

STUDY OF VARNYA LEPA ON SWASTHA PURUSH TWAK WITH SPECIAL REFERENCE TO VASANT RUTU

Shrutika Sanjay Jadhav¹, Rajashree. H. Bharati²

P.G. Scholar Ayurved Samhita Siddhant),
Professor & H. O. D. (Dept.of Ayurved Samhita Siddhant),
Hon. Shri. Annasaheb Dange Ayurvedic Medical College, Post-Graduate & Research Center, Aashta, Sangli,
Maharashtra, India

Email: jadhavshrutika1992@gmail.com

Published online: May, 2018

© International Ayurvedic Medical Journal, India 2018

ABSTRACT

Beautiful skin is one of the most attractive indicators of beauty and youth. We understand how important our skin is not just for us to look good, but for our overall health as well. Skin care is one of the most important factors of natural beauty, no matter what your age, skin tone, or skin type. Humans give more attention to their appearance from the beginning of the civilization. In *Ayurveda* skin is called as '*Varna*'. According to *Charaka*, *Varna* is not just a colour but it indicates all parameter of healthy and radiant skin. Number of cosmetic products and *lepa* comes in the market, for lightning, giving smoothness to skin and lessening dark spots caused by sun damage and scarring. In *Ashtangahridaya* different *lepas* are told according to *Rutus*. Hence, this paper introduced the study of *lepa* which especially used in *Vasant Rutu* (summer season) to remove dead and dry skin cells from skin surface and boosts natural skin renewal process making your skin look healthy and glowing. This *lepa* gives effective benefits for the skin and maintain the healthy skin. As value of p is very less than 0.05 in both symptoms it was observed that highly significant results were observed in case of both symptoms. Values of p, t, mean and SD at DF 29 are enlisted in Table 2. Hence, it is concluded that the drug *Vasant Rutu Varnya lepa* is highly significant to improve complexion and to reduce dryness.

Keywords: *Ashtangahridaya*, *Vasant rutu*, *Varnya Lepa*

INTRODUCTION

Skin care is one of the most important components of natural beauty, no matter what your age, skin tone, or skin type. Exfoliation removes dead and dry skin cells from skin surface and boosts natural skin

renewal process making your skin look healthy and glowing. Humans have been very aware of their appearance from the beginning of the civilization. The external beauty is very important for many. Beauty

as a characteristic of a person's appearance, see physical attractiveness considered as beautiful. Number of cosmetic products and beauty contest coming into the market for skin lightening *lepa* and giving you smoother and lessening dark spots caused by sun damage and scarring. In *Ayurveda* Complexion is called as 'Varna' According to *Charaka* "Varna" means--- (**Charak Indriya sthan.1/11**)

Harsh and *Sneha* words indicate that the measuring of the *Varna* is not just a colour but it indicates all parameter of healthy and radiant skin. A soft good healthy skin gives glowing appearance and a radiant complexion.[2] In *Ashtangahridaya* different *lepas* are told according to *Rutus* e.g. - (**Astang Hridaya sutra.22/20**)-(**Astang Hridaya sutra.22/21**) - (**Astang Hridaya sutra.22/18**)

Those *mukha lepas* helps to overcome the premature graying of hairs, discoloured patches over face, wrinkles a kind of blindness. Other benefits of

regular application of those *mukhalepas* are as follows. [1]- (**Astang Hridaya sutra.22/22**)

The vision becomes keen, pleasant facial appearance, good complexion with smoothness resembles like fresh lotus flower. There is enough description regarding maintenance of natural health of skin in *Ayurvedic* texts now it's time to highlight the *Ayurveda* in the word of cosmetic with the unique aspects.

AIM: Study of *Varnya lepa* on *Swastha purush twak* with special reference to *Vasant Rutu*.

OBJECTIVES:

- To review the literature of *Varna* , *Varnya lepa* and *Vasant Rutucharya* .
- To study the concept of *Lepa*.
- To prepare the *Varnya Lepa*.
- To observe the changes due to *Varnya lepa* on *Swastha Purush* in *Vasant Rutu*.

Table1: Material Table

Dravya	Rasa	Veerya	Vipak	Karma	Guna
Darbhamul	Madhur, Kashaya,	Sheeta	Madhur	Tridoghana	Laghu, Snighadha
Karpur	Madhur Tikatta rasa, Katu	Sheeta	Katu	Lekhana Rakatta Utakleshana	Laghu, tikshana
Ushira	Tikkata Madhur	Sheeta	Katu	Dhahashamaka, Varnyakara, Tavkka doshahara, Kaphpittaghana	Laghu, Rusha
Shirisha	Tikkta Kashaya, Madhur	Ushna	Katu	Kaphapittaghana, Tavkadoshhara, PRABHAVA - Vishaghana	Tikshna,Ushna LaghuRusha,
Mishreya	Madhur,Tikata,Katu	Sheeta	Katu	Dhahashamak, Vattapittaghana, Pachan, Kaphavilayan	Laghu, snighadha
Shali	Madhur, Kashaya	Sheeta		Pittaghana, Balya, Bruhana.	Laghu,Snighdha

