

SEASONAL MUKHA LEPA FOR ENHANCING SKIN HEALTH AND BEAUTY CARE: AN
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ABSTRACT

Skin is the outermost covering of our body. Skin improves aesthetic value of one's being. Since skin is the most exposed part of the body, it is essential that it has an attractive look. A glowy and tender skin is bound to capture one's eye and undoubtedly boosts the person physical outlook. To enhance the skin health *ayurveda* describes *Mukh lepa*. In *ayurveda*, the herbal paste used to cure acne, pimples, scars, markings, and pigmentation is known as "*Mukha lepa*." *Mukhlepa* makes the skin of the face soft, tender, and glowing. This gives good nutrition to the skin. *Ayurveda* recognizes the influence of seasonal changes on skin health and recommends adjusting skincare and lifestyle practices accordingly; in the dry, cold winter months, moisturizing and nourishing the skin becomes particularly important, while in the hot, humid summer months, cooling and Pitta-balancing practices are emphasized. The present article provides information about various *mukhlepa* mention in the *ayurveda* classics according to seasons.

KEYWORDS: Seasonal *Mukh lepa*, skin health, beauty care.**INTRODUCTION**

Beauty, the quality that gives pleasure to the senses, is perhaps the desire of every human being on earth. Some are born beautiful and some are made beautiful. skin is a major factor in the perception of beauty, influencing not just physical appearance but also personal confidence and social interactions. In today's era, many cosmetic products are used to enhance the look but it has also an adverse effect on skin. Cosmetics are reported to cause a wide array of adverse reactions, including pigment disorders, irritant, contact urticaria, photosensitization, damage of hair and nails, and acneiform eruptions (Pereira and Pereira, 2018). The majority of cosmetic consumers are focused on short-term outcomes of the cosmetics on appearance rather than the long-term consequences on the whole body. It is believed that such products have a reasonable degree of safety and tolerability (Kwa et al., 2017). In recent years, more attention has been given for testing and monitoring of the possible harmful effects of cosmetics. The studies revealed that exposure to various chemical substances present in cosmetics poses a health risk (Alani et al., 2013, Draelos, 2015). It can vary from mild hypersensitivity response to severe anaphylactic reaction or even a lethal intoxication. It may occur immediately or after the prolonged use of cosmetics (Alani et al., 2013, Draelos, 2015).^[1]

In *ayurveda*, various herbal ingredient used to enhance the skin. Various *Mukhlepa* according to season were describe in the *Samhita*. *Acharya Vagbhat* has mentioned six *Mukhlepa*. These are prescribed in each half of verse called *ritus*. *Mukha* is a face and *Mukhlepa* is an ointing the face with paste of some drug. *Varnkara* is for restoring original normal colour of skin. *Mukhlepa* paste anointing is not to be dry, it should be moist. *Mukhlepa* is beneficial for cure early greying of hairs, vyanga and pigmented patches, soft and lustrous skin like a lotus paper who are accustomed to *Mukhlepa* as a habit. In *ayurveda* indication of applying cosmetics on the face called *Mukhlepa*, and it is beneficial for makes the face free of coloured patches and eruptions and bestows brilliant like a lotus colour. The present review focus on the seasonal *Mukhlepa* which help to maintain the skin health according to season.

AIM

The article aim to review detail information about *Mukhlepa* and seasonwise *Mukhlepa* described in the *ayurveda* classic textbook.

MATERIAL AND METHOD

Relevant literature is collected from *Bhruhatrayi*, *Laghutrayi* and other *Ayurvedic* contemporary literature. Additionally, reliable *Ayurvedic* journals and modern research articles were explored to gather information on

Ayurvedic Mukhalepa. The present study focus on the seasonal *Mukhalepa* describe in the *ayurveda* classic to enhance and maintain the skin health according to season.

Mukha Lepa

Mukha lepa is A application of herbal paste over the face.

Types of mukha lepa^[2,3]

Mukhalepa classified into three types by *Acharyas*.

