



Research Article

## AYURVEDIC APPROACH TO CARE SKIN – A REVIEW

Tirankar P. M

Campus Shubhadeep Ayurveda Medical College Indore

### ARTICLE INFO

#### Article History:

Received 06<sup>th</sup> September, 2019

Received in revised form 14<sup>th</sup>

September, 2019

Accepted 23<sup>rd</sup> November, 2019

Published online 28<sup>th</sup> December, 2019

#### Key words:

Charma, Pathya aahara Vihar, Dincharya, yoga, Pranayam, Suryanamaskar.

### ABSTRACT

In modern era very few people are blessed with naturally perfect skin. Many people today are living in cities, constantly exposed to dirt and pollution, pursuing high speed, tension producing life, use of many beauty products, detergent, use of polyester clothes, chemical insecticides, pesticides, industrial pollution etc. due to these factors skin disorders may cause. Ultraviolet rays harmful for our healthy skin it does not only affect to the outer layer but also affect to the inner layer of body. And in other aspects of skin disorders, unhealthy diet, not proper management of time, sleep, stress, medicines etc. by which skin is affected. Smoking and Alcohol drinking is second most factor affection skin. They can raise acne, rashes and irritations on the body. The climate factor also affects the skin.

In our *Ayurvedic samhitas* number of *Charmrogas* are mentioned which shows the importance of skin. Various treatments for *Charmrogas* have been mentioned in which *Pathya ahara vihar* and *Dincharya* is very important. *Dincharya palan*, healthy diet, proper exercise, yoga like *Pranayam*, *Suryanamaskar* are the ideal treatment in skin disorder. It is very important of elimination of accumulation of toxic in the body. The *Ayurvedic* approach to caring of skin will help us to maintain a good skin and is better way than any other recent pathy.

Copyright©2019 Tirankar P. M. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

### INTRODUCTION

When we talk about skin care in the review of *Ayurveda*, it should be perfectly clear from that we are not talking about market driven ideal of the movement. *Ayurveda*, the 'science of longevity', promotes health and long life. This science first recorded around 2500 year ago. Traditional *Ayurveda* fits quite well into modern models of holistic healing, concerned with a broad view of the total health of the physical, emotional and spiritual. *Ayurveda* teaches that health is maintained by the balance of three subtle energies, known as *Vata*, *Pitta* and *Kapha*.<sup>1</sup> According to *Susruta*, Irregular in diet or in daily routine; taking of specially heavy, contraindicated and unsuitable foods; taking meals before the previous meal has been digested or taking of unwholesome; indulgence in exercise or in sexual intercourse after ingesting fatty foods or after having undergone emesis; taking of bath habitually while still feeling hot exposure to the sun or after physical exertion and forcible inhibition of vomiting of vomiting; all these vitiate *Pitta* and *Kapha* which get mixed up with *Vayu*, and getting aggravated. Aggravated *doshas* afflicting the skin if left untreated; reach the *dhatu*s then vitiate them and lead to *Charmrogas*.<sup>2</sup> In our *Ayurvedic samhitas* number of *Charmrogas* are mentioned which shows the importance of skin. According to Modern point of view *Mahakustha* can be correlated as Leprosy and *Kshudrakushta* can be correlated as

other skin diseases as per *Charak Samhita*. Disease of the skin is a common occurrence. There is adage that skin patients are never cured and never die. Another popular belief is that the most of the skin disease are contagious. Only few skin diseases are really contagious and require a careful management.

The prevalence of skin disease in the general population has varied from 7.86% to 11.16% in various studies. In India skin disease like Eczema have very hazardous effect on society. At present, there are about 6000 dermatologist catering to a population of over 121 crore. This means that for every 10000 people, only 0.49 dermatologists are available in India as compared to 3.2 in many states of the U.S.

**Need of study** - Nowadays, more young people are visiting doctors and dermatologist to improve and maintain their youth. The craze for cosmetic surgeries has put among people. Demand increase for non-surgical procedure, Laser hair removal is also very high. There is no successful medical therapy for this condition, however these have some demerits, ultra violet light or massage also fails on merit economically not suitable for all.

*Ayurvedic* remedies is easily available and cost effective that's why my approach toward *Ayurveda*. It is helpful for the prevention and cosmetics. It also helps us to maintain good skin.

