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# Role of Panchakarma in Ayurveda Cosmetology : A Literary Review

Vd. Archana Suhas Wadkar<sup>1</sup>, Vd. Vaishali Atri<sup>2</sup>

<sup>1</sup>Reader, <sup>2</sup>Post Graduate Scholar, Dept. of Panchakarma, Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta, Maharashtra, INDIA.

## ABSTRACT

Cosmetic is a Greek word which means to "adorn".<sup>[1]</sup> In Drug and cosmetic act 1940 Cosmetics means any article intended to be rubbed, poured, sprinkled or sprayed on or introduced into or otherwise attractiveness or altering the appearance, and includes any article intended for use as a component of cosmetics. Cosmetics don't only confine to women; men also conscious of appearances as Beauty not only termed to attract the people towards it but also gives a psychological sense of comfort and helps in the maintenance of self-confidence. Beauty is not something that is limited only by the use of cosmetic products on the skin, it relays the health of the skin. In Ayurveda, the concept of healthy skin or beauty is mentioned but all are in segregated form, from daily routine activities to the treatment of skin-related disorders all are mentioned. Some Specific herbs are also mentioned in Ayurveda classics that work best on the skin. *Panchakarma* treatment one of the major pillars of Ayurveda science that are mainly famous as a detoxification procedure can also contribute to Cosmetology. As it works efficiently by deeply cleansing the skin and by removal of toxins out from the body. Ayurveda cosmetic products already play an important role in the global industry of cosmetics and the use of *Panchakarma* in cosmetics made a strong stand in the cosmetic industry as well. This literary review attempted to outline the *Panchakarma* is an effective therapy in the world of cosmetics.

**Key words:** *Cosmetics, Ayurveda, Panchakarma.*

## INTRODUCTION

Beauty is defined as the quality or aggregate of qualities in a person that gives pleasure to the senses or pleurably exalts the mind or spirit. It is a quality which is not only gained by applying some products on the body.<sup>[2]</sup> It is the sense of calm within ourselves, various factors determine the beauty according to

Ayurveda, like our diet, our Prakriti constitution, our daily routine, mental health, and *Doshas* all are correlated with the beauty.

In terms of cosmetics, beauty is determined with the skin, the single largest organ of the body. Skin performs various functions in the maintenance of the body like maintain the body temperature, regulate pH, secretes sweat and sebum, excretes excess of water, salts, and waste product through sweat, protects the body from mechanical injuries, bacterial infections, heat, and cold.<sup>[3]</sup>

Cosmetology is termed as the study and application of beauty treatment, it is also preventing and overcoming skin-related disorders. But In today's era, adverse effects of cosmetics are generally encountered, 12.2% of people are suffered from adverse effects of cosmetics. Therefore, Ayurveda products are making their way in the global market of cosmetics as they are herbal plant-based and gives no

### Address for correspondence:

Vd. Archana Suhas Wadkar

Reader, Dept. of Panchakarma, Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta, Maharashtra, INDIA.

E-mail: vaishaliatri@gmail.com

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side effects rather than of any chemical constituent cosmetics. Ayurveda science is not only restricted with only plant-based medications, it gives us Panchakarma therapies which are the essential part of Ayurveda treatment for many years, in treating various disorders to the first line of treatment. Panchakarma therapies attain their superiority with their efficacies.

There are some Panchakarma therapies which are mentioned in Samhitas for healthy skin, to improve the excellence of skin and to prevent the skin-related disorders.

#### **Abhyanga**

It is a simple yet effective application of oil followed by a massage in specific directions. It helps in purifying the skin from dirt, beautifies the body figure, nourishes the body tissues for healthy living. It enhances the body complexion and helps in keeping the original texture of the skin. It also restores the body tissues, promotes the health, and also helps in preventing the premature aging procedure.<sup>[4]</sup>

#### **Udvardana**

It is a treatment in which specific medicinal powders like drugs of *Varnya Varga* are used in massage in specific directions to attain healthy skin. It enhances the body complexion, eliminates the bad odor, and cures the feeling of itching.<sup>[5]</sup>

#### **Kavala and Gandusha**

A procedure of holding oil or decoctions in the buccal cavity followed by gargling for a certain period is *Kavala* and a procedure of holding oil or decoctions in the buccal cavity is *Gandusha*.

Both the procedures *Kavala* and *Gandusha* help in the prevention of cracking of lips and cures the dryness of lips.<sup>[6]</sup>

#### **Swedana**

It is a type of procedure or an *Upakarma* (*Purva Karma*) in which induction of sweating is done for therapeutic procedures by different means. With the use of *Swedana*, one can achieve the soft and lustrous

skin. It leads to the brilliance of the skin and prevents premature aging.<sup>[7]</sup>

#### **Mukhalepa**

It is an application of medicinal paste over the face. With the practice of *Mukhalepa* premature wrinkling of the skin is prevented and skin becomes soft and lustrous.<sup>[8]</sup>

#### **Vamana**

A procedure in which toxins present in the body are removed by inducing the vomiting.<sup>[9]</sup>

It has great effects on treating the various type of skin-related disorders. As it deeply rinses the body by eliminating the morbid *Dosha* out from the body and leads to healthy skin.

#### **Virechana**

It is a procedure of expulsion of toxins of the lower gastrointestinal tract through the anal route.

It helps in healing skin related disorders, *Vyanga* (pigmented spots present on face), and *Nilika* (bluish discolored patch over the skin) by cleansing the morbid doshas from the body.<sup>[10]</sup>

#### **Basti**

It is a procedure in which the medicine is administered through the rectal, urethral, or vaginal route according to diseases. *Panchaprastrik Basti* mentioned in Charaka Samhita Sidhithana works best on the skin and promotes the health of the skin.<sup>[11]</sup>

#### **Nasya**

A Procedure in which medicine is administered through the nasal route. It gives beneficial effects in treating the pigmented spots on the face and intercepts the premature wrinkling of the skin.<sup>[12]</sup>

#### **Raktamokshana**

It is a minor surgical procedure of allowing the blood to bleed for therapy. It works best in treating skin-related disorders, skin eruptions, *Vyanga* (blackish discoloration over face), *Piplu*, fungal infection, Reddish patches on the skin. It also heals the bad

body odor, itching, and black pigmentation over the skin.<sup>[13]</sup>

## DISCUSSION

*Panchakarma* is the procedure through which medicines are administered in different forms through different routes to obtain the effects. It in general helps in improving the body complexion and process of aging being slowed down that leads to good and healthy skin.<sup>[14]</sup>

Maintenance as well as the promotion of health and cure of diseases are objectives of Ayurveda, these objectives are achieved by proper planning of *Panchakarma* therapies.

*Panchakarma* therapies help in achieving the natural and healthy beauty for the long term as it cleanses the body deeply with no harmful side effects and also rejuvenation can be attained by these therapies.

## CONCLUSION

The cosmetic industry is one of the fastest-growing consumer product sectors in India. With excessive use of cosmetics daily ultimately causes a bad impact on the skin. *Panchakarma* therapies work as a boon in the field of cosmetology as there are the usage of drugs for a certain period with the respect of procedures, *Panchakarma* procedures mainly emphasize on the evacuation of morbid *Doshas* out from the body and give long term beneficial effects. Engaging the *Panchakarma* therapies as a mainline protocol in cosmetology benefits the people in curing certain skin disorders and also helps in maintaining healthy skin with a healthy body and also increases the growth of India in the cosmetic sector globally.

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