

Ayurvedic scenario on herbal cosmetics

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The term Cosmetic (Gr. Kosmeticos) means pertaining to cosmesis or beautifying substance or preparation. The word Cosmesis (Gr. Kosmesis) means: a) the preservation, restoration or bestowing of bodily beauty. b) The surgical correction of disfigured physical defects. Going through the available historical literary review, it is very clear that the cosmetics have been used for as long as there have been people to use them. Face painting is mentioned in the Old Testament (Ezekiel 23:40) and eye shadow was used in Egyptian burials dating back to 10,000 BC (Llewelyn). Indian ancient scriptures like Abhigyan Shakuntalam and Meghadootam of Kalidasa and many mythological epics encompass the reference of cosmetics like: Tilak, Kajal, Alita and Agaru (Aquilaria agalbeha) that were used as body decorative and to create beauty spots on the chin and cheeks in the era ruled by gods and their deities. A cosmetic is an important art in Ayurveda. Sushruta was the first surgeon to explain the plastic surgery which has been applauded even by the modern scientists; Sushruta is called as father of plastic surgery. Plastic surgery was aimed at the cosmetic correction of the part of the body. Samhitas aim at beautifying the body and also maintaining the health. Various guidelines are given to the mother during procreation and the development of Garbha reveals that our ancestors had thorough knowledge of the gestation period, embryological development, factors modifying the embryological development, etc., which is evident in Garbhpanishat. A critical analysis of Dincharya and Ritucharya reveals that all the health guidelines starting from getting up early in the morning, brushing to bed aims at health with good complexion, stress free life, good oral hygiene, good healthy hair growth, rejuvenation of body, etc. Ayurveda has given importance to dressing / wearing ornaments / application of cosmetics to suit the occasion. Similarly A couple of recipe may find in classical Ayurvedic texts starting from much Lepa (face pack), mouth wash to hair dyeing, hair removing to total body care.

Author made an attempt to explore the Ayurvedic Scenario on Herbal cosmetics with the in-depth review of available Ayurvedic texts.

Biography

Chakra Pany Sharma is an Ayurvedic academician and renowned name in the field of herbal drugs and cosmetics. He has completed his Ph.D on the Ayurvedic Herbal Cosmetics from the Dr. S R K Rajasthan Ayurveda University, Jodhpur-India which is the second independent Ayurveda University after the Gujarat Ayurveda University, Jamnagar. At present he is the Professor and HoD of the Deptt of Dravyaguna Vigyan (Clinical herbal pharmacology) at the Dr. S R K Rajasthan Ayurveda University, Jodhpur-India. He has been visited Hungary, Mauritius, Croatia and Sri Lanka countries for the propagation of Ayurveda. Moreover, he has published more than 35 papers and 20 articles in reputed journals and serving as an editorial board member of the "Journal of Homeopathy and Ayurvedic Medicine".

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