

AYURVEDIC PERSPECTIVE OF COSMETICS W.S.R TO BHAISHAJYA RATNAVALI

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ABSTRACT

The concept of beauty and cosmetics in Ayurveda is very ancient. Ayurveda explained the concept of cosmetology in different terms. It include different terms like *Varnya* (improves to complexion), *keshya* (good for hair) & *twachya* (favourable to skin) etc. History of herbal cosmetics in ancient India can be found from different civilization like Harappa, Mohenjodaro & also from great epics like Mahabharata, Ramayana etc. Rules & regulation for herbal cosmetics found in Drug & Cosmetic Act under section 3(h) *soudarya prasadaka /Husane afza/Azhag-sadhan* category of drug. Bhaishajya ratnavali a compiled text book of 18th century AD was reviewed in this article for different *Yogas* related to cosmetics. It includes several *Kesha* related *Yogas*(*palitya hara, darunaka hara, keshha ranjaka Yogas*), *Varnya Yogas*(*mukha kanti vardhaka Yogas, vyanga-tarunya pidaka-tila kalaka hara Yogas*), *Twak related Yogas*(*shareera dourgandhyahara Yogas, vipadika hara Yogas, loma shatana Yogas*), *other related to osta, netra, danta & mukha dourgandyahara Yogas* were also reviewed. *Kesha* related *Yogas* can be compared with hair dyes & Anti-dandruff preparations in modern. *Varnya kara Yogas* can be compared with different face powders, rouges & creams etc. *Twak* related *Yogas* can be compared with Anti-perspirants & deodorants, crack free creams, Depilators etc. *Osta Yogas* can compared with different lip preparations, *mukha dourgandhya hara & danta Yogas* can compared with dentifrices. *Netra Yogas* compared with different eye make up preparations. Our classical *Yogas* are meant mainly for therapeutic function, in addition to that have cosmetic benefits also. That its self will be advantage of classical cosmetic *Yogas* over modern cosmetics. Cosmeceuticals are the combinations of cosmetics & pharmaceuticals. Most of the reviewed *Yogas* here can be compared to cosmeceuticals in Ayurveda as it can provide cosmetic as well as medicinal benefits also.

KEYWORDS: Cosmetics, varnya, keshya, twachya, Herbal cosmetics, cosmeceuticals.

INTRODUCTION

The concept of beauty and cosmetics in Ayurveda is very ancient. Ayurveda explained the concept of cosmetology in different terms. It include different terms like *Varnya* (improves to complexion), *Keshya* (good for hair) & *Twachya* (favourable to skin) etc. Bhaishajya Ratnavali is a compiled text book belongs to 18th century AD in which various *oushadha Yogas* narrated as per the rogadhikara manner. In this Article different *Yogas* related to cosmetics from Bhaishajya ratnavali was reviewed. It include several *Kesha* related *Yogas* (*palitya hara, darunaka hara, keshha ranjaka Yogas*), *Varnya Yogas* (*mukha kanti vardhaka Yogas, vyanga-tarunya pidaka-tila kalaka hara Yogas*), *Twak related Yogas* (*shareera dourgandhyahara Yogas, vipadika hara Yogas, loma shatana Yogas*), others are related to *osta, netra, danta & mukha dourgandyahara Yogas* also were reviewed.

The word Cosmetic was derived from Greek word “kosm tikos” meaning having the power, arrange, skill in decorating. According to Drugs and cosmetic Act 1940 defined cosmetic as “Any article intended to be rubbed, poured, sprinkled or sprayed on or introduced into or applied to any part of the human body for cleansing, beautifying, promoting attractiveness or altering the appearance and includes any article intended for use as a component of cosmetic¹” Cosmeceuticals are the topical agents that are distributed across broad spectrum of materials, lying somewhere between pure cosmetics and pure drug. Most of the ayurvedic cosmetic related preparations comes under this category only.

