



## COSMECEUTICALS WITH SPECIAL REFERENCE TO VARNYA DASHEMANI: A REVIEW

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## ABSTRACT

Cosmeceuticals are the latest addition to the health industry and are described as cosmetic products with medicinal properties. A cosmeceutical is essentially a skincare product that contains a biologically active compound that is thought to have pharmacological effects on the skin. Due to the social cosmetic awareness in the society, there is increase in the demand and utilization of the cosmetic products. Extensive uses of chemically derived cosmetic products harm the skin. This awareness increases the demand of application of Cosmeceuticals in Ayurveda. According to Ayurveda the health of skin is dependent on Pitta Dosha and Rakta Dhatu. Any derangement in these factors leads to cosmetic ill health. In classics, there are a lot of Ahara, Aushadha and Vihara which are mentioned to enhance the beauty, one among such is Varnya Dashemani mentioned by Charaka. Chakrapani in his commentary says Varnaaya Hitam Varnyam, the one which enhances the colour complexion of the body. This paper aims to review the drugs mentioned in Varnya Dashemani in cosmetic health and skin care.

**Keywords:** Cosmeceuticals; Varnya Dashemani; Cosmetic health; Ayurveda

## INTRODUCTION

Consumers are always interested in maintaining a youthful appearance and as the global population median age increases, this market is increasingly expanding<sup>1</sup>. Cosmeceuticals are the rapid-growing sector of the natural personal care industry<sup>2</sup>. It enhances the appearance by distributing nutrients essential for healthy skin. Like cosmetics, Cosmeceuticals are topically applied, but they contain ingredients which have the capacity to have an effect on the biological function of the skin<sup>3</sup>. It encompasses activities with therapeutic, disease fighting or

healing properties, serving as a bridge between personal care products and pharmaceuticals.

The association between Ayurveda and Cosmeceuticals is gaining importance in the beauty, health and wellness sector<sup>4</sup>. Cosmeceuticals in Ayurveda can be understood under various concept such as Swasthavritta<sup>5</sup> (regimen for a healthy person)- Dinacharya and Rtucharya Palana, Pathyaapathya, Ahara, Vihara, concept of Shodhana and Rasayana. Acharya Charaka has mentioned Varnya Dashemani<sup>6</sup>; a group of ten drugs having a broad range of skin property.

Table 1: Description about Varnya Dashemani

Drug Name	Botanical Name /Family	Used Part	Rasa	Guna	Virya	Vipaka	Dosha karma	Karma	Chemical Constituent
Chandana	<i>Santalum album</i> Santalaceae	Heart wood	Tikta Madhura	Ruksha Laghu	Sita	Katu	Pittakapha shamaka	Varnya Twakdosahara	asantalol Bsantalol
Tunga (Punnaga)	<i>Calophyllum inophyllum</i> Guttiferae	Bark, Seed	Madhura Kashaya	Laghu Ruksha	Sita	Madhura	Kaphapittahara	Varnya, Raktapitta	Callophyllin B Canophyllal
Padmaka	<i>Prunus cerasoides</i> Rosaceae	Twak Bijamajja	Kashaya, tikta	Laghu, Snigdha	Sita	Katu	Pittakapha shamaka	Varnya, Twakdoshanashaka	Prunetinoside Glucogentwanin
Usheera	<i>Vetiveria zizanioides</i> Poaceae	Root	Tiktamadhura	Laghu Snigdha	Sita	Madhura	Vatapitta Shamaka	Varnya Vranaropaka	Khusol Vetiselinenool
Madhuka	<i>Glycyrrhiza glabra</i> Papilionaceae	Root	Madhura	Guru Snigdha	Sita	Madhura	Vatapitta Shamaka	Varnya Vranahara	Glycyrrhizetic acid Liqcomarin
Manjista	<i>Rubiaceae</i>	Root	Kashaya Tikta Madhura	Guru Ruksha	Ushna	Katu	Pittakapha Shamaka	Varnya Raktashodaka	Manjistin Purpurin

<i>Sariva</i>	<i>Hemidesmus indicus</i> Asclepidaceae	Root	Tikta Madhura	Guru Snigdha	Sita	Madhura	Tridoshashamaka	Varnya Raktashodaka	Coumarin Hemidesmine
<i>Payasya</i>	<i>Ipomoea digitata</i> Convolvulaceae	Root	Madhura	Guru Snigdha	Sita	Madhura	Vatapittashamaka	Varnya Balya	B - sitosterol Carotene
<i>Sita</i> ( <i>Swetadurva</i> )	<i>Cynodondactylon</i> Poaceae	Whole plant	Tikta, madhura Kashaya	Laghu	Sita	Madhura	Kaphapittashamaka	Varnya Twakrogahara	$\beta$ – carotene Vitamin C <sup>7</sup>
<i>Latha</i> ( <i>Syamadurva</i> )									