Table No. 1:

Sr.no.	Ashtang ruday	Sushruta
1	Doshaha	Pradeha
2	Vishaha	Pralepa
3	Varnakara	Alepa

Methods of lepa application

Types of Lepa^[4]

1. Doshaha: It include the *lepa* which is use to removing the doshas.

2. Vishaha: It include the *lepa* which is use to removing the poison.

3. Varnyakara: It include the *lepa* which is use to producing normal colour and complexion of the skin.

Use of Mukhalepa: In *Vatakapha* condition it should be applied warm and for the remaining condition it should be applied cold.

Thickness of Lepa^[5]

According to Sushruta 'thickness of Lepa' is compared with the 'thickness of buffalo skin.'^[6]

Lepa	Thickness
Doshah	1/4 th Angula
Vishaghna	1/3 th Angula
Varnakara	1/2 th Angula

Indication for Mukhalepa:^[7] It should be allowed to remain till it become dry; when dry, it vitiates the skin colour, it should be removed after moistening and then anointed the skin with the oil.

Avoid in Mukhalepa:^[8] The person should avoid day sleep, speaking for long hours, exposure to fire and sunlight, sorrow and anger.

Contraindication in Mukhalepa:^[9] It should not be administered to person suffering from rhinitis, indigestion, who have received nasal medication, and in lockjaw, anorexia and loss of sleep.

Properties of Mukhalepa:^[10] It should be a smooth paste without gritty particles.
The drugs should be uniformly mixed.

Sufficient liquid media should be added in preparation of face pack.

It should have pleasant odour.

It should produce a significant cleansing of skin.

It should be nontoxic to the skin.

When applied to the face, it should dry out rapidly to form an adherent coating on face.

The coating should be such which can be removed either by piling or by gentle washing and should not cause any discomfort to face.

Seasonal Mukha lepa^[11]

In the *ayurveda* classis various *mukha lepa* describe according to season which helps to maintain the skin health.

Following are the list of drugs use for Mukhalepa in different season.

Sr.no.	Seasons	Drugs
1	Hemanta	Cotyledon of <i>Kola</i> (<i>Ziziphus mauritiana</i>), root of <i>Vrisha</i> (<i>Adathoda vasica</i>), bark of <i>Sabara</i> (<i>Symplococus racemosa</i>), and <i>Gaura Sarshapa</i> (<i>Brassica alba</i>).
2	Shishira	Root of <i>simhi</i> (<i>Solanum anguivi</i>), <i>tila</i> (<i>Sesamum indicum</i>), <i>Krishna</i> (<i>Piper longum</i>), bark of <i>Darvi</i> (<i>Coscinium fenestratum</i>) and dehusked barley (<i>Hordeum vulgare</i>).
3	Vasanta	Root of <i>Darbha</i> (<i>Desmostachya bipinnata</i>), <i>Hima</i> (<i>Santalum album</i>), <i>Ushira</i> (<i>Vetiveria zizanioides</i>), <i>Sirisha</i> (<i>Albizia lebeck</i>), <i>Mishi</i> (<i>Foeniculum vulgare</i> Mill) and <i>Tandula</i> (<i>Oryza sativa</i>).
4	Grishma	<i>Kumuda</i> (<i>Nymphaea nouchali</i>), <i>Utpala</i> (<i>Nymphaea stellata</i>) <i>kalhara</i> (<i>Nymhoea alba</i>) <i>Durva</i> (<i>Cynodon dactylon</i>), <i>Madhuka</i> (<i>Glycyrrhiza glabra</i>) and <i>Rakta Chandana</i> (<i>Pterocarpus Santalinus</i>).
5	Varsha	<i>Kaliyaka</i> (<i>Aquilaria agallocha</i>), <i>Tila</i> (<i>Sesamum indicum</i>), <i>Ushira</i> (<i>Vetiveria zizanioides</i>), <i>Mamsi</i> (<i>Nardostachys jatamansi</i>), <i>Tagara</i> (<i>Valeriana wallichii</i>) and <i>Padmaka</i> (<i>Prunus cerasoides</i>).
6	Sharada	<i>Talisa</i> (<i>Abies webbiana</i>), <i>Gundra</i> (<i>Saccharum arundinaceum</i>), <i>Pundravha</i> (<i>Saccharum officinarum</i>), <i>Yasthi</i> (<i>Glycyrrhiza glabra</i>), <i>Kasa</i> (<i>Saccharum spontaneum</i>), <i>Nata</i> (<i>Valeriana wallichii</i>), and <i>Agaru</i> (<i>Aquilaria agallocha</i>).