Herbal cosmetics, referred as products, are formulated, using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only, shall be called as “Herbal cosmetics”^[2]

History of Herbal Cosmetics in Ancient India

The aim of usage of cosmetics not only towards developing an outwardly pleasant and attractive personality, but also for attaining punya, longevity with good health & happiness.^[1] Indian civilization has long

standing history of more than 5000 years. Harappa & Mohenjodaro civilizations are the oldest of all. Below are the different references of cosmetics used during that period.^[3]

Table 1: Cosmetic history references.

Sl no	References considered from	Points related to cosmetics found
1	Mohenjodaro civilization	Face paint, collyrium pots, Bronze oval mirrors, combs, razors dressing tables
2	Rigveda	Collyrium, perfumed unguents, beautiful garments & flower garlands
3	Atharva veda	Chanting for improving varna, luster & glaring appearance of body.
4	Garud purana	Beautifying <i>Yogas</i>
5	Mahabharata	<ul style="list-style-type: none"> ➤ Description about beauty of important personalities ➤ Draupadi called herself as Sairandhri (A female attendant in the women's sections of palace). Reference of her carrying a Prasadhana Petika (A vanity case containing substance to beautify) ➤ Chandrayana vrata to get beauty & Popularity
6	Ramayana	Description about beauty of important personalities

Rules & Regulation of Soudarya prasadaka products

Soudarya prasadaka product registered under ASU drug category are not considered under preview of Drugs & Regulation of FDA. ASU *soudarya prasadana* product (Herbal cosmetic) are regulated through DCA 1940 & there under rule 1945 in India. In DCA under section 3(h) *soudarya prasadak* / Husane afza / Azhag - sadhan category of drug is defined recently after by Ministry of AYUSH, Govt of India - Technical approval from the ASUTAB (Ayurveda, Siddha, Unani Drug Technical Advisory board). Formulations having ingredients mentioned in books of 1st schedule of the DCA & recommended for skin, hair & body care.^[4]

Cosmetics Explained In Ayurveda

- The reference of cosmetics can be found from Ayurveda mainly in terms of *Varnya*, *Twachya* & *Keshya*.
- *Varnya* means “*varnaya hitam varnyam*” - that which is good / favourable to complexion of body.

- *Twachya* means “*Twachi hitam twachyam*”- that which is good / favourable to skin.
- *Keshyam* means “*keshaya hitam keshyam*”- that which is good / favourable to hair.
- *Charaka samhitha sutra sthana Shat virechana shatashriteeya adhyaya* explained *Varnya dashemani* (Total of 10 dravyas explained under *varnya maha kashaya*)
- *Sushruta sutrasthana Dravya samgrahaneeya adhyaya* consist of *Rodradi gana (varnya dravyas)* & *Eladi gana (varna prasadana gana)* were explained.
- *Astanga hrudaya varnya dravyas* were explained in *Rodradi gana*.
- Different *Nigantukaras* also explained *Varnya, Keshya, Twachya dravyas*. Those are *Bhava prakasha, Kayyadeva nigantu, Dhanwatari nigantu, Madhava nigantu, Raja nigantu*.^[5]

Review of *Bhaishajya Ratnavali* for Cosmetic related *Yogas*.^[6]

Table 2: List of Kesha related *Yogas*.

a) <i>Palithya</i>				
Sl no	Name	Ingredients	Form of Administration	Reference
1	<i>Naradi lepa</i>	<i>Shudha parada, Shudha dravitha Naga → Mardana then added with Neeli vruksha twak churna + Shankha bhasma → mardana → when Shyava churna attained + Do kanji Mardana</i>	<i>Lepa</i>	B.R 60/78
2	<i>Lohamaladi Udwartana</i>	<i>Shudha Mandoora churna + Amalaki churna + Japa pushpa churna → Mardana. Apply lepa at night with adding water.</i> <i>Morning wash with Triphala jala</i>	<i>Lepa</i>	B.R 60/79
3	<i>Nimba taila prayoga -1</i>	<i>Nimba beeja bhavana done with Bhringaraja swarasaa & Asana kwatha 1 day each → After drying it, oil extracted from Nimba beeja by patala yantra vidhi method</i>	<i>Nasya</i>	B.R 60/70

