

**FACIAL BEAUTY AND AYURVEDA WITH SPECIAL REFERENCE
TO HERBO-MINERAL COSMETICS**

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ABSTRACT

Introduction: The Ayurveda has always understood beauty to be the product of general physical health and appropriate daily care. It is not just a cosmetic event. Any article intended to be rubbed, poured, sprinkled or sprayed on, or introduced into, or otherwise applied to the human body or any part thereof for cleansing, beautifying, promoting attractiveness or alerting the appearance and includes any article intended for use as a component of cosmetic. In the field of modern

cosmetology generally the word beauty has been taken as a pleasant appearance of the body externally. But in the field of Ayurveda it has taken under the *Swasthata* (healthy) of the person as well as discussed under main three categories such as outer beauty, inner beauty and secret beauty. According to Ayurvedic *Siddhanta* (theory), creation of *Swasthata* of the person was planned even before birth. Contours of the body, texture of the skin, quality of the hair and nails, grace in posture and movement, subtle qualities of freshness and vitality are the measurement of outer beauty. Emotional state and mental abilities are the measurement of inner beauty. Energy, insight and inspiration are the same for secret beauty. Outer beauty and inner beauty are refers to *Alankara* and *Guna* respectively. Secret beauty is supported to

maintenance balance state between *Alankara* and *Guna*. Face is the area which is giving first impression to personal relationship, grows up personality as well as it consist of whole *Panchendriya*, main routes of administration of drug, closely related to brain due to high blood supply, oral hygiene which is related to beauty well as directly related to digestion of food and drug and place to show sign and symptoms and complications of most of the diseases. Hence to facial *Swasthata* viz; beauty and health should be given interest. **Aims and objectives:** Protect and improve the facial beauty using Ayurvedic cosmetics and procedures which are safe, cost and time effective, as well as quick and fruitful outcome to the women health. **Material and methods:** Preparation of clients physically and mentally and arranging suitable environment for facial treatment, cleansing the face, oleaginous massage, herbal steam, gentle scrub, cleansing or nutritious mask or pack, toning or rejuvenation, moisturizing and hydrating are the steps of facial beauty treatments. **Results and discussion:** Natural and freshness, chemical free, free from artificial preservatives, free from harmful side effects, cost effective, less time consuming, increase the blood circulation of the facial area, enhance the nourishment and cleansing, bring a glow to the complexion, fairness, maintain good tone and elasticity to all skin layers to hold youthful contours, melts away facial tension and bodily stress, smoothing wrinkles and brings gentleness to expression, stimulates nerves system etc are the several benefits can be get-at-able to after the following of above procedures and consume Ayurvedic herbo-mineral cosmetics.

KEYWORDS: Facial beauty, Herbo-mineral cosmetics, *Swasthata*.

INTRODUCTION

Ayurveda is the science of life which is thousands years old, as well as still remaining without destroying, refreshing daily, and an enlightening with new research activities. It is designated as knowledge of life attaining *Hita*(useful or advantageous), *Ahita*(harmful or disadvantageous), *Sukha* (happy), *Dukkha* (unhappy) and its measurement and describing life itself.^[1] The various points relating to the spam of life have been explained in this great field. Excellence of Ayurveda is, it beneficial to mankind in respect of both the world viz. present life and the life beyond.^[2]

Equilibrium of *Dhatu* (Tissue elements) is the very object of this science as well as it has developed aiming *Swasthasya Swastha Rakshanam* (protect and develop healthy person's health) and *Arthasya Roga Nuth* (Cure the diseased person's disease).^[3] The basic pursuits of life science are *Pranaishana* (desire to live), *Dhanaishana* (desire to earn) and

Paralokaishna (desire to perform virtuous acts). Out of these entire one should give priority to the desire for longevity (*Pranaishana*), next it should give wealth because there is nothing as miserable as a long life without wealth.

Beauty is a combination of qualities that delight the aesthetic sense. It can denote as something intended to make some one more attractive. Beauty is the quality of being pleasing, especially to look at, or someone or something that gives great pleasure, especially when looking at it. Finally it is an attractive features or advantages of a personality. If we observe keenly the general meaning of beauty in the modern world, it has been taken as a pleasant appearance of the body externally. But Ayurveda has always understood beauty to be the product of general physical health and appropriate daily care. It is not just a cosmetic event. In the field of Ayurveda it has taken under the *Swasthata* of the person as well as discussed under main three categories such as outer beauty, inner beauty and secret beauty. Out of these categories outer beauty can be correlated with general meaning of beauty which is use in present era. According to Ayurvedic *Siddhanta*, creation of *Swasthata* of the person was planned even before birth. Contours of the body, texture of the skin, quality of the hair and nails, grace in posture and movement, subtle qualities of freshness and vitality are the measurement of outer beauty.

