

Ekal Dravya Chikitsa for Skin Beauty Care in Charak Samhita

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ABSTRACT

Skin is the largest seat of beauty care as it is largely visible through the healthy skin. Unfortunately the chemical based skin beauty care products are associated with lots of undesirable harmful effects. This is one of the reason for which the world is looking at Ayurveda for better, safer, natural skin beauty care products. This concept of treating skin disease or beauty care through herbs has been mentioned in our classical texts by using compound formulation as well as single *dravya* use at various instances like in *mahakashaya*, *kusthachikitsa* etc. CharakaSamhita is the most authoritative text of Ayurveda and deals extensively with skin care. Using *ekaldravya* in proper form with efficient *anupaan* helps in curing many skin ailments. There are many references of *ekaldravya* in CharakSamhita being in use in present days for curing skin diseases and nourishing it. Also they have been indicated particularly with their specific action and according to the *prakriti*. These *ekaldravya* may be used in the form of local application or as an intervention through various *kalpanas*, using different part of same plant in various diseases. Using *ekaldravya* for the management has some inherent advantages like easy to source and process, cost effective, drug-drug interaction free, etc.

KEYWORDS: Ekal, Dravya, Chikitsa, Beauty, Charak

INTRODUCTION:

Ayurveda deals with maintaining the health of a healthy person as well as curing the disease of a diseased one. When it comes to skincare, the resilience and glow of a person skin is considered a reflection of their health. Beauty in Ayurveda is basically related with the balance between *tridoshas*, mainly on *pitta dosha*. Also, the quality of skin is determined by equilibrium between *persondosha*. Any of disbalance in *pitta dosha* leads to the abnormality in the skin. In Ayurveda, concept of beauty is not only concerned with outer one, but it involves internal beauty too. *Raktadhatudushti* is the main cause of many of the skin disorders. In Ayurveda, *kushta*, *visarpa* are the certain ailments which involves improper metabolism of *dhatu* leading to various skin disorders which reflects externally on the skin. Ch.ni.5/3 and ch.chi.21/15 states the involvement of 7 components in the pathogenesis of *kushta* and *visarpa* respectively. *Acharya* Charak had mentioned the process of *vaman*, *virechan* etc for treating these ailments (ch.chi.7/40 and ch.chi.21/49). As *virechan* is said to be the best *shaman* treatment for *pitta prakop* and *raktadushti*, it is basically used as the first line of treatment in curing these ailments. For optimum results, it is better to treat these skin disorders by both external as well as internal interventions. So to remove the root cause, medicine for purifying body internally is also involved.

Skin is the most sensitive organ of the body, which needs special care. So for the maintenance of healthy skin, good quality *dravyas* should be used. Also it is advised for not using multiple *dravyas* as it may produce harmful side effect to skin. Considering these points, it is better to rely on *ekaldravyachikitsa*, as it helps in many ways like assuring the quality of substance. Also when the *dravya* is single enough to treat the disease than why to opt for multi-herbal compounds. CharakaSamhita has many instances where using single *dravya* is sufficed to treat various disorders. *Acharya* Charak has also indicated some *dravya* in conceptual part or in *chikitsasthan* where single *dravya* is indicated for use, for example in *mahakashaya*, *agryadravya* etc. *Acharya* Charak in ch.su.1,2,3 has indicated the use of various *dravya* for different procedures which can be used in single as well as in compound form for enhancing beauty or to purify body to break the pathogenesis.

MATERIAL AND METHODS

CharakaSamhita along with its available commentaries were reviewed in context of skin beauty care.

OBSERVATIONS

After an extensive review of CharakSamhita for the evidences of *ekaldravya* used in skincare and beauty result into the following outcome.

