



Review Article

A review on Ayurvedic perspective of herbal cosmetics with special reference
to *Sharangdhara Samhita*

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ABSTRACT:

Introduction- The history of beauty and cosmetics goes way back in time. In today's era, the demand and need of society for beautification has increased tremendously. Along with it, the beauty problems are also increasing due to stressful lifestyle, pollution and over use of cosmetics. In ayurveda, the concept of beauty has an age-old origin, which believes that true beauty is composed of well-nourished body, balanced mind, and peaceful spirit. There is great demand of ayurveda in the field of cosmetology, due to its unique concepts, long lasting effect, and natural ingredients with less or no side effects. Being one of the important *samhita* of ayurveda, *Sharangdhara Samhita* contributes very significant knowledge about herbal cosmetics. It contains many cosmetic *yogas* related to conditions like *indralupta*, *vyanga* etc. It has separate chapter on *lepas* which deal with many cosmetic problems.

Methodology- Relevant literature was collected from *Sharangdhara Samhita*. Herbal cosmetic formulations were carried out and presented in a tabular form along with its ingredients, Form of administration, *Rogadhikara* and References.

Conclusion- *Sharangdhara Samhita* consists of different herbal cosmetic *yogas* which can provide long lasting cosmetic benefits along with therapeutic purpose. So, this review focuses on such herbal cosmetics from *Sharangdhara Samhita* which can be used in regular cosmetic practices for better results with less side effects.

KEY WORDS: Herbal cosmetics, *Sharangdhara Samhita*, cosmetic *yogas*, *lepas*, cosmetics, Ayurvedic cosmeceuticals

INTRODUCTION:

The concept of beauty and cosmetics is as ancient as mankind and civilization. Ayurveda believes that the true beauty is composed of three vital elements: a well-nourished body, a balanced mind and a peaceful spirit. According to Ayurveda, there are three pillars of beauty¹: *Roopam* personified by shining, healthy hair and clear, radiant complexion; *Gunam* characterized by warm, pleasing personality and *Vayastyag* i.e., looking and feeling younger than chronological age.

Sharangdhara Samhita is one of the ancient texts from *Laghutrayee* written by *Acharya*

Sharangdhara in 14th century². It contributes very significant knowledge in the world of cosmetics and Ayurveda. It has separate chapter on *lepas* which highlights the importance of beauty. Many different *yogas* like oils, *lepa*, *nasya* etc. are mentioned for cosmetic problems.

The word cosmetics was derived from Greek word *kosmtikos* meaning skilled in use of cosmetics³. According to Drug and Cosmetic Act, 1940 Cosmetics are any products that are meant to be applied to human body for the purpose of beautifying or cleansing.

Herbal cosmetics⁴ is the latest, safe, and effective trend in the field of beauty. Herbal cosmetics are referred to as beauty products which are formulated by using various herbal ingredients to provide defined cosmetic benefits. The global herbal beauty products market size was estimated at US\$ 83.52 billion in 2021 and is expected to hit US\$ 130.2 billion by 2030, foreseen to register a growth at a CAGR of 5.06% during the forecast period 2022 to 2030⁵. Currently available herbal cosmetics can be categorised as Cosmetics for enhancing the appearance of facial skin, Cosmetics for hair growth and care, Cosmetics for skin care, Shampoos, soaps, powders and perfumery, Miscellaneous products⁶. *Saundaryaprasadak* is the preparation which represents cosmetic base correlates with known Ayurveda.

Here in this article an attempt has been made to gather information regarding herbal cosmetic *yogas* in *Sharangdhara Samhita*. Considering the recent popularity and demand of herbal cosmetics, this work was planned as it will highlight some easy formulations from Ayurveda which can be used in day-to-day life as well as therapeutic purpose.

History of Cosmetics-

• *Prevedic Kala-*

Mohen-jo-daro and Harappa are the oldest civilizations in which face painting and use of collyrium (*Anjana*) was popular⁷.

• *Vedic Kala-*

In Rigveda⁸, use of *Anjana*, flower garlands for beautification are mentioned. In Atharvaveda⁹, many mantras are given for improving *varna*, *kesha*, lustre.

