

The role of *Charakokta Varnya Mahakashaya* for maintenance of skin complexion (*Varnya Vriddhi*) – a literature review
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ABSTRACT:

Beauty is a subject of socio-medical importance. Cosmetics are used in wide range through out the world which lead to many hazardous effect due to chemicals contain. The aim of this study is to evaluate the use and the mode of action of herbs mentioned in *Varnya Mahakashaya* of Acharya Charak for maintenance of skin complexion i.e. for *Varna Vriddhi* of *Twaka* or *Rupaprasadan*. According to Ayurveda Skin is divided in 7 different layers – *Avabhasini*, *Lohita*, *Shweta*, *Tamra*, *Vedini*, *Rohini*, *Mamsadhara*. These layers are responsible for various characters of skin like complexion, and also the *Bhrajak Pitta* which is closely associated with skin is responsible for skin complexion. The *Charak Samhita* is great text in Ayurveda stated a group of

10 medicinal plants known as *Varnya Mahakashaya* that can be used to obtained glowing skin. It includes- *Shweta Chandan* (*Santalum albam*), *Nagakeshar* (*Mesua ferra*), *Padmak* (*Prnus cerasioides*), *Ushira* (*Vetiveria zizanioides*), *Madhuka* (*Glycerrhiza glabra*), *Manjishtha* (*Rubia cordifolia*), *Sariva* (*Hemidesmus indicus*), *Payasya* (*Ipomoea digitata*), *Sita* (white variety of *Cynodon dactylon*) and *Lata* (green variety of *Cynodon dactylon*). These drugs can used individually or in combination also internally and externally. All of them work under *varnya*, *raktashodhak*, *pittashamak*, *kushthaghna guna*. Most of them are prescribed for skin diseases, the pharmacological properties of these herbs indicate complexion promotion action.

Keywords: *Varnya Mahakashay, raktashodhak, Twaka*

INTRODUCTION-

Beauty is subject to socio medical importance and skin complexion is really important issue according to all individual. *Ayurveda* is holistic and ancient science which gives the information about every medical condition. The *Charak Samhita* is great text in *Ayurveda* stated a group of 10 medicinal plants known as *Varnya Mahakashaya* in *Sutrasthan* chap-4 (*Shloka* 4/8) that can be used to obtain glowing skin.

AIM -

To study the role of *charakokta varya mahakashaya* for maintainer or development of skin complexion (*varna vriddhi*)

OBJECTIVES –

1. To study *Varnya Mahakashaya*
2. To study the factors affecting to skin complexion
3. To study the correlation of affecting factors to skin

complexion and action of *Varnya Mahakashaya* on them.

MATERIALS-

All description related to *Charakokta Varnya Mahakashaya*, drugs/ herbs mentioned in it and about skin (*Twaka*) with factors affecting to skin complexion available in different *Samhitas*, various website, research articles.

METHODS-

1. मांसाद वसाः त्वचः षट् 1
(च.चि.15/17)

Twacha (skin) is the *Upadhatu* of *Mamsa*.

2. तस्य खल्वेवंप्रवृत्तस्य शुक्रशोणितस्याभिपच्यमानस्य । क्षीरस्येव सन्तानिकाः सप्त त्वचो भवन्ति।
(सु.शा. 4/4)

According to *Acharya Sushruta* during *Garbhotpatti*, as the cream form on the surface of milk after heating it exactly like this *Twaka* (skin) generation done during *Rakta pachan* process.

Types Of <i>Twaka</i>	चरकाचार्य	उदकधरा	असृग्धरा	तृतीया	चतुर्थी	पंचमा	षष्ठी	
According To <i>Acharya</i>	सुश्रुताचार्य	अवभासिनी	लोहिता	श्वेता	ताम्रा	वदिनी	रोहिणी	मांसधरा

- According to both of them 1st *Twacha – Avabhasini* and *Udakdhara* defines skin colour .

- **Bhrajak Pitta-**

The *pitta* which is situated under skin is called as *Bhrajak pitta*.

It responsible for colour of skin.

All activities like *Lepa*, *Abhyanga*, *Avgaha*, *Parisheka* are absorbed and digested (*pachan*) by *bhrajak pitta*.

- **Rakta-**

As per *Twaka* definition *Rakta dhatu* is responsible for *Twaka* (skin) formation .

- **Vata-**

Vata is responsible for skin darkening by its *Vridhhi*

“काश्यं काष्ण्यं उष्णकामीत्वं...||”

So the *Vridhhi* of *Vata* causes *Karshna* means skin darkening.

- **SKIN-**

There are 2 main layers of skin 1) Epidermis 2) dermis

The colour of skin is affected by three main factors

1) Melanin –

A dark pigment derived from amino acid tyrosine and secreted by *melanocytes* in deep *germinative* layers which is absorbed by surrounding epithelial cells. The colour of skin depends upon amount

of melanin pigment secretion. In human skin *melanogenesis* is initiated by exposed to UV radiation causes darkening of skin.