4	<i>Bhringa raja Ghruta</i>	<i>Goghruta + Bhringaraja swarasa + Mayura pitta as Kalka → ghruta paka</i>	<i>Nasya</i>	<i>B.R 60/94</i>
5	<i>Bhringa raja Taila</i>	<i>Dugdha + Bhringa raja + Yastimadhu kalka + Tilla taila + jala → Taila Paka</i>	<i>Nasya</i>	<i>B.R 60/82</i>
b) Kesha ranjaka Yoga				
1	<i>Triphaladi Lepa</i>	<i>Triphala+ Neeli vruksha patra+ Loha churna + Avi mutra + Bhringa raja churna</i>	<i>Lepa</i>	<i>B.R 60/69</i>
2	<i>Druda moola keshartha lepa</i>	<i>Dhatri churna + Amra majja lepa+ Jala</i>	<i>Lepa</i>	<i>B.R 60/70</i>
3	<i>Kapala ranjana lepa</i>	<i>Triphala churna + Loha Churna + Bhringa rajaswarasa mardana → put inside Eshat pakwa narikela. Hole covered with Mud. Take it after 1 month. Do Shiro lepa of it & covered head with kadali patra. On 7th day take out kadali patra & wash head with triphala kwatha.</i>	<i>Lepa</i>	<i>B.R 60/71- 73</i>
4	<i>Utpaladi lepa</i>	<i>Neela kamala pushpa Churna + Godugdha → In loha patra kept inside bhoomi → 1 month later take out Kalka + Bhavana godugdha → Lepa</i>	<i>Lepa</i>	<i>B.R 60/74</i>
5	<i>Bhringa pushpadi Lepa</i>	<i>Bhringa pushpa + Japa pushpa + Meshi dugdha bhavana → In Loha patra kept inside bhoomi for 7 days → Lepa taken out & mix with Bhringa raja swarasa → Do Shiro lepa & covered head with kadali patra</i>	<i>Lepa</i>	<i>B.R 60/75- 77</i>
c) Darunaka				
1	<i>Kodrava kshara jala</i>	<i>Kodrava truna bhasma + 6 part jala → kshara jala prepare</i>	<i>Prakshalana</i>	<i>B.R 60/57</i>
2	<i>Priyaladi lepa</i>	<i>Priyala beeja+ Madhuka churna+ kusta churna + Masha + Saindhava churna + Madhu</i>	<i>Lepa</i>	<i>B.R 60/58</i>
3	<i>Masha lepa</i>	<i>Masha + kanji mardana for 21 days → lepa</i>	<i>Lepa</i>	<i>B.R 60/58</i>
4	<i>Neelopaladi lepa</i>	<i>Neela kamala pushpa churna + Nagakesara churna+ Yastimadhu churna + Tila churna + Amalaki churna + Jala</i>	<i>Lepa</i>	<i>B.R 60/59</i>

Table 3: List of Varna related Yogas.