Especially in *Dhashavidha Pariksha; Prakriti, Sara, Samhanana, Pramana*, etc assessing for decide health as well as state of disease. This can use to measure outer beauty too. According to *Deha Prakriti* skin, eye, nail, hair, figure, movements etc show respective features themselves. Hence, till everything persists on *Prakriti* state, there is health as well as beauty. Somewhat differ from *Prikriti* it may course to manifest disease and problems of beauty. *Sapta Dhatu Sarata* is mainly enlightening the beauty. Outer beauty can be measured in advance through *Ashthavidha Pariksha* especially *Jihva* (tongue), *Shabdha* (sound), *Sparsha* (touch), *Drik* and *Akriti* with wisdom than contemporary fields. Ayurveda the excellent field have been mentioned measurement of *Prakriti*, features of *Vikriti* and solutions for persisting of *Prakriti* and rectification of *Vikriti* before even think other related fields about beauty.

Emotional state and mental abilities are the measurement of inner beauty. A person of normal mental faculty, intelligence, strength and energy desirous of his well-being pertaining to this world and the world beyond has to seek, three basic desires.^[4]

Energy, insight and inspiration are measurement of secret beauty, it deals luster to outer beauty. Outer beauty and inner beauty are refers to *Alankara* and *Guna* respectively. Secret beauty is supported to maintenance balance state between *Alankara* and *Guna*. The word *Alankara* refers to enhancing, developing, and intensifying of features of particular things. i.e, *Vakya Alankara*, *Swara Alankara*, *Rupa Alankara* etc, *Dhee*, *Dhriti*, *Smriti*, *Maitree*, *Karuna*, *Muditha*, *Upekkha*, etc personal qualities refer to the word *Guna*.

Face is the area which is giving first impression to personal relationship, grows up personality as well as it consist of whole *Panchendriya* viz. eye, ear, nose, tongue, skin main routes of administration of drug, closely related to brain due to high blood supply, oral hygiene which is related to beauty as well as directly related to digestion of food and drug and place to show sign, symptoms and complications of most of the diseases. Hence to facial *Swasthata* viz; beauty and health should be given interest. Most popular word in the field of beauty culture is cosmetics which means “articles intended to be rubbed, poured, sprinkled or sprayed on, or introduced into, or otherwise applied to the human body or any part thereof for cleansing, beautifying, promoting attractiveness or alerting the appearance”⁵ and includes any article intended for use as a component of cosmetic. The word cosmetic can be enlightened with modification as herbo-mineral cosmetics.

Aims and objectives: Protect and improve the facial beauty using Ayurvedic cosmetics and procedures which are safe, cost and time effective, as well as quick and fruitful outcome to the women health. Heat cannot be separate from fire as well as women from beauty.

MATERIALS AND METHODS

Facial beauty mainly can be divided into two main parts such as improve beauty and treat the diseases related to facial beauty.

Improve the facial beauty

The facial treatment which improves facial beauty with the help of herbo-mineral cosmetics deals below benefits.

1. Improve the luster of facial skin.
2. Cleansing the facial area which makes the fresh appearance.
3. Nourishing the facial tissue which makes for a glowing complexion.
4. Increase blood supply to facial area.

5. Melts away facial tension, bodily stress and mental relaxation to bring gentleness to the expression.
6. Augment the fairness of face.
7. Prevents the early wrinkle formation.
8. Enhance the elasticity of the all layers of facial skin to hold youthful contours.
9. Boots the softness of the skin which covers the face.
10. Maintenance the muscle tones in advance.
11. Redirects subtle energies reliving stiffness throughout the entire body.
12. Amelioration of inner and secret beauty.

Treat the diseases related to facial beauty.

