

AYURVEDA: A BOON IN COSMETOLOGY - A REVIEW ARTICLE

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ABSTRACT

Cosmetics are the substances which are applied externally to improve the appearance and personality of an individual. They enhance beauty and self-confidence by looking, smelling and feeling good. According to **Drug and Cosmetics Act (india) 1940** cosmetics may be defined as, any substances intended to be rubbed, poured, sprinkled or otherwise applied to human for cleansing, beautifying, promoting attractiveness or altering the appearance.^[1] Fed-up of using synthetic cosmetic products and treatments, which have short-term result and much more side-effects? To overcome this issue of present scenario, role of *Ayurveda* therapies and natural herbal products proves boon in cosmetology. *Ayurveda* believes that, the Cosmetic approach is related to the healthy status of the body as well as mind. The combination of physical, mental and spiritual Beauty, projects the Cosmetic sense of *Ayurveda*. Since ancient time india is a well-known heritage of herbal products which are used as cosmetics in the form of *Anjana karma*, *Abhyanga*, *Udvardana* and various types of *Alepam*. *Panchakarma* is one of the fundamental segment of *Ayurveda*. The principles of *Panchakarma* based on cleansing of metabolic toxins from body to maintain an optimum state of physiological balance, sustains health and longevity. The role of *Ayurveda* in the field of cosmetology came into limelight due to cost effective natural products having long-lasting results. Rising awareness towards body aesthetics leads to huge demand for natural cosmetic products, which is giving us a call to promote and develop *Ayurveda* in cosmetology.

KEYWORD:- *Ayurveda*, Cosmetology, Rejuvenation, *Panchakarma*.

INTRODUCTION

Ayurveda is the science of life as well as the art of living. *Ayurveda* determined beauty by *Prakriti* (Body constitution), *Sara* (structural predominance), *Sanhanan* (compactness of body), *Twak* (skin completion), *Praman* (Measurement) and *Dirghayu Lakshyana* (symptom of long life). 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.^[2]

According to *Maharshi Sushruta*, the physical and mental factor constituting the health of an individual are equilibrium of the *Doshas*, balanced state of *Agni* and specific functioning of the *Dhatu* and *Malas* with pleasant condition of mind, soul and senses which leads to healthy personality and form foundation of beauty.^[3]

Panchakarma is the specialised branch of *Ayurveda* deals with detoxification or purification of the body. There are various *Upakarma* described under *Panchakarma*. *Upakarma* are associated treatment in *Panchakarma* which helps to bring out good healing power of the body.

The main therapies that can play a pivot role in the field of cosmetology are.

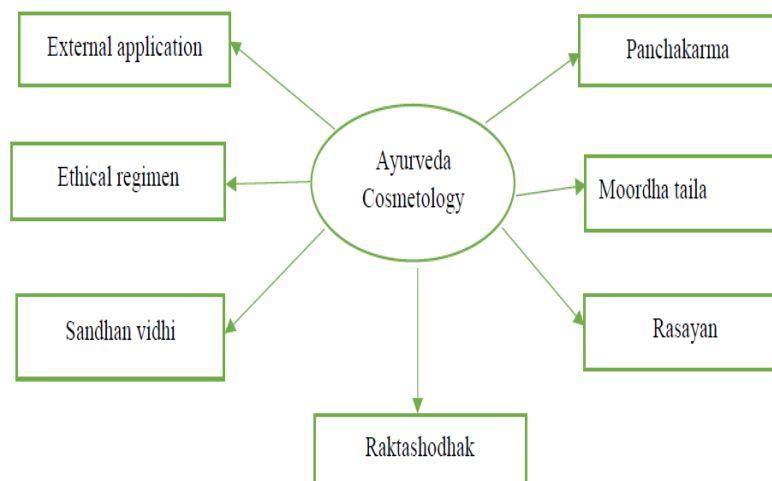
Abhyanga (massage) rejuvenates every part of body by improving blood circulation which helps in transporting oxygen to every part of body. *Vaman* (Induced vomiting), *Virechana* (Induced Purgation), *Basti* (Medicated Enema) are meant for cleansing of alimentary canal through various pre and post therapeutic procedures. *Nasya* (Nasal Cleaning) is used to clean toxins pertaining head, neck and brain area. *Raktamokshan* (Bloodletting) is the procedure aim at excretion of vitiated blood from the body. Acharya Charaka mentioned benefits of Shodhan as it removes toxic substance, cure disease, strengthens and enhance complexion.^[4]

The present Era of stressful lifestyle deteriorate health as well as beauty of an individual, so the need of good physical appearance is increasing day by day in service industry. The sector of cosmetic industry is so vast and flooded with many synthetic and chemical products, however side effects of these products can't be ignored. Thus it is prerequisite to have some natural herbal

cosmetics with least side effect and in this regards *Ayurveda* science recommended use of natural drugs and classical formulations for cosmetic purpose.

