

ROLE OF “MUKHALEPA” TO INLIGHTEN SKIN IN “SHADA RITU”

*Vd. Akshay Sharma, **Dr Rita Singh, #Dr Sanjay Srivastav

*P.G Scholar, ** Guide & Reader, *** H.O.D Rognidan and Vikruti Vigyan Vibhag,
Pt Khushilal Ayurvedic government collage, Bhopal, MP, India.

ABSTRACT

Beauty is the quality that gives pleasure to the senses, is perhaps desire of every human being on earth. It is a natural desire of mankind to have a healthy and glamorous skin and everyone wants to look beautiful.

In Ayurveda texts there are lots of Ahara, Vihara & Aushadha which were mentioned to enhance beauty, Such as various mukhalepa. The herbal paste which is applied on face to treat Acne, Pigmentation, Scar, and Melisma are known as Mukhalepa. It is very effective skin care treatment in Ayurveda.

Shada Ritu are described in our classics which have many changes in the environment which have an effect on our skin very quickly because skin is most sensitive, large and open part of our body which directly connected to external environment.

Therefore in order to protect our skin from these ill effects of seasonal changes Acharyas have mentioned different types of Mukhalepa in Six different Ritu.

Keywords: Beauty, Shada Ritu, Mukhalepa.

INTRODUCTION

Ayurveda an ancient science has vast description of topical application in the name of *Lepa* described both as the *Chikitsa* and for beauty. Beauty is the first sign of a person on seeing which other person guesses his mind and character. The face is also called a mirror of a person's Body, Mind, and soul. Skin is the largest and most open part of our body, most of the time it is in contact with the external environment, due to which the changes in environment on the face have a superfluous effect on our skin beauty.

Acarya Charaka has says that forgetting all the opinions protect your body first. And our skin is the part of our body, so our Acharyas has described many *lepana* for protection our skin, *Mukhalepa* is one of them. Beauty is the quality that gives pleasure to the senses, and everyone has the desire to get this beauty.

In today's time, the demand of cosmetology is increasing. Every morning there is a lot of advertisement on TV, which is claim to enhances complexion of skin and give acne and wrinkle free and glamour's skin. But the reality is that all these modern beauty products contain many harmful chemicals, which has very bad effect on our skin. In such a situation, the demand of ayurvedic cosmetology is increases in our day to day life.

Mukhalepa is comes under the umbrella of *lepakalpana*. Mukhalepa is one of the well-known effective and oldest methods for improving the quality of skin. In different types of Ritu Skin need different types of face pack.

Mukhalepa proves its worthiness by increasing circulation of blood within the veins of the face. Mukhalepa not only frees human from many skin disorders but also provides protection. Because the first purpose of Ayurveda is to protect the health of

healthy persons. Mukhalepa is very useful for prevention and cure of any skin problem.

AIM AND OBJECTIVE

. To explain the concept of *Mukhalepa* (face pack)

. To mentioned the drug from Ayurveda classics which are useful to protect and enlighten our skin

In *Shada Ritu*.

. To explain probable mode of action of various Mukhalepa use in different Ritu.

MATERIAL AND METHOD

. References of Mukhalepa have been collected from the classical text of Ayurveda.

. Drugs from classics which are used for Mukhalepa in *Shada Ritu*.

CONCEPT OF MUKHLEPA

The herbal paste which is applied on face to treat acne, pimple, marks and pigmentation are known as Mukhalepa.

TYPES OF MUKHLEPA

Mukhalepa is three types based on their therapeutic uses.[1]

Lepa Thickness

Doshahara	1/4angul
vishaghna	1/3angul
Varnakrita	1/2angul

Ratio of sneha according to predominance of Dosha[2]

Table 1: Mukhalepa in Different Ritu[6]

HEMAN T RITU	Ber Majja(Zizphus jujube)	Vasa Mul(Adhato da Vasica)	Shweta Lodhra(Symp hlocos Recemosa)	Gour Sarshap(Brassica Compestris)	–	–	–
SHISHI R RITU	Brhuti Mul(Solanum indicum)	Krishna Til(Sesamum Indicum)	Darvi Twak(Berberis Aristeta)	Yava(Hordeum Vulgare)	–	–	–

Diseases Ratio of Sneha

Vataj	1/4 th part
Pittaj	1/6 th part
Kaphaj	1/8 th part[2]

Application of Mukhalepa

Mukhalepa should be placed in the opposite direction (pratiloma) of the hair follicle on the skin. To make the action of application more quick.[3]

Pashchat Karma of Mukhalepa[4]

. Lepa should be allowed to remain till it become dry; if left dry, it vitiates the complexion of skin.

. It should be removed after moistening of face.

. Avoid day sleep, excessive talk, and exposure to sunlight, sorrow and Anger.

Benefits of Mukhalepa[5]

.It enhances beauty of skin.

. Prevents for aging

. Reduce wrinkles.

. Reduce pigmentation.

.Beneficial for eyes.

. Cures Vyanga, Nilika and

Pality

Lepa Klpa in Shada Ritu

Astanga hrudaya has first described the six different Mukhalepa according to various seasons. This thing proves usefulness of Mukhalepa(Face pack) in Cosmetology. Which are indicated in different seasons are given as mentioned.