Andhalagi, Alagi, Yavaprakya, Kacchapa, Pashanagardabha, Mukhadushika, Yauvanapidaka, Padminikantaka, Nyaccha, Vyanga, Neelika, Lanjhana, Masurika, Jatumani, Mshaka, Tilakalaka, Charmakeela etc many of disease conditions which produce beauty disagreement have been mentioned in *Shirorogadhikara, Kshudrarogadhikara* and *Trimarmiy Adhyaya* in *Vridhdhatraya*. Causes of these disease, features as well as preventive methods and treatment were advised in Ayurvedic classics with herbal, mineral hearbo-mineral and metallic formulations internally and externally for eradicate these problems. *Dinacharya, Ritu charya, Sadvrita, Garbhini Paricharya, Balasansarakshana vidhi*, etc preventive procedures and *Shodhana* (purifying), *Shamana* (pacifying) classical treatment plan can be adopted here with.

Types of facial skin

Generally skin can be divided into 3 types according to predominance of *Dosha*.

Table No 1: showing type of skin and their features.

S. No	Skin type	<i>Dosha</i> predominance	Action of sebaceous glands.	<i>Prakriti Lakshana</i>	<i>Vikriti Laksahana</i>
1	Normal skin	<i>Kaphaja</i>	Act in normal state	Thick, wet, soft, cold.	Rough, Blackish discolouration, pale,
2	Oily skin	<i>Pittaja</i>	Act in high state	Soft, hot, sensitive	More oily, Yellowish boils,
3	Dry skin	<i>Vataja</i>	Act in low state	Dry, rough, cold,	Loosen, crack, surface rough,

Skin types can be described according to predominance of *Mahabhuta Tattwa*.

Table No 2: showing relationship between skin colour and Mahabhuta.

S. No	Skin type	Mahabhuta predominance
1	Blackish colour skin	<i>Teja</i> and <i>Pritivi</i>
2	Gold colour skin	<i>Teja</i> and <i>Apo</i>
3	Fairness skin	<i>Teja</i> , <i>priti</i> vi. <i>Apo</i>

Skin type also can be described as Oily, Dry, Sensitive, Acne prone, Dull / Ageing and Oily, Dry Sensitive and Combination etc. *Bhrajaka pitta*, *Kledka Kapha*, *Udana Vataya* and *Rasa Dhatu* are the respective persisting *Dosha Dhatu* state in the skin. Understanding your skin type is crucial for further treatment.

Chemical exposures of beauty product

Cosmetics which are available in the market 99% mixed with chemicals, artificial preservatives, colourings etc materials. It is a popular secret, short term and long term toxicity can be occurred due to consume cosmetics which are containing such a chemicals.

1. According to data from Centers for Disease Control and prevention (CDC) shows that male reproductive problems including undescended testicles and hypospadias doubled between 1970 and 1993. Environmental chemicals are strongly suspected to be contributing factors. Especially in cosmetics and personal care products.^[6]
2. In June 2004 Environment California issued growing up toxic chemical exposures and increase in developmental diseases which deals chemical found in consumer products and their potential health impacts.^[7]
3. Environmental working group (skin deep: A safety assessment of ingredients in personal care products) and friends of earth.^[8]

According to these 3 reports makeup, shampoo, skin lotion, nail polish, and other personal care products contain chemical ingredients that lack safety data. These chemicals have been linked in animal studies to male genital birth defect, decreased sperm coconut, and altered pregnancy outcomes.

Effects of long term exposures to chemicals such as phthalates found in cosmetics and personal care products.^[9] Cosmetics often contain ingredients that can potentially cause inflammation of the skin. Side effect of emulsifiers, preservatives, thickeners, fragrance, dyes, colours, surfactance, pH stabilizers, moisturizers and any other ingredients found in cosmetics are very poorly identified. But the some shampoo contains carcinogenic compounds.

Cosmetics make you looking beautiful, smell good, feeling good, and looking younger, but not forever. Sodium sulphate, phthalates, parabens, tricloan and various reactive acids are present in the many of cosmetics. Increases the chances of getting cancer, breathing disorders, damage to reproductive system, disruption of thyroid system, allergic reaction, itching skin disorders, skin discoloration, potential eye infections, depression and headache are the unwanted effect of cosmetics.

