



## Review Article

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### PHYSICAL PROPERTIES AND CHEMICAL CONSTITUENTS ON DRAVYA OF MUKHALEPA: A LITERARY REVIEW

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#### ABSTRACT

Skin is the body's largest organ and has excellent cosmetic value. It is one of the five *gyanendriya* (sense organs). i.e., *sparsha gyan* (touch sensation) gets from it. So, it has immense importance for an individual's physical and mental well-being. It is most vulnerable to diseases as it exposes to the external environment. There are many reasons behind skin problems; the most striking is today's busy and stressful life. Skin disorders affect all ages, from neonates to elderly persons. *Ayurveda* has explained vast descriptions of *lepa kalpana*, of various skin diseases and beauty. The medicines in the form of a paste used for external applications are called *lepas*. *Ayurveda* has explained a lot of things which are unique concepts about beauty and also an effective and cheaper, long-lasting therapy without any side effects. *Mukha lepa* (face pack) is a concept in which a thick and consistent paste is applied on the face to treat acne, pimples, scars, marks and pigments in *Ayurveda Mukha lepa* is simply effective skin care treatment mainly for the nourishment of skin and also aids in skin cleansing and make it soft and transparent. *Mukha lepa* also helps to increase the skin's elasticity and thereby prevents skin ageing, avoids wrinkles on the face and gives a good elasticity and tone. The primary purpose of this article is to provide details about the *lepa kalpana* from *Ayurveda*, which offers more benefits to the skin for complexion and skin ailments.

**Keywords:** *lepa kalpana*, *mukha lepa*, *Ayurveda*, skin diseases.

#### INTRODUCTION

Face packs are helpful for preventive, promotive and curative aspects of skin problems. *Mukha lepas* (face packs) mainly help blood circulation within the veins of the face and make skin elastic and toned. Besmearing the face (with scented pastes etc.) maintains a steadiness of eyes and makes cheeks, and mouth glowing like that of the lotus flower and maintains its figure and tone by pimples, moles and such like growths and eruptions and *Vyanga* (blackish hyper pigment) The word beauty is derived from the French literature 'bellus' means pretty, handsome, charming. Every person's natural desire is to have healthy and glowing beautiful skin with an attractive personality. But some people have naturally perfect and glamorous skin. People always want to look glamorous. Beauty is a character that provides a perceptual experience, not just a visual experience. The qualities give pleasure, meaning or satisfaction to the senses. Various synthetic chemical-based cosmetic products are used to look fairer and more attractive. It was found that an average adult uses nine cosmetic products daily. More than 25% of women use 15 or more of these cosmetic products due to their multiple ingredients, which are the top causes of toxicity exposure. Many more products cause adverse reactions like allergic dermatitis. A great demand for *Ayurveda* in the field of cosmetology has been established due to its unique concept of beauty. The face pack is one of the well-known, effective and oldest methods of cosmetic preparation spread over the face. The present review highlights the physical and chemical properties of some herbal drugs mentioned in *Bhavaprakasa*, mainly used for face packs.

Seasonal *Mukha lepa* (Face pack): In *Ayurvedic* classics, various anointments are described based on seasons which help to keep the skin healthy and improve the complexion.

#### Types of *Mukha lepa*

- *Mukha lepa* (face pack) has been classified mainly into three types based on their therapeutic use.
- *Doshahara* (alleviator of *dosha*): This variety of *lepa* affects mainly on *doshas* of the skin and reduces increased *doshas*.
- *Vishahara* (alleviation of poisonous effect): This *lepa* (face pack) contains mainly anti-poisonous effects directly after application.
- *Varnakrita* (promoter of the complexion): This kind of *lepa* (face pack) includes drugs which improve the complexion after application. <sup>1</sup>

#### Properties of a good quality *Mukha lepa*

- It should be a smooth paste without gritty particles.
- The drugs should be uniformly mixed.
- Sufficient liquid media should be added in preparation for the face pack.
- It should have a pleasant odour.
- It should produce a significant cleansing of the skin.
- It should be non-toxic to the skin.
- It should dry out rapidly to form an adherent coating when applied to the face.
- The coating should be such that it can be removed either by piling or by gentle washing and should not cause any discomfort to the face.

