



**IMPORTANCE OF MEDICATED SNEHA (OIL) FOR SKIN HEALTH
TO AVOID AGEING PROCESS WITH SPECIAL REFERENCE TO
KUMKUMADI TAILA: A REVIEW**

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ABSTRACT

In present era, beauty and personality is the more imperative along with increased demand of beautification. Signs of aging are prevalent with growing age. Skin aging which are specified by the features such as wrinkles, scar, loss of elasticity, dry texture of skin etc. In earlier days, material used for beautification comes under the category of cosmetics. However, constant use of chemical - based beauty product leads to various side effects. However, since ages, Ayurveda advocates use of natural products for skin health. The plant based products easily absorbed into deeper layer of skin and influence at cellular level. In *Ayurvedic* text, various skin diseases are mentioned under the *Kshudraroga* and so many remedies are described under the *Kshudraroga chikitsa*. Local application is the most effective and useful in the skin disorders. *Kumkumadi tail* is one such remedy in Ayurveda which is mentioned under *Kshudraroga chikitsa* and have wide therapeutic potential such as *Vyanga*(Melasma),*Nilika*(Naevus),*Vaivarnya*(Discoloration), *Mukhdushika* (Pimples) etc. It also enhances the beauty of face like gold. The main ingredients of *Kumkumadi tail* is *Kumkum*, *Raktachandan*, *Manjishtha*, Goat milk etc these entire drugs have *Varnaprasadak*(Enhance fairness), *Raktashodhak* (Blood purifier) and Anti-ageing properties. These ingredients are mostly *Kashay*, *Madhura Rasatmak* & *Sheeta virya*, which alleviate the dominant *Doshas*, and help as a *Vyangnashan*. Overall, the cosmetic effects of *Kumkumadi tail* are anti-ageing, anti-septic, anti-bacterial and disinfectant properties. Hence there is need to emphasize the importance of *Kumkumadi Taila* for cosmetic purposes to avoid aging process and as a safe remedy for regular use.

Keywords: Skin, *Kumkumadi tail*, *Kshudraroga chikitsa*, *Raktashodhak*.

INTRODUCTION: The skin is the largest and most important sensory organ of human body, It covers the external surface of body. It provides protection against physical and chemical and biological assailants and also maintains the thermoregulation of body¹. When body is exposed to environment, skin suffers from both extrinsic and intrinsic ageing factor, Intrinsic aging is an unavoidable physiological process that results thin and dry skin, fine wrinkles and gradual dermal atrophy While Extrinsic aging occurred by

external environmental factors such as air pollution, sun exposure, smoking, loss of elasticity etc.²

Skin absorption processes are useful to evaluate and understand safety aspects of chemicals, xenobiotics, and cosmetic formulations and the aim of skin absorption is the opportunity to deliver drug substances to the skin and to the systemic circulation, Therefore knowledge of dermal absorption phenomena is relevant for safety issues as well as therapeutic aspects.³

Face is the mirror of person's skin health that's why it is very important to maintain the skin health as well as to enhance the beauty of skin. Although numerous skin cosmetics are available in the market, its authenticity is always questionable due to the use of harmful chemicals.

Abhyanga is the important concept in Ayurveda for the health of skin. It helps to alleviate *Jara* (Aging), Rejuvenates, Strengthen and nourishes the skin, it pacifies *Vata* due to *Snigdha guna*.⁴ *Shushruta* also advocates the *Abhyanga* by claiming the property of *Mardavkar* (Softness) which promotes softness of the skin.⁵

Skin ageing is specified by features such as wrinkles, scar, loss of elasticity, dry texture of skin etc⁶. Face is the most beautiful organ of the body and very few people are with natural skin. But some times this skin is affected by certain peculiarity like dark spots, rough spots, dry or wrinkled and also increase the risk of skin cancer such as melanoma due to sunburn⁷. In Ayurveda formation of skin is described by as like a formation of cream of milk⁸. *Vyanga*, (Hyper pigmentation) *Tarunyapitika* (Pimples/Acne), *Mukhdushika* (Acne) is a '*Kshudraroga*' which affect the skin. In Ayurvedic text, so many formulations are described as internal medicine and external application for skin disease. Local application is more important and useful in skin disorders.

