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Review Article

A Review on Ayurvedic Cosmeceuticals and their Mode of Actions

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Abstract

The uses of herbal ingredients in cosmetic industry increases day by day since these products improves natural beauty and also gives anti-aging effect. The presence of chemicals such as essential oils, alkaloids, proteins, flavonoids, vitamins and minerals, etc., contributed towards the cosmeceutical properties of herbal cosmetics. Ayurveda described uses of cosmetic for retaining health of skin, hair and tooth, etc. The Ayurveda cosmeceutical provides *Vayasthapana*, *Varnya*, *Sandhaniya*, *Tvachya*, *Shothahara* and *Tvachagnivardhani* effects thus helps to retain beauty and resist symptoms of early aging. Natural products such as *Amla*, *Gotukola*, *Neem*, *Henna*, *Bael*, *Brahmi*, *Haritaki*, *Shikakai*, *Bhringaraj* and *Reetha*, etc. mainly used for the beautification purpose. Some Ayurveda formulations or topical preparations and oils also recommended for improving health of skin and hair. Ayurveda cosmeceuticals offers advantages of availability, safety and free from unwanted chemical reactions. Present article summarizes the key aspects related to the natural cosmeceuticals and their mode of action.

Keywords: *Ayurveda*, *Beauty*, *Cosmeceuticals*, *Vayasthapana*, *Tvachya*

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Introduction

Cosmeceuticals are the products used for improving or retaining beauty, they mainly employed for curing health of skin, hair, tooth and eye, etc. The natural or herbal cosmeceuticals acquiring their market place in cosmetic industry since they contain many ingredients which offer potential effect on skin. The herbal ingredients provide nutrition to the skin and reversing the signs of aging. Ayurvedic cosmeceuticals improves external appearance, gives longevity and maintain youthfulness. Ayurveda concept of *Rutucharya* and *Dinacharya* also helps to improve natural beauty¹⁻⁴.

Ayurvedic cosmeceuticals considered safe and holistic option for improving beauty and they are easily available for the use of common people. Ayurvedic cosmeceuticals resist aging, tonifying skin, imparts calming and smoothing effects, moistened skin thus prevent dryness and prevent premature aging.

Skin and Doshas:

- Ayurveda cosmeceuticals maintain balance of *Kapha* which determine skin health and youthfulness. Warm oil massage and cleansing of skin recommended for maintaining health of *Kapha* skin.
- The *Pitta* pacifying products retain metabolic mechanisms thus control chemical and hormonal reactions of skin.

Sunscreens, skin protective cream and facial skin oils, etc. can be used for curing health of *Pitta* predominate skin.

- The efficient circulation of blood and nutrients govern by *Vata* thus *Vata* pacifying products helps in the nourishment of skin. Warm oil massage and natural moisturizers may help to cure health of *Vata* skin.

Skin and Dhatus:

- The *Rasa Dhatu* supports body tissues and maintain health of skin thus drugs potentiating *Rasa Dhatu* improves health of skin.
- *Rakta Dhatu* detoxifies skin thus prevent diseases associated with the accumulation of toxins, therefore drugs which purify *Rakta* also boost health of skin.
- *Mamsa Dhatu* provides firmness to the skin and maintains rigidity.

The Ayurvedic cosmeceutical should potentiate all these *Dhatus* i.e.; *Rasa*, *Rakta* and *Mamsa* to improve the overall health of skin. Similarly the anti-aging therapy of Ayurveda works in two ways; *Urjaskara* and *Vyadhihara*, the first one is promotive approach and later one is curative therapy⁵⁻⁸. The Ayurveda cosmetics act by virtue of their specific actions, some of them depicted in **Figure 1**.

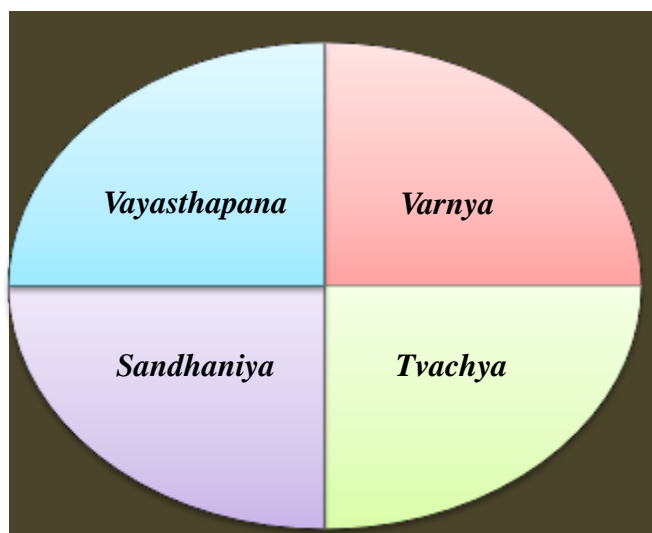


Figure 1: Biological action of Ayurvedic Cosmeceuticals

Advantages of Ayurvedic Cosmeceuticals:

- ✓ Offers safety and cause less irritation to the skin.
- ✓ Ayurvedic cosmeceuticals are compatible and palatable thus offers patient compliance.
- ✓ Natural products are free from chemical reactions or unwanted side effects.
- ✓ Acts on cellular level, improve normal functions, absorb easily and provides healing properties.
- ✓ Natural fragrances give pleasant feeling with calming and soothing effects if applied topically for sunburn.
- ✓ The Ayurveda beauty products can also be applied for treating conditions like premature ageing, scars, pigmented skin, skin-sensitivity, dark circles, dandruff, hair damage and alopecia, etc ⁹⁻¹¹.