\*Corresponding author: Tirankar P. M

Campus Shubhadeep Ayurveda Medical College Indore

## MATERIAL AND METHOD

### Selection treatment for the skin care

The skin is a protective covering of the body. The human skin shows wide variations in the areas like scalp, face, ear lobe, back, palms, and soles etc. in the same individual.<sup>3</sup> Skin provides a sufficiently strong barrier against injury due to harmful substances and bacterial invasions. The skin plays the most important role in the regulation of heat loss.<sup>4</sup> A small amount of gaseous exchange occurs through the skin. If the skin is oilier, warmer or inflamed, treat for *Pitta*. If the skin is drier, colder or more fallow, treat for *Vata* and if the skin is oilier, whiter or puffier, treat for *Kapha*. In *Vatajkusthas* intake of ghee is recommended. Similarly emesis in those predominant in *Kapha* and purgation followed by blood – letting in those predominant in *Pitta* is recommended. As regards blood-letting; in minor type venesection is recommended. The patient of *Kustha* having plenty of *dosha* should be evacuated frequently taking care of strength of the individual because on excessive elimination of *doshas* *Vayu* ruins the weak patients. When the bowels are evacuated and blood is let out, intake of ghee is prescribed because in weak patient after evacuation *Vayu* gets aggravated quickly. The aim is to cleanse the body not only of toxic material that may have built up in body, but also excesses in subtle energies, thereby promoting positive health and longevity and balanced skin.<sup>5</sup>

### Importance of diet and selection of food according to Doshas

When the *Rushis* wrote about diet, they were living in a simple, less polluted world. Times have changed and many issues need consideration when addressing diet. The suggestions that follow are not necessary traditional, but are in keeping with the spirit of *Ayurveda*. According to *Ayurveda*, it is the perfect digestion and assimilation of our food together with the regular and efficient evacuation of wastes that is essential for skin. Any food, no matter how perfect, that is improperly digested forms toxic wastes that are the *Ama*. Once formed, *Ama* then enters the bloodstream, blockage in vital channel and accumulating in sites where energy is lowest and the body thus most vulnerable.

The attention given to treating people as individuals is one of the greatest gifts of the *Ayurvedic* approach to health. This is particularly evident in the selection of one's optimum diet. *Ayurveda* honors what was basically worked as the most life sustaining foods and food proportion for humans over the course of history; a diet specific type of each food and proportion being in accordance with *dosha* dominance. *Ayurvedic* diets listed high in whole grain, fiber rich food, low in fat, low in refined sugar, high in mineral, rich in vegetable protein, low in salt, high in fresh organic foods. All contributes to a radiant, rich glow on face and skin in general.

### Role of agni

Unique to *Ayurveda* is the concept of *Agni*. *Agni* is the digestive fire: The power to digest food well, making all nutrients available to the tissues. It is *Agni* that also cleans toxins and excess wastes from the system keeping the digestive tract clean and the outer body fresh and glowing so strong, balanced *Agni* is necessary to keep the body beautiful.

### Pathy apatha

As people with dominant *Vatadosha* have both unpredictable appetites and an inherent loathing of routine, eating quality food in sufficient quantity by eating more frequently is useful, as long as there is hunger. Avoid: Dried fruits, Apples, Melons, Potatoes, Tomatoes, Eat: Avocados, Sweet fruits, Cherries and Oranges.

People with a dominant *Pitta dosha* usually have a strong appetite that needs to be satisfied regularly. Unsatisfied appetite leads to intense hunger and to outbursts, even anger. Avoid: Tomatoes, Garlic, Sour fruits, Bananas, Peanut, Spicy food. Eat: Green salad, Sunflower, Mangos, Mushroom, and Plum.

Changing patterns to eat less in quantity and frequency but maintaining a high quality of food is key for balancing *Kaphadosha*. Avoid: Coconut, Dates, Pineapples, and Dairy product. Eat: Dried fruit, Pomegranate, Basmati rice.

### Dincharya

Daily lifestyle habits and exercise have a great impact on the health and vitality of skin. *Ayurveda* teaches that health is achievable only by understanding how all aspect of life contributes to bringing balance to the body. Getting result is the best incentive for developing the self –discipline necessary to maintain such practice and to radiate health. As *Charaka* says, use your life experience, coupled with the knowledge of *Ayurveda*, as your teacher to create a world that is a nurturing friend rather than an aggravating enemy.

### Surya Namaskar, Yoga And Meditation

The therapeutic value of *Yoga* is one aspect. In *Yogathe Asana* and *Pranayama* are the *yogic* exercise for human being to keep all the organ healthy. *Yoga* is complete message for humanity, human body, human mind, and human soul. Exercise is especially helpful for the skin because in order for the skin to renew itself and be fresh and clean, it needs to be cleared of waste. Through *Yoga* and meditation one can develop voluntary control over involuntary activities such as variation of body temperature, lowering of metabolic rate, change in the brain rhythm and mental fitness and as a therapeutic agent in certain clinical condition.<sup>5</sup>

### Nadi sodhana (Purification of nadies)

1. **By Anuloman Viloma:** *Anuloma –Viloma* is respiratory practice, so most of the times it is considered as *Anuloma Viloma Pranayama*. by three month of practice, all *Nadis* become purified, body becomes glowing and stimulate the digestive fire, body becomes free from all diseases.
2. **By Satkarma:** There are six purificatory processes for an aspirant having *Kapha* and *meda*; they are *Dhauti, Vasti, Neti, Nauli, Trataka and Kapalbhati*. Purifies the body, alleviate all disease, improve the digestive fire.

