



AYURVEDIC PERSPECTIVE OF COSMETICS W.S.R TO
SIDDHABHESHAJA MANIMALA

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ABSTRACT

The concept of cosmetics and cosmetology is as old as human civilization in India. Estimated value of Indian cosmetic industry was about 20 billion U.S. dollar in 2020. In present era, changing lifestyle, and the growing awareness regarding harmful side effects of synthetic cosmetics lead to increased demand for herbal cosmetics. In *Ayurveda*, there are three types of therapies for the diseases manifested due to vitiation of three bodily *Dosha's* (*Vata*, *Pitta*, *Kapha*). Those are *Antarparimarjana Chikitsa* (Internal Cleansing), *Bahirparimarjana Chikitsa* (External Cleansing) and *Shastrapranidhana* (Surgical Procedure). Here, in this study we focused on *Bahirparimarjana Chikitsa* i.e., external cleansing is done over the skin by the application of massage therapy (*Abhyanga*), sudation (*Svedana*), unction (*Pradeha*), dripping medicated water/oil (*Parisheka*), pressure and kneading over affected body part externally (*Unmardana*) etc. Different types of *Lepa Kalpana's* and *Taila Kalpana's* which are helpful for the health of skin and hairs with promoting beauty are explained in *Siddhabheshaja Manimala*. *Siddhabheshaja Manimala* is a unique book on *Rasa Shastra and Bhaishajya Kalpana*. In this article *Siddhabheshaja Manimala* was reviewed for different formulations related to cosmetics: it includes *Kesha* related *Yoga's* (*Khalityahara*, *Palityahara*, *Kesha Ranjaka Yoga*), *Varnya Yoga's* (*Mukhakantikara*, *Vyanga-Tarunya Pidakahara Yoga*).

Key Words: *Siddha-Bheshaja-Manimala, Tvacchya, Varnya, Keshya, Cosmetics, Ayurveda.*

INTRODUCTION: Cosmetic means any article intended to be rubbed, poured, sprinkled/sprayed on, or introduced into, or otherwise applied to, the human body/any part thereof for cleansing, beautifying, promoting, attractiveness, or altering the appearance, & includes any article intended for use as a component of cosmetic¹. The concept of cosmetics and cosmetology is as old as human civilization in India. In *Ayurveda*, three types of treatment modalities are explained for the management of *Vikrita Dosha's*. Here, in this study we focused on *Bahirparimarjana Chikitsa*² i.e., it includes massage therapy (*Abhyanga*), sudation (*Svedana*), unction (*Pradeha*),

dripping medicated water/oil (*Parisheka*), pressure and kneading over affected body part externally (*Unmardana*) etc.

In present era, there is increased demand for herbal cosmetic products and increased awareness due to harmful side effects of chemical cosmetic products. Different types of *Lepa Kalpana's* and *Taila Kalpana's* which are helpful for the health of skin and hairs with promoting beauty are explained in *Siddhabheshaja Manimala*³.

AIM & OBJECTIVES: Compilation of *Ayurvedic* perspective of cosmetology in *Siddhabheshaja Manimala*.

MATERIALS AND METHODS:

Siddhabheshaja Manimala is a compiled and authors experience oriented textbook of 20th century AD was reviewed in this article for different *Yoga's* related to cosmetics, through reading the book word by word from first *Guccha*(chapter) to fifth *Guccha* by searching the key words i.e., *Tvacchya*, *Varnya*, *Prabha*, *Kanti* and *Keshya*.

Ayurvedic Perspective of Cosmetics:

There are 3 Foundations of Beauty, *Roopam* (Outer beauty - Shining Hair & radiant Skin), *Gunam* (Inner beauty i.e., Pleasing personality), *Vayastyag* - Lasting beauty (Younger than age). In *Ayurveda* we get different references regarding outer beauty with the reflection of inner health, like *Prashasta Purusha Lakshana*, *Swastha Purusha Lakshana*, *Dhatu Samya Lakshana*, *Prakriti* (body constitution), *Sara* (structural predominance), *Sanhanana* (compactness of body), *Pramana* (Measurement), *Ojus*, *Dirghayu lakshana* (signs of long life).

- The references of *Ayurvedic* cosmetics can be found in terms of *Tvacchya*, *Varnya*, *Prabha-Janana*, *Kanti-kara* and *Keshya*.
- *Tvacchya* means “*Tvachi hite*” that which is good for health of the skin.

