

Ayurvedic Perspective of Mukha-Kanthikara Yoga's W.S.R to Chakradatta and Yogaratnakara

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ABSTRACT

Face is the foremost important part of the body which defines beauty. Yogaratnakara and chakradatta have explained various face abnormalities characterized by the presence of discolouration, pimples[acne], Shyava varna mandala (bluish black patches) on face, sun damage causing sun burn leading to skin tanning and hyperpigmentation. The Manasika nidana like Shoka, Krodha and Ayasa are also result in the skin abnormalities. Drugs with Rakta prasada (blood purifying), Twachya (conducive to skin) and Varnya (improving complexion) properties are commonly used in the management. They help to pacify aggravated Vata & Pitta dosha, thus aid in disease cure. Here it is tried to include some of the simple herbal formulations as Lepa and taila mentioned in Ayurvedic texts like Yogaratnakara and Chakradatta for the management of these face abnormalities.

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INTRODUCTION:

The face is the most revealing area of the body, showing the features of physical and psychological well-being and disease. In present scenario, people are highly conscious about getting natural beauty. Charaka said skin is one of the important sense organs. Face is prominent organ reflecting beauty of a person. Many chemical based products to attain flawless, glowing skin are present in market and even many herbals, organic named products are also been an eye catching for people. Acne, pigmentation, blisters, cold sore and sun tanning etc. have affected badly the skin due to continuous exposure to dust, sun, various climatic changes and hormonal imbalance hitting people differently causing all the skin abnormalities. Acne vulgaris is formation of comedogenics, papules, pustules, nodules and cysts are result of obstruction and inflammation of pilosebaceous units. This condition may leave scars or darken the skin. In Ayurvedic point of view, these

hyperpigmentation disorders are mainly come under the Kshudra rogas (minor disorders). Vyanga[facial melanosis] and melasma are hyperpigmentation disorders of facial skin with localised discolouration. Melasma characterised by brown patches on face usually on either side of face that occurs most of women influenced by hormonal changes, which is a frustrating condition influenced by both physiological and psychological factors. Even though it is considered as a Kshudra roga, has got a major importance as a cosmetic problem in the society. Suppression of vomiting, day sleep, excessive exposure to sunlight, Rakta (blood) vitiating factors such as Virudhahara (incompatible food) and factors aggravating Pitta like Krodha (anger), Shoka (sorrow), Bhaya (fear) & Ayasa (exertion), which are mentioned as some of the causative factors of these skin abnormalities. The chikitsa include both internal application and external applications like, Lepa

(external application), Siravyadha (bloodletting), Abhyanga (oil massage), Nasya (nasal errhine), Pana (drink), Vamana (emesis), Virechana (purgation) and Udwartana (powder massage). Among them Lepa is considered to be one of the simple & effective procedure. Various drugs are used in preparation of Lepa to make skin healthy and to get rid of skin ailments especially the hyperpigmentation disorders. So, it is our responsibility to explore more fruitful herbs from the riches of Ayurveda to treat these skin problems. Thus, here is an attempt that tried to

include some of the simple herbal formulations that are mentioned in Ayurvedic texts, in the management

MATERIALS & METHODS

Materials: Relevant literatures were referred from Chakradatta and Yogaratnakara.

Methods: Study information related to the topic was explored from 2 classical texts of Ayurveda. Simple herbal formulations from classics which are advised for external application as Lepa, Taila are compiled in this review.