Utility of *ayurveda* in field of cosmetology

- *Shodhan/Panchakarma* i.e detoxification or purification of body
- Role of *Moordha Taila* i.e therapeutic procedure to cure scalp or hair problems
- *Rasayan/Anti-ageing* i.e rejuvenating the body
- Role of External application i.e in the form of *lepa* (ointment), oil, *Udvardana* etc
- Role of ethical regimen i.e *Achar Rasayan, Sadvritta Palan, Dharniya* and *Adharniya Vega*
- *Sandhan Vidhi* (Surgery)- divine gift of *Ayurveda* i.e, Rhinoplasty, Auroplasty, Lipoplasty
- Role of *Raktashodhak/Blood purifiers*



Shodhan/Panchakarma

According to concept of *Ayurveda*, function of body is regulated by various channels called '*Shrotamsi*' which include various microscopic and macroscopic structure in form of digestive system, cardiovascular system, respiratory system, nervous system and excretory system. These systems work in a rhythmic manner with one another in biological process such as digestion, assimilation, hormone secretion, metabolization and excretion of toxins from body. Due to various reasons like unhealthy dietary habits, environmental factor, stress or lifestyle factor these toxins deposit in body. They may cause loss of body lustre and beauty. To remove these toxins from body, *Ayurveda* has well known established branch for detoxification and purification none other than *Panchakarma*. The best intervention to remove toxins from body is *Shodhan (Panchakarma)*.

Vaman: *Vaman* is a therapeutic procedure in which metabolic toxins present in the body are expelled out by inducing the vomiting. *Acharaya Charak* indicated *Vaman* in *Kustha Prakran* (skin disorders).^[5] As it detoxifies the body by removing vitiated dosha out of the body and leads to healthy skin.

Virechana: A therapeutic procedure of expelling out metabolic toxins through the anal route by purgation. *Acharaya Charak* mentioned the procedure in various types of skin related disorders like *Vyanga* (Melasma) and *Nilika* (bluish pigmentation on skin).^[5]

Basti: It is a therapeutic procedure of administering medicated enema (Oil, ghee and decoctions) through anal, urinary and vaginal routes. It helps in delaying ageing process, cleanses the body impurities hence act as rejuvenator. In *Charak Samhita*, *Acharya* mentioned *Panchprastrik Basti* as *Balvarnakrita* i.e promote strength and keep the skin healthy.^[5]

Nasya: It is a therapeutic procedure of administering medicated oil, powder and fresh juice through the nostrils to balance doshas from the head region, especially head, nose and throat. *Nasya* is helpful in treatment of pre-mature greying of hairs, baldness etc. Oil used in *Nasya Karma* for treatment of pre-mature greying of hairs are as follows:

1. *Sehcharadi* oil^[6]
2. *Mahaneela* oil^[6]
3. *Neelyadi* oil^[7]

Raktamoksahan karma (Bloodletting therapy): The procedure of removing the vitiated *Dosha* from the body either by direct puncture of blood vessel or incision on the infected area with the help of *Jalauka* (Leeches). It is used in treatment of *Vyanga* (hyperpigmentation or Melasma), *Yuvanpidika* (Acne) and various disorders related to skin. Thus it helps in removing localized impurities from the blood or purifying the whole blood.

