



Effect of Herbal Drugs in Cosmetic Problems

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I. INTRODUCTION:

Not solely cures the pathological but conjointly protects health of healthy person. My research work is in addition on healthy one UN agency have only skin discoloration because of exposure to external environmental conditions. There are various over-the-counter merchandise accessible at intervals the market promising for his or her smart cosmetic results still because of chemicals they may not be 100% solution. Middle aged sorted patients of 20-45 years were registered for the study higher than. They were distressed concerning issues like pimples, wrinkles, darkspots, tanning of skin etc. To improve the skin quality and to clear the discoloration of skin. to examine the effectualness of herbal medicine with Panchakarma method on grouping prasadhan complexion to permit ayurvedic resolution for the pigmentation/dyscoloration with none adverse impact. Materials and Methods; . For this study thirty patients were chosen. at intervals the center aged cluster of 20-45 years having cosmetic problem concerning their look was chosen. They were grouped in 2 as per their skin texture i.e. dry and oily skin. methodologies: Method for chosen therapy was done as following step. In written material there is nice description concerning the herbs that can overcome of those issues. They are described for his or her impact on complexion, fairness, cleansing, skin adjustment etc.

Aim:

To study impact of flavoring medicine to spice up & relieve cosmetic issues.

Objectives:

- To improve the skin quality and to clear the discoloration of skin.
- To give ayurvedic resolution for the pigmentation/dyscoloration with none adverse effect.

II. MATERIALS AND METHODS;

For this study thirty patients were chosen. In the middle aged cluster of 20-45 years having cosmetic downside concerning their look was selected. They were sorted in 2 as per their skin texture i.e. dry and oily skin.

Methods:

Method for chosen medical care was done as following step.

1. Cleansing: This was through with cotton for about 1 to 8 min per style of skin. The time for cleansing was noted for once each seating before and once treatment.
2. Massage: This was done on the face in upward directions as prescribed in ayurvedic text. The massage was done ten min for every patient. [1,2,3]
3. Fomentation: This was through with Panchakarma medical care i.e. Bashpa-Swed until the sweat seems on patient's faces concerning five min. [4]
4. Face-pack: This was applied on the face with the help of brush in upward direction. Also the close-eyes were draped by cotton unfit in rose-water. The prescribed face-pack was let dried for 5 min. [5,6]
5. Astringent: once laundry the higher than pack with cold water, astringent was applied on the face terribly swimmingly. Duration of therapy: double in associate passing weekfor 1 month.

General properties of Ghruta-[12,13]

Shatadhaut-Gruta was used as a Facial Cream for the selected medical care.

Shatadhauta Ghruta:[14]

Multani Mitti: It is a natural clay, also stated as clay Multani Mitti .

- -small-grained simply

- -accessible simply
- -Not expensive

Recommended uses:

Removes toxins from skin

- -Improves facial complexion
- -Protects skin from UV rays
 - Absorbs excess oil
- -Stimulate circulation of skin

-Rose water:

It is by product of Rose flowers essential oil .It is natural,does not contain any preservatives, additives, synthetic ingredients

- -It maintains pH scale balance
- -anti ageing
- -Used as a hydrating face-pack
- -Helps to decrease the injury of the skins
- elastic fibers.

Inclusion Criteria:

Healthy persons whose skin is laid low with environmental conditions. people of each genders.

Exclusion Criteria:

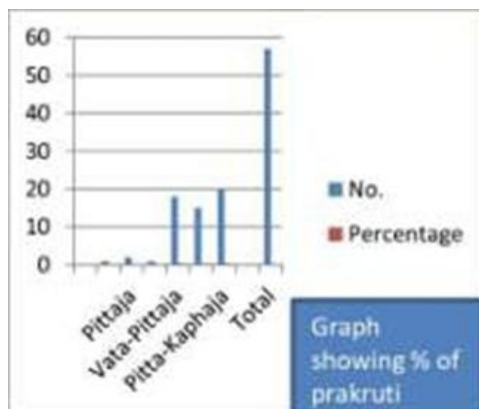
- The person below twenty and higher than forty five years age.
- Individuals having any fairly skin diseases.
- Apart from the inclusion criteria.

