarikadi yoga</i> and <i>Pancanimba Curna</i>
3	Paste (<i>Ghrita</i>)	<i>Mahaneela Ghrita, Mahatiktaka Ghrita, Neeli nyadi Ghrita, Somaraji Ghrita.</i>
4	<i>Avaleha</i>	<i>Bhallatak avaleha</i> and <i>Vidangadi loha</i>
5	<i>Thaila</i>	<i>Aragwadhyadya Thaila, Jyotishmati Thaila, Laghu maricadya Thaila, Manasiladya Thaila</i> and <i>Visha Thaila.</i>
6	<i>Asava-Arista</i>	<i>Kanakabindvarista, Madhwasava</i> and <i>Sarivadyasav mahaminjsthadyaristha</i>
7	<i>Lepa</i>	<i>Bhringarajadi Lepa, Gandhakadi Lepa, Girikarnika yoga, Grhadhumadi Lepa, Gunjadi Lepa, Talakadi Lepa, Triphaladi Lepa</i> and <i>Vayasyadi Lepa.</i>

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