

A REVIEW ON CHARAKOKTA VARNYA MAHAKASHAYA

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Article Received on 14/06/2022

Article Revised on 04/07/2022

Article Accepted on 24/07/2022

ABSTRACT

Ayurveda is a pioneer and one of the oldest medicines. In Ayurveda, the skin color is called Varna and has a variety of physiological and pathological effects. Varnya, on the other hand, is a classic term for restoring and maintaining the natural texture and tone of the skin. Charak Samhita is the most important Ayurvedic classic. According to Charaka Acharya, The Dravya of Varnya Mahakashaya are tikta-madhur rasatmak, rakta prasadak and kaph pittashamak. Varnya Mahakashaya is the 8th group of 50 Mahakashaya, described in Chapter 4 of Charak Sutrasthan and contains 10 drugs. The mechanism of action of the herbs mentioned in Varnya Mahakashya is maintaining skin color, i.e, Varna Vruddhi of Twaka or Rupa prasadan. These medicines are used either internally or externally, either individually or in combination in a variety of ways. Most of them are prescribed for skin diseases. The pharmacological properties of these herbs show a complexion promoting effect and has the potential to preserve and restore the lost beauty of many people around the world without side effects.

KEYWORDS: Varna, Varnya Mahakashaya, Skin, Beauty, Ayurveda, Complexion, Charak Samhita.**INTRODUCTION**

The face which is an important part of the body is almost gently and comprehensively cared by everyone. The same applies to most skin on the body. People always try to keep their skin healthy, good and shining.

Varna is Sanskrit word, which means color. Varna means color and the 'Ya' suffix indicates health associated with the concept of the body. A drug that improves the appearance of the skin is known as Varnya. Skin color is nothing but a natural color, texture. Beauty is sociologically important and skin color is a very important issue for everyone.

Ayurveda's main motive is to cure disease and prevent disease or illness. Ayurveda is a comprehensive and ancient science that provides information on all medical conditions.

Charaka Samhita, the main text of the Ayurveda, named a group of 10 medicinal plants known as Varnya Mahakashaya in the chapter 4th of Sutrasthana – Shad Virechan Shatashriteeya Adhyaya, which can be used to obtain radiant skin.

In Ayurvedic classic texts, many scriptures are particularly dedicated to respecting beauty. Kalpas,

Medicines and Siddhanta are mainly given to preserve and restore the lost beauty. They can be used externally and internally in different ways like decoction, powder, ingestion, oil –ghruta preparations, lepa-pralepa, bathing, etc.

Dravyas in Varnya Mahakashaya Includes- shwet chandan, manjishtha, padmak, sariva, nagkeshar, ushir, yashtimadhu, neel (harita) durva, shwet durva, kshirvidari.^[1]

Which helps the skin to be shining, glowing and radiant with enough tightness in it.

Chaya and Prabha are 2 things that cover all the elements of good skin. Chaya means complexion that can be seen nearby. Prabha means glow which usually can be seen from the distance. Both form are important part of Varna examination. This Mahakashaya helps to increase both elements.

AIM & OBJECTIVES

1. To study Varnya Mahakashaya In Charak Samhita.
2. To evaluate the Varnya dravya mentioned in Charak Samhita.

MATERIAL AND METHODS

Table 1: Rasa, Virya, Vipaka & Doshagnata of Dravyas.

S.N.	Dravya name	Rasa	Vipak	Veerya	Doshagnata
1.	Shwet Chandan	Tikta, Madhur	Katu	Sheeta	Pittakapha shamak
2.	Padamak	Tikta, Kashaya	Katu	Sheeta	Tridoshahar
3.	Nagkeshar	Tikta, Kashaya	Katu	Alpa Ushna	Kaphapitta shamak
4.	Ushir	Tikta, Madhur	Katu	Sheeta	Pittakapha shamak
5.	Manjishtha	Tikta, Madhur, Kashaya	Katu	Ushna	Pittakapha shamak
6.	Sariva	Madur, Tikta	Madhur	Sheeta	Tridoshshamak
7.	Shwet durva	Tikta, Kashaya	Madhur	Sheeta	Tridoshshamak
8.	Neel/Harit durva	Tikta, Kashaya, Madhur	Madhur	Sheeta	Kapha pittashamak
9.	Yashtimadhu	Madhur	Madhur	Sheeta	Tridoshshamak
10.	Kshirvidari	Madhur	Madhur	Sheeta	Vata-pittashamak

Table 2: Latin Name, Family & Chemical Composition of Dravyas.

