

# BIRD EYE VIEW ON SAUNDARYA THROUGH CHARAKOKTAMAHAKASHAYA

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## ABSTRACT

Beauty is divine gift to human beings. Its value has been recognized and appreciated since time immemorial and efforts were made to preserve and promote beauty in all aspects. There are immense opportunities to use herbal ingredients in the cosmetics in accordance with the principles of Ayurvedic science. The word Saundarya not only enhances the beauty of normal skin but also cures skin diseases which indirectly impart beauty. Acharya Charaka describes fifty group of drugs based on their pharmacological actions with each group comprising of ten drugs under the denomination of 'Dashemani'. Out of fifty mahakashaya, three are related to skin viz. Varnya, Kushthaghna, Kandughna. One of them, enhances colour of skin and rest of two, cures diseases of skin and then enhances beauty. The aim of this study was to critically evaluate the herbs mentioned in Varnya, Kushthaghna, Kandughna MahaKashaya for the maintenance of the complexion of skin. The present review highlights the probable mode of action, their therapeutic usage etc.

**Keywords:** Saundarya, Charaka Samhita, Deshamani,.

## INTRODUCTION:

Beauty is an issue of Socio-medical importance. The cosmetics are the utility products used extensively throughout the world for maintaining and improving general look of face and other parts of the body. There are enormous opportunities to use herbal ingredients in the cosmetics in accordance with the principles of Ayurvedic medicine.

Acharya Charaka describes fifty group of drugs based on their pharmacological actions with each group comprising of ten drugs under the denomination of 'Dashemani'. Out of fifty mahakashaya, three are related to skin viz. Varnya, Kushthaghna, Kandughna. One of them, enhances colour of skin and rest of two, cures diseases of skin and then enhances beauty. The aim of this study was to critically evaluate the herbs mentioned in Varnya, Kushthaghna, Kandughna MahaKashaya for the maintenance of the complexion of skin.

These herbs can be used individually or combine and both externally and internally. The pharmacological

properties of these herbs indicate that apart from the complexion promotion action, they have various medicinal properties. The most of them are prescribed for skin diseases and scientifically proved that they have anti-inflammatory, anti-bacterial, anti-septic, anti-ulcer, anti-tumour properties.

## AIM OF STUDY

The aim of this study was to critically evaluate the herbs mentioned in Charakokta Varnyamahakashya as a natural and safe remedy for the maintenance of the complexion of the skin and Kushthaghna, Kandughna MahaKashaya for the detoxification of blood in raktapradosajvikaar.

## MATERIAL AND METHODS:

This study shows literary review on classical Ayurvedic lexicon, Charaka Samhita. The material was also collected from the Research journals,

ayurvedic textbooks etc. Online Databases were also used for the search of relevant literature.

## RESULTS

### ❖ *Varnya Mahakashaya* :

चन्दनतुङ्गपद्मकोशीरमधुकमञ्जिष्ठासारिवापयस्यासितालता इति दशेमानि वर्णानि भवन्ति (Cha. Su. (4/8))

Table no. 1: Pharmacodynamics of *Varyamahakashaya*<sup>1</sup>:

Mahakashaya	Latin name	Family	Rasa	Guna	Virya	Vipaka
Chandana	<i>Santalum album</i>	Santalaceae	Tikta, Madhura	Laghu, Ruksha	Shit	Katu
Tung	<i>Mesua ferrea</i>	Guttiferae	Kashaya, Tikta	Laghu, Ruksha, Tikshna	Anushna	Katu
Padmaka	<i>Prunus cerassoides</i>	Rosaceae	Kashaya, Tikta	Laghu, Snigdha	Shit	Katu
Ushira	<i>Vetiveria zizanioides</i>	Poaceae	Tikta, Madhura	Laghu, Ruksha	Shit	Katu
Madhuka	<i>Glycyrrhiza glabra</i>	Fabaceae	Madhura	Guru, Snigdha	Shit	Madhur
Manjishtha	<i>Rubia cordifolia</i>	Rubiaceae	Madhura, Tikta	Guru, Ruksha	Ushna	Katu
Sariva	<i>Hemidesmus indicus</i>	Asclepidaceae	Madhura, Tikta	Guru, Snigdha	Shit	Madhur
Payasya	<i>Ipomoea digitata</i>	Convolvulaceae	Madhura	Guru, Snigdha	Shit	Madhur
Shita	<i>Cynodon dactylon</i>	Poaceae	Kashaya, Madhura	Laghu	Shit	Madhur
Lata	<i>Cynodon dactylon</i>	Poaceae	Kashaya, Madhura	Laghu	Shit	Madhur

### ❖ *KushthaghaMahakashaya*

खदिराभयामलकहरिद्रारुष्करसप्तपर्णरिग्वधकरवीरविडङ्गजातीप्रवाला इति दशेमानि कुष्ठानि भवन्ति (Cha. Su. (4/13))

Table No. 2: Pharmacodynamics of *KushthaghaMahakashaya*<sup>2</sup>:

Mahakasha ya	Latin name	Family	Rasa	Guna	Virya	Vipaka
Khadira	<i>Acacia catechu Willd.</i>	Mimosaceae	Tikta, kashaya	Laghu, Ruksha	Shita	Katu