• *Samhita Kala-*

Dinacharya and *Ritucharya* give us the sense of cosmetics in that era¹⁰. Different type of *Snana*, *Abhyanga* etc. are best indicators of value of cosmetology¹¹.

1. *Charaka Samhita-*

References of cosmetics can be found in

terms of *Varnya*, *Keshya*, *Twachya*, *Vayasthapan*¹², *Rasayana* etc. *Ashtaunin-daneeya Adhyaya* marks limitations of healthy and unhealthy outlook¹³.

2. *Sushrut Samhita-*

It is the first Samhita to mention Plastic surgery such as auroplasty, rhinoplasty etc¹⁴. Many *upakrama* such as *parishek*, *aalepana*, *romasanjanana*, *pandukarma* etc. are mentioned¹⁵.

3. *Ashtanga Hridaya & Ashtanga Sangraha-*

Rodhradi and *Eladi ganas* are mentioned as *varnya*. Six types of *mukhalepa* according to seasons are given in *Ashtanga Hridaya*¹⁶.

4. *Chakradatta-*

It has formulations such as *lepas*, oils, *ghritas* for better complexion¹⁷.

5. *Bhavprakash-*

Special drugs and diets for beauty benefits are given in it¹⁸.

6. *Yoga Ratnakar-*

Detailed *Dinacharya-Ritucharya*, plants along with their beautifying effects are mentioned¹⁹.

MATERIAL AND METHODS:

- Concept of beauty, herbal cosmetics from various research articles were studied.
- Relevant literature was collected from *Sharangdhara Samhita*.
- Herbal cosmetic formulations were carried out and presented in a tabular form along with its ingredients, Form of administration, *Rogadhikara* (Disease of primary interest) and References.
- Internal medicines and Intense panchakarma procedures were excluded.

Review of *Sharangdhara Samhita* for Herbal Cosmetic *yogas*²⁰-

Table No. 1: *Kesha* related yogas-

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
1.	<i>Triphaladi Taila</i>	<i>Haritaki (Terminalia chebula)</i> , <i>Bibhitaki (Terminalia bellirica)</i> , <i>Amalaki (Emblca officinalis Gaertn.)</i> , <i>Nimba (Azadirachta indica)</i> , <i>Bhunimba (Andrographis paniculate)</i> , <i>Haridra (Curcuma longa)</i> , <i>Daruharidra (Berberis aristate)</i> , <i>Raktachandan (Pterocarpus santalinus)</i> , <i>Sarshapa Taila (Brassica juncea Linn.)</i>	<i>Shirobhyanga (Oiling of Head)</i>	<i>Arunshika (Tinia capitis)</i>	<i>Sha. Sa. Ma. Kha. 9/153</i>
2.	<i>Nimba beej Taila</i>	<i>Nimba beej (Azadirachta indica)</i> , <i>Bhringaraj Swaras (Ecliptaalba Linn.)</i> , Or <i>Aasan Kwath Pterocarpus marsupium</i>	<i>Nasya (Medicine instillation through nose)</i>	<i>Palitya (Premature Greying of hair)</i>	<i>Sha. Sa. Ma. Kha. 9/154</i>
3.	<i>Yashtimadhuk Taila</i>	<i>Yashtimadhu (Glycyrrhiza glabra)</i> , <i>Godugdha</i> , <i>Amalaki (Fresh) (Emblca officinalis Gaertn.)</i> , <i>Tila Taila (Sesamum indicum)</i>	<i>Nasya (Medicine instillation through nose)</i>	<i>Kesha Saghanata (Hair growth)</i>	<i>Sha. Sa. Ma. Kha. 9/155</i>
4.	<i>Karanja Taila</i>	<i>Karanja (Millettia pinnata)</i> , <i>Chitraka (Plumbago zeylanica)</i> , <i>Jati (Jasminum officinale Linn.)</i> , <i>Karveer (Nerium Indicum)</i> , <i>Tila Taila (Sesamum indicum)</i>	<i>Shirobhyanga (Oiling of Head)</i>	<i>Indralupta (Alopecia)</i>	<i>Sha. Sa. Ma. Kha. 9/156</i>
5.	<i>Nilikadi Taila</i>	<i>Nilika (Indigofera tinctoria Linn)</i> , <i>Ketakikanda (Pandanus odorifer Forssk)</i> , <i>Bhringaraj (Eclipta alba Linn.)</i> , <i>Kurantak (Barleria prionitis)</i> , <i>Arjun pushpa (Terminalia arjuna)</i> , <i>Beejak (Pterocarpus marsupium)</i> , <i>Krushna Tila (Sesamum indicum Linn.)</i> , <i>Tagar (Tabernaemontana divaricate)</i> , <i>Kamal (Nelumbo nucifera)</i> , <i>Ayoraja</i> , <i>Priyangu (Aglaiia elaeagnoidea)</i> , <i>Dadima twak (Punica granatum Linn.)</i> , <i>Guduchi (Tinospora cordifolia)</i> , <i>Haritaki (Terminalia chebula)</i> , <i>Bibhitaki (Terminalia bellirica)</i> , <i>Amalaki (Emblca officinalis Gaertn.)</i> , <i>Padmapanka</i> , <i>Triphala Kwath</i> , <i>Bhringaraj rasa</i> , <i>Tila Taila (Sesamum indicum)</i>	<i>Shirobhyanga (Oiling of Head)</i>	<i>Palitya (Premature Greying of hair)</i> , <i>Darunaka (Seborrhic dermatitis)</i>	<i>Sha. Sa. Ma. Kha. 9/157-160</i>
6.	<i>Bhringaraj Taila</i>	<i>Bhringaraj rasa (Eclipta alba Linn.)</i> , <i>Lohakitta</i> , <i>Haritaki (Terminalia chebula)</i> , <i>Bibhitaki (Terminalia bellirica)</i> , <i>Amalaki (Emblca officinalis Gaertn.)</i> , <i>Sariva (Hemidesmus indicus)</i> , <i>Tila Taila (Sesamum indicum)</i>	<i>Shirobhyanga (Oiling of Head)</i>	<i>Darunaka (Seborrhic dermatitis)</i> , <i>Palitya (Premature Greying of hair)</i> , <i>Shira- Kandu (Itchyscalp)</i> , <i>Indralupta (Alopecia)</i>	<i>Sha. Sa. Ma. Kha. 9/161-162</i>