Chemicals which are commonly found in cosmetics^[10]

1. **Phthalates** – found in nail polish, synthetic fragrance, Phthalate exposure has been linked to early puberty in girls, a risk factor for later-life breast cancer.
2. **Triclosan** – used in antibacterial soap, deodorants, toothpaste to limit the growth of bacteria and mold. It can affect the hormone system especially thyroid hormones. Can interrupt normal breast development.
3. **1,4 – dioxane** – It is petroleum – derived substance, used in shampoos, body wash, children's bath products and other sudsing cosmetics.
 - The national agency for research on cancer (IARC) has ranked it as a possible carcinogen.
 - National toxicology program (NTP) has identified it as an anticipated carcinogen.
4. **Parabans** – widely used as an antifungal agent, preservative and antimicrobial in creams, lotions, ointments, and other cosmetics. It can be absorbed through skin and have been identified in biopsy samples from breast tumors.
5. **Ethylene Oxide** – used to sterilize surgical instruments and contaminant of personal care products such as shampoos and body wash. NTP is classified it as a human carcinogen and one of 51 chemicals of mammary carcinogen in animals.
6. **1, 3 – butadiene** – contains shaving creams, spray sunscreens and foundations. It is contaminated with carcinogen.
7. **Polycyclic aromatic hydrocarbons (PAHs)** – occur in naturally coal, crude oil and gasoline. Contains in shampoos and some cosmetics which made with coal tar and have been shown to increase risk for breast cancer.
8. **Lead** – Contaminant over 650 cosmetics, including sunscreens, foundations, nail colors, lipsticks and whitening toothpaste. Lead is neurotoxin, miscarriage, reduced fertility in men and women and delay the puberty in girls.

Very few examples for chemicals which are used in cosmetics as well as few side effects have listed above. Concerning these we should come back to Ayurveda which is free from harmful effects as well as consists of fruitful outcome.

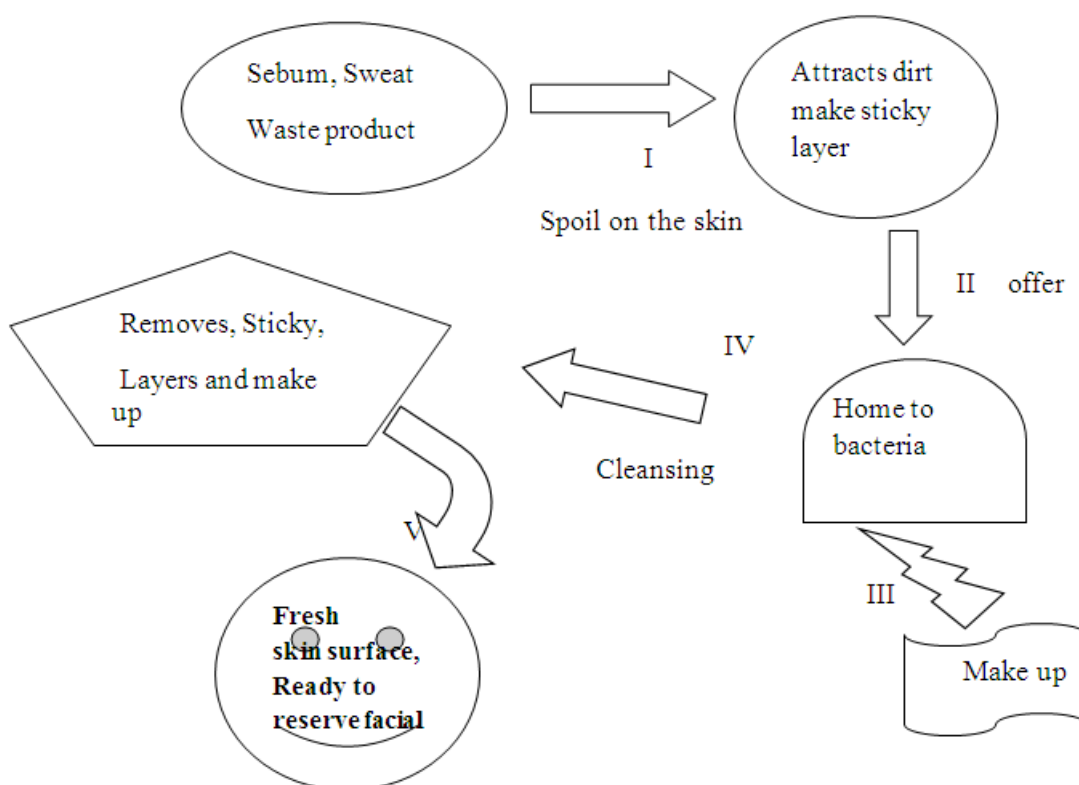
Role of the herbo-mineral cosmetics on facial beauty

Steps of facial treatment which can adopt for improving facial health can be described under following headings.