S.N.	Dravya name	Latin name	Family	Chemical composition
1.	Shwet Chandan	<i>Antalum album</i>	<i>Santalaceae</i>	<i>Santalol 90%</i>
2.	Padamak	<i>Prunus cyrasodius</i>	<i>Rosaceae</i>	
3.	Nagkeshar	<i>Mesua ferrea</i>	<i>Guttiferae</i>	<i>Mesuaferin A&B, Bayoflovhinals, Mamisin mesuauul, Mesuon</i>
4.	Ushir	<i>Vetiveria zizanioidis</i>	<i>Gramineae</i>	
5.	Manjishtha	<i>Rubia cordifolia</i>	<i>Rubiaceae</i>	<i>Purin, Manjishthin, Jantho sudo Purin</i>
6.	Sariva	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	<i>Roots-Methoxy Salisilik aldehyde Seeds- Sisterol, Tetrasayclin try tripin, Keton, Saponine</i>
7.	Shwet durva	<i>Cynodon dactylon</i>	<i>Graminaceae</i>	<i>10.4% -Proteins, 27.1%-Fibers, 11.7%-Calcium, Magnesium, Phosphorus, Sodium, Potassium, 36.6%-Carbohydrate, Alcaloids, Glucosodes</i>
8.	Neel/Harit durva			
9.	Yashtimadhu	<i>Glycyrrhiza glabra</i>	<i>Leguminosae</i>	<i>Glycrayzin aysolikiritin estrogen, Glucose, Sucrose, Manait</i>
10.	Kshirvidari	<i>Ipomoia digitata</i>	<i>Leguminosae</i>	<i>Carbohydrate 64.6%, Protein 10.9%</i>

1. Shweta chandan

- Commonly used ayurvedic cosmetic for skin care.
- Suitable for all skin types.
- Rich in sesquiterpenoid alcohols that is used in various skin fairness herbal cosmetics.
- Alpha santanol and beta santanol are chemical components present in its oil.
- Alpha santanol has inhibitory action on tyrosinase.
- Due to its varnya and dahashamak properties it's used in all skin diseases.^[2]

2. Padamak

- Due to its Varnya, kandughna, Kusthaghna and dahashamaka properties used in skin care.^[3]
- It enhances skin fairness by antimelanogenesis activity of Puddumin B. It suppresses tyrosinase protein.^[4]

3. Yashtimadhu

- Yashtimadhu root has Varnya, Anti-Aging, Anti-oxidant properties, which are useful for maintenance of healthy skin.^[5]
- Glycyrrhizic acid present in it controls the secretion of melanin in the skin and thus reduces dark pigmentation and increases fairness of skin.^[4]
- Hence, used widely in cosmetic products.

4. Manjishtha

- Used in different types of skin diseases as it acts Varnya and raktaprasadak.^[6]
- Chemically contains glucosides along with resins, lime salt and colouring agent. Methanolic extract of manjishtha has been reported to show inhibitory action on tyrosinase, hence it act as an effect skin whitening agent.^[4]

5. Sariva

- Well known Raktaprasadak herb in Ayurveda used in all types of skin diseases.
- It shows antioxidant activity.
- Methanolic extract of its root shows tyrosinase inhibitory activity.^[4]

6. Ushir

- In Ayurveda it is used as dahashamaka, twak doshar.^[7]
- Chemical constituents like Alfa amorphenone, beta vatirenone, alfa grujunenr and dehydroaromadendrene are present.^[4]
- It shows antioxidant action because of which it suppresses the induced melanogenesis and thus decreases production of melanin by inactivating tyrosinase. And simultaneously does separation of oxidative stress.^[4]

7. Shwet durva

- It is tikta, kashaya rasatmak, shita and tridoshamak herb.

