



Research Article

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THE ROLE OF UDVARTHANA ON SKIN HEALTH

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ABSTRACT

Approaching towards modern life style, every person is conscious about his/her look and using number of cosmetics which are made up of chemicals and freely available in market to make their skin looks beautiful without knowing the consequence produced by chemical (Cosmetics) on the skin. To prevent such complication and to increase the beauty of one's facial look, we selected one of the ancient techniques of daily routine Udvarthana as a subject research to know the effect of Udvarthana on skin health according to Samhita's as per modern life. Face is mirror, which perhaps reflects our individuality from others. Our face is a part of attraction and gives the image of our fitness hence application of Udvarthana is done only on face. The results were assessed on manifestation of improvement in skin health, such as symptomatic changes after application. 30 normal individuals of age group 16-30 years were recruited in trial. Sample were assessed and evaluated on the basis of subjective parameters at interval of 15 days for two months. Selection of drugs for Udvarthana was done from Varnadi Gana in Astanga Sangraha Sutrasthana 15/88. Fine powder of drug was mixed with plain water and applied on face till gets dried before bath. There were significant changes in symptomatically criteria when calculated by Willcoxon's⁵ test. We got significant result in symptoms of facial skin in experimental group after two month i.e. $p < 0.05$. The finding suggests that Udvarthana is an effective, safe, easy way for healthy skin.

Keywords: Udvarthana, Skin, *Santalum album*, Face, Acne.

INTRODUCTION

Udvarthana¹ means rubbing of the body. It is a cleaning procedure. It cleans impurities of skin by using drugs of fragrance. Udvarthana, massaging the body with soft, fragrant powders, mitigates Kapha, liquefies the fat, produces stability (compactness, strength) of the body parts and excellence of the skin¹. It is described as one of the Rookshana karma. The drugs having the qualities of Rooksha, Laghu etc are used for the procedures of Rookshana. The characteristic feature of Rookshana karma is that it surely prevents the outflow of substance irrespective of the nature of their mobility. Mode of administration of Rookshana can be broadly classified as 1) Bahya Rookshana. 2) Abhyantara Rookshana. Bahya Rookshana can be achieved by doing Udvarthana, lepa etc.

Objective

The primary objective of the study was to evaluate the efficacy of Udvarthana on skin health and its management with indigenous herbs.

MATERIALS AND METHODS

Sixty normal persons with 16-30 years age groups have randomly selected for the study irrespective of their sex, occupation, religion, socioeconomic status etc, and categorized into two groups after subjecting to inclusion criteria. Detailed clinical proforma was prepared for collecting data of subjects. Photography and symptomatic examinations were done before and after trial. Total 30 persons of trial group have been given Udvarthana with plain water for application on face and neck. Total 30 persons of control group were those subjects who were not given any therapy, they were allowed to follow their own routine or applying cosmetics. As it has already been

discussed that for healthy skin only medicine were recommended so the modalities has been included in the study. Moreover, no treatment was considered as complete unless proper Ahara and Vihara were followed along with the medicine. Udvarthana was selected for group "A" persons on the basis of the assumption that it can be resulted as Kaphaghna, Medohar, gives nutrition to skin and improves tone, glowing, clearness, lightens and preventive measure from diseases. On this hypothesis, the present study was designed. All the subjects of each group were asked to come for follow-up after each 15 days.

Selection of Drugs

Selection of drugs was done on the basis of classical reference². Only five drugs were selected four drugs are in equal quantity i.e. (*Prunus Cirasoides*³, *Santalum Alba*⁴, *Cynodon Dactylon*³, *Vetivera Zizanioides*⁴) and *Rubia cordifolia*³ is $\frac{1}{4}$ th quantity.

Collection of drugs

The drugs were collected when they are in fully mature condition, *Cynodon dactylon*³ were collected from area adjacent to Nagpur, India, allowed to dry in shadow.

Preparation of Drug

All dried drugs were grind in grinder to make fine powder form. Required quantity of powder mixed with plain water to make paste form.

Dose

As per area occupied, mainly face and neck region.

Time

Daily once a day before bath for 10 min

Duration

Total duration for 2 months

Follow up

After every 15th day for two months period

Exclusive criteria

Psoriasis, Scabies, Tinea-infections, Leucoderma, Skin Rashes, Seborrhoric Dermatitis

Institutional Ethics Committee Approval

Before the initiation of the study, the study protocol and related documents were reviewed and approved by Institutional ethics Committee at Shri Ayurveda Mahavidyalaya, Nagpur, and Shri Ayurveda Hospital Mahal, Nagpur under RSTM Nagpur University, Nagpur; Maharashtra, India; on 16th September 2003.

Assessment Criteria

Persons were assessed and evaluated on the basis of subjective parameters at interval of 15 days for 2 months.

Subjective parameters

S1=Dryness of skin, S2=Oiliness of skin, S3=Acnes, S4=Scars, S5=Black and white heads, S6=Wrinkles, S7=Loss of glow, S8=Discoloration of skin, S9=Dark circle below eyes.