Details of all ingredient of *Kumkumadi Tail* are given in table no 1, 2, 3 &4 respectively.

Table no: 1

SR NO	DRUG NAME	LATIN NAME	PART USED	QUANTITY
1.	<i>Kumkum</i>	<i>Crocus sativus</i>	Stigma	1Pal-48gm

Kumkumadi tail(KT) is a Ayurvedic formulation and it is a *Sneha Kalpana* which are mentioned in *Kshudraroga Chikitsa Bhaishajyaratnawali* and its *Rogadhikar* is *Vyanga, Nilika, Vaivarnya, Tilkalak, Pidika, Mukhdushika* etc and it enhance the beauty of face like gold⁹.

The first reference of *Kumkumadi tail* is quoted in *Ashtang Hrudaya*¹⁰. Qualities of *Sneha dravya* is *Snigdha, Guru, Shita, Drava, Pichil, Manda, Sukshma Gunah*¹¹. The formulation of *kumkumadi* oil using traditional ingredients that are highly beneficial for maintaining natural complexion of skin. The main ingredients of *Kumkumadi tail* is *Kumkum, Laksha, Raktchandan, Manjishtha, Yashtimadhu, Sesame oil, Goat milk* etc.

MATERIAL AND METHODS

The Literature study of *Kumkumadi Tail* and its contents was collected from classical texts of Ayurveda (*Bhaishajya Ratnawali, Bhavprakash Nighantu, Shushruta Samnhita, Ashtang Hridya*), Online web Search (www.wikipedia.com etc) and review on published literature from various national and international journals.

AIM AND OBJECTIVES: To highlight the importance of *Kumkumadi Taila* for skin health to avoid ageing process.

REFERENCE: Reference of KT are in *Bhaishajya Ratnavali* (60/115-120)

DRUGS: The main ingredient of *Kumkumadi tail* is *Kumkum* (*Crocus sativus*).

Table no: 2 Kwath Dravya (Herbs for Decoction)

Sr no	Drug name	Latin name	Part used	Quantity
1.	Raktachandan	<i>Pterocarpus santalinus</i>	Heartwood	1Pal(48gm)
2.	Laksha	<i>Laccifer lacca</i>	Resin	1Pal-(48gm)
3.	Manjishtha	<i>Rubina cordifolia</i>	Root	1Pal-(48gm)
4.	Yashtimadhu	<i>Glycerrgia glabra</i>	Root	1Pal-(48gm)
5.	Daruharidra	<i>Berberis species</i>	Root/ Fruit	1Pal-(48gm)
6.	Ushir	<i>Vetivera zizanioides</i>	Root	1Pal-(48gm)
7.	Padmak	<i>Prunus puddum</i>	Stem bark	1Pal-(48gm)
8.	Neelotpal	<i>Nymphacea nouchali</i>	Root/Rhizome	1Pal-(48gm)
9.	Nyagrodha	<i>Ficus bengalensis</i>	Bark/Latex	1Pal-(48gm)
10.	Plaksha	<i>Ficus infectoria</i>	Bark	1Pal-(48gm)
11.	Padmakesar	<i>Nymphaeaceae</i>	Fruit	1Pal-(48gm)
12.	Dashamula	-----	Root	1Pal-(48gm)

Table no: 3 Kalka Dravya (Herbs for paste)

Sr no	Drug Name	Latin Name	Part Used	Quantity
1.	Manjishtha	<i>Rubia Cordifolia</i>	Root	1 karsha-(12gm)
2.	Laksha	<i>Laccifer lacca</i>	Resin	1 karsha-(12gm)
3.	Yashtimadhu	<i>Glycerrgia glabra</i>	Root	1 karsha-(12gm)
4.	Madhuk	<i>Madhuka indica</i>	Flower	1 karsha-(12gm)
5.	Pattanga	<i>Caesalpiniaceae</i>	Heartwood	1 karsha-(12gm)