OBSERVATIONS:

Table-1:Distribution of cases keep with Prakruti

Prakruti	No.	Percentage
Vataja	One	1.75%
Pittaja	two	3.50%
Kaphaja	one	1.75%
Vata-pittaja	eighteen	31.57%
Vata-kaphaja	fifteen	26.31%
Pitta- kaphaja	twenty	35.08%
Sama	zero	0
Total	Fifty seven	

Table-2: Distribution of cases in numerous observation



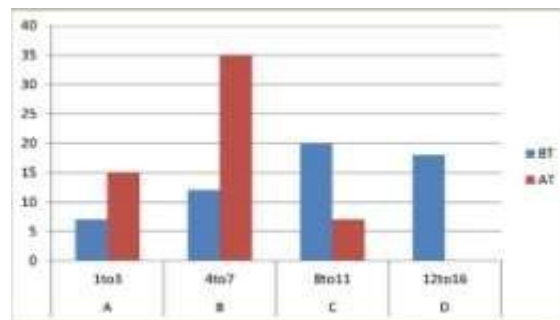
1	Marital Status	Married	30	52.63%
		Unmarried	27	47.36%
2.	Emotional Status	Emotionally normal	39	68.52%
		Emotionally stressed	18	31.57%
3.	Natureof work	Sedentary	24	42.10%
	Work	Active	33	57.89%
4.	Dietary Habits	Vegetarian	26	45.61%
		Non-vegetarian	37	64.91%
5.	Duration of disease	Upto 1 month	13	22.80%
		6 month	24	42.10%
		1 year	20	35.08%
6.	Type of Skin	Dry skin	38	66.66%
		Oily skin	17	29.82%

III. RESULT :

Result of medical care were assessed with each subjective and objective criteria.

Group	Scale	BT	AT
A	1to3	7	15
B	4 to 7	12	35
C	8 to 11	20	7
D	12 to 16	18	0

Patients were grouped in four according to fairness scale A,B,C,D



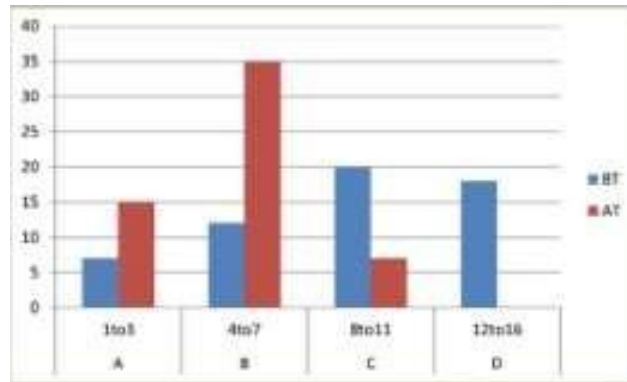
The effect is more significant in group B,61% satisfactory improvement in the fairness was recorded on the scale objectively

Table-3:Effect of the chosen medical care onfairness.

Time for Cleansing	BT	AT
1 min	0	six
2 min	22	ten
5 min	30	Twenty three
8 min	5	eighteen

Table-4 :Effect of the chosen medical care on removal of dirt particles

Group	Scale	BT	AT
A	11 to 3	seven	15
B	4 to 7	twelve	35
C	8 to 11	twenty	7
D	12 to 16	eighteen	0