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
7.	Bibhitakadi Nasya	Bibhitaka (<i>Terminalia bellirica</i>), Nimba (<i>Azadirachta indica</i>), Gambhari (<i>Gmelina arborea</i>), Haritaki (<i>Terminalia chebula</i>), Shehu (<i>Cordia dichotoma G</i>), Kakini (<i>Solanum nigrum</i>), Any one Taila	Nasya (Medicine instillation through nose)	Palitya (Premature Greying ofhair)	Sha. Sa. Ut. Kha. 8/46
8.	Pinyakadi Lepa	Puran Pinyak, Kukkut Purish, Gomutra	Lepa (Paste application)	Arunshika (Tinia capitis)	Sha. Sa. Ut. Kha. 11/16
9.	Khadirarish-tadi Lepa	Khadira (<i>Acacia catechu</i>), Nimba (<i>Azadirachta indica</i>), Jambhu twak (<i>Syzygium cumini</i>), Gomutra; Kutajtwak (<i>Wrightia antidysenterica</i>), Saidhav	Lepa (Paste application)	Arunshika (Tinia capitis)	Sha. Sa. Ut. Kha. 11/17
10.	Priyalbeejadi Lepa	Priyal beej (<i>Buchanania cochinchinensis</i>), Madhuka (<i>Glycyrrhiza glabra</i>), Kushtha (<i>Saussurea lappa</i>), Mash (<i>Vigna mungo</i>), Saindhav, Madhu	Lepa (Paste application)	Darunaka (Seborrhic dermatitis)	Sha. Sa. Ut. Kha. 11/18
11.	Dugdha pishta Lepa	Khaskhas, Dugdha; Aamrabeej churna (<i>Mangifera indica</i>), Haritaki Churna (<i>Terminalia chebula</i>), Dugdha	Lepa (Paste application)	Darunaka (Seborrhic dermatitis)	Sha. Sa. Ut. Kha. 11/19
12.	Patolrasa Lepa	Tikta Patol Swaras (<i>Trichosanthes Dioica</i>)	Lepa (Paste application)	Indralupta (Alopecia)	Sha. Sa. Ut. Kha. 11/20
13.	Indralupta-hara Lepa	Bruhati Swaras (<i>Solanum Indicum Linn.</i>), Madhu; Gunja mul-phala (<i>Abrus precatorius</i>); Bhallataka Rasa (<i>Semecarpus anacardium</i>), Madhu	Lepa (Paste application)	Indralupta (Alopecia)	Sha. Sa. Ut. Kha. 11/21
14.	Keshavardhan Lepa	Gokshur (<i>Tribulus terrestris</i>), Tila Pushpa (<i>sesamum indicum</i>), Madhu, Ghrita	Lepa (Paste application)	Kesha Saghanata (Hair growth)	Sha. Sa. Ut. Kha. 11/22
15.	Yashti-Indivaradi Lepa	Yashti (<i>Glycyrrhiza glabra Linn.</i>), Indivar (<i>Monochoriavaginalis</i>), Mrudvika (<i>Vitis vinifera Linn.</i>), Tila Taila, Ghrita, Dugdha	Lepa (Paste application)	Indralupta (Alopecia), Kesha Saghanata (Hair growth)	Sha. Sa. Ut. Kha. 11/24
16.	Indravaruni Beej Taila Lepa	Indravaruni Beej (<i>Citrullus colocynthis</i>)	Taila Lepa (oil paste application)	Palitya (Premature Greying ofhair) (Kesha Krushnikar)	Sha. Sa. Ut. Kha. 11/26
17.	Ayorajadi Lepa	Ayoraja, Bhringaraj (<i>Ecliptaalba</i>), Haritaki (<i>Terminalia chebula</i>), Bibhitaki (<i>Terminalia bellirica</i>), Amalaki (<i>Embllica officinalis Gaertn.</i>), Krushna Mruttika, Ikshurasa (<i>Saccharum officinarum</i>)	Lepa (Paste application)	Palitya (Premature Greying ofhair)	Sha. Sa. Ut. Kha. 11/27