2) The amount of oxygenation of hemoglobin and the amount of blood circulating in the dermis which gives the skin pink colour.

3) Bile pigments in the blood and carotenes in subcutaneous fat gives the skin yellowish colour.

According to all above description about *Twaka* (skin) as per Correlation of *Ayurvedic* and modern view the main factors responsible mainly for skin complexion are

- *Rakta*
- *Bhrajak Pitta*
- *Vata*

- **CHARAKOKTA VARNYA MAHAKASHAYA –**

The *Charak Samhita* is great text in *Ayurveda* stated a group of 10 medicinal plants known as *Varnya Mahakashaya* that can be used to obtained glowing skin.

These drugs can used individually or in combination also internally and externally.

We can use these drugs as:

- 1) *Churna* 2) *Kwatha* 3) *Phanta* (*Sugandhi dravya*) 4) *locally lepa –Pralepa*.



Sr. No	Name of herbs	Latin name	Family	Chemical composition	Ras	Virya	Vipaka	Karya
1)	श्वेत चंदन (वर्ण्य गण)	<i>Santalum album</i>	<i>Santalaceae</i>	Santalol 90%	तिक्त कटु	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तप्रसादन
2)	मंजिष्ठा (वर्ण्य गण)	<i>Rubia cordifolia</i>	<i>Rubiaceae</i>	Purin, Manjishthin, Jantho sudo Purin	तिक्त कषाय मधूर	उष्ण	कटु	पित्तघ्न, कफघ्न, वातघ्न, वर्ण्य, रक्तप्रसादन, आजक पित्त दुष्टी दूर करते
3)	नागकेशर	<i>Mesua ferrea</i>	<i>Guttiferae</i>	Mesuaferin A&B, Bayoflovhinals, Mamisin mesuaul, Mesuon	कषाय तिक्त	इषत उष्ण	कटु	रक्तगत कफ पित्त शमन- रक्तप्रसादन
4)	पदमाक (वर्ण्य गण)	<i>Prunus cyrasodius</i>	<i>Rosaceae</i>		तिक्त कषाय	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य
5)	उशीर (वर्ण्य गण)	<i>Vetiveria zizanioidis</i>	<i>Gramineae</i>		तिक्त मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, त्वग्दोषहर
6)	यष्टीमधु (वर्ण्य गण)	<i>Glycyrrhiza glabra</i>	<i>Leguminosae</i>	Glycyrrizin aysolikkiritin estrogen, Glucose, Sucrose, Manait	मधूर	शीत	मधूर	पित्तशमन, वर्ण्य, रक्तप्रसादन
7)	सारीवा	<i>Hemidesmus indicus</i>	<i>Asclepiadaceae</i>	Roots-Methoxy salisilik aldehyde Seeds- Sisterol, Tetrasayclin try tripin, Keton , Saponine	तिक्त मधूर	शीत	मधूर	रक्त व मांसगत वात, पित्ताचे शमन
8)	पयस्या (वर्ण्य गण)	<i>Ipomoia digitata</i>	<i>Leguminosae</i>	Carbohydrade 64.6%, Protein 10.9%	तिक्त कषाय मधूर	शीत	मधूर	पित्तघ्न, वातघ्न, वर्ण्य
9)	सिता (वर्ण्य गण)	<i>Cynodon dactylon</i>	<i>Graminaceae</i>	10.4% -Proteins, 27.1%-Fibers, 11.7%-Calcium, Magnesium, Phosphorus,	कषाय मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तशुद्धीकर
10)	लता (वर्ण्य गण)	<i>Cynodon dactylon</i>	<i>Graminaceae</i>	Sodium, Potassium, 36.6%- Carbohydrade, Alcaloids, Glucosodes	कषाय मधूर	शीत	कटु	पित्तघ्न, कफघ्न, वर्ण्य, रक्तशुद्धीकर

DISCUSSION: As per the description of *Twaka* (skin) we rule out some factors responsible mainly for skin complexion

- 1) *Bhrajak pitta*
- 2) *Rakta*
- 3) *Vata vriddhi*
- 4) *Oja*

Charak stated above *Varnya Mahakashaya* act on those factors and enhance skin complexion as –

1. By *ushna* virya it stimulate *Bhrajak Pitta* which helps in absorption of *lepa* and improve skin complexion.
2. By *madhur, tikta rasa* and *sheeta virya* act as *Pittaghna*
3. By *Kashaya, Tikta rasa* Absorb *Kleda* and cool down *Pitta* so result in purification blood (*Raktaprasadan*)
4. by *Madhura rasa* and *Sheeta Virya* they act as *Ojovardhak* which leads to improve skin complexion .
5. By *madhur rasa, Vipaka* and *Ushna virya* They act as *Vataghna*
6. By their specified Karma as per given in text they act as *Varnya, Raktaprasadak, Vataghna, Pittaghna, Ojovardhak*.

CONCLUSION:

Varnya Mahakashaya stated by *Charakacharya* are really effective for enhancing skin complexion as per reviewing all above factors, So we should use these herbs on patient hoping for better skin complexion.

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