An Ayurveda approach of Skin Care w.s.r. to Deha Prakriti (Body Constitution) : A Review Study

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ABSTRACT

Prakriti (Body Constitution) is an important concept of Ayurveda which is decided at the time of birth. It shows differences in physical, physiological and psychological characteristics of an individual. Variation in skin characteristics is found as per Prakriti. In day-to-day lifestyle due to unwholesome and unhealthy food habits along with sedentary and stressful lifestyle result in various skin problems. Ayurveda has explained various skin regimens according to Deh Prakriti like Hetu, Nidan Parivarjan, Ahara, Vihara, Lepa, Snehan, Utsadan, Udvartan etc. For healthy skin. As we know in contemporary science there are various cosmetic products but does not have as productive result as we want so far, for the sake of society benefits. This article shows Ayurvedic approach towards skin care.

Key words: Deh Prakriti, Nidan Parivarjan, Utsadan, Udvartan.

INTRODUCTION

Beauty is one of the essentialities of human being which gives proud and confident feeling to individual. So, all and everyone is extra conscious about it and are in search of better remedy for their crowning glory. Cosmetic field is gaining wide importance in view of upliftment of health standards and awareness. The skin problems are also increasing which cause damage to beauty due to modified lifestyle and polluted atmosphere. The overuse and misuse of cosmetic is also affecting skin health. The skin covers external surface of the body and is largest organ of body. It provides protection to the body in various ways from microbes, abrasion, heat and chemicals. In Ayurveda, Twacha word is used for skin and derived from “Tvac” Dhatu, which means to cover. In Ayurveda concepts of personality and beauty are explained under heading of Prakriti, Sara (state of excellence of body constitution) and Pramana (optimum desirable measurement of body constituents). Prakriti means overall nature of an individual. According to Sushruta, Prakriti remains inherited throughout the life. Ayurveda identifies the best set of substrate such as Aahara (dietary pattern) and Vihara (routine behavior) to be useful to optimize the system performance in regards to Prakriti subtypes. It is, therefore clear that knowledge of Prakriti subtype may go long a long way in maintenance by making one aware of suitable and unsuitable substances applicable on one to one basis. Based on predominance of individual Dosha at the time of conception, there are three major types of Prakriti named as per the predominance Dosha, i.e. Vata, Pitta and Kapha. In Ancient Ayurveda literature, different characteristics of skin are given according to Prakriti. Everyone should know about his Prakriti and accordingly Pattern of his skin and of course which diet, lifestyle or regimens (Lepa, Snehan, Udvartan) is suitable for his skin. Prakriti should not be perverted,
and how to keep it Prakrit, I am going to describe them all here!

AIM
To review the Ayurvedic approach of skin care with special reference to Deha Prakriti (Body Constitution).

OBJECTIVES
To study the skin care regimens and lifestyle which is mentioned in our Samhitas, Literature related to Deha Prakriti (Body Constitution).

MATERIALS AND METHODS
Ayurveda classical texts, Samhitas, online data, journals and supportive text of contemporary science will be referred.

LITERARY REVIEW
In development of fetus, due to its own reasons Dosha become intensified. This non pathogenic intensified status of Dosha remains unchangeable from birth to death is called as Prakriti.\[8\] During conception fetus present with various proportion of Dosha. Due to this dominance of one or more than one Dosha at a time of Garbhadharana, is responsible for psychosomatic expressions called Deha Prakriti.\[9\] Predominance of one, two or all three Dosha in various proportions, affects fetus. Exhibition of such predominance is called Dosha Prakriti of that individual.\[10\]

Formation of Prakriti
Prakriti is formed at the time of sperm-ovum union in accordance to attributes of predominant Dosha.\[11\] These Dosha predominance is in normal state and not an aggravated. According to Dalhana, these predominant Vata etc. are of two types Normal and abnormal of which the former emerging simultaneously with the body are source of natural constitution while the latter cause abnormality in fetus. For the development of human constitution Kashyapa lays emphasis on Panchabhaautica nutrient Rasa supplied by the mother to the fetus and the fetus is nourished by the mother, so identical type of Prakriti of human being is formed from embryonic life.\[12\]

Types of Prakruti
Prakriti is initially of two types
1. Doshaja (due to predominance of Dosha)\[13\]
2. Gunaja (due to reflection of Psychological effects).

Ayurveda concept of beauty
1. Proper functioning of Kapha which offer moisturizing balance.
2. Proper functioning of Pitta associated with balancing between chemical and hormonal activities of the skin.
3. Proper functioning of Vata relates with effective circulation of nutrients to the layers of skin

Ayurveda perspective of Tvak (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 improper nourishment of such skin layers. The vitality if Tvak maintained by Rakta Dhatu and appearance of Tvak greatly depends upon characteristics of Shukra and Shonita. The colour, 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 Prakriti of an individual.\[14\]

Table 1: Characteristics of skin according to Deha Prakriti\[15\]

<table>
<thead>
<tr>
<th>SN</th>
<th>Characteristics</th>
<th>Vata Prakriti</th>
<th>Pitta Prakriti</th>
<th>Kapha Prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Skin type</td>
<td>Dry and uneven toned, rough, prone to fine lines and wrinkles. Thin texture with fine pores, thin</td>
<td>Extremely prone to getting tanned as it is sensitive, Soft, warm moist (slight wrinkle moles, acne) and</td>
<td>Thick, oily cold, pale soft, glossy clear, dull, thick, has a tendency of enlarged pores and is proneess to cystic acne.</td>
</tr>
</tbody>
</table>