Table no. 1: showing mukhakanthikara yoga's w.r.s to chakradatta¹

Sl. No	Name of Formulation	Ingredients	Form of Administration	Reference
01.	Tarunapidakaharo yoga	Lodhra+dhanya+vacha equal quantity	Lepa	Chakradatta kshudraroga chikitsa prakarana/42
02.	Yuvanpidakayamaparo yoga	Siddharthaka +vacha+ lodhra+saindhava	Lepa, vamana	Chakradatta kshudraroga chikitsa prakarana/43
03.	Vyangaharo lepa	Arjuna twak or manjishta +madhu/ navaneeta	Lepa	Chakradatta kshudraroga chikitsa prakarana/44
04.	Mukhakantikaro lepa	Raktachandana+ manjishta+kushta+ lodhra+priyangu+vatankura+masoora	Lepa	Chakradatta kshudraroga chikitsa prakarana/45
05.	Mukhakantikarshalmali kantaka lepa	Shalmali kantaka 3 days lepa gets you glowing skin {padmaopamam}	Lepa	Chakradatta kshudraroga chikitsa prakarana/46
06.	Mukhasoundaryakaro lepa	Masoora+ sarpi lepa for 7 days	Lepa	Chakradatta kshudraroga chikitsa prakarana/47
07.	Mukhakantikaro Dwitiya lepa	Matulunga jata+sarpi+ Manashila+ goshakrit Youvanpidaka tilakalaka roga nasht	Lepa	Chakradatta kshudraroga chikitsa prakarana/48
08.	Vyangaharo lepa dwitiya	Navaneeta+ sarpi+ madhu+ kola majja	Lepa	Chakradatta kshudraroga chikitsa prakarana/49
09.	Vyangadhiharo lepaabhyanga	Jatiphala kalka- neelivyangadhi nashak Katu taila abhyanga	Lepa Abhyanga	Chakradatta kshudraroga chikitsa prakarana/50
10.	Mukhasoundaryakarakaliyadi yoga	Kaliya+ Utpala+kushta+ dadhi+ badarasthi+ priyangu flower equal quantity along with curd for 7 days gives skin the glow of moon.	Lepa	Chakradatta kshudraroga chikitsa prakarana/51
11.	Mukhasoundaryakaro yavadilepa	Tussha-rahita masruna yava+ Yashtimadhu+ lodhra gives golden glow to skin	Lepa	Chakradatta kshudraroga chikitsa prakarana/52

12.	Mukhakantivardhako lepa	Rakshoghna[Shweta sarshapa]+ sharvari dvaya[haridra+ daruharidra]+ manjishta+gairika in goats milk or sarpi gives skin the glow of moon.	Lepa	Chakradatta kshudraroga chikitsa prakarana/53
13.	Mukhakantikaro lepa	Parinita+ dadhi+ sharapanka[neel kamal leaves]+kusta+raktachandana	Lepa	Chakradatta kshudraroga chikitsa prakarana/54
14.	Viplukado haridradhya taila Read again page 316	Haridra+daruharidra+ kaliya[sugandhika kashta]+ Yashti+ kuchandana+ prapoundarika+ manjishta+padma + padmaka+ kumkuma+kapittha+ tinduka+plaksha+ vata+ godugda+{ 1part of kalka+4 parts of taila+16p milk }	Taila	Chakradatta kshudraroga chikitsa prakarana/55-57
15.	Mukhakantikaara kanaka taila	Madhuka Kashaya+ priyangu+ manjishta+ Chandana + Utpala+ keshara +taila 1 kaduva	Taila	Chakradatta kshudraroga chikitsa prakarana/58-59
16.	Neelikadomanjishtadya taila	Manjishta+ madhuka+laksha+ matulunga [karsha matra all]+ taila[1 kaduva]+ goats milk[4parts]	Taila	Chakradatta kshudraroga chikitsa prakarana/60-62
17.	Neelikadomanjishtadya taila prathama	Kumkuma+Chandana+laksha+ manjishta+ madhuka+ kaliyaka+ usheera+padmaka+neelotpala+ nyagrodha+ plaksha+ padmasya keshara+ dvipanchamoola 1 pala each in 1 adhaka water then reduce it to ¼. Add manjishta +madhuka + laksha+ patanga+ yashtimadhu all 1karsha + taila 1 kaduva+ goats milk 2 parts and prepare taila	Taila	Chakradatta kshudraroga chikitsa prakarana/63-68
18.	Neelikadokumkumadyam dvitiya taila	Kumkuma+ Chandana+ laksha+ manjishta+ yashtimadhu all 1 karsha matra+ ajaksheera 2 parts	Taila	Chakradatta kshudraroga chikitsa prakarana/69-71
19.	Mukhakantikaram kumkumadya Tritiya taila	Kumkuma+kimshuka+ laksha+ manjishta+raktachandana+ kaliya+ padmaka+ matulunga+keshara+ kusumba +yashtimadhu+madayantika flowers+ haridra+ daruharidra+Gorochana+padmotpala+ Manashila+ kakoladyadi gana all 1 karsha+ laksha rasa+ ajaksheera+1 prasta taila	Taila	Chakradatta kshudraroga chikitsa prakarana/72-76
20.	Mukhakantikara varnaka ghrita	Madhuka+ Chandana+ kangu+ sarshapa+ padmaka+kaliya+ haridra+ lodhra+ all in equal quantity+4 parts of water prepare ghrita then filter later add ¼ th part kumkuma+ sikta then heat mildly	Ghrita	Chakradatta kshudraroga chikitsa prakarana/77-80

