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Cosmetic effect of Dinacharya procedure : A review study

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Abstract :
Ayurveda is science of life has also emphasized its importance by saying, good looks, helps in boosting the psychological state of mind and makes person feel good about one self. Beauty of person includes their complexion, skin texture, hair care, care of eyes, foot care etc. In the classical text of Ayurveda there are several references of numerous medicinal plants and modes of their application of their processed formulation for enhancing complexion, treating acne, treating dark patches etc. In the Ayurvedic text there is importance of Dincharya ie daily regime which is said by Acharyas for human being to be healthy. There is Dincharya procedures for skin becoming healthy and for its good complexion and its texture. This review is an attempt to collect references from various Samhitas regarding the procedures mentioned in Dincharya for skin beautification or for cosmetic purpose.

Cosmetic effect of Dinacharya procedure – A review study:

Now a day's cosmetics are consider to be one of the essential commodities of life. According to drug and cosmetic acts (India) 1940 Cosmetics may defined as any substance intended to be rubbed, poured, sprinkled or otherwise applied to human being for cleansing, beautifying and producing attractiveness. *Ayurveda* plays the

important role in cosmetology by various way such as *Ahar* (Diet and Nutrition), *Achar Rasayana* (through social behavior), *Rasayana* (health promoting drug or measures), *Dinacharya* (Daily regime or mode of life).

Cosmetology include the beauty of whole body which include beauty of skin, it's complexion, appearance of hair, beauty of eyes, foot care etc. Skin is one of the organs which cover all parts of the body therefore healthy and glowing skin is plays important role in looking beautiful. In this review we are discussing about *Dincharya* procedure for the cosmetic purpose which are follows:

Dantadhavana[1](Brushing of Teeth) : One should brush in morning and night after intake of food with *Arka, Khadira, Karanja and Arjuna*.

It brings about freshness, takes away bad odour and coating on teeth. Which increase the beauty of teeth.It produces alleviation of *Kapha,* clearness in the mouth and desire for food[2].

Anjana[3](Collyrium): Eye is the most important among all the sense organ. So to protect it one should apply *Anjana* (collyrium) every day.

The gold ornaments are cleaned by means of oil, cloth and hair brush, similarly application of *Anjana* cleans the human eyes, which makes them shine like the bright moon in the clear sky. Which increase the beauty of eyes and looks beautiful?

***Nasya*[4] (Nasal drops):** Medicine or medicated fat is administered through nostril is known as *Nasya*. Head is the most important part of the body[5]. Nose is the entry way for the head and medicine use in the form of nasal instillation, cures the diseases of head through this route only.

Practice of *nasya* at proper time as said in the text prevents diseases of eyes, nose and ears. There will be no white or gray hair, instead they grow well[6].Good hair is the part of beauty so everyone wants to strong and black hair so by using nasal drop daily which can be maintained or protect from hair disorders or even if falling or graying hair it can be use as a medicine.

***Abhyanga*[7](Massage):** Here the oil applied to the skin nourishes even the *dhatus* depending on the duration of *Abhyanga*.

Daily practice of *Abhyanga* delays ageing, cures tiredness and *vata* disorders, improves vision, complexion, nourishment, life, sleep, good lustrous skin and strength. This should be done specially to head, ears and feet.[8] In this modern era different types of massage are useful as a cosmetic point of view. Therefore Abhyanga is most important *Dincharya* procedure for healthy skin and it's good complexion.

Padabhyanga*[9] (Foot massage):Padabhyanga* helps to remove dryness, stiffness, roughness, tiredness and numbness instantly. It also makes skin smooth, provide strength and stability to feet, and it's medicinal use is to improves the vision and pacifies *vata*.

***Shirobhyanga*[10] (Head massage):** Daily practice of the head massage prevents balding, graying, hair fall, strengthens hair root and makes the hair black and long. It also nourishes the sense organs, softens the skin, provides luster to face.

***Udvartana*[11]:** It is a process which helps to decrease the *kapha* and fat (*meda dhatu*), It is a massage with different powders of herbs.

It makes the body strong and gives excellent, clear and good complexion to the skin.

***Snana*[12] (Bath):** Taking bath is auspicious, enhances virility, longevity, strength, compactness and *ojas*, and at the same time cures tiredness, sweat and impurities of the body.

***Anulepana*[13] (Anointment) :** Application of an ointment gives luck, complexion and beautiful look. It enhances *ojas* and strength and removes sweat, bad smell, discoloration and tiredness. There are various cosmetics products are available for fairness or soft and smooth skin. By the Anulepan which can be done by different herbal preparation mention in Ancient *Samhita's* for the purpose of beautification.

***Rakshoghna*[14] (Protective measures):** Wearing of flowers, beautiful cloth and gems increase the *ojas*, luck, beautiful look and love.

***Vastradharana*[15] (Wearing cloth):** Wearing clean cloth enhances beauty, success, longevity, pleasantness of mind, recognition in the society and destroys poverty.

Both of the above is useful as cosmetic purpose by protecting skin and whole body by external harm, ultra violet rays etc. and by improving external appearance of the individuals.

***Saugandhit dravya tatha Mala dharana*(Wearing garlands)[16]:** Application of fragrant drugs like *Chandana, Kesara, Kasturi* etc. and wearing of garlands, produce virility, fragrance, longevity, beauty, nourishment, strength, pleasantness of mind and destroys poverty.

***Kavach dharana* (Wearing of protective covering)[17]:** Wearing protective covering enhances clearness, complexion, luster and strength.

***Shankar Chatradharana* (Wearing head turban and umbrella)[18]:** Wearing turban over head, helps to keep the hair clean and good for hair. Umbrella protects from rain, wind, dust, fumes, mist and intense heat of sun. It improves complexion and good for eyes and enhances *ojas* and auspicious.

Conclusion: Thus these procedures can play role in showing the cosmetic effect in elevating the beauty as well as to prevent the diseases. From that we can say that if we follow this procedure on daily basis as *Acharya* has said then there will no need to any external application for beautiful skin or for other cosmetic procedures because these procedures include beauty of skin, face,Hair,feet,teeth,nail etc.

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