Table no: 4 Other Ingredient

Sr No	Drug Name	Latin Name	Part Used	Quantity
1.	Tila	<i>Sesamum Indicum</i>	Seed oil	4 Pal-(192)
2.	Gulab	<i>Rosa Indica</i>	Flower	As per requirement
3.	Goat milk	-----	Milk	8 pal – (384ml)

Table No. 5. Rasapanchak (Properties) of Ingredients

Sr.No	DRAVYA NAME	RASA	VIRYA	VIPAK	GUNA	KARMA
1.	Kumkum ¹²	Katu , Tikta	Ushna	Katu	Snigdha	Vyangdosh har varnya kantivardhak
2.	Raktachandan ¹³	Madhura Tikta	Sheeta	Katu	Lghu , Ruksha	varnaprasadan Dahaprashaman
3.	Manjishtha ¹⁴	Madhura, Tikta, Kashay	Ushna	Katu.	Guru	Varnakruta Raktdoshnashak

4.	Laksha ¹⁵	Kashaya	Sheeta	----	Laghu, Snigdha	Varnaprasadan Vyangnashana kushtaghna
5.	Yashtimadhu ¹⁶	Madhura	Sheeta	Madhura	Guru, Snigdha	Balavarnakruta
6	Daruharidra ¹⁷	Tikta, Kashaya	Ushna	Katu	Lghu , Ruksha	Varnya, Twakdosahara
7	Ushir ¹⁸	Tikta, Madhura	Sheeta	Katu	Rooksha, Laghu	Dahaprashaman, Vishahara vranaropak
8	Padmak ¹⁹	Kashaya, Tikta	Sheeta	Katu	Laghu, Snigdha	Dahaprashaman, Kushtaghna vranaropak
9.	Neelotpal ²⁰	Madhur kashay, Tikta	Sheeta	Madhura	Laghu, Snigdha	Dahaprashaman, Raktadoshara
10.	Nyagrodha ²¹	Kashaya	Sheeta	Katu	Guru, Ruksha	Varnya, Dahaprashaman,
11	Plaksha ²²	Kashaya	Sheeta	Katu	Guru, Ruksha	Varnya Dahaprashaman, Raktadoshara
12.	Padmakesar ²³	Kashaya,	Sheeta	Madhura	Grahi	Varnya Dahaprashaman, Raktadoshara
13.	Madhuk ²⁴	Madhura	Sheeta	Madhura	Guru	Dahaprashaman, Raktapittanashak
14.	Pattanga ²⁵	Madhura	Sheeta	Katu	Grahi, Rooksha	Dahaprashaman, Raktadoshnashak, Vranahar
15	Gulab ²⁶	Katu, Tikta	Sheeta	Madhura	Laghu, Snigdha	Varnya, Dahaprashaman
16	Dashamoola 9su 1) Bruhatpancha- mool ²⁷	Tikta, Kashay, Madhura	Ushna	Katu	Laghu, Ruksha	Vatakaphaghna
	2) Laghupan- cha- mool ²⁸	Kashay, Tikta, Madhura	Alpa Ushna	Madhura	Guru, Snigdha	Vatpittaghna
17	Tila Taila ²⁹	Katu, Tikta, Madhura, Kashaya	Ushna	Katu	Snigdha, Guru	Twakdosha hara
18	Ajadugdha ³⁰	Kashaya, Madhura	Sheeta	-----	Laghu, Grahi	Raktapittaghna

Methods of Preparation: First of all, *Kwatha* (Decoction) is prepared with dried powdered form of all *Kwatha* drugs (Table no 2) and *Kalka* (Paste form) is prepared with *Kalka dravyas* (Table no 3). The prepared *Kalka* and decoction is processed with sesame oil and goat's milk.

A tincture of saffron (Table no 1) & rose water is added then. It is preserved in glass bottle after cooling.