a) Mukha kanti vardhaka Yogas / vyanga-Tarunya pidaka hara Yogas				
1	<i>Lepa -1</i>	<i>Peeta chandana, Priyangu, Amrasthi, Naga kesara, rasanjana + gomaya rasa</i>	<i>Lepa</i>	<i>B.R 48/13</i>
2	<i>Lepa-2</i>	<i>Chatushpada animal's- Twak, Loma, khura, Shrunga, Asthi - keep in sharava samputa & give Gaja puta + Mix taila while application</i>	<i>Lepa</i>	<i>B.R 48/14</i>
3	<i>Lepa-3</i>	<i>Manashila, patra tala, manjista, laksha, daru haridra + ghruta, madhu</i>	<i>Lepa</i>	<i>B.R 48/15</i>
4	<i>Lepa - 4</i>	<i>Antar dhuma swetha tulasi bhasma + jala</i>	<i>Lepa</i>	<i>B.R 48/16</i>
5	<i>Hareetakyadi Pralepa</i>	<i>Hareetaki phala twak, Lodra twak, nimba patra, Amra vruksha twak, Dadima valkala + jala</i>	<i>Lepa</i>	<i>B.R 39/15</i>
6	<i>Tarunya pidakahara lepa</i>	<i>Lodra twak, Dhanya beeja, vacha + jala</i>	<i>Lepa</i>	<i>B.R 60/38</i>
7	<i>Tarunya pidakahara lepa</i>	<i>Gorochana, mareecha churna + jala</i>	<i>Lepa</i>	<i>B.R 60/39</i>
8	<i>Vyangahara lepa</i>	<i>Arjuna twak churna + madhu</i>	<i>Lepa</i>	<i>B.R 60/40</i>
9	<i>Vyangahara lepa</i>	<i>Manjista churna + madhu</i>	<i>Lepa</i>	<i>B.R 60/40</i>
10	<i>Vyangahara lepa</i>	<i>Aswa khura masi + navaneeta</i>	<i>Lepa</i>	<i>B.R 60/40</i>
11	<i>Vyanga hara lepa</i>	<i>Shasha rudira as lepa</i>	<i>Lepa</i>	<i>B.R 60/42</i>
12	<i>Mukha kanti vardhaka lepa</i>	<i>Masoora dal+ ghruta + ksheera</i>	<i>Lepa</i>	<i>B.R 60/44</i>
13	<i>Vyanga hara lepa</i>	<i>Shalmali kantaka+ Dugdha</i>	<i>Lepa</i>	<i>B.R 60/43</i>
14	<i>Mukha kanti</i>	<i>Daru haridra+ Neela kamala pushpa+Kusta+ Dadhi sara+Badari</i>	<i>Lepa</i>	<i>B.R</i>

	<i>vardhaka lepa</i>	<i>phala majja+ priyangu pushpa</i>		60/48
15	<i>Mukha kanti vardhaka lepa</i>	<i>Tusha rahitha masruna yava churna+yastimadhu churna+lodra churna + Dugdha</i>	<i>Lepa</i>	<i>B.R</i> 60/49
16	<i>Mukha kanti vardhaka lepa</i>	<i>Haridra churna+daru haridra churna +manjista churna+Swarna gairika churna+goghruta+Aja ksheera</i>	<i>Lepa</i>	<i>B.R</i> 60/50
17	<i>Pidaka tila kalaka lepa</i>	<i>Matulunga moola+goghruta+manashila+goshakrut rasa</i>	<i>Lepa</i>	<i>B.R</i> 60/45
18	<i>Vyanga hara lepa</i>	<i>Navaneeta +Guda+madhu+kola majja+ chaagi ksheera</i>	<i>Lepa</i>	<i>B.R</i> 60/46
19	<i>Neeli vyangadihara lepa</i>	<i>Jati phala churna + jala or ksheera</i>	<i>Lepa</i>	<i>B.R</i> 60/47
20	<i>Mukha karshnya hara lepa</i>	<i>Arka ksheera + Haridra</i>	<i>Lepa</i>	<i>B.R</i> 60/52
21	<i>Harataladi yoga</i>	<i>Haratala + godugdha →Attain varna ujjwala</i>	<i>Lepa</i>	<i>B.R</i> 39/16
22	<i>Hareetakyadi pralepa</i>	<i>Hareetaki, lodra, nimba patra, Amra majja, dadima valkala+ jala</i>	<i>Lepa</i>	<i>B.R</i> 39/15
23	<i>Harataladi yoga</i>	<i>Haratala + haridra+ daru haridra+ godugdha → vasheekarana</i>	<i>Lepa</i>	<i>B.R</i> 39/16
24	<i>Mukha kathikara lepa</i>	<i>Raktha Chandana, manjista, kusta, lodra, priyangu, vata angura, Masoor dal + Dugdha</i>	<i>Lepa</i>	<i>B.R</i> 60/41
25	<i>Mukha kantikara lepa</i>	<i>Sharapunka +Neela kamala pushpa + kusta+Chandana + usheera + Dadhi</i>	<i>Lepa</i>	<i>B.R</i> 60/51