How to cite this paper: Dr. Rajani Singh | Dr. Sudipt Kumar Rath "Ekal Dravya Chikitsa for Skin Beauty Care in Charak Samhita" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-2, February 2021, pp.886-890, URL: www.ijtsrd.com/papers/ijtsrd38583.pdf



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TABLE NO.- LIST OF DRAVYA USED AS AN EKAL DRAVYA			
1.	Gandhak (sulphur)	Administration of sulphur with <i>aamalkiswaras</i> (juice) together with honey	Cures 17 types of <i>kustha</i> Ch.chi.7/70
2.	Manhashila (red arsenic)	<i>Manhashila</i> made to a paste by adding peacock bile- LA	Leucoderma Ch.chi.7/170
3.	Swarna-Maakshik (Copper pyrite)	Copper pyrite taken together with cows urine- 17 types of <i>Kustha</i>	Ch.chi.7/70
4.	Amaltaas (Cassia Fistula)	<i>Phalinidravaya-virechan</i>	Ch.su.1
		<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Kushtaghnamahakashaya, kandughnamahakashaya</i>	Ch.su.4
		Mild purgative	Ch.su.25
		Decoction of <i>amaltaas</i> - for purgation - <i>Kaphajkustha</i> (leprosy of <i>kaphaj</i> origin)	Ch.chi.7/80
		Application of paste of <i>amaltaaspatra</i> - <i>Kustha</i> (leprosy)	Ch.chi.7/96
5.	Daarvi (Daaruhaldi)- Berberis Aristata	<i>Lekhaneeyamahakashaya, Arshoghnamahakashaya;</i> <i>Kandughnamahakashaya,</i>	Ch.su.4
		<i>Choorna</i> (Powder) with gomutra	<i>Kustha</i> Ch.chi.7/61
6.	Danti (Baliospermum Montanum)	<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Kustha - virechan</i>	Ch.chi.7/44
7.	Edgaj / Chakwad (Cassia tora)	Application of paste of <i>edgaj</i> seed, impregnated with <i>kaanji</i>	<i>Kustha</i> Ch.chi.7/127
8.	Kaakmachi (Solanum nigrum Linn.)	<i>Rasayan, kusthaghna, bhedan</i>	Ch.su.27/89
		Application of paste of leaves of <i>kaakmachi</i>	<i>Kustha</i> Ch.chi.7/96
9.	Karanja (Millettiapinnata)	<i>Phalinidravaya-virechan</i>	Ch.su.1
		<i>Putik - twak</i> (bark) - <i>virechana</i>	Ch.su.1
		<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Lekhaneeya, Bhedaneeya, Kandughnamahakashaya</i>	Ch.su.4
		Application of warm paste of bark of <i>karanja</i>	nodules of <i>granthivisarpa</i> Ch.chi.21/123
10.	Karpas (<i>Gossypium herbaceum</i> Linn.)	Application of paste of flower of <i>karpasa</i>	<i>Kustha</i> Ch.chi.7/96
11.	Kathgular/ Malpuras	<i>Sransan</i> (purgation) - <i>malpurasswaras</i> with <i>guda</i> (jaggery)	<i>Switra</i> (leucoderma) Ch.chi.7/162
12.	Khadir (<i>Acacia catechu</i> Linn.)	<i>Kushtaghnamahakashaya</i>	Ch.su.4
		Best <i>kusthagna</i> medicine- <i>agryadravya</i>	Ch.su.25
		For drinking, cooking food, sprinkling, fumigation, application of thick ointment	<i>Sarvasreshtakushtanaashak</i> Ch.chi.7/159
		Drinks prepared of <i>khadira</i> or mixed with the decoction of <i>khadir</i>	<i>Switra</i> (leucoderma) Ch.chi.7/166
13.	Kutaj (<i>Holarrhena antidysenterica</i> Linn.)	<i>Phalinidravaya-vaman</i>	Ch.su.1
		<i>Vamanaarthdravya</i>	Ch.su.2
		<i>Kandughnamahakashaya;</i>	Ch.su.4
		When the <i>dosas</i> located in the <i>hridaya</i> or the centre of the body, are in state of <i>utkarsha</i> (free from adhesion), then the patient suffering from <i>kustha</i> (obstinate skin disease) in the upper part of the body should be given emetic therapy with the help of <i>kutaj</i> with the juice or decoction of <i>patola</i> or <i>nimba</i> .	<i>Kustha</i> Ch.chi.7/43
14.	Madanphal (<i>Randiadumetorum</i> Retz.)	<i>Vamanaarthdravya</i>	Ch.su.2
		<i>Phalinidravaya-Vaman</i>	Ch.su.1
		<i>Vaman, aasthapan, anuvaasandravya</i>	Ch.su.25
		When the <i>dosas</i> located in the <i>hridaya</i> or the center of the body, are in state of <i>utkarsha</i> (free from adhesion), then the patient suffering from <i>kustha</i> (obstinate skin disease) in the upper part of the body should be given emetic therapy with the help of <i>madanphal</i> with the juice or decoction of <i>patola</i> or <i>nimba</i> .	<i>Kustha</i> Ch.chi.7/43