Ayurvedic cosmeceutical and their mode of action:

Centella asiatica (*Gotu-Kola*) acts as *Vayasthapana* drug, nourishes skin and offers anti-aging property thus maintain youthfulness. *Vayasthapana* herbs keep all *Doshas* in balance and enhance collagen synthesis.

Sandalwood and Indian madder, etc. acts as *Varnya*, means these drug possess ability to enhance the radiance or complexion of skin. They help skin to glow, maintain youthfulness and impart pleasant feeling.

Some herbs helps to protect from normal wear and tear, these cosmeceutical termed as *Sandhaniya*, the *Sandhaniya* herbs provides healing and regenerative effects thus improves health of skin and delay aging.

Herbs like *Gotu Kola* also acts by their *Vranaropana* effect and provide deep healing of tissue, these drugs enhances healing of skin from the cuts and wounds thus restore natural appearance of skin surface.

Costus, Rose Petal and Orange peel, etc. acts by their *Tvachya* effects and nurture skin. These herbs maintain moisture balance, give nourishment to the skin and prevent effects of early aging. The presence of Vitamins A, C and E in these herbs contributed towards the skin nourishing effect of herbs.

Amla, *Trifala* and *Centella asiatica* strengthen skin's metabolic mechanisms thus acts as *Tvachagnivardhani*. These drugs

enhances luster of skin, clears clogged channels, maintain youthful glow, improves circulation and prevent skin wrinkles.

Tvagrasyana means *Rasayana* drug indicated for skin which helps to maintain normal skin health and retard aging effects.

Neem used for healing purposes, cure skin diseases and prevent topical microbial infection thus resists skin infections. It is also used to prevent itching, rashes and infectious wounds thus retain normal health of skin.

Henna is used as natural dyes and colourants, also used as natural conditioner, strengthen hair and make them shine. *Henna* cleans and nourishes hair, promote hair growth and cure dandruff problems.

Bilva cures hair problems and provides anti-inflammatory conditions, it control *Vata* thus maintain normal circulation.

Brahmi control stress-related effects of aging, impart calming effect, improve health of hair, reduce stress thus control stress related conditions like alopecia and early aging.

Shikakai, *Reetha* and *Bhringaraj*, etc. also used in the form of oils, cleansers and conditioners for retaining health of hair. They treat dandruff, alopecia and seborrhoea, etc.

Sandalwood is cosmetic ingredient used as germicidal and antiseptic in medicine and exotic deodorant or scent for cosmetic purpose. Sandalwood soothes skin and heal inflammation, gives rejuvenating effects, prevent from pollutants and sun-exposure. Sandalwood oil used in moisturizers, body shampoos, body lotions and baby-care products, etc.

Aloe vera maintains moisture balance of skin, control acid-alkaline balances, help in cell renewal, *Aloe vera* heal cuts and wounds, helps to clean and protect skin.

Almond, lavender, jasmine and balsam, etc. used in emollient nourishing creams. The presence of oil and Vitamin helps to protect the tissues from degeneration. Almond is considered good for skin around the eyes, prevent wrinkles and dark circles. Protect from sun and uses as humectants. Gold, diamond and pearls, etc. also described in Ayurveda for cosmetic purpose.

Santalum album, *Kumkuma* (*Crocus sativus*) and distilled products of Rose and Jasmine used as *Gandha Dravya* (deodorants), these all helps to improves body odour, to avoid foul body smell and applied as *Alepa* or *Arka* over the body [2-6].

Conclusion

The herbal or natural cosmeceuticals helps to improves natural beauty and delay sign of early aging. These natural cosmeceuticals improves beauty due to the presence of chemicals such as essential oils, proteins, alkaloids, flavonoids, vitamins and minerals, etc. The Ayurveda cosmeceuticals act by virtue of their *Vayasthapana*, *Varnya*, *Sandhaniya*, *Tvachya*, *Shothahara* and *Tvachagnivardhani* effects. *Gotukola*, *Neem*, *Amla*, *Henna*, *Bael*, *Haritaki*, *Shikakai*, *Bhringaraj*, *Reetha* and *Brahmi*, etc. are some examples of natural cosmeceuticals which are used for the beautification purpose. Ayurveda cosmeceuticals offers advantages of safety, compatibility and patient compliance. Natural products are free from hazardous chemical reactions with the human skin and not possess unwanted side effects. Ayurveda drugs acts at cellular level, provides healing properties, gives calming and soothing effects. The Ayurveda beauty products can also be applied for treating conditions like pigmented skin, skin-sensitivity, dark circles, dandruff, hair damage and premature ageing, etc.

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