Table 1: Characteristics of skin according to Deha Prakriti

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### Discussion

**Table 2: Skin care regimens according to Deha Prakriti**<sup>[16][17]</sup>

<table>
<thead>
<tr>
<th>Regimens</th>
<th>Vata Prakriti</th>
<th>Pitta Prakriti</th>
<th>Kapha Prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ahara (Diet)</strong></td>
<td>Should eat foods that increase Kapha (Snigdha Ahara) qualities, such as heaviness, smoothness. (Balance the coldness and lightness), warm, moist food, sweet, salty and sour food.</td>
<td>Sweet, bitter, astringent and cool flavours combat the Pitta fire.</td>
<td>Dry, light, warming, pungent and bitter flavours help combat the sluggish nature of Kapha type.</td>
</tr>
<tr>
<td>Grains:</td>
<td>Barley, cooked oat, rice, wheat.</td>
<td>Millet, buckwheat, barley, oats, couscous.</td>
<td>Pineapple, bananas, dates, generally very sweet and sour fruits.</td>
</tr>
<tr>
<td>Fruits:</td>
<td>Cooling fruits, sweet juicy fruits, melons, water melons, especially coconut, Bananas, pears, plums, pomegranates, Cherrie, grapes. Fruit should be consumed at least one hour before or after meals, and not at all in the evening.</td>
<td>Apples, apricots, berries, pears, dried fruit, pomegranates, cherries.</td>
<td>Pineapple, bananas, dates, generally very sweet and sour fruits.</td>
</tr>
<tr>
<td>Vegetables:</td>
<td>All sweet and astringent types of vegetable, cooling vegetable, leafy green vegetables, green beans, peas, cucumber, squash.</td>
<td>Peas, carrots, garlic, cabbages, peppers, mushrooms, radishes, beetroot, onions, bean sprouts.</td>
<td>Peas, carrots, garlic, cabbages, peppers, mushrooms, radishes, beetroot, onions, bean sprouts.</td>
</tr>
<tr>
<td><strong>Apathya (Avoid)</strong></td>
<td>Cold and raw foods as well as pungent, bitter, and astringent, dry foods. Avoid fasting, untimely intake of food, avoid less intake of food. AERATED DRINKS, JUNK FOODS.</td>
<td>Pungent, sour, excess spices, salty or too hot, Foods that are sour, salty, sweet, oily or very high in protein, oils &amp; fats (butter, coconut oil, all kinds of sugar)</td>
<td></td>
</tr>
</tbody>
</table>
stress, excessive thinking.

Vihara
To Wake up in Brahmi Muhurtha (getting up early), meditation, Yoga Nidra, and restorative Yoga poses, avoid Ratrijagaran (night vigil), mild form of exercise. It is ideal for Pitta Prakriti (in fact everyone) to wake up in Brahmi Muhurtha. Moderate amount of exercise (Vyayam) is good for Pitta Prakriti. Yoga, walking, avoid direct sunlight in afternoon.

Abhyanga
Avocado oil, coconut oil, sesame oil and extra virgin olive oil. Kumkumadi Taila (to enhance beauty and keep facial skin well moistened with good glow). Tila Tail (reduce dryness)

Manjistha Taila (Reduce rashes on your skin & inflammation, acne) + Jeshthamadha Taila (Soothing effect on skin, reduce redness, irritation, swelling) massage with coolant oil such as coconut oil. Mahanarayan Taila (Good for body). Dhanvantaram Taila (to keep body, skin warm and active).

Lepa
Shatadhauta Ghrit, go Ghrit. Sandalwood paste (facial cream). Rose water. Dashanga lepa,

Kumkumadi Lepam & Mahatiktalepa m (very useful in balancing down the excess oiliness of skin).

Nasya
Anu Tail, Tila Tail (to reduce dryness)

Anu Tail is well tolerated as it contains several coolant herbs. Sesame oil or Anu Tail

Udvartana (powder massage)
Utsadana - Snigdha Udvartana with oil / ghrit (skin moisturizer as well as reduce dryness of skin).

Cucumber face pack, Coriander (excellent natural cleanser). Sandalwood, jasmine, turmeric (to keep the skin Warm and moist, reduce heat).

Nidan Parivarjan
Keep away the causative factors of Vata vitiation.

Keep away the causative factors of Pitta vitiation.

Keep away the causative factors of Kapha vitiation.

Other than some internal routine for glowing skin:

1) **Diet:** vegetarian diet, Avoid - fatty, fried, processed foods, salt, sugar seafood and red meat. This is already mentioned in Ayurvedic texts i.e., *Virudh Aahara*.

2) **Sleep and Exercise:** Exercise promotes sweating, increase circulation and calms the mind. Sleep and increase stimulate growth hormones which promote more production of collagen and elastin to keep your skin tout.

3) **Yoga:** It helps circulate the lymph and blood, tones the muscles cause proper ojas, vitality and glow.[18]

**CONCLUSION**

When it comes to skincare, the resilience and glow of a person's skin is considered a reflection of their health. The quality of skin is determined by a person's *Deha Prakriti*. In order to maintain and restore healthy skin,
the Prakriti need to be balanced. Hence in Ayurveda, it is key to choose a skin care regime that matches the kind of skin and Deh prakriti a person has. According to Deh PArkriti various regimens such as Hetu, Nidan parivarjan, Ahara, Vihara, Apathya, Snehan, Abhyang, Nasya, Udvartan, Udsadan, which are important in daily lifestyle and to keep skin healthy and protective has mentioned in above table 2.

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