1. Cleansing
2. Oleasing massage
3. Herbal steam or compress
4. Gentle scrub
5. Cleansing or nitrifying mask or facial pack
6. Toning or rejuvenation
7. Moisturizing.
8. Hydrating.

For the daily basis cleansing, toning and moisturizing are sufficient for dry skin and cleaning and toning are enough for oily skin. Full program can be adopted once a week at least twice a month.

1. Initial cleansing – Figure 1: Steps of cleansing



Traditionally Ayurveda suggests the use of herbal powder to cleanse the skin.

- Various type of liquids → Mixed with powders of herbs or minerals
- ↓
- Creamy paste ← Apply on face ← Fine scrub

Examples.

Powder for cleansing (Should be taken in moderately fine powder form)

1. *Dhanyaka Bija Curna (Coriandrum sativum)*
2. *Madhuyashthi Curna (Glycyrrhiza glabra)*
3. *Manjishtha Curna (Rubia cordifolia)*
4. *Shwetachandana Curna (Santalinum album)*
5. *Tulasi Patra Curna (Ocimum sanctum Linn)*
6. *Jatiphala Curna (Miristica fragrans)*
7. *Ashvagandha Curna (Withania somnifera)*
8. *Haritaki Curna (Terminalia chebula)*
9. *Shatavari Curna (Asparagus racemosus)*
10. *Amalaki Curna (Emlica officinalis)*
11. *Neem Twak Curna (Azadirachta indica)*
12. *Vibhitaki Curna (Terminalia bellirica)*
13. Lemon peel powder
14. Citrus peel powder
15. Lotus seed powder
16. Rose petal powder
17. Combination of 2 -3 above. Etc.

According to types of skin can be chosen above powders or combination of powders for the cleansing purpose.

Liquids for cleansing

- | | |
|------------------------|---------------------------|
| 1. Spring water | 7. Yaught |
| 2. Curd | 8. Tomato Juice |
| 3. Bee honey | 9. Hot infusion of hearbs |
| 4. Rose water | 10. Cucumber Juice |
| 5. Milk | 11. Aloe vera juice |
| 6. Diluted lemon juice | |

1. Oleation massage

Facial massage works in two ways in the body i.e. locally and reflexively. Locally it will improve the facial skin and uplift the face; reflexively it will relax and deeply nourish the whole body.

Table No 3: showing oils for facial massage according to Doshik predominance

S. No	Types of skin	<i>Doshik</i> predominance	Suitable oils
1	Dry skin	<i>Vata</i>	Sesame oil, Ghee, <i>Narayana</i> oil, Siddhartha oil, <i>Pinda</i> oil, <i>Tripala</i> oil
2	Oily skin	<i>Pitta</i>	Sunflower oil, coconut oil, <i>Pinda</i> oil, <i>Neelyadi</i> oil,
3	Normal skin	<i>Kapha</i>	Armand oil, olive oil, Jojoba oil
4	Sensitive Skin	<i>Pitta</i>	Coconut oil, <i>Seetodaka</i> oil, <i>Sarvavishadi</i> oil.

Steps of facial massage**❖ First step**

Contact the both palms with little amount of worm oil apply the oil smoothly on the face starting from the midline of the chin and moving towards to temples.

❖ Step second

Place your fingers under the jaw resting thumbs on the jaw line. Ask your client to open their mouth slightly. Manipulate the whole area under the chin and jaw by pressing up and releasing gently. Give special attention to the area at the roof of the tongue and the tonsils, as a lot of tension collects there.

❖ Step third

Place your thumb on the jaw at the chin with your index and third fingers underneath the jaw line. Apply pressure to the top and under sides of the bone as you stroke up along the jaw line to the ears, then the temples. Lightly make small clockwise circles at the temples. The point at the temples is *Shankha Marma*.^[11] Repeat this stroke procedure twice more.

❖ Step fourth

Place your index finger at the midpoint between the lower lip and tip of the chin. Tell to your client to open their mouth slightly then make small clockwise circles on this point. Firmly stroke along the upper ridge of the jaw to just below the lower corner of the mouth. Make small clockwise circles again. Then continue the stroke along the jaw to the midpoint of the muscles that open and close the jaw. Make small circles again. Stroke up the cheeks to the temples and massage as indicated in step 3. Repeat twice more.

