

**A REVIEW ON COSMETOLOGY IN AYURVEDA W.S.R TO SHARANGDHARA
SAMHITA**

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ABSTRACT

The Cosmetology is the science of alternation of appearance and modification of beauty. Cosmetology in Ayurveda is the therapies, treatment and tips concern with physical beauty which is considered to be the path to secret of beauty, health promotion and beauty management. 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. There are the various references given in Ayurvedic literature about the cosmetics which are consider as varna prasadan. In sharangdhara Samhita uttar khanda 11th chapter he described various concepts of lepa etc. Acharya charak classified drugs for varna prasadan in charak Samhita, Acharya Sushrut and Vagbhhat describe many type of pralepa, upnaha etc in twak roga. So by reviewing the sharangdhara Samhita the concepts of cosmetology we can prepare various types of lepa for enhancing the beauty with the help of external application which is more effective with without side effects.

KEYWORDS: The Cosmetology varna prasadan upnaha etc in twak roga.

INTRODUCTION

Ancient Ayurveda literatures are classified into two groups viz. The Brihatrayee and the Laghutrayee. Brihatrayee are Charak Samhita, Sushrut Samhita and Ashtanga Sangraha. While Laghutrayee are Madhav Nidan, Sharangdhara Samhita and Bhavaprakasha. Sharangdhara Samhita is divided into three parts Pratham Khand, Madhyama Khand and Uttar Khand. Pratham Khand has include Paribhasha, Bhaishajyakalpana, Nadiparikshadi Vidhi etc. Madhyama Khand includes various types of composition, preparation and uses of different type of recipes. In Uttar Khand the last section include different types of treatment like snehan, swedan, vamana, virechana, basti, nasya, dhoomapana, gandoosha, lepa etc. The detail description about various types of lepa are given in the Uttar Khand Adhyaya 11. In today's scenario everyone wants to have persuasive, good looking, attractive personality. No one born with desired appearances, so people tend to achieve that by the use of various kinds of cosmetics in their day today life. Acharya Sharangdhara had classified three types of lepa: doshaghna, vishaghna, and varnya lepa. The names of lepa are depend upon the ingredient it contain or according to the diseases it cures. So for enhancing the beauty of the body the attempt was made with the help of

different types of varna prasadan lepa by reviewing the sharangdhara Samhita.

AIM AND OBJECTIVE

- 1) To highlight the concept of lepa kalpana w. s. r to sharangdhara Samhita.
- 2) To study the effect of Ayurvedic cosmetics in human body.
- 3) To promote the Ayurvedic cosmetic which is more effective with less side effects.

MATERIAL AND METHOD

The lepa kalpana has been reviewed from all the available materials of Sharangdhara Samhita from various website and the materials are compiled, recognized and analysed for making the effective conclusion.

Concept of Lepa Kalpana

Lepa^[1]

- The freshly collected wet drugs are pounded to fine paste form and used for external application as lepa.
- The selected freshly dried drug are taken in a clean khalva yantra, pounded to fine powder form and filtered.

- This filtrate is again taken in khalva yantra and added with required little quantity of water or any of the specified liquid preparations.
- The mixture is thoroughly triturated to obtain it in paste form, which is used as lepa for external application.

According to sharangdhara lepa are three types^[2]

- 1) Doshaghna
- 2) Vishaghna
- 3) Varnya

Lepa Thickness^[3]

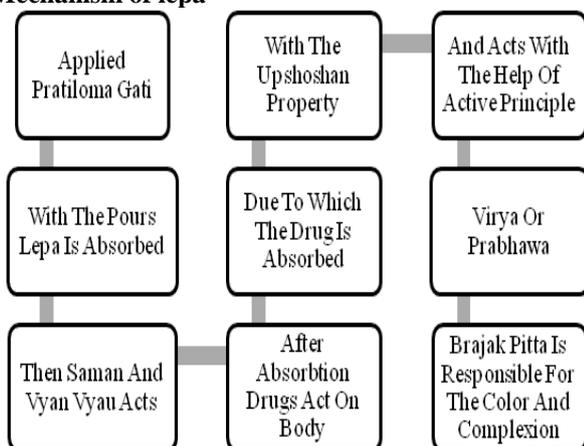
According to sharangdhara the thickness of lepa to the thickness of buffalo's skin.

Commentators have quoted the thickness are different

- Doshaghna lepa - 1/4 angula (0.48 cm)
- Vishaghna lepa - 1/3 angula (0.65 cm)
- Varnya lepa - 1/2 angula (0.97 cm)

Note : 1 Angula = 1.95 cm.

Mechanism of lepa^[4]



Acharya Sharangadhara has mentioned the following drugs for Mukhalepa^[5]

- Raktachandan (Pterocarpus santalinus)
- Manjishtha (Rubia cordifolia)
- Lodhra (Symplocos racemosus)
- Kushtha (Saussurea lappa)
- Priyangu (Callicarpa macrophylla)
- Vatankura (Ficus bengalensis)
- Masura (Lentils)
- Matulunga jata (Citrus medica)
- Raktachandana (pterocarpus santalinum)

DISCUSSION

The skin is not only important for studying the structure and function, but also application of the same in understanding the disorders arise out of it. So it has ample of importance in physical and mental wellbeing of an individual. Lepa preparation are applied to skin prevents metabolism of drugs in the liver and increases the bioavailability of the drug and also provides its effects directly on the site of action. It is the natural desire of mankind to have a healthy and glamorous skin.

The concept of using herbs for beautification is well described in Ayurvedic literature. Various drugs used in preparation of Mukhalepa, make skin healthy in natural way and enhances the complexion without causing any adverse reaction. It can be also effectively used to get rid of common skin ailments like acne vulgaris, hyper pigmented patches, scar marks etc. So it is our social responsibility to find out effective herbs from treasure of Ayurveda for skin problems. The herbs to be used for making the paste for applying on the face should be chosen carefully after studying the skin type of the person and as per the specific requirement of the person. This is very important because if the ingredients are not accurate, there will not be any desired effect from the Mukhalepa therapy. Ayurveda had reached the zenith of knowledge in the Samhita kala regarding the application of Lepakalpa for therapeutic and cosmetic purposes. Moreover, in contemporary era here are tremendous opportunities for further advancement of Lepakalpa for much better therapeutic, cosmetic purposes by adopting current science and technology.

CONCLUSION

The face is the feature which distinguishes a person. It is one of the parameter to identify a person. All people try to keep their face neat and clean because the face is directly exposed to the external environment and get easily affected by the environmental changes. Use of Mukhalepa increases beauty and imparts freshness. It is better to avoid synthetic chemical based cosmetic products and use the natural substances and products. It will make skin healthy, prevent from skin diseases and improve complexion. Herbal face packs (Mukhalepa) increase the fairness and smoothness of skin, also able to cure wrinkles, dark circles, pimples etc. one can derive the maximum benefits of Mukhalepa by using them according to their skin type. Mukhalepas are helpful preventive and curative purpose of any skin problem.

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