



Varnyakara Mukhalepa : Clinical Cosmetology in Ayurveda

Dr. Parulkar Geeta D., M.D.(Chikitsa)(Mum),PhD(Chikitsa)(Mum),

Professor(Chikitsa) R.A.Podar (Govt.) Medical College, attached to M.A.Podar Hospital, Worli, Mumbai,
Maharashtra geeta.parulkar@gmail.com

INTRODUCTION:

The topical application of the herbal paste to the face and keeping it undisturbed for certain period is known as 'Mukhalepa'(Face pack). This therapy is used to clear the morbidity of dosha or any toxic material over facial skin, as well as to improve the fairness and complexion of the skin. Accordingly, there are three types of Mukhalepa named as Doshaghna Mukhalepa, Vishaghna Mukhalepa and Varnyakara Mukhalepa.



Varnyakara Mukhalepa : The application of the Mukhalepa for increase the beauty of the face by improving the complexion is known by the name 'Varnyakara Mukhalepa'.

Indian people are more interested in Mukhalepa usually called 'Ubtana' usually prepared at homes also during the period of Dasara and Diwali.

TYPES OF APPLICATION:

Both warm and cold applications are practiced in Mukhalepa. Application of warm herbal paste is preferred in patients suffering from morbidity of vata, as well as kapha at facial skin. On the Contrary, when morbidity of pitta dosha is identified at facial skin, normal herbal paste is applied. So, Vishaghna and Varnyakara Mukhalepa is also carried out by applying the normal herbal paste.

BENEFICIAL EFFECTS:

The regular practice of Mukhalepa has many beneficial effects as listed below-

- Aparimlana vadana : Facial expression becomes pleasant by the regular application of the Mukhalepa.
- Komala vadana : Mukhalepa imparts softness to the facial skin.

INDICATIONS:

- Akala Palita • Premature graying of the hair.
- Vyanga • Blackish pigmentation over skin.
- Vali • Wrinkles over facial skin.
- Nilika • Bluish pigmentation.
- Yuvanapidaka • Acne vulgaris, Pimples

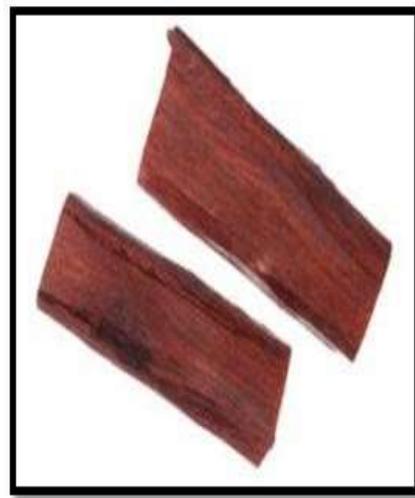
CONTRAINDICATIONS:

- Pinasa : Chronic rhinitis
- Ajirna : Indigestion
- Hanugraha : Locked jaw
- Arochaka : Tastelessness
- Jagarita : Keeping awake at night

Easily available dravyas in Indian market-



Shweta Chandan (*Santalum album*)



Rakta Chandan (*Pterocarpus santalinus*)



Sariva (*Hemidesmus indicus*) Manjishtha (*Rubia cordifolia*)



Yashtimadhu (*Glycyrrhiza glabra*)



Khas (*Vetiveria zizanioides*)



Haridra (*Curcuma longa*)

Description:

Importance of Raktachandana churna : Mukhalepa by applying the paste of Raktachandana (*Pterocarpus santalinus*) improves the fairness and complexion of the skin. This also alleviates morbidity of pitta dosha. Moreover this therapy cures oiliness of skin, as well as Acne vulgaris.

Importance of Varnya lepa: The paste prepared from Manjishtha (*Rubia cordifolia*), Rakta Chandana (*Pterocarpus santalinus*), Lodhra (*Symplocos racemosa*), Kushtha (*Saussurea lappa*), Priyangu (*Callicarpa macrophylla*), Vatankura (aerial roots of *Ficus bengalensis*) and Masura (*Lens esculenta*) is used in the form of Mukhalepa, which cures pigmented patches over the face.

Importance of Manjishtha lepa : The conditions like Acne and dark patches of the face are cured by the Mukhalepa i.e. the paste prepared from Manjishtha (*Rubia cordifolia*).

Importance of Haridra lepa : The paste prepared from Haridra (*Curcuma longa*), when applied to the face cures black patches of the face.

POSITION OF THE PATIENT:

The Patient is placed in the supine position on the table. The body below the neck is draped with a cloth. The head may be elevated a little by placing a thin pillow.

SMEARING THE HERBAL PASTE:

The warm or normal, herbal paste according to the prescription is smeared all over the face except the eyes, nostrils and lips with the help of a spatula. Even the application may be made with the fingers. The eyes may be covered by placing slices of the cucumber.

THICKNESS OF THE APPLICATION:

Herbal paste is applied in three different thicknesses. 0.5 mm (1/4th angula), 0.7 mm (1/3 rd angula) and 1.1 mm (1/2 angula) are the thicknesses of the thin, moderate and thick application respectively.

DURATION:

The application should be removed before it gets over dried off. Otherwise, it is likely to harm the facial skin or else deteriorates the complexion.

SPECIAL REFERENCE:

Ashtangasamgrahakara has mentioned 'Varnya gana' of ten dravyas in Sutrasthana of 'Mahakashayasamgraha Adhyay'. Following are the said dravyas, which can be used in Mukhalepa: Chandana, Keshara, Ksheerakakoli, Shwetadurva, Priyangu, Yashtimadhu, Padmakashtha, Khasa, Manjishtha and Sariva. Remarkable results observed in pilot study of 10 patients suffering from Acne vulgaris in outdoor patient department of M.A.Podar (Govt.) Hospital, Worli, Mumbai -18, which clears more scope in this field of Clinical Cosmaetology.

REFERENCES:

1. Dr.G.Shrinivasa Acharya, Panchakarma Illustrated, Chaukhamba Sanskrit Pratisthan, 1st edition 2006, Page nos. 297-300.
2. Ashtangasamgraha Shashilekha Sanskrit commentary by Indu edited by Dr. Shivprasad Sharma.