Table 4: List of Twak related Yogas.

a) Shareera Dourgandhya hara yoga				
1	<i>Avagharshana churna</i>	<i>Shireesha, Lamajjaka, nagakesara, lodra</i>	<i>Avagharshana</i>	<i>B.R</i> 39/13
2	<i>Pradeha lepa</i>	<i>abhaya, teja patra, Agaru, jala, Swetha Chandana</i>	<i>Lepa</i>	<i>B.R</i> 39/13
3	<i>Lepa</i>	<i>Vasa swarasa, bilwa patra swarasa, Shankha bhasma</i>	<i>Lepa</i>	<i>B.R</i> 39/14
4	<i>Harataladi yoga</i>	<i>Haratala + haridra+ daru haridra+godugdha</i>	<i>Lepa</i>	<i>B.R</i> 39/16
5	<i>Dourgandhya hara yoga</i>	<i>Chincha patra swarasa + haridra</i>	<i>Lepa</i>	<i>B.R</i> 39/17
6	<i>Dalajaladi lepa</i>	<i>Teja pata, Sugandha bala, Agaru, Abhaya, Swetha chandana, Kanji</i>	<i>Lepa</i>	<i>B.R</i> 39/18
b) Vipadika hara Yogas				
1	<i>Tandula lepa</i>	<i>Tandula filled in Narikela with jala → hole closed with mud → 7 day keep & taken</i>	<i>Lepa</i>	<i>B.R</i> 54/38
2	<i>Tila kusumadi lepa</i>	<i>Tila pushpa + saindhava lavana + Goomutra+ Katu taila → Loha khalwa mardana</i>	<i>Lepa</i>	<i>B.R</i> 54/39
3	<i>Sarja rasadi lepa</i>	<i>Sarja rasa + saindhava lavana, guda, madhu, Guggulu, Gairika, Goghritha, siktha</i>	<i>Lepa</i>	<i>B.R</i> 54/40
4	<i>Gudadi lepa</i>	<i>Guda, saindhava lavana, Ghritha, Tindideeka phala</i>	<i>Lepa</i>	<i>B.R</i> 60/14
5	<i>Sarjadi Malahara</i>	<i>Sarja+ saindhava lavana+ madhu+ Ghritha+ katu taila</i>	<i>Lepa</i>	<i>B.R</i> 60/15
6	<i>Taila</i>	<i>Upodika, sarshapa, nimba, mocha rasa, karkaruka, ervaruka → Kshara prepared out of above drugs + add jala → 21 times filter through cloth. This kshara jala+ tila taila+ saindhava lavana kalka → Taila paka</i>	<i>Taila lepa</i>	<i>B.R</i> 60/16

c) Loma shatana Yogas

1	Shudha haratala, Ushna jala mardana	Lepa	B.R 60/167
2	Kadali swarasa nirvapana of Dagdha shankha, then Equal quantity of Haratala add, kadali swarasa mardana	Lepa	B.R 60/168
3	Palasha kshara, Kadali kanda kshara, haratala → 3 equal part → Mardana with kadali kanda jala → lepa	Lepa	B.R 60/171
4	Haratala → 1 part Shankha bhasma → 5 part Palasha kshara → 6 part Kadali kanda swarasa bhavana	Lepa	B.R 60/172- 173
5	Shankha bhasma, kadali kanda swarasa bhavana & equal qty of haratala → lepa	Lepa	B.R 60/174
6	Kusumbabhava sneha abhyanga	Abhanga	B.R 60/175
7	Rakthanjani pakshi pushpa churna + katu taila mardana	Lepa	B.R 60/170
8	Taila paka out of Tila taila → 250ml Kalka :- Shudha bhallataka, yava kshara, manashila, Haratala as kalka → 12 g each Drava dravya : Jala → 1 litre (on cooling add karpooora -12g)	Taila lepa	B.R 60/176
9	Kshara taila out of Sarshapa taila → 8 times to kalka Kalka :-1 Pala each of Shukthi bhasma, shambuka bhasma, shankha bhasma, Syonaka bhasma, Patala twak bhasma+ khara mootra bhavana Drava dravya : jala → 10 ser	Taila lepa	B.R 60/177- 180
10	Aragwadadi Taila Katu taila kalka: - Aragwadha mula twak churna+ shankha bhasma+ haratala Drava dravya :- jala & khara mutra	Taila lepa	B.R 60/177- 180