Abhyanga & Swedan

The word 'Abhyanga' implies application of *Sneha* or oil on body.^[8] Practising abhyanga as a part of daily routine induces blood circulation and removes toxins from the body by enhancing the function of sebaceous and sweat glands. *Acharya Charaka* has described benefit of regular *Abhyanga* as follows: It means, *Susparsha* (soften skin), *Apachitaanga Balvana* (strengthen the weak organ), *Priyadarshana* (beautifies the body), *Alpajara* (delays ageing). *Abhayanga* and *Swedan* brings

moisture to our skin. It gives our skin greater elasticity and rejuvenates skin tissues.^[9] As cells in our face make their way to the surface over their lifecycle, they die and become saturated with keratin, or skin debris. Keratin is important because it protects your skin from the elements but the shedding of that outer layer can unclog pores. *Abhyanga* and *Swedan* are believed to be inhibit trans-epidermal water loss, restoring the lipid barrier and restore the amino-lipid of the skin.^[10]

Cosmetic benefits of different oils used for *Abhyanga*.^[11]

| Oils for <i>Abhyanga</i> | Cosmetic benefits |
|--------------------------|--|
| Sesame oil | It act as antioxidant as it contain vitamin E and penetrate skin easily. It has best <i>Vatshamak</i> property and hence used in dryness, cracking and black coloration of skin. It enhances complexion and make skin healthy. |
| Coconut oil | It is an effective moisturizer for all skin types. Prevent dryness, delays appearance of wrinkles and sagging of skin. Help in treating various skin problems and prevent premature aging. |
| Olive oil | It prevents sign of photo ageing and sun damage. It has anti-aging properties.it act as an antioxidant, moisturizer and repair cracked heels. Useful to cure brittle nails. |

Moordha taila

Ayurveda considers the human body as an inverted tree wherein the roots are at the top and the branches pointing downwards. *Moordha Taila* is a procedure of conducting treatment on head using herbal oil remain in contact with

the scalp for a fixed duration of time. The concept of *Moordha Taila* was introduced by *Acharya Vagbhatta* as follows^[12]

| | | |
|---|-------------------|--|
| 1 | <i>Abhayanga</i> | Useful in dryness of scalp and hair, itchy scalp and removing impurities |
| 2 | <i>Parisheka</i> | Useful in dandruff, headache, burning sensation, scalp wound |
| 3 | <i>Shiropichu</i> | Useful in Hairfall and disease related to scalp region |
| 4 | <i>Shirobasti</i> | Relieves numbness, insomnia, vision errors and headache |

Rejuvenating/Antiaging in ayurveda

Aging is a time-dependent event that is governed by two separate clock, a mechanical clock and a biological clock which determine our chronologic age and our biological age, respectively. Skin represent a social interface between an individual and other members of society. As skin is the key personal identity, many are now searching for remedies against the aging process.^[13] Some of the remedies which are mentioned in *Ayurveda* are as follows:

Rasayan: In *Astanga Ayurveda*, *Rasayan* is the branch which is committed to achieve long healthy and happy life. Those medicine which helps in maintaining healthy tissue (*Dathu*) in ideal quantity, prevention of premature tear of tissue and promotion of total health of an individual are called *Rasayan*. *Acharya Charaka* describes benefit of *Rasayan* as it improves *Prabha* and *Varna* (Enhance complexion) and provides *Tarunavastha* (youthfulness) to an individual.^[14]

Vayasthapana mahakashaya: The drugs which prevents ageing or delays the ageing process are termed as *Vayasthapana*. *Acharya Charak* mentioned *Vayasthapana Mahakashaya Dravyas* in *Sutra Sthana* -

"*Amrita Abhaya Dhatri Mukta Shweta Jivanti Atirasa Mandookparni Sthira Punarnava*".^[15] All of these drugs having capability to stable the process ageing and hence protect body from premature ageing disorders. *Acharya Charaka* considered *Amalki* (*Emblica officinalis*) as the best *Vayasthapana* drug. *Vayasthapana* drugs also works like antioxidants by removing free radicals from the body thus helps to reduce ageing and its ill effects.

Hence in today's health care system, *Rasayan* and *Vayasthapana* dugs plays a vital part in rejuvenation and thus opeaning the door for anti-aging cosmetic industry in india.

External application

Lepa/oil: The herbal paste which is applied on face to treat acne, pimple, scar, marks and pigmentation on skin are known as *Mukha Lepa* (Facepack) in *Ayurveda*. Face pack is one of the oldest method to clean and improve condition of skin. According to *Ayurveda*, skin is the seat of *Bhrajaka Pitta* which is responsible for metabolization of drugs which are applied on skin and in response imparts color and complexion to the skin. In classics,

various types of *Lepa* and oil are mentioned which helps in improving complexion and maintaining skin healthy.