8. Harit durva

- It is tikta kashaya and madhur, sheeta and kapha pittashamak herb.
- Both shweta durva and harita durva maintains alkalinity of blood and also does purification of blood and therefore used as Varnya.^[8]

9. Kshirvidari

- Madhur, sheeta and vatapitta shamak in nature.
- Helps in balancing pitta dosha. Improves the quality of kapha and plays important part in nourishment of skin.^[9]

10. Nagkeshar

- It is madhur, kashaya, alpa ushna, laghu, ruksha and kapha pittashamak herb.
- It helps balance the excess oil production of the skin. Helps reduce the dark spots and blemishes on the skin.
- It deeply clears and purifies the skin and also lightens the pigmentation.
- Its antioxidant action helps to protect skin from ultra violet rays.^[10]

DISCUSSION**Mode of action according to Ayurveda**

- Varnya dravyas when used externally or internally acts on Bhrajaka Pitta. Bhrajaka pitta is an important factor related with Varna (complexion).
- Ushna virya stimulates Bhrajaka Pitta and does Raktavardhana. And so helps absorb the medicines applied externally and improves Varna (complexion).
- Madhura rasatmaka dravyas increase the production of Rasa, Rakta, Majja, Shukra, Oja which in turn acts on Varna.

- Madhura rasa, Tikta rasa and Sheeta virya has Pittaghna action.
- Madhura rasa and Sheeta Virya act as Ojovardhaka and thus helps enhancing skin complexion.
- Madhura rasa, Madhura Vipaka, Ushna virya has Vataghna action and hence removes blackishness. Excessive Vata Dosha causes blackishness in skin and blood.
- Stickiness and increased fluidity is an indicator of impurities in the blood. Kashaya and Tikta Rasatmaka dravyas absorb Kleda and cools down Pitta. It therefore results in purification of blood, i.e, Raktashodhana. It relieves the blood of excess fluidity and stickiness. And this way leads to Varna Prasadana.
- So we can say that- Dravyas in Varnya Mahakashaya act as Varnya, Raktaprasadak, Raktavardhaka, Raktashodhaka, Ojovardhaka, Pittaghna and Vataghna.
- Varnya Mahakashaya not only works on blood but also acts as filtering agent of blood in body, i.e, Liver. It works on stomach where the basic elements that helps prepare blood are abundant.
- Sariva & Durva- Acts on mind, relieves stress and send good signal to the body to keep it well toned.
- Yashtimadhu, Shweta chandan & Manjishtha- Stabilises aggravated heat in body and blood.
- According to Ayurveda, Skin is produced from Rasa Dhatu.
- Sariva & Manjishtha- Improves digestive power of intestine
- Along with Durva & Kshirvidari – works on Shleshak Kapha in stomach to produce fine quality of Rasa Dhatu, which nourishes the skin.

Mode of action according to Modern

- According to modern review- Varnya Dravyas disrupts the melanin formation pathway through tyrosinase inhibition.
- So it's potentially excellent whitening agent that improves skin color.

CONCLUSION

As per the review of above all mentioned factors-

- Majority of dravyas in Varnya Mahakashaya are madhura tikta rasatmaka, kapha pitta shamaka. Therefore, shows varnya effect. They can be used externally or internally. They work on variety of elements which creates and nourishes skin.
- So Varnya Mahakashaya described by Charakacharya are without a doubt powerful for enhancing skin complexion.
- So we should use these herbs in different combinations and forms to treat patients to obtain glowing skin complexion.
- Varnya dravya has high antioxidant and anti-inflammatory potential. It should be considered synonymous with beautiful skin.

- We can conclude that Varnya Mahakashaya plays many roles such as helper, purification agent, stimulator and creator of natural blood.

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