Table no.2: showing mukhakantikara lepa's w.r.s to Yogaratanakara.²

Sl. No	Name of Formulation	Ingredients	Form of Administration	Reference
01.	Lepa 1 {youvanapidaka nashaka lepa}	Jatiphala+Chandana+maricha	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/2
02.	Lepa 2 {youvanapidaka nashaka lepa}	Lodhra+ dhanyaka+vacha [equal quantity] or Gorochana+maricha[equal quantity]	Lepa Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/3
03.	Lepa 3 {youvanapidaka nashaka lepa}	A.Siddharthaka+vacha+lodhra+saindhava B.Mix gavya dugdha or arjuna twak C. Manjishta+ madhu D. Shalmali kanthaka+ksheera	Lepa Lepa Lepa Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/4-5
04.	Urdhwartana [Nyachavyanga nashak lepa]	Tribhuvana[bhang]+ Vijaya patra+shimshipa root	Churna	Yogaratanakara.kshudr aroga chikitsaadhikara/6
05.	Lepa 4 [vyanga nashak lepa]	Vatankura+ masoora Manjishta+ madhu	Lepa Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/7
06.	Lepa 5 [vyanga nashak lepa]	Arjuna twak+ manjishta+vrusha+madhu B. Shweta ashwa khuraja+navaneeta	Lepa Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/8
07	Yoga 1[vyanga nashaka]	Shasha rudhira[rabbit's blood]	Application over face	Yogaratanakara.kshudr aroga chikitsaadhikara/9
08.	Yoga 2 [youvanpidakavyanga nashaka yoga]	Varuna Kashaya prakshalana of face then application of vata pandu patra+ malati patra+rakta Chandana+ kushta+ kaliyaka[agaru]+lodhra	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/10
09	Yoga 3 Mukha kantikara pidika vyanga nashaka yoga	Mathulunga jata[root of matulunga]+sarpi+ Manashila+goshakrt rasa	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/11
10.	Yoga 4 [Vyanganalika nashak yoga]	jatiphala	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/12
11.	Yoga 5 [Mukhakarshya nashak yoga]	Arka ksheera+ haridra	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/13
12.	Yoga 6 [Mukhakantikara yoga]	Masoor+ksheera+sarpi	Lepa	Yogaratanakara.kshudr aroga chikitsaadhikara/14