Sneha ratio in the lepa:^[12] Acharya Sushruta described predominance of *doshas* or disease condition. Sneha *Dravya* such as tail and ghruta according to

Sr.no.	Dosha	Pramana
1	Vatajavyadhi	1/4 th part
2	Pittajavyadhi	1/6 th part
3	Kaphajvyadhi	1/8 th part

DISCUSSION

Mukhalepa, an integral part of Ayurvedic skincare, is a therapeutic facial treatment involving the application of

herbal pastes. Herbal paste which are describe in *ayurvedic* texts are far better than cosmetic use in today's era, which causes hazardous effect on skin.

Below table shows properties and action of drugs used in *Mukhalepa* according to season.^[13,14]

Sr. No.	Seasons	Drugs	Properties
1.	Hemant	Kola	Kola is absorbent, Ushna, vitiates Kapha and Pitta, Guru and pacifies Vata. Kola Majja Lepa aids in the detoxification of the skin by drawing out toxins (Ama) from the deeper layers. This cleansing action helps in preventing and treating conditions like acne, eczema, and other inflammatory skin issues.
		Vrisha	Vasa increases Vata, reduces Kapha. Pitta and Rakta diseases. It is Tikta and Kashay in taste, Laghu and Shita in virya. The Tikta and kashay rasa of Vasa help cleanse the skin, removing toxins and impurities. Vasa possesses anti-inflammatory properties that help reduce skin inflammation, redness, and swelling.
		Lodhra	Lodhra is water absorbents, Shita and destroy Kapha and Pitta. It cures Rakta diseases and oedema. It acts as a natural astringent, tightening the skin and reducing the appearance of pores. The Katu vipaka (pungent post-digestive effect) helps in alleviating itching and allergic reactions on the skin, providing relief from discomfort that may arise during Hemanta Rutu. The Lepa of Lodhra can help reduce inflammation, soothe irritation, and prevent infections.
		Gaura Sarshapa	Gaur sarshap having Katu, Tikta rasa and Katu in vipak. It is penetrating, Ushna, pacify Kapha, Vata and alleviate itching, Kushta.
2.	Shishir	Simhi	Simhi is absorbent, reduces Kapha and Vata. It is Katu and Tikta in rasa, Ushna and diminishes skin diseases.
		Tila	Tila seeds are Katu, Tikta, Madhura and Kashay in taste, Ushna, cures Kapha and Pitta diseases, act as general tonic and hair tonic, beneficial for skin, pacifies Vata.
		Krishna	Pippali is a rejuvenator of rasa and Rakta dhatu and is useful in skin disorder.
		Darvi	It can quickly heal wound and has excellent drying quality which relieves moistures. Its paste applied externally can instantly relieve pain and inflammation. The paste of Daruharidra applied externally can relieves skin diseases and itching in herpes.
		Dehusked barley	Yava are Kashay and Madhura in taste, Shita considered as favourable diet in ulcers. It promotes complexion and stamina. They cure the disease of skin, Kapha, Pitta, and Medas. They alleviate diseases of Raktas.
3.	Vasanta	Darbha	Darbha is protective and cold in potency cures herpes types of skin lesions, aggravated Rakta, Pitta, Kapha and pacify burning sensation.
		Hima (Chandan)	Chandan is Shita, drying, pleasing and Laghu. It cures tiredness, kapha disease and burning sensation. The paste when applied cures itching, excess sweating and Pimples.
		Ushira	Ushira is Shita, Laghu and Stambhak having Tikta and Madhura Rasa. It cures herpetic type of lesions, burning sensation and heals wound and ulcer.
		Sirisha	Sirisha is Madhura, Tikta and Kashay Rasatmak, Ushna and Laghu. It alleviate the disease of three Dosas, oedema, herpetic type of skin lesion and poisonous effects.
		Mishi	Mishi is Laghu, Tikshna. It reduces Vata and Kapha diseases, Ulcer, spasmic pain. Mishi has anti-inflammatory properties that can help reduce redness, swelling, and irritation, making it beneficial for conditions like acne, eczema, and dermatitis.
		Tandula	Tandula is Madhura, Kashay in rasa. It is Snigdha, Shita and pacifies pitta. Tandula is rich in antioxidants, particularly ferulic acid and gamma-oryzanol, which protect the skin from damage caused by free radicals. This helps in reducing the signs of aging such as fine lines and wrinkles.
4.	Grishma	Kumuda	Kumuda is Madhur in rasa and shita and snigdha in guna. It reduces pitta and