- *Varnya* means “*Varna-hitakaarake*” or “*Varnaaya hitam iti yat*” that which is beneficial or favourable to skin color and complexion.
- *Prabha* means “*Prakarshena bhati iti*” that which gives radiance, lustre or beautiful appearance.
- *Kaanti* means “*Kaanti Shobhayam*” ‘*Chavi*’ that which gives brightness, lustre or beauty enhanced by love.
- *Keshya* means “*Kesha-hitakaarake*” or “*Keshaaya hitam iti yat*” that which is beneficial or favourable to hairs.
- *Varnya Dashemani*- A group of 10 drugs which enhances skin color and complexion like, *Chandana*, *Ushira*, *Yasthimadhu*, *Manjistha* etc. in *Shadvirechana Shatashritiya Adhyaya of Charaka Samhita*⁴.
- *Rodhradi Gana & Eladi Gana Dravyas* which are explained as *Varnya* and *Varna Pasaadana* in *Dravya Sangrahaneeya Adhyaya of Sushruta Samhita*⁵.
- Different *Nighantukaras* like *Bhavaprakasha Nighantu*, *Raja Nighantu*, *Dhanvantari Nighantu*, *Kaiyyadeva Nighantu* also explained regarding *Tvacchya*, *Varnya*, *Keshya Dravyas*.

Table No. 01 Prabha-Kantikara Ahaara-Vihara-Aushadha in Siddhabheshaja Manimala:

S.N.	Ahaara	Vihaara	Aushadha Dravya
1	Go-Dugdha	Abhyanga	Haridra(Curcuma Longa)
2	Go-Ghrita	Snana	Daru Haridra(Berberis aristata)
3	Madhu	Udvaartana	Agaru(Aquilaria agallocha)
4	Tila	Pushpa Dharana	Vriddadaruka(Argyreia speciosa)
5	Kushmanda Shaka	Gudashoucham	Kumkuma(Crocus sativus)
6	-	Kausheyam vasanam (silk vastra)	Kamala(Nelumbo nucifera)
7	-	Mukha-prakshalana with cold milk	Taruni(Rosa indica)
8	-	-	Mriddara Shringa(Deer horn)
9	-	-	Svarna(Gold)

Table No. 2 Formulations for Healthy Skin

Sr. No.	Formulations	Ingredients	Reference
01	<i>Siddha Lepa (Tvacha Kantikaaraka)</i>	<i>Shweta Sarshapa (Sinapis alba), Vatada (Prunus amygdalus), Vacha (Acorus calamus), Saindhava Lavana (Rock salt)</i> all four drugs should be taken in equal quantity and prepare <i>Vati</i> by adding water. Whenever needed make paste and apply over face.	S.B.M. 903
02	<i>Tvacha Kantikaro Yoga (Vyangahara & Prabhajanaka)</i>	<i>Mulaka Beeja Churna (Raphanus raphanistrum)</i> with <i>Dharoshna Dugdha (Draughty milk)</i> <i>Lepa</i> over face clears <i>Vyanga</i> , increases color and complexion.	S.B.M. 904
03	<i>Unnama Sharkara (Yuvanapidaka)</i>	<i>Unnama (Badara variety-Ziziphus jujuba)</i> 1 part, water 4 parts boil and reduced to half, add 3 parts of <i>Sharkara</i> to it and prepare <i>Sharkara Paaka</i> used in all <i>Pitta Pradhana</i> conditions.	S.B.M. 317-318
04	<i>Phulla Mallham Lepa (Tvachakantikara lepa)</i>	Melt 1 part of <i>Madhuchistha (Beeswax)</i> in 4 parts of <i>Tila taila (Sesame oil)</i> and wash it 100 times with water add little bit <i>Karpura</i> to it and use it as <i>Lepa</i>	S.B.M. 867-868
05	<i>Siddha Malahara (Vyangahara)</i>	<i>Seesa (Lead oxide) Bhasma (Sapheda), Mruddara Shruna (Deer Horn) Bhasma, Laksha Churna (Laccifera lacca), Karpasa Churna (Gossypium herbaceum) each 1 Gaddyana Maatra, Kampillaka (Mallotus philippensis), Keshaja Bhasma (Hair ash), Maricha Churna (Piper nigrum) each 1 Karsha Maatra, Tuttha (Copper sulphate) 5 Masha Pramana, 3 Dagdha Pugaphala (Areca catechu), 3 Dagdha Peeta Varatika (Carbonate of calcium), 4-5 Angula Aurabhra Kambalika Bhasma (Ash of aurabhra blanket) add 4 times Shatadauta Ghrita</i> , prepare paste out of it and apply over face.	S.B.M. 908-911
06	<i>Mauktika Tanduli Lepa (Tvakprasadakara)</i>	<i>Mauktika/Javar Tandula (Sorghum bicolor) Churna</i> with <i>Chincha (Tamarindus indica) Jala Lepa</i> over face	S.B.M. 913

Table No. 3 Keshya Vihara-Aushadha Dravya in Siddhabheshaja Manimala:

S.N.	Vihaara	Aushadha Dravya
1	<i>Keshaadi Prasadhini (Hairstyles)</i>	<i>Vibhitaki (Terminalia bellirica)</i>
2	<i>Keshadi Sankartanam (Combing hairs)</i>	<i>Maya Phala (Quercus infectoria)</i>
3	-	<i>Japa (Hibiscus rosa-sinensis)</i>
4	-	<i>Tila (Sesame indicum)</i>

5	-	Taila Samanya Guna
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Table No. 04 Formulations for Healthy Hairs

Sr. No.	Formulations	Ingredients	Reference
01	<i>Kesha Kalpa (Kesha Krishnikarana Yoga)</i>	<i>Sudha Churna (Calcium hydroxide) 10gms, Amla (Emblical officinalis) Churna 30gms</i> triturated with water in iron vessel until paste becomes deep black color and applied over scalp	S.B.M. 896
02	<i>Keshali Yoga (Kesha Krishnikarana Yoga)</i>	<i>Sudha Churna (Calcium hydroxide) 10gms, Sindura (Varmilion) 30gms</i> triturated with water in iron vessel until paste becomes deep black color and applied over scalp	S.B.M. 897
03	<i>Dhupela Keshya Taila (Keshya Taila)</i>	<i>Ela (Elettaria cardamomum), Karpura (Cinnamomum camphor), Jatamansi (Nardostachys jatamansi), Musta (Cyperus rotundus), Krishna Agar (Aquolaria agallocha), Nakha (helix aspera), Dhatriphala (Emblica officinalis), Shaileyam (Pistia stratiotes) each 1 Karsha Maatra, Taruni (Rosa indica) Patra, Patrika (Panadi) Each 2 Karsha Maatra, Shweta Chandana (Santalum album) & Shimshipa (Dalbergia sisso) Each 1 Pala Maatra.</i> Take 1 Prastha Tila Taila in earthen pot add all these drugs and keep it for 8 days, after that close the pot with Sharava which is having central hole and collect it by Paataala Yantra Vidhi and add 1 Nishka Maatra Karpura to increase fragrance of the oil.	S.B.M. 898-902
04	<i>Keshavardhaka Taila</i>	<i>Gajadanta Churna, Katola, Dhatri Phala (Emblica officinalis), Amaravallarika Rasa</i> add all these drugs in Tila (sesame indicum) Taila and make Taila Siddhi use for Shiro-Abhyanga	S.B.M. 905
05	<i>Sandhana Taila</i>	3 years old pickle oil (Sarshapa Taila) and add little bit Tila Taila apply over scalp for growth of the hairs in Indralupta condition	S.B.M. 906

DISCUSSION: After thorough review of *Siddha Bhesaja Manimala* Here, in this study we focussed on the food, lifestyle and formulations which are having *Tvachya, Varnya, Keshya* effects, for the external application in the form of *Abhyanga, Svedana, Pradeha, Lepa*. The present review on *Ayurvedic Cosmetics in Siddha Bhesaja Manimala* is original of its kind. Total 9 drugs are explained as

Prabha-Kantikrit, 6 Lepas having indication as *Mukhakantivardhaka, Vyangahara, Yuvanapidakahara, 5 Keshya* drugs and 5 *Taila Yogas* having indication as *Keshavardhaka, Keshakrishnikarana, Indraluptahara*.

CONCLUSION: In present era, there is an increased demand for herbal cosmetic products, due to harmful side effects of cosmetic products prepared out of

chemicals. Different types of *Lepa Kalpana's* and *Taila Kalpana's* which are helpful for the health of skin and hairs with promoting beauty are explained in *Siddhabheshaja Manimala*. *Bahirparimarjana Chikitsa* like *Sarvanga-Abhyanga*, *Shiro-Abhyanga*, *Lepa*, *Parisheka* all the external cleansing therapies can be considered under the heading of *Ayurvedic Cosmetics*. *Siddhabheshaja Manimala of Bhattashri Shrikrishnarama* was written in poetic style by the author in 1956(19th century AD) and most of the formulations which are given in this book are by authors own clinical experience, which was reviewed in this article for different *Yogas* related to cosmetics: it includes *Tvacha* related *Yoga* (*Varnakara*, *Mukhakantikara*, *Yuvanapidakahara*, *Vyangahara*) and *Kesha* related *Yoga* (*Khalityahara*, *Kesharanjaka*, *Keshakrishnikarana*, *Indraluptahara*). All the cosmetological formulations of *Siddhabheshaja Manimala* are compiled in this article. Cosmetological formulations which are explained in this book are very simple, easy to prepare and author's experience based. This compilation of *Ayurvedic Cosmetic* formulations may help *Ayurvedic Cosmetologist* in clinical practice and experimental/analytical studies are required for further confirmation of the indications.

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