

A REVIEW STUDY OF COSTEMOLOGY IN AYURVEDA WITH SPECIAL REFERENCE TO *MURDHNI TAILA* (*STHANIK CHIKITSA*)

Vd. Riddhi Sunil Kulkarni^{*1} and Vd. Arun Bhatkar²

¹PG Scholar Final Year, Dept. of Sanskrit Samhita Siddhanta, Govt. Ayurveda College, Raje Raghuji Nagar, Nagpur.

²Associate Professor, Dept. of Sanskrit Samhita Siddhanta, Govt. Ayurveda College, Raje Raghuji Nagar, Nagpur.

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*Corresponding Author

Vd. Riddhi Sunil Kulkarni

PG Scholar Final Year,
Dept. of Sanskrit Samhita
Siddhanta, Govt. Ayurveda
College, Raje Raghuji
Nagar, Nagpur.

ABSTRACT

Beauty is not just what's on the outside but the inside also counts. The value of beauty is appreciated since ancient times. Cosmetology is a branch of science which deals with beautification of skin, hairs, nails. Along with increased demand in beautification, problems are also increasing due to pollution, lifestyle changes, use of hazardous chemicals etc. In Ayurveda, the cosmetic approach is related to healthy body as well as mind. *Dincharya*, *ritucharya* are explained in *samhitas* for preservation of health and promotion of beautification aspect. Hairs are considered as the crown we never take off. Hair contributes into one's personality and always remain the centre of attraction. In present era, numerous hair problems such as hair fall, hair breakage, arise due

to stress, polluted atmosphere, faulty dietary intake and use of Chemicals. Ayurveda emphasis on this problem by means of *murdhni taila* (application of oil to head). *Murdhni taila* promotes healthy hair growth, gives soothing effect to stressed mind, nourishes *shira pradesha* (head) which is *uttamanga* and location of all *indriyas*. Because, hair health is a topic of great concern and *murdhni taila* is a preventive as well as curative treatment for it, the above mentioned title is chosen.

KEYWORDS: *Kesh* (Hair), *Shira* (Head), *Abhyanga*, *Murdhni taila*, Beautification.

INTRODUCTION

Beauty is a heavenly gift to a mankind. The branch of science which deals with the beautification of skin, hairs, nails, teeth is known as 'cosmetology'. It includes the

improvement or enhancement of complexion of skin, hairs, nails, eyes and cosmetics preparation as well. Beauty treatment is practiced since ancient times. Ayurveda is a science of life, providing a health to humans from past 500 decades as it stands for the welfare of the universe.^[1] Ayurveda emphasizes on both external and internal beauty.

In present era, due to high demand, the field of cosmetology is developing rapidly but with increased demand, problems of skin, hairs are also increasing due to pollution, use of chemicals, diet changes etc. as Ayurveda is not only a medical science but also a life science, there is a great demand of Ayurveda in cosmetology due to its effective and long lasting beauty treatment.

Next to skin people are more concerned about their hairs. Nowadays due to stress, pollution, faulty dietary habits, lack of exercise, use of hazardous chemicals there is increase in hair problems like hair fall, baldness, white hairs, hair infection etc. Ayurveda describes about hair genesis, different hair types according to *prakruti*, various hair disorders and their treatments. Different *sthanik chikitsa* are mentioned in texts for skin, hair as a means of preventive as well as curative aspect. Among all the treatments practised for hairs health, *Murdhni Taila* is one of the best practice. In simple language it can be stated as a gentle oil massage to hair.

Aim: To study cosmetology in Ayurveda with special reference to *Murdhni taila*.

Objective

1. To study cosmetology in Ayurveda in brief.
2. To study literature of *Kesh*.
3. To study literature of *Murdhni taila*.

REVIEW OF LITERATURE

Ayurveda is the only science which talks about external as well as internal beauty.

Factors contributing in beauty

Equilibrium of *doshas* and *dhathus*.

Equilibrium of *agni* which produces *bala*, *varna*, *oja*, *dhi*, *dhriti*, *smriti*.

Panchamahabhuta constitution and *matrujadi shatbhava* which contribute in creating inherent beauty.

Factors improving beauty are mentioned in text in:

1. *Dincharya*
2. *Ritucharya*
3. *Rasayan karma*
4. *Sadvritta palan* for personality improvement.

▪ *Dincharya:*

It includes daily routine to be followed by an individual. Beauty and health is given equal importance in Ayurveda. in '*dincharya*' following procedures are included ^[2] which increase health and beauty of skin, hairs, eyes, etc.

Anjana karma: for eyes

Snana: cleansing purpose

Nasya: To delay old age, to improve hair health.

Taila gandusha: Strengthen the teeth, development of face.