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
18.	Triphaladi Lepa	Amalaki (<i>Embllica officinalis</i> Gaertn.), Pathya(<i>Terminalia chebula</i>), Bibhitaki (<i>Terminalia bellirica</i>), Aamramajja (<i>Mangifera indica</i>), Loha	Lepa (Paste application)	Akal Palitya (Premature Greying of hair)	Sha. Sa. Ut. Kha. 11/28-29
19.	Triphala NilikadiLepa	Haritaki (<i>Terminalia chebula</i>), Bibhitaki (<i>Terminalia bellirica</i>), Amalaki (<i>Embllica officinalis</i> Gaertn.), Nilika (<i>Indigofera tinctoria</i>), Loha, Bhringaraj (<i>Eclipta alba</i>), Avimutra	Lepa (Paste application)	Palitya (Premature Greying of hair) (Keshha Krushnikara)	Sha. Sa. Ut. Kha. 11/30
20.	Triphala Lohadi Lepa	Haritaki (<i>Terminalia chebula</i>), Bibhitaki (<i>Terminalia bellirica</i>), Amalaki (<i>Embllica officinalis</i> Gaertn.), Loha, Dadimatwak (<i>Punica granatum</i> Linn.), Bis (<i>Nelumbo nucifera</i>), Bhringaraj rasa (<i>Eclipta alba</i>), Chhagidugdha	Lepa (Paste application)	Palitya (Premature Greying of hair)	Sha. Sa. Ut. Kha. 11/31-34

Table No. 2: Roma related yogas-

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
1.	Karveeradi Taila	Karveer (<i>Nerium Indicum</i>), Shikha (<i>Adiantum incisum</i>), Danti (<i>Baliospermum montanum</i>), Trivrutta (<i>Operculina turpethum</i>), Koshataki (<i>Luffa acutangular</i>), Kadali Kshar, Taila	Taila Lepa (Oil Paste application)	Romashatan (Hair removal)	Sha. Sa. Ma. Kha. 9/187
2.	Hastidanti Mashi	Hastidanta Mashi, Chhagidugdha	Lepa (Paste application)	Romotpadan (Hair growth)	Sha. Sa. Ut. Kha. 11/23
3.	Roma-sanjanana Lepa	Twak-Roma-Nakha-Shrunga-Asthi of Chatushpada	Lepa (Paste application)	Romasanjanana (Hair growth)	Sha. Sa. Ut. Kha. 11/25
4.	Shankhadi Lepa	Shankha, Haratal, Manashil, Swarjikakshar	Lepa (Paste application)	Romashatan (Hair removal)	Sha. Sa. Ut. Kha. 11/35-37
5.	Talakadi Lepa	Talak, Shankha, Palash Kshar, Kadalidanda Rasa (<i>Musa paradisiacal</i> Linn.) / Ravipatra rasa	Lepa (Paste application)	Romashatan (Hair removal)	Sha. Sa. Ut. Kha. 11/38-39