DISCUSSION: Ayurveda gives equal importance to beauty as well as health cosmetology. In *Ayurveda Acharya* describe beauty techniques such as

Dincharyas, Rutucharyas, Rasayana. In Ayurvedic text, *Vyanga, Tarunyapitica, Mukhdushika* is mentioned under the 'Kshudraroga' and so many preparation are described like different *Taila, Gruta and lepas.* *Kumkumadi tail* is one of such preparation to treat skin disorder like scars, wrinkles and hyperpigmentation. KT is a medicated *sneha* and is defined as the soft, lubricating and oily substance, So it is very helpful for skin problem. Due to daily massage of KT over the facial skin, it rejuvenating and renewing skin cells, brightening the skin. *Ashtang Hruday* mentioned the advantages of daily massage like *Jarahara* (To avoid ageing) and *Twakprasadana* properties.³¹

The *Rogadhikar* of *Kumkumadi tail* is *Vyanga, Nilika, Tarunyapitika* etc. The main ingredient of *Kumkumadi tail* is *Kumkum* has rich in antioxidant³² properties help in lightening the skin colour and improving complexion & also has an anti-inflammatory effect. Sesame oil is one of the content of *Kumkumadi tail* it has an antioxidant³³, anti-microbial, anti-inflammatory properties. Goat milk contains lactic acid and fatty acid helps in peeling the skin and it holds moisture within the skin barrier³⁴. *Kumkumadi tail* using traditional ingredients that are highly beneficial for maintaining natural complexion of skin. According to Ayurveda, it acts on *Bhrajak pitta* and *Bhrajakagni*. The normal status of *Bhrajakagni* keep the skin in normal condition. *Manjishtha* is a blood purifier, root improves blood circulation & to promote the healthy liver function. It is mostly used for improving complexion reducing pigmentation & inflammation, faster wound healing. It has an anti-acne effect through anti-bacterial, anti-

inflammatory, anti-oxidant, anti-androgen action, and also have anti-cancer properties³⁵. *Raktachandan* helps to purification of blood reduces inflammation. *Laksha* has an anti-inflammatory and rejuvenate properties due to its prabhav³⁶. It also improves skin complexion. It's due to astringent property it is used as a *vranaropan* soothing effect of skin. *Yashtimadhu* his herbs have the anti-inflammatory properties may decrease the sign of atopic dermatitis (eczema) and skin regeneration activity³⁷ and also have anti-oxidants, anti-fungal properties³⁸. It neutralizes the effects of toxins, blood purifier increases quality and quantity of blood useful in bleeding disorder³⁹. The chemical constituents of *Daruharidra* are responsible for Anti-fungal, anti-inflammatory, anti-oxidant, anti-microbial, anti-viral activities⁴⁰. *Padmakeshar* is a natural skin conditioner hydrating and moisturising the skin. *Nilotpala* balance the *pitta, kapha dosha*. It helps to purification of blood and skin disorders.

From the above all are the properties of ingredients of KT So that it is proved KT is a very beneficial for skin problem. It is made from natural herbs, oil and goat milk, it provides cosmetic as well as therapeutic effects for the skin without causing any damage to skin. Today many people's are suffering from *vyanga* (skin disorders) due to Change in life style and polluted atmosphere causes damage to beauty and personality that's why increasing the *vata & pitta doshas* which is accessible for skin disorders. In KT, ingredients are mostly *Kashay, Madhura Rasatmak & Sheeta virya* which alleviate the dominant *doshas* and help as a *Vyangnashan*. Therefore, It used as a

natural skin illuminator by lightening the skin tone and improving complexion.

CONCLUSION

Kumkumadi Taila is a unique formulation in Ayurveda which not only cures the skin problems but also act as a finest cosmetics. Cosmetic effect of *Kumkumadi tail* is anti-ageing, anti-septic, anti-bacterial and soothing. The drugs of *Kumkumadi tail* is useful in relieving early aging, tanning and gives flawless skin. It also enhance the beauty of face like gold.

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