❖ Step fifth

Place the tip of your index fingers midway between the nose and the middle of the upper lip. Press gently, then stroke from this point out on both sides to the points just above the corners of the mouth. Then under the cheek bones to the tip of the ear, over the ear following the crease where the ear attach to the head, to the bony bump behind the ear lobe. Repeat this procedure two more times. Pause at the points mentioned to apply slight pressure or small clock wise circular margins.

❖ Step sixth

Cover the left side of the top of the head with your left hand. Place your right index finger just above the flare of the right nostril. This point is called *Pana marma*.^[12] Do small circular massage here, then stroke under the cheek bone up to the temple and over the ear as indicated in step 5. Repeat twice. Switch hands and repeat the same procedure on the left side.

❖ Step seventh

Place the tip of the index finger on the either side of the nose, midway between the corner of the eyes and the tip of the nostrils on the nasal bone. Do small circular massage on the point on the right of the nose. Then stroke over the cheek bone pausing at the point directly below the mid line of the eye making small clockwise circles continuing on over ear as before. End with a circular massage to the point behind the ear lobe. Do this procedure on the left side. Then repeat in alteration of both sides two more times.

❖ Step eighth

Place your right index finger just below the inner corner of the right eye near to the nose. Rest our left hand over the left side of the head. Apply gentle pressure then stroke along the lower bony surface that forms the eye socket end at the outer corner of the eye between the orbit and the eyeball. Press in gently at this point, called *Apanga Marm*.^[13] Repeat twice more, then there times on the opposite using the left hand.

❖ Step ninth

Place the tips of both your index finger at the tip of the nose. Stroke up the midline of the nose from all the way to top, either side to the point just below where the eye brows begin on the upper bony surface that forms the eye socket. Apply gentle pressure on both sides here, and then continue along the upper ridge of the orbit. Repeat twice more.

❖ Step tenth

Starting at the inner medial end of the eyebrow, pinch along the eyebrow to its outer edge. Do this by keeping your index finger under the upper ridge of the eye sockets using your thumb and index finger in a rolling action.

❖ Step eleventh

Do Stroke from the tip of the nose, to the area of the third eye which is slightly above the midpoint between the eyebrows. This point is *Sthapani Marma*.^[14] Massage this area in gentle, clockwise motions for 60 – 90 seconds.

❖ Step twelfth

With the fingers of one hand shaped in a claw – like position and the opposite hand supporting the head make zigzag motion from one side of the forehead to the other. You zigzag from left to right support to the left side of the head and vice versa.

❖ Step thirteenth

Repeat the same stroking procedure as in step eleven, from the tip of the nose up along the sides of the nose to the forehead and continue up the midline of the forehead to the hair line. Massage in small circular motion out to the right and left along the hairline, over the ears to the back of the head.

1. Herbal steam or compress

Oleation therapy is required to be administered first then fomentation therapy is to be applied, finally elimination therapy is to be administered after the administration of oleation and fomentation.^[15]

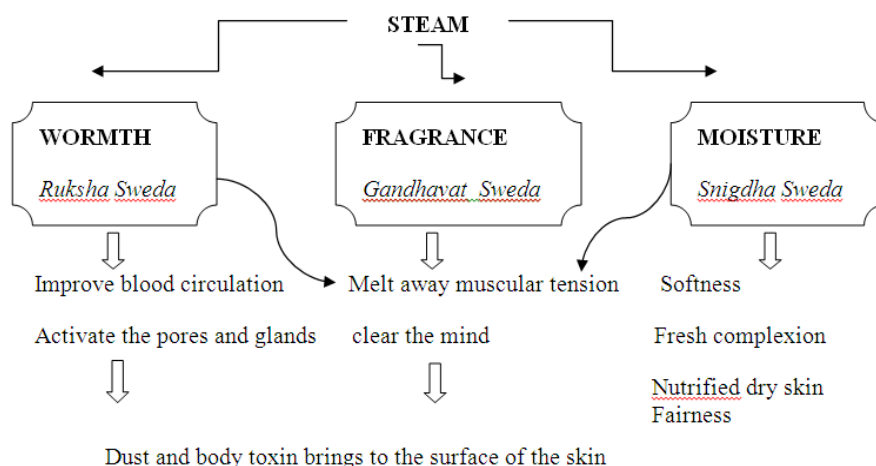


Figure 2: Types of facial steam

PROCEDURE

1. Medicine is boiled with water in a *Nadi Sweda Yantra*.
2. Keep the face about 12 – 18 inches away from the *Nadi* of *Sweda Yantra*.
3. Face should be exposed to *Sweada* (steam) minimum 5 minutes and maximum 10 minutes.
4. It can be applied to dry or mature skin once a two week and to a normal skin once a week.