Basant Ritu	Darbha Mul(Desmotachya Bipinnata)	Chandan(Santalum Album)	Ushir (Vetiveria Zizanioides)	Shirish(Albizzia Lebbek)	Sitpushpa Foreniculam Vagare)	Tandul	–
Grishma Ritu	Kumud (Nymphaea Alba)	Utpal(Nymphaea Stellata)	Kalhar (Kamal Bheda)	Durva(Cyndon Dactylon)	Madhuk(Glycyrrhiza Glebra)	Chandan (Santalum Album)	–
Varsha Ritu	Krishna Aguru(Aquilaria Agalocha)	Til(Sesamum Indicum)	Ushir(Vetiveria Zizanioides)	Jatamansi (Nodstachys Jatamansi)	Tagar(Veleriana Wallichii)	Padmak (Prunus Cerasoides)	
Sharada Ritu	Talish(Abies Webbiana)	Gundra(Typha Elephentina)	Pundarik(Nymphaea Alba)	Yasthimadhu	Kash(Saccharum Spontanum)	Tagar	Tagar

PROBABLE MODE OF ACTION OF MUKHALEPA

1. The function of Bhrajak pitta is said to metabolize the substances of drug applied to the skin whereas one of the main function is manifest the colour and complexion of skin, in function of metabolism the activates of saman vayu supported by vyan vayu is a great importance. Ayurveda also propagates the theory of “Strotomaya purush” indicating that the human body is porous. When the medication is applied in the form of lepa the minute particles of the substances penetrate into the twak. And upshoshan property of Vayu play would play a major role in the penetration and absorption of Mukhalepa applied over the skin. After being absorbed in the skin, the drugs would act upon the body, pertaining to its Virya and in some cases according to its Prabhava.[7]
2. Hemant Ritu has containing the Snigdha and Guru property, hence the drugs used in it is Kapha-pittahar and Madhur gun pradhan.
3. In Shishir Vayu is Ruksha So the Acaryas used madhur and Snigdha guna dominataing drugs like Til.
4. In Vasant Kapha is Aggravated and the heat of sun is also slightly worse Hence Acaryas use Kapha-pittahar and laghu guna dominating drugs like- Chandan, Ushir, Shirish.

5. During the Summer Season, the temperature of the sun rises to a great extent, it starts exploiting the Snehansha of our body, hence Acharyas uses- Laghu, Snigdha, Sheet and Madhur Ras dominating drugs like-Druva, Utpal, kumud these drugs provided nourishment to our Skin.
6. In varsha Ritu Vata is aggravated and starts the acculation of pitta, and rakta is also Dustha in this ritu Due to Ashrayashryi Bhava of Pitta and Rakta, hence acharyas use- Ushir, jatamansi, Padmak, Tagar like, Kaphapittahar , Raktaprsadak and Vatashamak dug cobinations.
7. In sharad Ritu pitta is aggravated hence Acaryas use- Yashimadhu, Kash, Talish, Aguru and pundarik like Madhur, Tikta Ras and Sheet Guna dominating drugs.

DISCUSSION

The concept of beautification through Mukhalepa is well described in our classics. Various drugs are used in mukhalep which containing lots of properties who makes skin healthy , beautiful ,glamorous, radiating and acne free. And enhance the complexion without any adverse effect. Our Acharyas mentioned specific drugs for specific Ritu in Mukhalepa according to their Gunadharm. And this criteria is very important because if the drug used in Mukhalepa is not according to Ritu, there

will not be any desire effect from the Mukhalepa therapy.

CONCLUSION

Ayurveda was at its peak in Samhita period and was divided into eight specific branches, but over time it got worse. Therefore, as an Ayurveda scholar, we all have a duty to prevent this heritage of Indian scientist (Acharya) and develop it. And one of these branches "Ayurvedic cosmetology" is very special branch in today's era. This branch is very useful for globalization of Ayurveda, if we all work together on this in the field of Ayurveda. Mukhalepa increasing beauty and imparts freshness. And it is better to avoid synthetic chemical based cosmetic products and use herbal products for enlighten beauty of skin.

REFERENCES

1. Tripathi Brahmanna Astng hrudaya, (Sutrstan 22) nirmala hindi commentary Chaukhmba Sanskrit Pratishtan, 2007, p259, 260.
2. Narayan Ram Achary Kavyatirtha, Sushrut Samhita (sutrstan 18), Nibandha Sangrha commentary, of Dhan Chaukhmba Surbharti Prakashan, p85.
3. Narayan Ram Achary Kavyatirtha, Sushrut Samhita (sutrstan 18), Nibandha Sangrha commentary, of Dhan Chaukhmba Surbharti Prakashan, p85.
4. Tripathi Brahmanna Astng hrudaya, (Sutrstan 22) nirmala hindi commentary Chaukhmba Sanskrit Pratishtan, 2007, p259, 260.
5. Tripathi Brahmanna Astng hrudaya, (Sutrstan 22) nirmala hindi commentary Chaukhmba Sanskrit Pratishtan, 2007, p259, 260.
6. Vagbhattacharya Astang Hrudaya, (Sutrstan 22/19-21) Commentaries Sarvangsundara annotated by Anna

Moreswar Kunte .in; Pt Shastri Editor Varanasi Chaukhmba Surbharti Prakashan, 2010.

7. Sud Khyati sushant, functional overview of the formulation used for external application in Twak Vikaras, International Journal of Ayurvedic and Herbal medicine IJAHM4:2(2014), p1448-1455.