1. *Mukhkantikara Lepa*

Raktachandan, Manjistha, Kustha, Lodhra, Priyangu, Vatankura, Masura^[16]

2. *Manjisthadi oil*^[17]

Udvardana: It is a procedure in which massage is done in upward direction or we can say that massage is done in opposite direction of body hairs. According to *Acharya Shusruta Udvardana* mitigates aggravated *Vata* and *Kapha*, liquifies fat, improve stability of body and cleanses the skin.^[18]

Cosmetic benefits of udvardana

- It open circulatory channels which facilitate metabolic activity hence improve skin complexion.
- Effectively mobilize stored fat so helps in weight reduction and improve skin tone.
- Removes dead cells and dirt so helps in exfoliation and conditioning of skin.
- Reduce excessive sweating and remove bad odour from body.

Formulation for stretch marks (*kikkis*)^[19]

Acharya Charaka describe *Garbhini Paricharya* and mention about *Kikkis* in 7th month of pregnancy. In this condition there is *Vidah* along with *Kandu* which results in *Charma Vidrana*. *Kikkis* can be correlated with striae gravidarum. In *Ayurveda* various *Lepa* are mentioned to treat *Kikkis*.

- External application of the Either the paste of *Chandana, Mrunala* or *Chandana* along with *Usheera* should be rubbed over the abdomen and breasts.
- Oil prepared with pestled leaves of *Karaveera* along or with *Karanja*.
- Pestled leaves of *Nimba, Badari* and *Surasa* with *Manjistha*. Oil is prepared by using these drugs and named it as "*Surasaadi tailam*" are very useful.

Formulation for skin whitening (*Pandukaran yog*)^[20]

Pandukaran means 'whitening of the black scar tissue' by applying herbal paste. The paste is made up of *Rohini* fruit (*Soymida febrifuga*) with goat's milk or by applying powder of new earthen ware, roots of *Vidula* (*Barringtonia acutangula*) and *Sarja* (Exudates of *Vateria indica*), *Kasisa* (Ferrous sulphate) and *Madhuka* (*Madhuca indica*) with honey.

Ayurveda cosmetics for skin care and for enhancing appearance of facial skin^[21]

| S. no. | Medicinal Plants used as Moisturizers, Skin Tonics & Anti-Aging | |
|--------|---|--|
| 1 | Aloe vera (<i>Aloe barbadensis</i>) | Moisturizer, Sunscreen & Emollient |
| 2 | Chicory (<i>Cichorium intybus</i>) | Skin blemishes |
| 3 | Turmeric (<i>Curcuma longa</i>) | Antiseptic, Antibacterial, Improves complexion |
| 4 | Carrot (<i>Daucus carota</i>) | Natural toner and skin rejuvenator |
| 5 | Licorice/ <i>Mulethi</i> (<i>Glycyrrhiza glabra</i>) | Skin whitening |
| 6 | Rose (<i>Rosa damascene</i>) | Toning & Cooling |
| 1 | Aloe vera (<i>Aloe barbadensis</i>) | Moisturizer, Sunscreen & Emollient |

Herbal plants and oils used in sun screening^[22]

| S. no. | Plant/oil | Benefit |
|--------|--|--|
| 1 | <i>Phyllanthus emblica</i> | Rich in vit C, inhibit free radical production |
| 2 | <i>Luffa cylindrica</i> | Antioxidant, nourishes skin, used in sun burn and red pigmentation |
| 3 | Green tea (<i>Camellia sinensis</i>) | rich in vit E, antioxidant |
| 4 | Tomato (<i>Solanum lycopersicum</i>) | Rich in vit A, C, E and block U.V radiation |
| 5 | Sesame oil (<i>Sesamum indicum</i>) | Rich in vit E, antioxidant, neutralize free radical and guard skin from sun |
| 6 | Avocado oil | Easily absorbed deep into skin, rich in vit A, D, E and used to heal sun damage skin and scar. |
| 7 | Olive oil (<i>Olea europaea</i>) | Potent antioxidant, moisturize skin and act as sun screen. |

Sandhana vidhi (Cosmetic surgical correction)

Ayurveda science is divided into 8 branches in which *Shalya* (Surgery) is one of the branch. *Acharya Sushruta* is known as father of surgery due to his logical approach and marvellous presentation which is time tested. In

Sushruta Samhita plastic surgery has been described in a scientific way, particularly *Nasa-sandhan* (Rhinoplasty), *Karna-sandhan* (Auroplasty) and *Ostha-sandhan* (Lipoplasty).^[23] Nowadays plastic surgery and cosmetic surgery are performed to improve self-image, boost

confidence and raise the quality of life. Contribution of ancient Indian surgery in the field of cosmetic surgery cannot be over-estimated. Hence the technique has been applied to correct deformity by shifting the flap to reform the nose and ear.