Table No. 3: *Twak* related yogas-

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
1.	Lakshadi Taila	Laksha (<i>Laccifer lacca</i>), Tila Taila (<i>Sesamum indicum</i>), Shatapushpa (<i>Pimpinella anisum</i>), Ashwagandha (<i>Withania somnifera</i>), Haridra (<i>Curcuma longa</i>), Devdaru (<i>Cedrus deodara</i>), Katuki (<i>Picrorhiza kurrooa</i>), Renuka (<i>Vitex negundo</i> Linn.), Murva (<i>Morus alba</i>), Kushtha (<i>Saussurea lappa</i>), Madhuyashti (<i>Glycyrrhiza glabra</i>), Chandan (<i>Santalum album</i>), Mustaka (<i>Cyperus rotundus</i>), Rasna (<i>Pluchea lanceolata</i>)	Abhyanga (Body massage)	Sharira Daurgandhya (Bad body odour), Kandu (Itch)	Sha. Sa. Ma. Kha. 9/93-98
2.	Jatyadi Taila	Jati (<i>Jasminum officinale</i> Linn.), Nimba (<i>Azadirachta indica</i>), Patol (<i>Trichosanthes Dioica</i>), Karanja (<i>Millettia pinnata</i>), Siktha (<i>Tabernaemontana sananho</i>), Madhuka (<i>Glycyrrhiza glabra</i>), Kushtha (<i>Saussurea lappa</i>), Haridra (<i>Curcuma longa</i>), Daruharidra (<i>Berberis aristate</i>), Kutaki (<i>Picrorhiza kurrooa</i>), Manjistha (<i>Rubia cordifolia</i>), Padmaka (<i>Prunus Cerasoides</i>), Lodhra (<i>Symplocos racemosa roxb</i>), Abhaya (<i>Terminalia chebula</i>), Nilotpala (<i>Nymphaea cyanea</i>), Tuttha, Sariva (<i>Hemidesmus indicus</i>), Taila	Abhyanga (Body massage)	Kacchu-Kandu (Itch)	Sha. Sa. Ma. Kha. 9/168-171
3.	Raktachandani Lepa	Raktachandan (<i>Pterocarpus santalinus</i>), Manjistha (<i>Rubia cordifolia</i>), Lodhra (<i>Symplocos racemosa roxb</i>), Kushtha (<i>Saussurea lappa</i>), Priyangu (<i>Aglaiia elaeagnoidea</i>), Vatankura (<i>Ficus benghalensis</i> Linn.), Masoor (<i>Lens culinaris</i>)	Lepa (Paste application)	Vyanga (Melasma), Mukhakantikara (Face Brightening)	Sha. Sa. Ut. Kha. 11/9
4.	Matulungadi Lepa	Matulunga jata (<i>Citrus medica</i>), Sarpi, Manashil, Goshakrut Rasa	Lepa (Paste application)	Pitika (pimple type skin conditions), Nilika (Blakish skin pigmentation condition), Vyanga (Melasma), Mukhakantikara (Face Brightening)	Sha. Sa. Ut. Kha. 11/10