15.	Mulak (Raphanussativus Linn.)	LA of paste of seeds of <i>mulak</i> , impregnated with <i>kaanji</i>	<i>Kustha</i>	Ch.chi.7/127
		LA of warm paste of dried raddish	Nodules of <i>granthivisarpa</i>	Ch.chi.21/123
16.	Mulethi (Glycyrrhizaglabra)	<i>Vamanaarthdravya</i>		Ch.su.2
		<i>Kandughna; snehopag; Vamnopag; mahakashaya;</i>		Ch.su.4
		When the <i>dosas</i> located in the <i>hridaya</i> or the centre of the body, are in state of <i>utkarsha</i> (free from adhesion), then give emetic therapy with the help of <i>mulethi</i> mixed with the juice or decoction of <i>patola</i> or <i>nimba</i>	<i>Kustha</i>	Ch.chi.7/43
		Affuse the ulcer frequently with the cooled decoction of <i>madhuka</i>	<i>Visarpa</i> , caused by the excessive aggravation or vitiation of <i>vata, rakta</i> and <i>pitta</i>	Ch.chi.21/94
17.	Nirgundi (Vitexnegundo)	<i>Krimighnamahakashaya; vishaghnamahakashaya;</i>		Ch.su.4
		Oil cooked by adding equal quantity of the juice of the roots and leaves of <i>nirgundi</i> . Intake of this medicated oil and use of this oil for massage as well as eardrop is beneficial	<i>Fistula, kustha</i> , disease caused by <i>vayu</i> , scabies	Ch.chi.28/135
18.	Nisotha / Suvaha / Trivruta (Operculinaturpethum)	<i>Virechanaarthdravya</i>		Ch.su.2
		<i>Sukhavirechan</i>		Ch.su.25
		<i>virechan</i> (purgation)	<i>Kustha</i> (leprosy)	Ch.chi.7/44
		Powder of <i>trivrut</i> boiled by adding ghee; Powder of <i>trivrut</i> boiled by adding milk; Administration of powder along with warm water; Administration of powder along with decoction of <i>mridvika</i>	<i>Kosthagatvisarparog-purgation</i>	Ch.chi.21/64
19.	Rasaanjan	Solid extract prepared of the decoction of <i>daaruhaldi</i> along with cow urine	<i>Kustha</i>	Ch.chi.7/61
20.	Shirish - AlbizziaLebbeck	Application of paste of bark of <i>shirish</i>	<i>Kustha</i>	Ch.chi.7/96
21.	Sarjaras	Application of paste of <i>sarjaras</i> , impregnated with <i>kaanji</i>	<i>Kustha</i>	Ch.chi.7/127
22.	Ghee	Ghee washed with water 100 times also can be used externally	<i>visarpa</i>	Ch.chi.21/94
		Physician should be affuse (the ulcer) frequently with the supernatant part of ghee	<i>visarpa</i>	Ch.chi.21/94
23.	Cows Urine	Affusion made with warm cows urine	Nodules of <i>granthivisarpa</i>	Ch.chi.21/123

DISCUSSION

Ayurveda relates the concept of beauty with both external as well as internal one. Also it has mentioned the use of *shodhanchikitsa* (procedures to purify the body) to break the root cause of pathogenesis. Beauty in Ayurveda is the actual reflection of internal health. So, for healthy and glowing skin, it is advised to purify the body to eliminate the toxins. Drugs which have been observed in CharakSamhita for skin related disorders have *shodhan* properties like *virechan*, which is the basic procedure for curing *raktadushti* as well as helps in *pitta shaman*. This helps in restoration of best quality of *pitta* which is mainly responsible for healthy and glowing skin.