Role of ethical regimen (Beauty from within)

Skin is the indicator of physical as well as mental wellbeing. Healthy skin reflects overall health of an individual. We spend a significant amount of money in making our skin look good but forgets about the internal factors which affects skin. A growing field of integrative medicine called 'Psycho dermatology' addresses the interaction between mind and skin. Psychiatry is more focused on the 'internal non visible disease' and Dermatology on the 'external visible disease'. Brain and skin have many interconnections as the skin has vast neurologic and vascular network. Therefore chemicals made in the brain in response to stress travel to the skin. Emotional trigger like depression, stress, work pressure cause these trouble making chemical called neuropeptide to flood into the skin. So it causes inflammation, widen blood vessels, generate excess oil all of which can exacerbate skin problems. Mind body relaxation like meditation yoga etc reduces the flow of neuropeptide leading to less reactive skin. *Acharya Charak* states that body and mind constitute the substrata of disease and happiness. *Ayurveda* strongly believes that stress,

emotions and negative thoughts can hamper the skin natural glow and shine. So pleasant mind is very much essential for keeping the skin healthy. *Acharyas* has mentioned *Acharyarasayan*, *Sadvritta Palan* and *Dharniya Vegas* (supressible urges) for external beauty. Association with good people leads to development of good behaviour which can considered as *Sadvritta*. Performing different action after proper thoughtful analysis of intelligence and *Samyak yog* of *Indriya* is essential for maintaining health of sense organ and mind. Desire of well being can be achieved by suppression of certain urges like *Lobha*, *Krodh*, *Bhaya*, *Shoka* etc.^[24]

Blood Purifier/Raktashodhak

Blood is a connective tissue and considered as 'fluid of life' because it carries oxygen from lungs to all part of body and carbon dioxide from all part of the body to lungs.^[25] In *Ayurveda*, *Rakta dathu* is directly referred to the blood (specifically red blood cells) which has similar characteristics as *Pitta Dosha* (fire element of the body). It is mentioned in *Ayurveda* text that *Ranjak Pitta* is responsible for imparting color and complexion to the skin. Hence blood purification plays important role in achieving healthy glowing skin.

Here are some of the herbal plants useful in blood purification which are common in market formulations^[26]

| S. no. | Plant | Botanical nomenclature | family | Cosmetic benefit |
|--------|-----------|------------------------|----------------|---|
| 1 | Neem | Azadirachta indica | Meliaceae | Antiseptic property, suppress inflammatory mediator in acne |
| 2 | Sariva | Hemidesmus indicus | Asclepiadaceae | Antioxidant property, anti inflammatory property |
| 3 | Chopchini | Smilax china | Smilacaceae | Blood cleanser, antioxidant, anti-microbial, removes free radical |
| 4 | Aloe Vera | Aloe barbadensis | Liliaceae | Used in sun burn/tan, immune - modulator, antiseptic, antiinflammatory |
| 5 | Khadir | Acacia catechu | Fabaceae | Purify blood, immunomodulator, antiinflammatory, used in allergic condition |
| 6 | Haridra | Curcuma longa | Zingiberaceae | Anti-oxidant, antiinflammatory, removes free radical |

CONCLUSION

The concept of beauty is determined by three major elements i.e a well nourished body, sane mind, and peaceful spirit. All three collectively make a framework in *Ayurveda* cosmetology. *Ayurvedic* formulation and therapies mentioned in present article are more efficient due to cost-effective, long-lasting results with least side-effect. Cosmetic industry of *Ayurveda* is growing at rapid pace due to increasing awareness about herbal natural products and detoxification as well as rejuvenation of body. Rising awareness towards body aesthetics leads to huge demand for natural *Ayurvedic* formulations. In the present era, increased sophistication in lifestyle leads to high demand of cosmetic products which necessitate in

developing *Ayurveda* in Cosmetic science and establishing it as a special branch. *Ayurveda* can provide complete package of cosmetology with preservation and promotion of health by various *Shodhan* and *Shamana* therapies. In this way it helps in establishing harmony between healthy body and mind which reflects inner as well as outer beauty of an individual.

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