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
5.	Lodhradi Lepa	Lodhra (<i>Symplocos racemosa roxb</i>), Dhanyak (<i>Coriandrum sativum</i>), Vacha (<i>Acorus calamus Linn.</i>); Gorochan, Maricha (<i>Piper nigrum</i>)	Lepa (Paste application)	Tarunyapitika (Acne especially in teenagers)	Sha. Sa. Ut.Kha. 11/11
6.	Siddharthakadi Lepa	Siddharthaka (<i>Brassicainigra</i>), Vacha (<i>Acorus calamus Linn.</i>), Lodhra (<i>Symplocos racemosa roxb</i>), Saindhav; Arjun twak (<i>Terminaliaarjuna</i>), Manjistha (<i>Rubia cordifolia</i>), Madhu	Lepa (Paste application)	Vyanga (Melasma)	Sha. Sa. Ut.Kha. 11/12
7.	Ashwak-huramasi Lepa	Shweta ashwa khuramashi, Arka ksheer, Haridra (<i>Curcuma longa</i>), Navaneet	Lepa (Paste application)	Mukhakarshnya (Dull-Pigmented Face)	Sha. Sa. Ut.Kha. 11/13
8.	Vatapatradi Lepa	Vatapatra (<i>Ficus benghalensis Linn.</i>), Malati (<i>Aganosma heynei</i>), Raktachandan (<i>Pterocarpus santalinus</i>), Kushtha (<i>Saussurea lappa</i>), Kaliyak (<i>Coscinium fenestratum</i>), Lodhra (<i>Symplocos racemosa roxb</i>)	Lepa (Paste application)	Tarunyapitika (Acne especially in teenagers), Vyanga (Melasma), Nilika (Blakish skin pigmentation condition)	Sha. Sa. Ut.Kha. 11/14-15
9.	Tambul patradi Lepa	Tambulpatra (<i>piper betel</i>), Kushtha (<i>Saussurea lappa</i>), Shiva (<i>Terminalia chebula</i>)	Lepa (Paste application)	Sharira Daurgandhya (Bad body odour)	Sha. Sa. Ut. Kha. 11/117
10.	Kulatthadi Lepa	Kulattha sakthu (<i>Dolichos biflorus L.</i>), Kushtha (<i>Saussurea lappa</i>), Jatamansi (<i>Nardostachys jatamansi</i>), Chandan (<i>Santalum album</i>), Chanak sakthu (<i>Cicer arietinum.</i>), Twak Cinnamomum verum)	Lepa (Paste application)	Sharira Daurgandhya (Bad body odour), Swedahara (Anti-perspirant)	Sha. Sa. Ut. Kha. 11/118-119
11.	Marich Saindhvadi Lepa	Maricha (<i>Piper nigrum</i>), Saindhav, Krishna, Tagar (<i>Valeriana wallichii</i>), Bruhati (<i>Solanum indicum</i>), Apamarga (<i>Achyranthes aspera</i>), Tila (<i>Sesamum indicum</i>), Kushtha (<i>Saussurea lappa</i>), Yava (<i>Hordeum vulgare Linn</i>), Mash (<i>Vigna mungo</i>), Sarshapa (<i>Brassica juncea Linn.</i>), Ashwagandha (<i>Withania somnifera</i>), Madhu	Lepa (Paste application)	Stana-Utsedh and Pushti (For sagging of breast and nourishment)	Sha. Sa. Ut. Kha. 11/112-114

Table No. 4: Oshtha related yogas-

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
1.	<i>Irimedadi Taila</i>	<i>Irimeda (Acacia farnesina Wild), Tila Taila (Sesamum indicum), Lavang (Syzygium aromaticum), Gairik, Agar (Aquilaria agallocha Roxb), Padmaka (Prunus Cerasoides), Manjistha (Rubia cordifolia), Lodhra (Symplocos racemosa roxb), Madhuka (Glycyrrhiza glabra), Laksha (Laccifer lacca), Nyagrodha (Ficus bengalensis Linn.), Musta (Cyperus rotundus), Twak (Cinnamomum verum), Jatiphala (Myristica fragrans), Karpur (Cinnamomum camphora), Kankol (Piper cubeba), Khadir (Acacia catechu), Patanga (Caesalpinia sappan), Dhataki (Woodfordia fruticosa), Sukshma Ela (Elettaria cardamomum), Nagakeshar (Mesua ferrea), Katphala (Myrica nagi)</i>	Local Application, <i>Taila Gandusha</i> (Oil Pulling)	<i>Oshtharoga</i> (Diseases related to lips)	<i>Sha. Sa. Ma. Kha. 9/163-167</i>

