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 throughout the world which lead to many hazardous effects 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 *Bhrjak 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 album*), *Nagakeshar* (*Mesua ferra*), *Padmak* (*Prunus cerasoides*), *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 Mahakashayya in Sutrstan chap-4 (Shloka 4/8) that can be used to obtain glowing skin.

AIM -
To study the role of charakokta varnya mahakashaya for maintainer development of skin complexion (varna vriddhi)

OBJECTIVES –
1. To study Varnya Mahakashayya
2. To study the factors affecting to skin complexion
3. To study the correlation of affecting factors to skin complexion and action of Varnya Mahakashayya on them.

MATERIALS-
All description related to Charakokta Varnya Mahakashayya, 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 वसा: त्वच: षट ।
  (च.चि.15/17)

  Twacha (skin) is the Upadhatu of Mamsa.

2. तस्य खल्वेवांप्रवृत्तस्य
  खुक्षोणितस्यभिपच्यमानस्य |
  क्षीरस्येव सन्ताननकााः सप्त त्वचो िवन्न्त |
  (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 Twaka According To Achrya

<table>
<thead>
<tr>
<th>चरकाचार्य</th>
<th>उदकधरा</th>
<th>असुगधरा</th>
<th>तृतीया</th>
<th>चतुर्थी</th>
<th>पंचमा</th>
<th>षष्ठी</th>
</tr>
</thead>
<tbody>
<tr>
<td>सुश्रुताचार्य</td>
<td>अवभासिनी</td>
<td>लोहिता</td>
<td>श्वेता</td>
<td>तामा</td>
<td>वदनी</td>
<td>रोहिणी</td>
</tr>
</tbody>
</table>
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 Vriddhi "काश्य काश्य उष्णकामीत्वां ||"

So the Vriddhi 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.
<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Name of herbs</th>
<th>Latin name</th>
<th>Family</th>
<th>Chemical composition</th>
<th>Ras</th>
<th>Virya</th>
<th>Vipaka</th>
<th>Karya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>श्वेत  चांदन   (उष्ण गुण)</td>
<td>Santalum album</td>
<td>Santalaceae</td>
<td>Santalol 90%</td>
<td>तिकत</td>
<td>कुट</td>
<td>कुट</td>
<td>सितचन्द्र, काीचन्द्र, वर्ष्ण, रक्तप्रसादन</td>
</tr>
<tr>
<td>2)</td>
<td>मलिन्य (उष्ण गुण)</td>
<td>Rubia cordifolia</td>
<td>Rubiaceae</td>
<td>Purin, Manjishthin, Jantho sudo Purin</td>
<td>तिकत</td>
<td>कुट</td>
<td>उष्ण</td>
<td>कुट</td>
</tr>
<tr>
<td>3)</td>
<td>नागकेर पुरान</td>
<td>Mesua ferrea</td>
<td>Guttiferae</td>
<td>Mesuaferin A&amp;B, Bayoflovinals, Maminis mesual, Mesuon</td>
<td>कषा</td>
<td>उष्ण</td>
<td>तिकत</td>
<td>कुट</td>
</tr>
<tr>
<td>4)</td>
<td>पद्माक (उष्ण गुण)</td>
<td>Prunus cyrasodius</td>
<td>Rosaceae</td>
<td></td>
<td>तिकत</td>
<td>कुट</td>
<td>उष्ण</td>
<td>कुट</td>
</tr>
<tr>
<td>5)</td>
<td>उशीर (उष्ण गुण)</td>
<td>Vetiveria zizaniodis</td>
<td>Gramineae</td>
<td></td>
<td>तिकत</td>
<td>कुट</td>
<td>उष्ण</td>
<td>कुट</td>
</tr>
<tr>
<td>6)</td>
<td>यष्टीमधु (उष्ण गुण)</td>
<td>Glycyrrhiza glabra</td>
<td>Leguminosae</td>
<td>Glycryzin, dsoyikkiritin, Estrogen, Glucose, Sucrose, Mait</td>
<td>मधूर</td>
<td>मधूर</td>
<td>मधूर</td>
<td>मधूर</td>
</tr>
<tr>
<td>7)</td>
<td>सारीवा (उष्ण गुण)</td>
<td>Hemidesmus indicus</td>
<td>Asclepiadaceae</td>
<td>Roots-Methoxy salisilik aldehyde Seeds- Sisterol, Tetrasayclin try tripin, Keton , Saponine</td>
<td>तिकत</td>
<td>मधूर</td>
<td>मधूर</td>
<td>मधूर</td>
</tr>
<tr>
<td>8)</td>
<td>पयस्या (उष्ण गुण)</td>
<td>Ipomoia digitata</td>
<td>Leguminosae</td>
<td>Carbohydrate 64.6%, Protein 10.9%</td>
<td>तिकत</td>
<td>मधूर</td>
<td>मधूर</td>
<td>मधूर</td>
</tr>
<tr>
<td>9)</td>
<td>भसता (उष्ण गुण)</td>
<td>Cynodon dactylon</td>
<td>Gramineae</td>
<td>10.4% -Proteins, 27.1% -Fibers, 11.7% -Calcium, Magnesium, Phosphorus, Sodium, Potassium, 36.6%- Carbohydrate, Alcaloids, Glucosodes</td>
<td>कषा</td>
<td>उष्ण</td>
<td>मधूर</td>
<td>कुट</td>
</tr>
<tr>
<td>10)</td>
<td>लता (उष्ण गुण)</td>
<td>Cynodon dactylon</td>
<td>Gramineae</td>
<td></td>
<td>कषा</td>
<td>मधूर</td>
<td>मधूर</td>
<td>कुट</td>
</tr>
</tbody>
</table>
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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