			burning sensation. The <i>Shita virya</i> of <i>Kumuda</i> is highly effective in pacifying <i>Pitta dosha</i> , which becomes aggravated during the <i>Grishma ritu</i> .
		<i>Utpala</i>	<i>Utpala</i> is <i>Katu</i> , <i>Tikta</i> and <i>Kashay</i> in <i>Rasa</i> . It reduces <i>Kapha</i> , <i>Vata</i> , burning sensation, disease of <i>Rakta</i> and herpetic type of skin lesions.
		<i>Kalharā</i> ^[15]	<i>Kalahara</i> is <i>shita</i> , absorbent, <i>Guru</i> and <i>Ruksha</i> . <i>Nymphaea alba</i> has a anti-inflammatory and antioxidant properties. It consists of various phytochemical compounds, for example, alkaloids, polyphenolic compounds, flavonoids, tannic acid, glycosides, gallic acid, and sterols.
		<i>Durva</i>	<i>Durva shita</i> , <i>Tikta Madhura</i> and <i>Kashay</i> in taste and diminished aggravated <i>Kapha</i> , <i>Pitta</i> , and <i>Rakta</i> , herpetic type of skin lesions, thirst, burning sensation and skin diseases.
		<i>Madhuka</i>	<i>Yashtimadhu</i> is cooling, heavy to digest, sweet in taste, promotes complexion. It is a hair tonic, improves voice and reduces the problems of <i>Pitta</i> , <i>Vata</i> , and <i>Rakta</i> . It cures the inflammatory oedema, poisonous effects, tiredness and wasting.
		<i>Rakta-Chandana</i>	This drug is <i>Shita</i> , <i>Guru</i> , <i>Madhura</i> and <i>Tikta</i> in taste. It is useful in burning sensation, externally paste is applied on ulcer, oedema and on forehead in head acne. Protect from U.V. radiation. ^[16]
5.	Varsha	<i>Kaliyak</i>	<i>Agaru</i> is <i>ushna</i> , <i>Katu</i> and <i>Tikta</i> , useful in skin conditions. It is <i>Laghu</i> , <i>Shita</i> and reduces <i>Vata</i> , <i>Pitta</i> diseases. The <i>Ushna virya</i> of <i>Kaliyak</i> helps to pacify the <i>Vata dosha</i> , which can become aggravated due to the cold and damp conditions of the monsoon. The <i>Tikta</i> (bitter) and <i>Kashaya</i> (astringent) <i>rasa</i> help to balance <i>Pitta dosha</i> , which can lead to skin inflammation and infections during this season.
		<i>Tila</i>	<i>Tila</i> seeds are <i>Katu</i> , <i>Tikta</i> , <i>Madhura</i> and <i>Kashay</i> in taste, <i>Ushna</i> , cures <i>Kapha</i> and <i>Pitta</i> diseases, act as general tonic and hair tonic, beneficial for skin, pacifies <i>Vata</i> .
		<i>Ushira</i>	<i>Ushira</i> is <i>Shita</i> , <i>Laghu</i> and <i>Stambhak</i> having <i>Tikta</i> and <i>Madhura Rasa</i> . It cures herpetic type of lesions, burning sensation and heals wound and ulcer.
		<i>Mansi</i>	<i>Jatamansi</i> is bitter and astringent in taste, it gives lustre to the body and strengthens it. Promotes interest, cold in potency and alleviates disease due to <i>Tridoshas</i> and blood, burning sensation, herpetic skin lesions and other skin diseases.
		<i>Tagar</i>	<i>Tagar</i> is <i>Ushna</i> , <i>Madhura</i> , <i>Snigdha</i> and <i>Laghu</i> . It cures poisonous effects and disease caused by all three <i>doshas</i> .
		<i>Padmak</i>	<i>Padmak</i> has <i>Tikta kshay rasa</i> and <i>Shita virya</i> help in soothing and healing the skin, promoting faster recovery from skin irritations, rashes, and other inflammatory conditions. Its antimicrobial properties protect the skin from infections, which are more prevalent in <i>Varsha ritu</i> .
6.	Sharad	<i>Talisa</i>	<i>Talisa patra</i> is <i>Laghu</i> , <i>Tikshna</i> and <i>Ushna</i> and it cures <i>Kapha</i> and <i>Vata</i> diseases. The leaf has natural antimicrobial and antifungal properties, making it effective in treating and preventing skin infections and fungal issues.
		<i>Gundra</i>	<i>Gundra</i> is <i>Kashay</i> , <i>Madhura</i> and <i>Shita</i> in <i>Virya</i> . It pacifies the <i>pitta doshas</i> and has a cooling and rejuvenating effect.
		<i>Pundravha</i>	<i>Pundravha</i> is <i>Madhura</i> , <i>Shita</i> in <i>Virya</i> , <i>Madhura</i> in <i>Vipak</i> . It has a anti-inflammatory, antioxidant, and antihistamine activities. ^[18]
		<i>Yashti</i>	<i>Yashtimadhu</i> is cooling, heavy to digest, sweet in taste, promotes complexion. It is a hair tonic, improves voice and reduces the problems of <i>Pitta</i> , <i>Vata</i> , and <i>Rakta</i> . It cures the inflammatory oedema, poisonous effects, tiredness and wasting.
		<i>Kasa</i>	<i>Kasa</i> is sweet and bitter in taste, cold in potency. It cures burning sensation, diseases due to vitiation of <i>Rakta</i> and <i>Pitta</i> .
		<i>Nata (Tagara)</i>	<i>Tagar</i> is <i>Ushna</i> , <i>Madhura</i> , <i>Snigdha</i> and <i>Laghu</i> . It cures poisonous effects and disease caused by all three <i>doshas</i> .
		<i>Agaru</i>	<i>Agaru</i> is <i>ushna</i> , <i>Katu</i> and <i>Tikta</i> , useful in skin conditions. It is <i>Laghu</i> , <i>Shita</i> and reduces <i>Vata</i> , <i>Pitta</i> diseases. A garu <i>Lepa</i> used in old skin diseases. The <i>Tikta</i> (bitter) and <i>Kashaya</i> (astringent) <i>rasa</i> of <i>Agaru</i> are effective in balancing <i>Pitta dosha</i> , which is prone to aggravation during <i>Sharad Ritu</i> . This properties of <i>Agaru</i> help cleanse the skin of impurities and toxins, which is crucial during <i>Sharad Ritu</i> when <i>Pitta</i> -related skin issues are common.

