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 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 Sutrasthna 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 Wilcoxon’s 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
Udvarthan 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 skin. 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 reference. Only five drugs were selected four drugs are in equal quantity i.e. (Prunus Cerasoides, Santalum Alba, Cynodon Dactylon, Vetivera Zizanioides and Rubia cordifolia) is ¼th quantity.

Collection of drugs
The drugs were collected when they are in fully mature condition, Cynodon dactylon 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
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

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