Material & Method:

1. Sampling Method –Simple Random Sampling
2. Sample Size- Total 30 *Swastha purush* were included in this study.
3. Written informed Consent was taken from healthy volunteers

Inclusion Criteria

1. Healthy volunteers.
2. Age group- 20 to 45 years.
3. Irrespective of Sex.

Exclusion Criteria

1. Volunteers having any present or past history of skin diseases.
2. Any fungal, bacterial and viral infection.
3. Immunodeficiency stage.
4. Pregnant, lactating and women on O.C.Pills.
5. Big and dark scar on face.
6. Autoimmune skin diseases.
7. Chronic Systemic diseases.

According to *Ashtang Hridaya Rhinitis, loss of sleep, Indigestion anorexia, Lock jaw, after giving nasya, and those For whom snana is contraindicated.*

Hypothesis –

Null Hypothesis (H0) - *Varnya lepa* is not effective for increased complexion to decrease the dryness of the face of healthy individuals in *Vasant Rutu*.

Alternate Hypothesis (H 1)-*Varnya lepa* is effective for increased complexion to decrease the dryness of the face of healthy individuals in *Vasant Rutu*.

Observation & Results:

a) Observation Criteria:

SR.NO.	VAREABLES	GREAD1	GREAD 2	GREAD3	GREAD 4
1.	Fitzpatrick complexion scale	No Complexion	Increased by Grade 1	Increased by grade 2	Increased by grade 3
2.	Dryness Scale	Scratches appear on skin	Dryness Subsides with <i>Mukhalepa</i>	Decreased By Grade 2	No Dryness

1. Fitzaptrik complexion scale-

- Grade 1- No Complexion.
- Grade 2-Increased by grade 1.
- Grade 3-Increased by grade 2.
- Grade 4-Increased by grade 3.

2. Dryness Scale-

- Grade 1- Scratches appear on skin
- Grade2-Dryness Subsides with *Mukhalepa*
- Grade3-Decreased By Grade 2
- Grade 4-No Dryness

Statistical Analysis -

Table 2: Shows statistical analysis by Student’s t Test for paired data

Sr. No	Symptoms	BT/AT	N	Mean	SD	t	p
1	Complexion	BT	30	1.000	3.600	28.580	P < 0.0001
		AT	30	0.000	0.4983		
2	Dryness	BT	30	1.067	0.2537	23.378	P < 0.0001
		AT	30	3.400	0.4983		

As value of p is very less than 0.05 in both symptoms it was observed that highly significant results were observed in case of both symptoms. Values of p, t, mean and SD at DF 29 are enlisted in **Table 2**. Hence, it is concluded that the drug *Vasant Rutu Varnya lepa* is highly significant to improve complexion and to reduce dryness.

DISCUSSION

As shown in Table-1,

Total 30 healthy volunteers were selected by simple random sampling for present observational study; written Informed consent was taken from Healthy volunteers. *Vasant Rutu Varnya Lepa* was given to Healthy Volunteer for application on face.

Preparation of drug - The fine powder of *Dhrabhamula, Karpur, Ushira, Shirisha, Mishreya, Shali*, was taken in equal quantity to prepare lepa which mixed with adequate distilled water, then mixture was used to application on face. *Vasant Rutu* comes under the *Aadan kala. Rutu kal consider as 2month forms the 1 Rutu, Vasant Rutu form by Chaitra and Vaishakh month. - (Astang Hridaya sutra 3/1, 2, 3,) -* during the period of 19 February to 19 April generally, As per study is conducted.

Varnya lepa is also more effective in people when is *lepa* applied followed with the *Dincharaya Plan* and *Rutucharya Plan*.

Aacharya Vagbhata explained [*Dincharya* (How to live daily lifestyle)] and how to live *Rutucharya* (seasonal life style) as mentioned in *Astang Hridaya* in "*Dincharya and Rutucharya Adhyay*")-**(Astang Hridaya sutra. Adhyay 1,2) -**

In *Sutrasthan, Aacharya Charaka* also explained in various *samhita* for planning of daily regimen. for living healthy life and seasonal regimen is also explained. And along with that health *Acharaya* gave importance of health and beauty also.

