



“A case study on *Anti aging* property of *Mandukparni* as an *Ayurvedic* cosmetic drug”

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ABSTRACT

We use cosmetics for keeping and improving natural beauty. The most common problem today is premature ageing of skin. Ayurvedic cosmetics include healthy lifestyle and use of medicinal herbs. Mandukparni is one of those herbal drugs, which is frequently used in Antiaging creams. Hence, we had made attempt to

explore antiaging effect of Mandukparni on skin. A female patient of 39 years old at OPD of SRC Ayurveda college, Chikhli was selected for study. She had given Mandukparni churna in the form of lepa and also internally for 30 days. After treatment Mandukparni showed improvement in Wrinkles, Blemishes, Hyperpigmentation, Blackheads, Oiliness. Hence it can be

concluded that Mandukparni is an Ayurvedic cosmetic drug showing surprising effect on skin.

Keywords-Anti-ageing, wrinkles, Blemishes

INTRODUCTION

Nowadays Premature Ageing where skin undergoes unnatural ageing process has become a bigger problem due to extreme sun exposure and unhealthy life style. Ayurveda determined beauty by Prakruti (body constitution), Sara (Structural predominance), Samhanan (compactness of body) and twak (skin). Acharya charaka, classified cosmetic drugs as Varnya, Kushtaghna, Kandughna, Vayasthapanana etc. Acharya Charaka & Vagbhata has described Mandukparni under Vayasthapanana Mahakashaya (Ch.Su.4/18,Ah.Su.15/49). Mandukparni, Centella Asiatica Linn belonging to family Umbelliferon is a Medhaya dravya. It is used for Valil, Palitya, Kushta, Varnya karma which indicates its effect on skin. It has Tikta rasa, Shit virya

and Madhur vipaka. It is pittakaphashamak, vasodilator, blood purifier, vranashodhanaropana properties. It is widely used in skin care products by the cosmetics companies. But very few Ayurveda researches are available on it. So, we had made attempt to evaluate the efficacy of Mandukparni w.s.r.to its antiaging property.

A female patient, 39 yrs. old came to our OPD at SRC Ayurveda College, Chikhli. She had wrinkles, blemishes, blackheads, oiliness, and hyperpigmentation on facial skin and feeling depressed. She had used many creams but was not satisfied. So, we decided to treat her with herbal remedy in the form of Mandukparni Churna internally and lepa. General examination along with blood investigations was carried out and found to be normal. No history of previous disease observed. The duration of treatment was of 30 days. Patient was followed after every 7 days. After completion of treatment,

there was improvement in symptoms with a glowing, healthy skin. Patient was satisfied.

Aims and Objectives-

To study Antiaging effect of Mandukparni, as a cosmetic on facial skin.

Material and Methods-

A female patient of 39 years old was selected for study.

Administration of drug-

Before the application of lepa, patient was advised to wash the face with t water.

Mandukparni churna in the form of lepa was advised daily. Mandukparni churna 3gm was given orally twice daily with lukewarm water. Duration of trial was of 30 days.

Observaion and results-

Patient showed improvement in wrinkles, blemishes, blackheads, oiliness and hyperpigmentation. Patient got glowing and healthy skin without any damage to skin.

Orally taken Mandukparni churna showed action as appetizer, digestive, and blood purifier.

Discussion-

Mandukparni has Tikta rasa which provides firmness to the skin and muscles (Ch.Su.26). It improves digestion, body, eliminates toxins and purifies blood. As it is cold it controls Pitta.Due to Madhura vipaka, Mandukparni shows Vayasthapana action.

Mandukparni as Medhya drug is helpful in stress management. Stress produces free radicals which bring about destruction of body tissue. Thus, Mandukparni can be considered as anti-oxidant, hence present case study was successful and showed significant result.

Conclusion-

Mandukparni is a safe, easily available herbal drug which can be used for premature aging of skin as a cosmetic. Modern science

includes steroid creams which causes irreversible damage to skin. Hence our herbal drugs have more scope in the field of cosmetology.

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