



APPLICATION OF ANTI-AVERSION TREATMENT FROM AYURVEDA IN SKIN CARE (VAIKRUTAPAHA CHIKITSA)

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ABSTRACT

Skin is the largest organ of the body. Healthy skin is a reflection of overall wellness. Acharya Sushruta advised certain procedures for the management of skin abnormalities under the heading of *Vaikrutapaha chikitsa*. These include procedures like *Pandukarma* (hypopigmentation), *Krishnakarma* (hyperpigmentation), *Romasanjanana* (repilation), *Lomapharana* (depilation), *Pratisarana* (rubbing), *Utsadana* (stimulating granulation) and *Avasadana* (depressing granulation). Inclusion of such procedures light up the fact that cosmetology was given utmost importance even in the Vedic period.

In modern day practice of Ayurveda, *Vaikrutapaha chikitsa* remains unnoticed in the shadow of surgical measures. These days people need faster results. So they usually opt for procedures that can result in faster relief like facial surgery, laser hair removal, hair transplants, chemical skin peels etc. These are usually costly and may be out of reach of common man. So there arises a need for a result oriented procedure which is natural, cost effective and devoid of side effects. Having said that *Vaikrutapaha chikitsa* comes into picture in this aspect. There is no doubt that if these procedures are properly adopted in practice, it could bring lot of positive approach among the needy.

Every human desires to look beautiful. With the advancement in various ultratechnology, maintenance of beauty has been made easy. But there is equal demand for natural methods and principles in keeping skin, mind and body healthy to remain beautiful. In this circumstances *Vaikrutapaha chikitsa* stands unique.

KEYWORDS: *Vaikrutapahachikitsa, Pandukarma, Krishnakarma.*

INTRODUCTION

“Beauty lies in the eye of the beholder”, is a very famous saying and the qualities that give pleasure and a sense of relaxation to the senses is called beauty. It is a characteristic of a person, animal, place, object, or idea that provides a perceptual experience of pleasure, meaning, or satisfaction.

Various methods to look beautiful have evolved with the advancement of technology. One such method is the usage of cosmetics. Cosmetics deals with substances and methods that makes a person look beautiful and give a presentable appearance. Understanding and usage of cosmetics is not only to improve the appearance but also to boost the individual's confidence.

In Ayurveda *vaikrutapaha chikitsa* can be considered as Ayurvedic cosmetics. The term *Vaikruta* refers to various skin abnormalities like excess hair in the body (*Atilomata*), lack of hair (*Alomata*), hyperpigmentation (*Krishnavarnata*), hypopigmentation (*Panduvarnata*), hyperscaling or roughness of skin (*Tvak parushyata*) etc. Acharya Sushruta had included special therapies for treating such abnormalities in the form of *Vaikrutapaha chikitsa* among the *Shastiupakramas*.

These include mainly seven procedures:

1. *Utsadana* (stimulating granulation)
2. *Avasadana* (depressing granulation)
3. *Pandukarma* (hypopigmentation)

4. *Krishnakarma* (hyperpigmentation)
5. *Pratisarana* (rubbing)
6. *Romasanjanana* (repilation)
7. *Lomapaharana* (depilation)

Utsadana^[1] (Stimulating granulation)

It is indicated for dried wound with deep and little granulation tissue (*parishushkanam gambiranam alpamamsanam vranam*). The process involves various applications like local application of honey, intake of proteins from animal source and application of medicated and clarified ghee (*Sarpir lepa*) prepared out of *Achyranthes aspera* and *Withania somnifera*. Ghee, mainly because of lipoproteins improves skin elasticity, improves healing process by promoting granulation tissue and reduces scar tissue formation. Consuming meat of carnivorous animals (*Mamsashinam chamamsani bhakshayet*), and remaining cheerful always free from stress (*Vishuddamana*), stand very crucial which help in promotion of growth of healthy granulation tissue for healing.

Acharya Vagbhata has mentioned application of paste of *Ficus bengalensis* (*Nyagrodha*), *Prunus cerasoides* (*Padmaka*), *Withania somnifera* (*Aswagandha*), *Sida cordifolia* (*Bala*) and *Sesamum indicum* (*Tila*) for the purpose of stimulation of healthy granulation tissue in deep seated wounds^[2]. In allopathy dermal filling gives similar effect but it has side effects like allergic reactions, formation of bumps under skin, bluish discolouration.

Avasadana^[3] (Depressing granulation)

It is indicated in raised wounds with soft granulation tissue (*Utsanna mrdumamsa*) and in elevated wounds which are hard (*Katina*), itching (*Kanduyukta*) and chronic (*Chira*). This process involves cleansing with alkali. (*Shodayet ksharakarmana*). In this procedure there is uniform scrapping of over grown tissues up to skin level. In allopathy laser skin resurfacing is used for the same purpose that result in other untoward effects like cold sores and fever blisters.