**Dietary habits**

Vegetarian twenty six forty five.61%

Non-vegetarian thirty seven sixty four.91%

Duration of disease

Upto one month thirteen twenty two.80%

6 month twenty four forty two.10%

1 year twenty thirty five.08%

Type of skin

Dry skin thirty eight sixty six.66% 10.35629

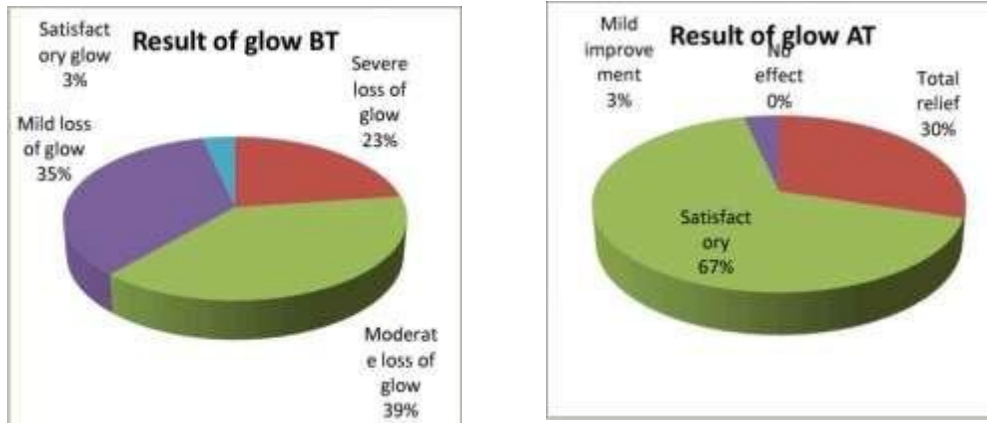
Oily skin seventeen twenty nine.82%

Removal of dirt particles was compared by time needed for cleansing before and once treatment.52% satisfactory reduction at intervals the cleansing time was found with the impact of medical care. Effective medical care on – Sukumarata,Mruduta and Pimples were assessed with subjective opinion giving them scale.

0-No impact**1-Mild improvement****2-Satisfactory****3-Totally mitigated****Result**

Table-6::Effect of the chosen medical care on glow.

Before treatment.		Once treatment	
Severe loss of glow	Thirteen	Total relief	17
Moderate loss of glow	Twenty two	Satisfactory	38
Mild loss of glow	twenty	Delicate improvement	02
Satisfactory glow	two	No effect	00



Out of fifty seven patients twenty two were having moderate loss of glow before treatment. After treatment satisfactory glow of 66% was found on faces of thirty eight patients.

Criteria	0	Three	2	1
Sukumarata	-	Fifty	43%	52%
Mruduta	-	Thirty five	52%	12.20 %
Pimples	-	-	48%	51%

Sukumarata/Softness once medical care was improved by 50%. Wrinkles were reduced satisfactorily with 52%. Mukhadushika was main complain of thirty three patients. It had been reduced forty eighth once medical care

IV. DISCUSSION:

Ayurvedic Perspective:

Twacha could also be a sthan of Bhrajaktyrannid that is responsible for 'ChayaPrakashan'. It maintains normal color of skin. It conjointly facilitate the action of locally administered medicine i.e. abhyanga, Lepa, Parisheka. Once the skin is exposed to harsh surroundings for a protracted length bhrajaktyrannidushti happens. As a result of this 'Twak vaivarnya' (Discoloration of skin) arises. Drug selected for the medical aid Kumari is raktapittaprasadhak, varnya. This drug correct the action of vitiated bhrajaktyrannid and improve fairness and glow of skin.

Modern Perspective:

According to fashionable read unwarmed milk and honey act as anti-oxidant, nourish skin. Sidhashatadhautghruta used for a massage detoxifies and nourishes the skin. It is additional alkaline than different oils which ends in electric sander skin tone and strength. Bashpaswed release the pore that helps to get rid of dirt and sticky secretion. Pralep ingredients multanimitti, rose water etc. acts as natural formulation, astringent, maintain the oil balance of skin, improve blood circulation. Also facilitate to decrease skin scleroprotein fibers and forestall wrinkles.

Juice of aloe vera reduces pore size, also enhance activity of fibroblasts that area unit the special cells

found within the skin that make fibers like scleroprotein and scleroprotein. These offers skin lusture and build it fleshy. Aloe vera provides essential nutrients.

V. CONCLUSION:

Above all knowledge, graph shows that the therapy was found with no facet result and was more effective on enhancing glow on face with 66%, cleansing time was reduced to fifty two. This study additionally show smart external medical aid to enhance fairness with sixty one. Complaints like pimples and wrinkles additionally showed smart satisfactory result.

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