13.	Kumkumadi taila	Kumkuma+Chandana+ lodhra+patanga+ raktachandana+kaliyaka+ usheera+ manjishta+ yashtimadhu+ tejpgatra+padmaka+padma+kushta+ Gorochana+ haridra+laksha+ daruharidra+gairika+ nagakeshara+palasha Kusuma+priyangu Kusuma+ vatankura+ malati+madhuchishta+ sarshapa+ Surabhi[shilajit] + vacha { all 1 karsha }+ 4 parts of milk+ 2 parts of tila taila+8 prastha water	Taila	Yogaratnakara.kshudr aroga chikitsaadhikara/1-6
14.	Manjishtadi taila	Manjishta+ madhuka+laksha+matulunga+yash timadhu {all 1 karsha kalka}+ 1 kaduva tila taila+2 kaduva goats milk	Taila	Yogaratnakara.kshudr aroga chikitsaadhikara/1-3
15.	Yoga 1 Padminikantaka yoga	Nimba+ aragvadha kalka	urdhwartana	Yogaratnakara.kshudr aroga chikitsaadhikara/2
16.	Yoga 2 Padminikantaka yoga	Nimba patra kwātha 4 parts+ murchita goghrita 1part	Taila	Yogaratnakara.kshudr aroga chikitsaadhikara/3

DISCUSSION:

Face is prime factor denoting beauty of individual. Ancient ayurveda texts had knowledge regarding cosmetics and its importance. This mukha-kanthikara yogas contains drugs which are included in varnya gana.

As we all know varnya gana includes Chandana, tunga, padmaka, ushira, manjishtha, sariva, payasya, sita [Shweta durva], and lata. Chandana which is rakta prasadaka, dahahara, krimihara, varnya [improves skin tone and complexion] pharmacological action like anti-bacterial, anti-oxidant, and anti-fungal. Manjishtha which is rookshata in Guna, ushna veerya as it is kaphapittashamaka properties alleviates and causes dryness in acne causing sebum production property, as pitta is directly related to skin tissue. Haridra which rectifies Agni by virtue of its ushna veerya, katu tikta rasa, laghu-rukhsa guna, katu vipaka. Haridra cleanses and detoxify rasa dhatu, it's karma like kushtahara, dehavarna vidhayini (helps in skin disorder) which eventually help in brightening of skin. Contains curcuminoids, desmethoxycurcumin as antioxidant property. Masoora [lentils] is Madhura and kashaya rasa Madhura vipaka, laghu, rooksha in guna and varnya, balya in karma and contains tocopherols i.e, vitamin E, carotenoids, saponins. Lodhra as Kashaya rasa, kapha pitta shamaka acts as haemostatic, coagulant and anti-inflammatory

properties it can clear the face blemishes, black and white heads, also dries up acne quickly. Ushira and Yashtimadhu being coolant relieves burning sensation, helps relieve ama from rasa and rakta it is kushtanuth, Vranahara acts as anti-oxidant and blood purifiers.

The drugs of this varnya gana are mostly bitter mixed astringent in taste and undergoes Madhura vipaka [undergoes sweet metabolism], sheeta in veerya [potency] and are snigdha, laghu, sheeta guna. Due to above properties, they act as blood purifiers and coolents that is why they are potent in reducing the blisters, burning sensation, itching etc. in case of discolouration of skin caused due to hyperpigmentation or irregular distribution of pigments the combined formulation is effective in such conditions.

CONCLUSION:

The dream of every individual is to be beautiful, attractive and glamorous. Face is important sense organ of human body which reflects beauty of an individual. Chakradatta and Yogaratnakara have included treatment for skin abnormalities. The mentioned drugs are having above said properties have skin toning effect they significantly promote the bhrajaka pitta in their site and hence enhance the complexion of the skin. Mechanism of action of lepa

network of sira is formed underneath the skin and their openings are attached to hair follicles which carry sweat and replenish rasa dhatu inside and outside through them only the veerya of abhyanga, snana and lepa dravys enter the body after being transformed in skin. Mukhakanthikara yogas are such formulations which help in improving face abnormalities like acne, sunburn causing tanning, uneven skin, freckles and hyperpigmentation and even improving the skin tone, skin texture and skin brightening making face just like radiant moon.

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