RESULT AND DISCUSSION

As mention above we got significant result in symptoms of facial skin in experimental group after two month i.e. $p < 0.05$. Out of 12 person of experimental group 3 (25%) got significant relief from dryness of face while no change were marked in control group patients. Oiliness of face (22.22%) person got significant result while control group patients remain the same. Acne the most common problem of skin health, (41.17%) got desirable result while patients in control group found unchanged. 53.33% i.e. in 8 person of experimental group significant fainting of scars were noted and in control group only 1 patient was noted for the same. Majority of cases were of black and white heads symptoms and 29 (96.66%) persons claimed significant result i.e.17.24% in experimental group as compare to 13.79% of control group. As most of the patients were of young age group so only 4 (13.33%) and 3 (10%) patients were experimental and control group respectively and we achieve result of 50% in experimental group as compare to 33.33% of control group. In loss of glow 44.83% subjects got relief. Discoloration of skin in experimental group got relieved by 27.58% while only 10.71% subjects got relief in control group. In dark circle below eyes 37.5% of subjects of experimental group got significant result, while in control group only one patients (16.7%) got relief.

CONCLUSION

The findings suggest that Udvarthana is an effective, safe, easy way for healthy skin. The result obtained in encouraging in facial skin health. Long term and multidisciplinary clinical trials with subjective and objective assessment parameters are required. It will be an easiest and best way of managing skin health. In this today's modern era the beauties and healthiness' of skin is

basic desire of everybody as it plays important role in making personality.

Our research work about “the role of Udvarthana on skin health” is a small step to provide the good health and beauty to the skin and obtained results were encouraging.

Table 1: Gradation of subjective parameters

Symptoms	Gradation
1) Dryness of face	Grade
Normal skin	00
Feels dryness of skin during winter	01
Dryness subsides with application of moisturizers	02
Feels dryness of skin in all seasons and do not subsides by application of moisturizers	03
2) Oiliness of face	
Normal skin	00
Requires face washing once in 3-4 hrs	01
Requires face washing once in 1-2 hrs	02
Feels oiliness even after face wash	03
3) Acnes	
NO acne	00
Less than 5 on one side	01
In between 5-10 on one side	02
More than 10 on one side	03
4) Scars	
No scars	00
Less than 5 on one side	01
In between 5-10 on one side	02
More than 10 on one side	03
5) Black and white heads	
No Black and white heads	00
All over noses	01
All over noses and around the lips	02
All over face	03
6) Wrinkles	
No acne	00
Less than 3 on one side	01
In between 3-5 on one side	02
More than 5 on one side	03
7) Loss of glow	
Glowing skin	00
Fewer glows	01
Medium glow	02
Loss of glow	03
8) Discoloration	
Fair skin	00
Less fair	01
Medium Discolored skin	02
Discolored skin	03
9) Dark circles below eyes	
No dark circles	00
Less dark on both side	01
Medium dark on both side	02
Total dark on both side	03

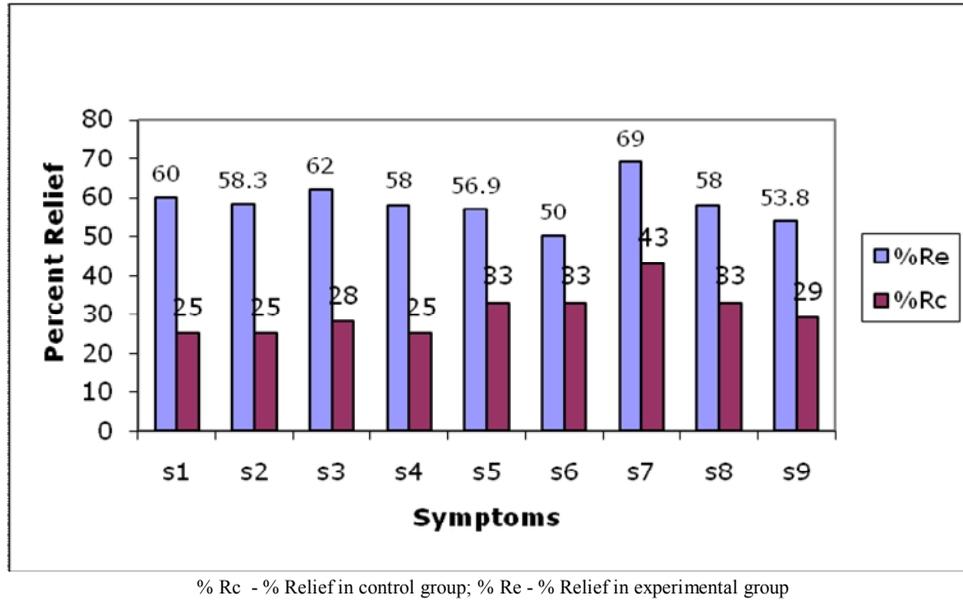


Figure 1: Percent Relief in both groups

Recommendation

Proper and better care of skin provides us skin of good health.

- Know your skin type and take care of it accordingly.
- Avoid over exposure to heat and cold in order to protect skin from its harm.
- Take measures to protect skin from UV rays, pollutions during outdoor schedule.
- Make diet nutritious and regular.
- Try to avoid mental and physical stress.
- Make good sleep and regular bowel habit.
- Use only appropriate cosmetics as per skin type if required take expert opinion.

- Face is the mirror image of your thoughts so always thinks good and positive to look fresh

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