### Method of *Lepa* application

According to *Ayurveda*, in *vata kapha* condition, *lepa* should be slightly warm, and in other cases of *pitta* involvement and *varnya lepa* (face pack for improving complexion), it should be cold.<sup>2,3</sup> The thickness of *Mukha lepa*: *Doshaghna lepa*: 1/4 *angula*, *vishaghna lepa*: 1/3 *angula*, *varnya lepa*: 1/2 *angula* (one *angula*=1.5 cm approx.)

Time for *lepa* application: *Lepa* should be applied in the daytime, not at night-time, for better results.

### The direction of the *Lepa* application

*Lepa* should be rubbed opposite and upward over the skin to make the application action quicker and more effective.<sup>4</sup>

Procedure after application of *Mukha lepa*.

*Lepa* should be allowed to remain until it becomes dry; if left dry, it vitiates the skin's complexion.<sup>5</sup>

It should be removed after moistening, and the face should be anointed with oil when removed.<sup>5</sup>

### Contraindication of *Mukha lepa*

It should not be applied to persons suffering from *Pinasa*, *arochaka*, *hanugraha*, or after *nasya karma*.<sup>6</sup>

### Benefits of *Mukha lepa*

Properly applying the face pack results in hyperpigmentation, blurring of vision, skin wrinkles, greying of hair, and blackish hyperpigmentation.

Face pack combinations for common skin complaints:

*Shalmali Kantaka*, *Raktachandan*, and *Tagara lepa* are useful for teenage to check pimples and darkness after three days of application with *Salmali kantaka* (*Salmalia malabarica*) and milk skin becomes soft and silky and prevents skin from pimples and acne.<sup>7</sup>

Home-made remedies like *besan* (Bengal-gram flour) and rice flour mixed with curd give the better result and also help to reduce acne, pimples, hyperpigmentation.

*Mukha lepa* contents according to their chemical and physical composition:

*Amragandhi Haridra*

Latin Name: *Curcuma amada*

*Prabhava pitikanashak*<sup>8</sup> (*bhavaprakasha*)

Chemical composition: phytochemicals in its rhizome. Essential oil of Rhizome has antifungal activity against dermatophytes and yeasts (GCMS).

*Mustak*.

Latin Name: *Cyperus rotundus*

*Gana: kandughna*<sup>9</sup>

Chemical composition- Beta- sitosterol

It significantly reduced inflammation-related mRNA and protein in the skin lesions.

*Triphala* has anti-ageing and antioxidant properties. Rich in vitamin C makes skin soft and hydrated<sup>9</sup>.

### DISCUSSION

Cosmetics, toiletries, skin-care products, sunscreens, etc., frequently cause adverse reactions. It is estimated that 1.3% of the population is allergic to a cosmetic or cosmetic ingredient. Mercury is one of the common ingredients found in skin-lightening soaps and creams, which are commonly used in certain African and Asian nations.<sup>10</sup>

The recent interest of consumers in herbal cosmetics has been stimulated mainly by the decline of faith in modern cosmetics, the

belief that plants based cosmetics products are superior to man-made synthetic cosmetics and the reference to successful historical use by different cultures. Various drugs explained in *Ayurveda*, like *Lodhra*, can make skin healthy and help enhance the skin's complexion without any side effects.

### CONCLUSION

The face is the main feature of a person which distinguishes a person. It is one of the parameters to identify a person. The face is the window of the body and mind, which allows us to communicate with the world around us. The concern of face has taken first place in the present era, and all people try to keep their face clean because the face gets directly exposed to the external environment and gets easily affected by environmental changes. The use of *Mukha lepa* increases the beauty and imparts freshness. It is better to avoid synthetic chemical-based cosmetic products and use natural substances and products. It will make skin healthy, prevent skin diseases and improve complexion. Herbal face packs increase the fairness and smoothness of skin, also able to cure wrinkles, dark circles, pimples etc. one can get maximum benefit by using different herbal face packs according to their skin type example, oily or dry like that. Face packs are helpful for the preventive and curative purposes of any skin problems. People who regularly use *Mukha lepa* by the proper method mentioned in *Ayurveda* get beautiful faces like the lotus.

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