Abhyanga: Body becomes firm, smooth, skin becomes wrinkle free.

Shiro abhyanga: Improves hair structure, gives strength to sense organs.

Udvartana: Removes dirt, provides tone to body, delays ageing process.

▪ *Ritucharya*

To follow the seasonal regimen is *ritucharya*.

According to *ritu*, *aahara-vihara* is mentioned. Ex. In summer season, because of excessive temperature, moisture is reduced. To maintain it sweet, cold, liquid foods and drinks are beneficial. ^[3] In *sharada ritu*, the application of *chandana* and *agaru lepa* is beneficial. ^[4]

▪ *Rasayan treatment*

The unique concept of Ayurveda, keeps person young and attractive. It is a therapy, useful to maintain *yuvavastha* and delay the changes of *vrudhahavastha*. ^[5]

Aachara rasayan explained by *Aacharya Charaka* is more useful personality development and social aspect. ^[6]

Aacharya Charaka has explained *Varnya gana*, *keshya gana* which includes drugs having action on complexion, hairs. ^[7]

- **Kesh**

- *Kesh* is a mala of *asthi dhatu*.^[8] which forms in six month of embryonic life.
- *Loma* – hairs on body
- *Kesh* – hairs on scalp
- *Smashru* – hairs of moustache, beard.
- As *kesh* (scalp hairs) adds more value to one's beauty, in topic.
- Broadly, *vata prakruti* persons have dry, rough hairs.
- *Pitta prakruti* persons will be having light soft and oily hairs
- *Kapha prakruti* persons will be having more soft, smooth and oily hairs.^[9]

- **Murdhni taila**

It is a procedure in which *sneha*(oil) is applied to head.

Broadly classified in 4 types.^[10]

- *Shiro abhyanga* – Application of oil to scalp followed by massage.
- Indication – *roukshya, kandu*
- *Shiroseka* – Medicated oil, *ghrit or takra, kwath, ksheera* is continuously poured on forehead and allowed to flow on scalp.
- Indication – *arunshika, shirastoda, daha, paka*.
- *Shiropichu* – Cotton pad soaked in medicated oil is kept over head for specific period of time.
- Indication – *kesha shat* (hairfall), *sphutan* (dryness), *netrastambha*.
- *Shirobasti* – Putting medicated oil in the compartment made on head for specific time duration.
- Indication – *ardita* (facial paralysis), *darun shiroroga*, inadequate sleep.

Materials

1. *Charak Samhita* with *Chakarapani Teeka*.
2. *Ashtanga hridaya* with *Arundatta Teeka*.

DISCUSSION

Maintaining the health of healthy person and treatment of diseased one is the main aim of Ayurveda.^[11]

Cosmetic approach in Ayurveda is preventive as well as curative. Procedures to maintain beauty are described in previous chapter.

Various skin, hairs diseases and their treatment is described in text.

In *Kshudraroga*, *Aacharya Sushruta* have explained Pathological conditions of hairs such as *khalitya*, *palitya*, *kesh sphutana*, *indralupta*, *darunaka* with their treatment is given.

With globalization of Ayurveda, the whole world seems towards Ayurveda with the ray of hope for successful treatment keeping adverse effect of chemicals in mind. According *toprakruti* and *dosha utkatatva* in individual, we can prevent and treat hair fall, white hairs, hair breakage, hair damage, hair infection by means of *Murdhni taila*. If individual practice it as a daily routine, then he/she may not face any hair related complaint.

Benefits of *Murdhni Taila*

- According to *Aacharya Vagbhata*.^[12]
 1. Beneficial for brain, nerves, sense organs, hairs.
 2. Controls vitiated *vata* and *pitta* in head.
 3. Keeps body fit and healthy, by soothing brain and nerves which controls all body function.
- According to *Aacharya Charaka*.^[13]
 1. Applying oil to head prevents headache, baldness, premature greying of hairs, hair fall.
 2. It improves hair quality and helps to get deep rooted, dense, long, beautiful and black coloured hairs.
 3. It keeps sense organs healthy. Induces good sleep thus improves glow and complexion of face.
 4. It provides peace of mind and relieves stress.

CONCLUSION

Internal and external factors are responsible for maintenance of health of skin, hairs as well as beauty of entire body. Various factors like *aahara*, *vihara*, *dincharya*, *ritucharya*, *sadvritta palan*, *rasayan karma* contribute in beauty of individual in form of natural means.

Various cosmetic preparations in Ayurveda are gaining market value nowadays. By following proper daily regimen, dietary intake one can achieve beauty for lifetime. Practising *Murdhni taila* as preventive and curative aspect can lead to healthy hair growth for sure.

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