TABLE NO.-List Of *Dravya* Indicated for skin disorders with their basic properties.

1.	Amaltaas	<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Phalinidravaya- virechan</i>	Ch.su.1
		<i>Kushtaghnamahakashaya, kandughnamahakashaya</i>	Ch.su.4
2.	Daarvi	<i>Kandughnamahakashaya,</i>	Ch.su.4
3.	Danti	<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Kustha - virechan</i>	Ch.chi.7/44
4.	Kaakmachi	<i>Bhedan, Kushtaghna</i>	Ch.su.27/89
5.	Karanja	<i>Phalinidravaya- virechan</i>	Ch.su.1
		<i>Putik - twak (bark) -virechana</i>	Ch.su.1
		<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Bhedaneeya, Kandughnamahakashaya</i>	Ch.su.4
6.	Kathgular/ Malpuras	<i>Sransan</i> (purgation)	Ch.chi.7/162

7.	Khadir	<i>Kushtaghnamahakashaya</i>	Ch.su.4
		Best <i>kusthagna</i> medicine- <i>agryadravya</i>	Ch.su.25
8.	Kutaj	<i>Phalinidravya</i> - <i>vaman</i>	Ch.su.1
		<i>Vamanaarthdravya</i>	Ch.su.2
		<i>Kandughnamahakashaya</i> ;	Ch.su.4
9.	Madanphal	<i>Vamanaarthdravya</i>	Ch.su.2/7
		<i>Phalinidravya</i> - <i>Vaman</i>	Ch.su.1
		<i>Vamandravya</i>	Ch.su.25
10.	Mulethi	<i>Vamanaarthdravya</i>	Ch.su.2/7
		<i>Varnya</i> , <i>Kandughna</i> ; <i>Vamnopagmahakashaya</i> ;	Ch.su.4
11.	Nirgundi	<i>Krimighnamahakashaya</i> ; <i>vishaghnamahakashaya</i> ;	Ch.su.4
12.	Nisotha / Suvaha / Trivrutta	<i>Virechanaarthdravya</i>	Ch.su.2
		<i>Sukhavirechan</i>	Ch.su.25
		<i>virechan</i> (purgation)	Ch.chi.7/44

TABLE NO.- list of *dravya* indicated for oral interventions.