Types of ingredients

1. Ingredients which are increase blood circulations.
2. Ingredients which are bring out impurities.
3. Ingredients which are help to sooth and heal.
4. Ingredients which are include therapeutic values.

Eg. *Tulasi Patra, Vasa Patra, Bilva Patra, Nirgundi Patra, Nimba Ptra and Twak, Nimbu Patra* and peel, *Guava Patra, Daruharidra, Lavanga, Jatiphala, Haridra, Sukshma Ela, Sweta chandana, Kubera Twak, sewwandi, Maduyashthi, Ashvagandha, Dashamula Kwatha, Panchavalkala Kwatha*, etc.

**Procedure**

- The decoction is prepared with herbal drugs or formula and filtered.
- Washed cloth is immersed in above filtered decoction.
- Wring out the cloth and apply it to the face, either cut holes for eyes, nose, and mouth or are two cloths one to cover the eyes, nose and cheeks. The other for the chin and jaw.

GENTLE SCRUB

Scrub should be mild and should not be abrasive. The mixture of coarse powder of the drug and relevant *Drava Dravya* can be used for the scrub.

Procedure

- Prepare the mixture for scrubbing the face.
- Apply it as per requirement on the face gently.

- Skin of the face should be touched by mid and 2nd finger of the left hand and then scrubbed by fingers of right hand keeping fingers in between haft hand. It can prevent unnecessary stretch of the skin.

Usable drugs

Table No 4: showing medicines for facial scrub according to skin types.

Dry skin		Oily skin		Normal skin	
Coarse powder	<i>Drava Dravya</i>	Coarse powder	<i>Drava Dravya</i>	Coarse powder	<i>Drava Dravya</i>
<i>Amalaki, Kunkuma, hardra, Daruhardra, Swetachandana, etc</i>	<i>TilaTaila, Narayana, Nimbapatra, Swarasa & Milk, Curd, Yogurt</i>	<i>Haridra, Daruharidra, Swetachandana, Musta, Lodra,</i>	Lemon juice, <i>Kumarika</i> juice, Rose water, Cucumber juice	<i>Daruharidra, Swetachandana, Dhanyaka, Musta, Manjihtha, Melon jiuce</i>	Milk, Rose water, Spring water, Curds, Yogurt

Scrub should not be applied for damage, elderly or Ache face as well as it should not apply around the eye.

Cleansing or nutritifying mask / facial pack

Mask can be categorized under 3 main headings.

1. Extract dirt from deep skin – Cleansing
2. Nourish by providing vitamins and minerals, and rejuvenate by refining pores, healing scaring, evening out the colour, tone, soothing and moisturizing the skin.
3. Stimulates the deepest layer of the skin to make healthy new growth.

Purified Clay is the best base for a mask as for every skin types. It acts like a magnet for dirt and toxins that accumulate deep in the skin, and it is a rich source of minerals such as Iron, magnesium, Zinc, potassium calcium and silica.

Showing difference between facial pack and mask

Table No 5: showing different between facial pack and mask.

Pack	Mask
Soft	Hard
Allow to skin to breath more	Allow to skin breath less
Gentle than mask	Thickness is more than pack
Can be left on longer time	Cannot be left longer time
Normal skin / Dry skin – <i>Vata Shamana Dravya</i> Oily skin – <i>Pitta shaman Dravya</i> Wet skin <i>Kapha shaman Dravya</i> can be uses.	When use. <i>Doshghna Dravya</i> – 1/4 Angula thickness <i>Vishahara Dravya</i> – 1/3 Angula thickness <i>Varnakara Dravya</i> – 1/2 Angula thickness ^[16]
Duration – 35 – 45 minutes	Duration – maximum 15 -25 minutes

Preparation of packs and masks can be use many varieties of fruits and vegetables as well as according to skin type, state of cause, expecting effect can be used herbal drugs and minerals. Fine powder of dry drugs, fine paste of wet drugs, are mixed with relevant liquids, honey, lemon juice etc then apply homogenously in the face let it be dry itself later remove with wet cotton carefully.