Cosmetic used in today's era often contain animal derivatives which are obtained by killing animals or exploiting animal. They also come with potential

drawbacks related to allergies, ethical concerns, and environmental impact. Non-animal-derived alternatives, including plant-based ingredients, often

provide comparable or superior benefits while aligning with ethical and sustainability values.

Herbal *lepa* offers a multitude of benefits over animal-based cosmetics, particularly in terms of ethics, sustainability, health, and cost. They provide a natural, gentle, and effective alternative for those seeking to align their skincare routine with their values and preferences for environmentally friendly and cruelty-free products. Natural herbs are often gentler on the skin compared to some synthetic or animal-derived ingredients, making them suitable for sensitive skin.

CONCLUSION

In *Ayurveda*, the skin is considered a reflection of one's inner health. The three doshas—*Vata*, *Pitta*, and *Kapha*—govern various bodily functions and are influenced by the changing seasons. *Mukhalepa* takes these variations into account, using specific herbs and ingredients that supports the skin's needs during different times of the year.

Mukha lepa offers a holistic and natural approach to skincare, leveraging the power of herbal ingredients to provide deep cleansing, exfoliation, hydration, and anti-aging benefits. Its versatility and customizability make it a valuable addition to any skincare routine, especially for those seeking natural, chemical-free solutions for healthy and radiant skin.

The distinctive feature of *Mukhalepa* is its seasonal adaptability, ensuring that the skin receives tailored care throughout the year, aligning with Ayurvedic principles of harmony and balance.

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