1.	Gandhak	Administration of sulphur with <i>aamalkiswaras</i> together with honey	17 types of <i>kustha</i>	Ch.chi.7/70
2.	Swarna-Maakshik	Copper pyrite taken together with cows urine- 17 types of <i>Kustha</i>		Ch.chi.7/70
3.	Amaltaas	Decoction of <i>amaltaas</i> - for purgation (leprosy of <i>kaphaj</i> origin)	<i>Kaphajkustha</i>	Ch.chi.7/80
4.	Danti	<i>virechan</i>	<i>Kustha</i>	Ch.chi.7/44
5.		<i>Sransan</i> (purgation) - <i>malpurasswaras</i> with <i>guda</i> (jaggery)	Switra (leucoderma)	Ch.chi.7/162
6.	Khadir	For drinking, cooking food, sprinkling, fumigation, application of thick ointment	<i>Sarvasreshetakushtanaashak</i>	Ch.chi.7/159
7.		Drinks prepared of <i>khadir</i> or mixed with the decoction of <i>khadir</i>	Switra (leucoderma)	Ch.chi.7/166
8.	Kutaj	Emetic therapy with the help of <i>kutaj</i> with the juice or decoction of <i>patola</i> or <i>nimba</i> .	<i>Kustha</i>	Ch.chi.7/43
9.	Madanphal	emetic therapy with the help of <i>madanphal</i> with the juice or decoction of <i>patola</i> or <i>nimba</i> .	<i>Kustha</i>	Ch.chi.7/43
10.	Mulethi	emetic therapy with the help of <i>mulethi</i> mixed with the juice or decoction of <i>patola</i> or <i>nimba</i>	<i>Kustha</i>	Ch.chi.7/43
11.	Nirgundi	Oil cooked by adding equal quantity of the juice of the roots and leaves of <i>nirgundi</i> . Intake of this medicated oil and use of this oil for massage as well as eardrop is beneficial	<i>Fistula</i> , <i>kustha</i> , disease caused by <i>vayu</i> , scabies	Ch.chi.28/135
12.	Nisotha / Suvaha / Trivrutta	Powder of <i>trivrut</i> boiled by adding ghee; Powder of <i>trivruta</i> boiled by adding milk; Administration of powder along with warm water; Administration of powder along with decoction of <i>mrdvika</i>	<i>Kosthगतvisarparog</i> -purgation	Ch.chi.21/64

TABLE NO.- list of *dravya* used for external application.

1.	Manhashila	<i>Manhashila</i> made to a paste by adding peacock bile- LA	Leucoderma	Ch.chi.7/170
2.	Amaltaas	Application of paste of <i>amaltaaspatra</i>	- <i>Kustha</i> (leprosy)	Ch.chi.7/80
3.	Daarvi (Daaruhaldi)	<i>Choorna</i> (Powder) with <i>gomutra</i>		Ch.chi.7/61
4.	Edgaj / Chakwad	Application of paste of <i>edgaj</i> seed, impregnated with <i>kaanji</i>	<i>Kustha</i>	Ch.chi.7/127
5.	Kaakmachi	Application of paste of leaves of <i>kaakmachi</i>	<i>Kustha</i>	Ch.chi.7/96
6.	Karanja	Application of warm paste of bark of <i>karanja</i>	nodules of <i>granthivisarpa</i>	Ch.chi.21/123
7.	Karpasa	Application of paste of flower of <i>kaarpasa</i>		Ch.chi.7/96
8.	Mulak	Application of paste of seeds of <i>mulak</i> , impregnated with <i>kaanji</i>	<i>Kustha</i>	Ch.chi.7/127
9.		Application of warm paste of dried raddish	Nodules of <i>granthivisarpa</i>	Ch.chi.21/123
10.	Mulethi	Wash the ulcer frequently with the cooled decoction of <i>madhuka</i>	<i>Visarpa</i> ,	Ch.chi.21/94

11.	<i>Nirgundi</i>	Oil cooked by adding equal quantity of the juice of the roots and leaves of <i>nirgundi</i> . Intake of this medicated oil and use of this oil for massage as well as eardrop is beneficial	<i>Fistula, kustha, disease caused by vayu, scabies</i>	Ch.chi.28/135
12.	<i>Rasaanjan</i>	Solid extract prepared of the decoction of <i>daaruhaldi</i> along with cow urine	<i>Kustha</i>	Ch.chi.7/61
13.	<i>Shirish</i>	Application of paste of bark of <i>shirish</i>	<i>Kustha</i>	Ch.chi.7/96
14.	<i>Sarjaras</i>	Application of paste of <i>sarjaras</i> , impregnated with <i>kaanji</i>	<i>Kustha</i>	Ch.chi.7/127
15.	Ghee	Ghee washed with water 100 times also can be used externally	<i>visarpa</i>	Ch.chi.21/94
16.		Physician should wash (the ulcer) frequently with the supernatant part of ghee	<i>visarpa</i>	Ch.chi.21/94
17.	Cows Urine	Affusion made with warm cows urine	Nodules of <i>granthivisarpa</i>	Ch.chi.21/123

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