Krishnakarma^[4] (Hyperpigmentation)

It is indicated in *Durudatvatsuklanam* (white scars caused by improper healing) The

treatment involves application of paste of ash of hoof of domestic and marshy animals mixed with oil prepared from fruit of *Semecarpus anacardium* (*Bhallataka*). Here the hypopigmentation of the skin is removed restoring normal skin complexion. In allopathy laser therapy and skin creams are used for this purpose but has side effects which include burning sensation and allergic reactions.

Pandukarma^[5] (Hypopigmentation)

It is indicated in wounds which have turned black due to improper healing (*Durudatvatkrishnanam*). The treatment involves application of paste of fruits of *Rohini* (*Terminalia chebula*) pre-soaked in goat's milk for a week. Powder of earthen pot (*Kapaalika*), Rhubarb (*Vidula*), root of *Shorea robusta* (*Sarja*), sulphate of iron (*Kasisa*), *Glycyrrhiza glabra* (*Madhuka*) and honey made into paste and applied. Pulp is removed from fruit of *Feronia limonia* (*Kapitha*) and filled with goats urine, sulphate of iron (*Kasisa*), *Rocana*, sulphate of copper (*Tutha*), orpiment (*Haratala*), realgar (*Manashila*), bamboo bark, seeds of *Casia tora* (*Cakramarda*), black antimony (*Rasanjana*) – kept within the ground under *Terminalia arjuna* (*Arjuna*) tree for a month, then made into a paste and applied. By this treatment the hyperpigmentation of the skin is restored with normal skin complexion. In allopathy laser therapy and intense pulse light treatment are used but has side effects like darker or paler patches and pain during treatment.

Pratisarana^[6] (Rubbing)

In this procedure equal quantity of shell of hen's egg (*Kukkudantakapalan*), *Bryophyllum pinnatum* (*Kataka*), *Glycyrrhiza glabra* (*Madhuka*), oyster shell (*Samudramanduki*), powder of pearl (*Manichurna*) pounded in mutra and made into pills which after rubbing is applied as a paste. By this procedure the fibrosed skin is peeled off uniformly without any adverse effects like skin rashes or discolouration. In allopathic treatment abrasions and peels have similar effect but has side effects like scarring, infections, skin discolouration.

Romasanjananam^[7] (Repilation)

This process is adopted for hair growth. As per classical reference, burnt ashes

of ivory (*Hastidantamashi*) with the best quality black antimony (*Rasanjana*) is made into a paste and is applied after mixing with goat's milk. It is told that by this process hair grows even on palms. Ash made from skin, hair, hoof, horn, bone of four legged animals made into a paste and applied over the affected area [8]. Sulphate of iron (*Kasisa*) & tender leaves of *Pongamia pinnata* (*Naktamalapallava*) pounded in juice of pulp of *Feronia limonia* (*Kapitta rasa*) should be applied as a paste also promotes hair growth. By this treatment hair follicles are stimulated with strong hair roots uniformly all over the applied surfaces. There is very least chances of reoccurrence of baldness. In allopathy, hair transplant technique is used for this purpose but it has side effects like bald patches, swelling, itching and scabbing

Lomapaharana^[9] (Depilation)

It is indicated in wounds which do not heal properly due to presence of hairs. Here hairs are removed with razor, scissors and blade. Conch shell powder (*Shankachurna*) (2 part) and orpiment (*Haratala*) (1 part) to be pounded in sour gruel (*Shutka*) and later made into paste and applied over affected areas. By this procedure unwanted hair is removed easily without pain and discomfort. Further discolouration of the skin can be prevented. In allopathy laser treatment and hair removal creams are used and has side effects like itching, redness, swelling, change in skin pigmentation, obvious pain during treatment, and scabbing.

CONCLUSION

Ayurveda emphasizes not only on physical beauty but also on psyche beauty for the purpose of attaining an admirable personality^[10]. References regarding beauty care in Ayurveda can be traced indirectly in different contexts of our classics. It starts right before birth. The dietetic habits and diet articles to be taken by the mother and are the directions towards overall beauty of the future progeny. Thus it is clear that this principles are not only concentrating on beautiful outlook but also of internal beauty which is a unique concept in Ayurveda.

Vaikrutapaha chikitsa is an unexcavated part in cosmetology in the modern era. It is has its miraculous effects

which has not been brought to the level of common people because they usually prefer quick results and give least importance to its higher cost and side effects. Now its a challenge for the new generation to explore it fully and apply it in the modern day cosmetology by proper understanding of its merits and resolve its lacunas by suitable methods of standardization

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