## DISCUSSION

Varnya Dashemani includes drugs which are used internally as well as externally in the form of Lepa, Taila for Abhyanga etc. for the maintenance of healthy skin. Factors responsible for Varnya Karma are as follows:

**Table 2: Factors responsible for Varnya Karma**

DOSHA	
Vatadosha	Udanavata
Pitta	Bhrajaka Pitta
Kapha	Prasanna Snigdha Varna
DHATU	
Rasa	Sara Lakshana related to Varna
Rakta	Snigdha, Shlakshna, Prasanna, Saprabha Twak
Medha	Snigdha Varna
Majja	Mrudu Anga, Snigdha Varna
Shukra	Prasanna, Snigdha Varna <sup>8</sup>

### Based on Rasa

Most of the drugs depicted in the above-mentioned table possess Madhura and Tikta Rasa. Madhura Rasa is said to possess Karma like Varnakara, Twachya, Prasadhaka, Rasadi Sapta Dhatu Vardhaka. Its Doshakarma is Pittavata Shamaka. Tikta Rasa does Twakmamsa Sthirakarana (gives firmness to skin and muscles), used in Kusta, Kandu. It does Pittakapha Shamana<sup>9</sup>.

### Based on Guna

Most of the drugs depicted in the above-mentioned table possess Guru, Snigdha Guna. Guru Guna does Tarpana<sup>10</sup> (nourishing) and does Vatashamana. Snigdha Guna does Snehana (unctuous), Mardhavakrut (moistens the skin), Varnakara (provides complexion)<sup>10</sup>.

### Based on Vipaka

The properties of Madhura Vipaka are similar to that of Madhura Rasa.

### Based on Virya

Most of the drug depicted in the above-mentioned table possess Sita Virya. Virya is responsible for karma of Dravya. Sita Virya acts on Pitta Dosha and Rakta Dhatu which helps in bringing out Varnya Karma.

### Based on Phytoconstituent

#### *Santalum album* Linn.

Santalol, the major constituent in sandalwood oil, is a potent inhibitor of tyrosine, which has great potential in skincare.

#### *Glycyrrhiza glabra* Linn.

Its role on skin is mainly attributed to its antioxidant activity of phytochemicals triterpene, Saponins and flavonoids. Glycyrrhizic acid controls the secretion of melanin in skin.

#### *Rubia cordifolia* Linn.

It contains Glycosides known as Manjsthin, Purpurin. Methanolic extract of this herb has been reported to show inhibition of tyrosinase activity thereby it acts to normalize the skin colour.

#### *Prunus cerasoides* D. Don

New flavanone glycoside Puddumin exhibited anti-melanogenesis activity by suppression of tyrosinase protein.

#### *Hemidesmus indicus* (Linn.) R.Br.

Methanolic extract of its root reported to show tyrosinase inhibitor activity.

#### *Vetiveria zizanioides* (Linn.) Nash

It is reported that VZ-EO exhibits significant antioxidant activity and suppresses the  $\beta$  – MSH- induced melanogenesis thereby decreasing melanin production through tyrosinase inactivation.

#### *Cynodon dactylon* (Linn.) Pers.

Has vitamin C, it deactivates UV –induced free radicals and also acts as a tyrosinase inhibitor, thereby lightening the skin.

#### *Ipomea digitata* Linn. and *Cynodon dactylon* (Linn.) Pers.

Both has  $\beta$  – carotene, it is an endogenous photo protector and its efficacy to prevent UV- induced erythema formation has been demonstrated. It is capable of promoting skin health and beauty.

***Calophyllum inophyllum* Linn.**

It has got antioxidant and anti UV properties. <sup>11</sup>

**CONCLUSION**

Concept of Cosmeceuticals in Ayurveda not only considers external application or developing an attractive external appearance, it includes various internal medications with medicinal properties which lead towards achieving longevity with good health by maintaining skin complexion. The drugs mentioned in Varnya Dashemani are being utilized in different forms like ointment, oils, tablets etc. depending upon the Dosha's involved and disease condition. Drugs of Varnya Dashemani can be used as a single drug or combination of more than two drugs in suitable form may be an answer to various toxic effects encountered because of exposure to toxins present in food items as well as environmental toxins to get a better therapeutic effect.

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