### Pranayam

*Pranayama* is technique to control the energy in body. The respiration becomes regular and the entire diseases can prevented. In *yogic* literature benefits of *pranayama* are alleviates all disease, eliminates the worms from the body, prevents the aging, stimulate the digestive fire, cools the body, balances *Vata Pitta and Kapha* in the body.

### Ayurveda medicine for the skin<sup>6</sup>

It is true that *Ayurveda* medical literature is replete with plants reported to cure different types of illness. Several *Ayurvedic* drugs are being in use over centuries for several diseases including skin disease.

*Varnya* (Complexion promoter) *Gana* -*Chandan, Tunga, Padmak, Ushir, Madhuk, Manjistha, Sariva, Payasa, Sita, Lata. Madhuk: Madhur & Sheeta*-nourishes all *dhatu*s, increases *Oja* & so increase complexion. *Chandan, Durva*: Absorb *kleda* & cool down *pitta* & purify blood with *tikta, kashaya* taste, so improve complexion.

*Manjistha: Ushnaveerya*, stimulate *bhrajakpitta*, purify blood so improve complexion. Other indicated to reduce tanning, black circles around the eyes, as cosmetic purpose.

### Common drugs use for skin in home remedies

Some of the important single drug claims recorded in various *Ayurvedic* literatures in the treatment of skin diseases.

*Kumari* (Aloe vera): The peels of the plant are removed and remaining part is made into paste and applied on face. *Nimb* (*Azadirachta indica*): Fresh juice of whole herb for drink or its paste applied on skin. *Haridra* (*Curcuma longa*): The paste of *Haridra* is used as antiseptic in skin condition.

### Panchakarma

*Ayurveda* advocates two fold approaches to cure i.e. *Samshodhana* i.e. Bio-purification and *Samsamana*. *Ayurvedic* text describe five major karmas or therapeutic procedures namely by *Vamana, Virechana, Vasti, Shirovirechana and Raktmokshana*. The text describes specific karmas for different *Ritu*s too as an important preventive and promotive care.<sup>7</sup>

The *Samshodhana* therapy of *Ayurveda* is a unique concept. A suitably administered *Samsodhana karma* is expected to cleanse the hollow organs, cells, cell membranes and their pores affecting the bio-purity of intracellular and extracellular contents and structure. This therapy instigates elimination of the *dosha* when administered. *Shamana karma* dose not disturb the other *doshas* that are in balance state.<sup>8</sup>

## DISCUSSION AND CONCLUSION

*Ayurveda* is a science of life which provides not only curative but also preventive principles for healthy and long life. In pigmentary skin disorder *varnya* drugs play an important role while *krimighna* group of drugs may be useful in bacterial as well as viral skin disorder. According to *Ayurveda*, it is the perfect digestion and assimilation of our food with regular and efficient evacuation of wastes that is essential for healthy body and skin. *Yoga* promotes inner health and regular practice help in prevention of skin diseases. More beneficial if *Yoga* combines with *Meditation, Pranayam. Panchkarma* and *Sadakarma* is also great role in skin disease.

## Reference

1. Tripathi .B Charak Samhita, Volume 2 Choukhmba Surbharati Prakashan, Varanasi. Edition 2007,299
2. Sharma .A Shushrut Samhita, Volume 1 Choukhmba Surbharati Prakashan, Varanasi. Edition 2001, 554
3. Kasper, Braunwald Harrison's Principle of Internal Medicine, Volume 1, 16 Edition, P285,302,320
4. Golwalla .A.F, Golwalla, Medicine for Students, The National Book Depot, 21 Edition. 887.
5. Mahatyagi .R.D, New Horizons of yoga and tantra. Choukhmba Orientalia, Varanasi. First Edition 1998.66
6. Nishteswar .K. Ayurvedic Remedies for common skin disease. Pilla Yellaiah Pharmacy, First edition 1999, 11.
7. Sharma .A Kayachikitsa, Choukhmba Vidyabhawan, Varanasi. 433.
8. Melanie Sachs, Ayurvedic Beauty Care, Motilal Banarasi Dass, 29.

### How to cite this article:

Tirankar P. M (2019) 'Ayurvedic Approach to Care Skin – A Review', *International Journal of Current Advanced Research*, 08(12), pp. 20622-20624. DOI: <http://dx.doi.org/10.24327/ijcar.2019.20624.4038>

\*\*\*\*\*