Table No. 5: Netra related yogas-

Sr. No.	Yoga Name	Ingredients	Form of Administration	Rogadhikara	Reference
1.	<i>Rasanjanadi Rasakriya</i>	<i>Rasanjana (Berberis aristate), Sarjarasa (Vateria indica), Jatipushpa (Jasminum officinale Linn.), Manashila, Samudraphena, Lavan, Gairik, Maricha (Piper nigrum), Madhu</i>	<i>Anjana</i> (Collyrium)	<i>Pakshma Prarohana</i> (Eyelash regrowth)	<i>Sha. Sa. Ut. Kha. 13/96-97</i>

DISCUSSION:

We came across different *yogas* explained in *Sharangdhar Samhita*. It contributes very significant knowledge in the world of cosmetics and Ayurveda. It has separate chapter on *lepas* which highlights the importance of beauty. Many unique *yogas* related to cosmetic aspect are found in this book of *Laghutrayee*. In these formulations, different types of materials are used as a medium or bases which are quite unique as compared to other *samhitas*. If we categorise these *yogas*, we can find *yogas* related to *Kesha, Twak, Roma, Oshtha, Netra, Stana* etc.

Total 20 *Kesha* related *yogas* are there, in which *Palityahara, Indraluptahara, Arunshikahara* as well as *Keshavardhan yogas* can be seen. We can compare them

with Hair dyes, Anti-dandruff and Anti-hair fall formulations from modern medicine. In total 11 *Twak* related *yogas*, mainly *Vyangahara, Tarunyapitikahara, Kantivardhak, Kandugghna* preparations are mentioned. Along with-it unique formulations for body odour and breast enhancement are found. In modern, we can compare them with Anti-perspirants and Deodorants, Anti-acne, Anti-itch, and complexion improving formulations. In 5 *Roma* related *yogas*, *Romashatan* and *Romasanjanana yogas* are given which can be correlated with depilators in modern medicine. *Oshtha* related *yoga* can be compared with different lip preparations such as lip oils, balms etc. *Netra* related *yoga* can be compared with eye preparations such as eyelash serums etc.

In all these formulations, some commonly seen herbal ingredients are *Yashti*, *Triphala*, *Bhringaraj*, *Kushtha*, *Haridra*, *Nimba*, *Raktachandan*, *Tila Taila* etc. Also, some *Visha Dravyas* are mentioned in few *yogas* such as *Karveer*, *Hartal*, *Manashila*, *Arka*, *Kaliyaka* etc. But the percentage is negligible and with proper *Shodhana*, the toxicity of *dravyas* decreases and if used in little amount in *kalpas*, the effectivity of *kalpa* increases.

Different forms of administration are mentioned, in which the most common form is *Lepa Kalpana*. In ayurveda, Form of administration is quite important for better effectivity of *kalpa* as per the disorder. In skin conditions, preferred forms are *Abhyanga* and *Lepa*, whereas for hair related conditions, *Shirobhyanga*, *Nasya*, *Lepa* can be used. One unique Form mentioned here is *Taila Lepa* i.e., application of paste mixed with oil. For *Oshtha related* conditions, *Taila gandusha* is mentioned whereas for *Netra* related conditions, *Anjana* is given.

Our classical *yogas* are useful for therapeutic purpose as well as cosmetic benefits, which is bigger advantage over modern cosmetics. These herbal cosmetics are useful due to its uniqueness, effectivity, long lasting benefits, natural ingredients, and less side effects. Most of the reviewed *yogas* can be compared to cosmeceuticals in Ayurveda, as it can provide both cosmetic as well as medicinal benefits.

CONCLUSION:

In today's era, the demand and need of society for beautification has increased tremendously. But, along with it, beauty problems are also increasing. So, there is plenty of scope for research and development in the field of herbal cosmetics. Ayurveda explains concept of cosmetics in terms such as *keshya*, *varnya*, *vayasthapan* etc. *Sharangdhar Samhita* is one of the ancient texts of *laghutrayee* which contributes significant knowledge in the world of cosmetics. *Sharangdhar Samhita* consists of different herbal cosmetic *yogas* which can provide long lasting cosmetic benefits along with therapeutic purpose. So, these formulations

can be used in regular cosmetic practices for better results with less side effects. Also, further researches and trials can be conducted on these formulations to expand the perimeter of ayurvedic cosmetology.

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