Ingredients *Darbhamul, Karpur, Ushira, Shirisha, Mishreya, and Shashti Shali* were used. *Darbhamul Laghu, Snighdha Guna Madhur Kashaya Rasa Sheet veerya* acts as *Tridoshghana*. The drug *Karpur of Laghu, Tikshana Guna, and Madhur Tikta Rasa*

helps in *Lekhana* and *Rakatta Utakleshana* increases *Brahnjakpitta* in skin. The drug *Ushira of Laghu Ruksha Guna, Tikta Madhur Rasa Sheet veerya* helps in *Dhahashamak, Varnyakara, Tavkka doshahara* and *Kaphapittaghana*. The drug *Shirisha of Laghu Ushna, Tikshna, Ruksha Guna of Tikta Kashaya, Madhur Rasa, Ushna veerya* act as *Tavkadoshhara* and *Prabhava acts as Vishaghana*. The drug *Mishreya of Madhur, Tikata, Katu Rasa Sheet veerya* act as *Dhahshamak, Vattapittaghana, Pachan, Kaphavilayan* and the drug *Shali of Madhur, Kashaya Rasa Sheet veerya* act as *Pittaghana, Balya and Bruhana*. Both drugs are of *Laghu Snighdha Guna. (Drugs Refer. Deshapande Javalagekar "Dravya guna Vigyan"),*

Bhavaprakash Nighantu of Shri Bhavamishra, In *Shishir Rutu* accumulated *Kapha dosha* in *Vasant Rutu* get melted by high Stroke of Sun it melted *Kapha Vatadi dosha* get aggravated. In *Vasant Rutu* aggravated *Kapha Vatadi dosha* affects the function of *Brajaka Pitta*. The properties of these above drugs are helpful in *Kaphapittaghana*. and *Dhahshamak, Vattapittaghana, Tavkadoshhara, Vishaghana; Rakatta Utakleshana* increases *Brahnjakpitta* in Skin, improves the function of *Brajaka Pitta*. Hence, *Brajaka pitta* is useful in improving complexion of skin in *Vasant Rutu* and reducing the dryness of skin.

In season *Vasant Rutu* the heat is extremely level. It gives the freshness and cooling effect to the facial skin. From **Table-2.**, of statistical analysis we observe that as value of p is very less than 0.05 in both symptoms it was observed that highly significant results were observed in case of both symptoms. Values of p, t, mean and SD at DF 29 are enlisted in **Table-2**. Hence it is concluded that the drug *Rutu Varnya Lepa* is highly significant to improve complexion and to reduce dryness.

CONCLUSION

It is concluded that the drug *Vasant Rutu Varnya Lepa* are effective and given results like this *lepa*

improves complexion of skin. This *lepa* improves the smoothness of the skin.

The *lepa* reduces the dryness of the skin. This *lepa* is also improves complexion in all type of tan skin.

REFERENCES

1. Kaviraj Atridev Gupta, Ashtang Hridaya Chaukhabha Sanskrit Prakashan Reprint 2005, Astang Hridaya sutra.adhyaya 22, 1, 2, - (Gupta, Reprint 2005, p. pg.91)
2. Acharya Vidyadhara Shukla and Pro.Ravidatta Tripathi "Charak Samhita", Chaukhabha Sanskrit Bhawan Reprint 2007, Charak Indriya sthan. adhyay 1. (Tripathi A. V., Reprint 2007, p. pg.970)
3. Kaviraj Ambikadatta Shastri "Sushruta Samhita" Chaukhabha Sanskrit Bhawan Reprint 2005 Sushruta Sharirsthan adhyay 4.Sutra.adhyay 6, 15 (Shastri, Reprint 2005, pp. pg.27,29,30, 75)
4. Bramhananda Tripathi "Sharangdhar Samhita" Chaukhabha Sanskrit Bhawan Reprint 2006. (Purvakhanda. Adhyay.1.) (Tripathi B. , Reprint 2006, pp. pg.5-15)
5. Hemaraj Sharama "Kashyapa Samhita" Chaukhabha Sanskrit Bhawan Reprint 2006 (Sharama, Reprint 2006, pp. pg.15 -20)
6. Harrison's "Principles of Internal Medicine " Edited by Dr. Kasper, Dr. Hauser (Harrison's, Harrison's" Principles Of Internal Medicine "Volume 1 and 2 , 16

th Edition) Dr. Braunwald Dr.Longo Mc.Graw-Hill Medical Publication division in Newyork, (Harrison's, Harrison's" Principles Of Internal Medicine "Volume 1 and 2 , 16 th Edition) 16th edition. (Harrison's, 16 th Edition, pp. pg.1158- 1160)

7. Deshapande Javalagekar "Dravya guna Vigyan", Reprint 2005 (Javalagekar, Reprint 2005, pp. (Pandey, Reprint2010, pp. pg.43,156,222,365,502,635)
8. Bhavaprakash Nighantu of Shri Bhavamishra – Commentary by Dr. K.C. Chunekar. Edited by Dr.G.S. Pandey, Chaukhambha Bharati Academy Varanasi Reprint 2010 (Pandey, Reprint2010, pp. pg.34,166,227,367,506,623)
9. Internet- 1. www.wikipedia.com 2. www.google.com

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Shrutika Sanjay Jadhav & Rajashree. H. Bharati: Study Of Varnya Lepa On Swastha Purush Twak With Special Reference To Vasant Rutu. International Ayurvedic Medical Journal {online} 2018 {cited May, 2018} Available from: http://www.iamj.in/posts/images/upload/1126_1130.pdf