Table 5: List of Osta Roga hara Yogas.

1	Striveshtakadi churna	Sri vestaka, sarja rasa, guggulu, devadaru, yastimadhu – All churna	pratisarana	B.R 61/2
2	Trikatukadi churna	Trikatu, swarji kshara, yava kshara, madhu	pratisarana	B.R 61/6
3	Priyanguvadi Churna	Priyangu, triphala, lodra churna, madhu,	Patisarana	B.R 61/7
4	Triphala churna	Triphala churna + madhu	pratisarana	B.R 61/8
5	Sarja rasadi lepa /Malahara	Sarja rasa, Swarna gairika, dhanyaka, taila, ghruta, saindhava lavana, Siktha	Lepa for osta sphutana / Vrana	B.R 61/9

Table 6: List of Mukha Roga hara Yogas for Mukha Dourgandhya.

1	Lakshadi taila	Tila taila, Drava dravya:- Laksha swarasa, godugdha, Irimeda kwatha, kalka: lodra, katphala, manjista, padma kesar, padmaka, Chandana, utpala, yastimadhu	Taila gandoosha Dharana	B.R 61/141 -144
2	Irimedadya Taila	Tila taila Irimeda twak Kashaya Kalka:- Manjista, lodra, madhuka, irimeda, khadira, katphala, laksha, nyagrodha, musta, sukshma ela, karpooora, padmaka, agaru, lavanga, kakkola, jatiphala, naga kesara, dhataki pushpa	Taila gandoosha dharana	B.R 61/136- 140
3	Pathya vati	Hareetaki, netra bala, kusta churna, goomutra bhavana → Vati	Vati keep in mukha	B.R 61/122
4	Bhruhat khadira vati	Kwatha Dravya :- Khadira Kasta & Khadira Twak Fine Powder :- Sukshma Ela, Usheera, Chandana Dwaya, Sugandha Bala, Priyangu, Tamala Patra, Manjista, Musta, Agaru, Yastimadhu,	Vati chewed	B.R 61/98- 102

		<i>Triphala, Rasanjana, Dhataki Pushpa, Nagakesara, Lavanga, Shudha Gairika, Daru Haridra, Katphala, Padma Kasta, Lodra Twak, Vatapraroaha, Dhanvayasa, Jatamamsi, Haridra, Rasna, Twak, Kakkola, Jatiphala, Javitri, Lavanga, Karpura</i>		
5	<i>Danta Rogashani Churna</i>	<i>Jatipatra, Punarnava, Tila, Pippali, Musta, Vacha, Shunti, Ajamoda, Hareetaki → Churna Mixed With Ghruta</i>	<i>Keep the churna in mouth</i>	<i>B.R 61/99</i>
6	<i>Churna</i>	<i>Pippali, Jeeraka, Kusta, Kutaja Beeja Churna</i>	<i>Keep in mouth</i>	<i>BR 61/77</i>

Table 7: List of Netra roga hara Yogas for Drusti Dayaka.