Eg, Avocado, Banana, Grapes, Melon, lemon, Strawberry, pawpaw, Carrot, Cucumber, Cabbage, potato, dhal powder, *Chanaka* powder, green gram powder, rice powder, Oat powder, *Nimba Twak* powder, egg York, yogurt, bee honey, Lemon juice, *Shuddha Gandhaka*, *Shuddha Tuttha*, clay, *Gairika*, etc.

Toners

A good toner is a non-alcoholic refresher that helps remove the residue of all the previous procedures. It refines the pores and tautens and tones the skin. Making it ready the face for moisturizing treatment. Toner can apply with cotton bud or spray on with a hand pump mister.

Eg: - Hot and cold infusion, decoction, rose water, *Tulasi* water, *Jasmin* water, Goat milk, Ice water.

Moisturizers

All types of skins are need moisturizer; even those that are oily by nature. Moisturizers protect the skin from the elements by acting as physical barriers. It also protects the skin from invasion by bacteria and keeps make up out of the pores.

Hydrating

It is a procedure which further remains wet condition in the skin.

RESULTS AND DISCUSSION

Many benefits can be obtained by using herbal powders for cleansing such as Natural and freshness, free from chemicals, free from preservatives, improves blood circulations, soothe heal, helps to absorption pack materials, fairness, stimulates nerves, softness and smoothness. Thirteen steps of facial massage will be provided surprise benefits such as in 1st step worm oil relaxes the muscles beneath the skin and feeds the skin. In 2nd step release emotions and jaw tension, associated grinding of the teeth, eases verbal communication. In 3rd step other than above relieves pressure around and in the eye ball, assists in reliving tension heading,

facilitates memory improvement. In 4th step increase circulation, stimulates salivation so keep mouth moist make thirst; relieve pain in the jaw head and neck. In 5th step increase brain circulation, improve alertness which helps to reliving dizziness or nausea. Soothes wrinkles or helps their prevention by improving muscles tone at the corner of the mouth. Open the sinuses, healthy glow to the cheeks, fills out the sunken tissues, softening the angles of the face. In 7th step, relieves sinus congestion and sinusitis, brightens the eyes, relieves eye strain, reduce congestion that cause bags formation under the eyes. In 8th step, makes the eyes water which releases emotions held in the eye sockets in similar way to tears, relieves tiredness of eyes, improves sight and skin tone around the eyes, relieving bags and darkness. In 9th step, detoxifying effects on the liver, helps in the release of repressed emotions especially anger, frustration etc, release headache due to eye strain. In 10th step, release tension hold throughout the body, stimulate the delicate muscles around the temples, helps to nourish and relax the nervous system. In 11th step, relieves headache and emotional tension, clears perception and brings peace to the mind. In 12th step, brings warmth and relaxation to the muscles of the forehead, builds muscle tone and helps to prevent lines and wrinkles, increase the power of concentration. In 13th step, open a flow of energy drawn into the face, relax and invigorates the muscles of the forehead, relieves head pain. Increase circulation, brings out impurities by opening channels, sooth and heal and therapeutic effect are the benefits of herbal steam.

Stimulates the circulation, cleanses the pores, prevent blackheads, efficiently removes dead outermost layer of the skin, brings a glowing luster to the complexion, stimulates new skin growth are the benefits of gentle scrub. It can be used instead of soap and cleansers.

Glowing of the face, fairness fills the pores of the face, cures the acne etc. diseases which are caused by the infections, removes the wrinkles, prevent early ageing, removes the darkness and skin marks etc. more benefits can get through facial pack or mask.

Refresh the skin, removes the residue of all the previous procedures, refines the pores and tautens and tones the skin, closes the channels which are open in above procedures are the some of the benefits of the toners.

Plumps up the outer layer of the skin, softens the silky and smooth, removing tiny wrinkles and disguising deeper one, prevents dry from puling moisture out of the skin are the benefits of applying moisture on the face. Hydrating will helps to maintain further wetness of the skin.

CONCLUSION

When we observe our classics keenly, can find many matter regarding improving facial beauty and treating disease related to facial beauty. Single drugs, formulations, *Pathyapathya*, *Viharana*, procedures such as *purvakarma* (*Sneha Sweda*) etc. huge matter have been documented in most of the books. The cosmetics which are commonly used in present era containing large amount and variety of harmful chemicals. Replacing these chemical cosmetics, we can be used herbal and mineral preparations for the same purpose with above innumerable benefits. Now it is proper time to turn back to Ayurveda for protect next generation from huge exposure to cancer etc dangerous side effect which are related to cosmetic preparations.

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