Abhaya	<i>Terminalia chebula Retz.</i>	Combretaceae	Kashaya , Amla, madhur, katu, tikta,	Laghu, Ruksha	Ushna	Madhura
Aamalaki	<i>Emblica officinalis</i>	Euphorbiaceae	Amla, madhur, katu, tikta, kashaya	Guru, Ruksha, Shita	Shita	Madhura
Haridra	<i>Curcuma longa Linn</i>	Zingiberaceae	Tikta , katu	Laghu, ,Ruksha	Ushna	Katu
Arushkara	<i>Semecarpus anacardium Linn</i>	Anacardiaceae	Katu, Tikta, Kashaya	Laghu, snigdha, Tikshna	Ushna	Madhura
Saptaparna	<i>Alstonia scholaris</i>	Apocynaceae	Laghu, Snigdha	Tikta , kashaya	Ushna	Katu
Aaragvadh	<i>Cassia fistula</i>	Fabaceae	Madhura	Guru, Mridu, S nigdha	Shita	Madhura
Karavir	<i>Nerium indicum Mill.</i>	Apocynaceae	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu
Vidanga	<i>Embelia ribes</i>	Myrsinaceae	Katu , Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu
Jati	<i>Jasminum officinale</i>	Oleaceae	Tikta , kashaya	Laghu, Snigdha, Mrudu	Ushna	Katu

❖ *KandughnaMahakashaya:*

चन्दनलदकृतमालनक्तमालनिम्बकुटजसर्षपमधुकदारुहरिद्रामुस्तानीति दशेमानि कण्डूघ्नानि भवन्ति (Cha. Su. (4)/(14),

Table No.3: Pharmacodynamics of *KandughnaMahakashaya*:<sup>3</sup>

Mahakashaya	Latin name	Family	Rasa	Guna	Virya	Vipaka
Chandan (shwet)	<i>Santalum album</i>	Santalaceae	Tikta, Madhura	Laghu, ,Ruksha	Shita	Katu
Nalad (Jatamanshi)	<i>Nordostachys jatamansi</i>	Valerianaceae	Tikta, Madhura	Laghu, ,Ruksha	Shita	Katu
Kritmal (Amaltas)	<i>Cassia fistula</i>	Fabaceae	Madhura	Guru, Mridu, Snigdha	Shita	Madhura
Naktamal (Latakaranj)	<i>Caesalpinia crista</i>	Fabaceae	Tikta, Katu, Kasha	Laghu, Tiksna	Ushna	Katu

			ya			
Nimba	<i>Azadirachta indica</i>	Meliaceae	Tikta, Kashaya	Laghu	Shita	Katu
Kutaj	<i>Holarrhena antidysenterica</i>	Apocynaceae	Tikta, Kashaya	Laghu, Ruksa	Shita	Katu
Sarshap	<i>Brassica campestris</i>	Cruciferae	Tikta, Katu	Tiksna, Ruksa	ushna	Katu
Madhuk	<i>Glycyrrhiza glabra</i>	Fabaceae	Madhura	Guru, Snigdha	Shita	Madhura
Daruharidra	<i>Berberis aristata</i>	zingiberaceae	Tikta, Kashaya	Laghu, Ruksa	Ushna	Katu
Musta (Nagarmotha)	<i>Cyperus rotundus</i>	Cyperaceae	Tikta, Katu, Kashaya	Laghu, Ruksa	Shita	Katu

## DISCUSSION:

Varnyamahakashya acts externally on bhrajak pitta. Bhrajak pitta is responsible for the manifestation of our colour in the avbhasinitwacha. The colour and complexion is governed by the bhrajaka pitta. When we use internally, varnyamahakashya helps in detoxification of blood in raktapradosajvikaar. Drugs of varnyamahakashaya are of Madhura, Tikta, Kashaya rasa, and Shitavirya. So these drugs will correct the vitiated pitta and also detoxify the blood hence act as colour and complexion promoters.

It is well recognised in Ayurveda that most of the skin diseases run a chronic course and are difficult to treat. Most of the skin diseases have strong relation with psychological stress and stress is responsible for onset and exacerbation of different skin disorders. Most of the drugs in the *KushthaghnaMahakashyaya* reported to have Rasayan properties. Therefore, these drugs also help in reducing the negative effect of stress and thus help in coping with chronic skin disorders.

Kandu in Ayurvedic classics comes as symptoms of various diseases. Visa sansarga, asvacchata and dushita kapha and pitta are also the causes of Kandu. Dusya involved in Kandu are tvaka, rakta and mamsa. Out of 10 drugs of kandughna mahakashaya, 7 drugs are of Shita virya whereas 3 are having Usna virya. In Kandu due to kapha dosa, drugs having tikta, Katu & Kashaya rasa, Katu vipaka and Usna virya

like Naktamala, Sarsapa and Daruharidra are used. In Kandu due to pitta dosa, we can use drugs having madhur, tikta & Kashaya rasa, madhura vipaka and Shita virya like Kritamala, Madhuka. The drugs having Katu, Tikta, Kashaya Rasa and Shita Virya, helps as anti allergic.

## CONCLUSION:

Amongst the Fifty Dashemani told in Charak samhita, three are related to skin. According to Ayurveda the health of the skin is dependent on Rakta dhatu, Ojas, and Pitta dosha. Any derangement in these factors leads to a cosmetic ill health. References regarding the drugs of 'varnya dashemani' are been found in many of the Nighantus where the authors have clearly mentioned about the detail pharmacology and pharmacotherapeutics. Taking these factors into consideration critical analysis of these drugs has been done. After screening the pharmacology of the drugs told in this dashemani, all these drugs are rakta prasadakara, Ojo vardhak and pitta shamak. Also recent researches have proven them to be possessing Anti glycation, Anti oxidant, Anti microbial properties which are essential in cosmetic health and skin care. Hence this study has been an aim to provide an alternative to the harmful synthetic cosmetic products.

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