1	<i>Anjana</i>	<i>7 times each nirvapa of Dravitha naga in triphala kwatha, bringa raja swarasa, ardraka rasa, shunti kwatha, madhu, ghritha, aja dugdha, goomutra →</i>	<i>Anjana prayoga</i>	<i>B.R. 64/104</i>
2	<i>Janarajjanaka Anjanam</i>	<i>Trikatu, karaja phala, haridra dwaya, saindhava lavana, bilwa moola, Varuna moola, shankha nabhi churna</i>	<i>Anjana prayoga</i>	<i>B.R. 64/182-184</i>
3	<i>Pipplyadya Varti</i>	<i>Pippali, tagara, neela kamala, yastimadhu, haridra</i>	<i>Anjana prayoga</i>	<i>B.R. 64/185</i>
4	<i>Chandrodaya Varti-1</i>	<i>Hareetaki, vacha, kusta, pippali, maricha, vibhitaki majja, shankha nabhi, manashila → Aja dugdha mardana → make varti</i>	<i>Anjana prayoga</i>	<i>B.R. 64/189-192</i>
5	<i>Chandrodaya Varti-2</i>	<i>Rasanjana, ela, kumkuma, manashila, shanka nabhi, shigru beeja, sharkara jala mardana</i>	<i>Anjana prayoga</i>	<i>B.R. 64/193-194</i>
6	<i>Dristi prada varti</i>	<i>Triphala, kukkudanda twak, kaseesa, loha bhasma, neela kamala, Vidanga, Samudra phena → Made churna + Aja dugdha mardana in tamra patra for 7 days → lepa applied on tamra patra itself → further take out lepa & mardana with Aja dugdha to make varti</i>	<i>Anjana prayoga</i>	<i>B.R. 64/117-119</i>

Table 8: List of Danta Roga hara Yogas.

1	<i>Dantha Dhavana Churna</i>	<i>Karanja, karaveera, arka, malathi, arjuna, asana</i>	<i>Dantha Dhavana</i>	<i>B.R 61/14</i>
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DISCUSSION

Here As we come across different *Yogas* explained in Bhaishajya ratnavali regarding cosmetic aspects. As Bhaishajya Ratnavali is a compiled text book, most of the *Yogas* found in Bhrihatrayi & Laghutrayi related to cosmetic aspects are found in this book also.

If we go through different *Yogas*, we can find different *Yogas* related to *Kesha, Varnya, Twak, Osta, Mukha, Netra, Danta* can found. In *kesha* related *Yogas* mainly *palithya hara, Kesha ranjaka & Darunaka hara Yogas* can be seen. In modern we can compare those *Yogas* with Hair dyes & Anti-dandruff preparations. In *Varnya kara Yogas* different *Mukha kanti vardhaka / Mukha karshnya hara Yogas/ Tarunya pidaka-Vyanga-Tila kalaka Yogas* are mentioned. In modern it can be compared with different Face powders, Rouges & Creams etc. *Twak* related *Yogas* include *Shareera Dourgandhya hara Yogas, Vipadika hara Yogas, Loma shatana Yogas*. In modern it can be compared with Anti-perspirants & Deodorants, Crack free creams, Depilators. *Osta Yogas* can compared with different Lip preparations, *Mukha Dourgandhya hara & Danta Yogas*

can compared with Dentrifrices. *Netra Yogas* compared with various Eye make up preparations.

Our classical *Yogas* are meant mainly for Therapeutic function in addition to that have Cosmetic benefits also. That it self will be advantage of Classical Cosmetic *Yogas* over Modern cosmetics. Cosmeceuticals are the combinations of Cosmetics & Pharmaceuticals. Most of the reviewed *Yogas* here can be compared to cosmeceuticals in Ayurveda as it can provide Cosmetic as well as Medicinal benefits also.

CONCLUSION

Cosmetics has a great importance in day to day life of human beings. It helps to give a sense of well being by improving the look & personality & there by provide mental satisfaction to user. Cosmeceuticals are Cosmetics with Therapeutic benefits also. Ayurveda explains the concept of cosmetics in different terms like *Varnya, Keshya, Twachya* etc. Bhaishajya Ratnavali is a compiled text book of 18th Century AD which consist of different *Yogas* which can provide therapeutic benefit as well as cosmetic benefits also. so it can be compared to Cosmeceuticals in Ayurveda.

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