

**DIETARY SPECIFICATIONS FOR COSMATOLOGICAL EFFECT ON SKIN WITH SPECIAL REFERENCE TO SKIN: A REVIEW STUDY****<sup>1</sup>\*Maheshwari Joshi, <sup>2</sup>Sumeeta Jain and <sup>3</sup>V. G. Patrikar**<sup>1</sup>PG Scholar, <sup>2</sup>Guide & Associate Professor and <sup>3</sup>HOD & Professor

Department of Swasthavritta and Yoga Government Ayurved College &amp; Hospital, Nagpur.

Article Received on  
30 October 2018,Revised on 20 Nov. 2018,  
Accepted on 10 Dec. 2018

DOI: 10.20959/wjpr20191-13870

**\*Corresponding Author****Maheshwari Joshi**PG Scholar, Department of  
Swasthavritta and Yoga  
Government Ayurved  
College & Hospital, Nagpur.**ABSTRACT**

Beauty of person allows one to feel pleasure of satisfaction. *Ayurveda* always includes the concept of mental & spiritual wellbeing from the concept of beauty. Beauty comes from inside. *Ayurveda* the word ancient science of health care and healing works on four levels of body, breath, mind and spirit. In *Ayurveda Aahar, Vihar, Ritucharya, Dincharya, Sadavruttapalan* more emphasis has given on *Ahar* in context with beautification aspect.<sup>[8]</sup> According to *Acharyas Aahar* forms the frame of mind (*Annam Vruttikaranam*) *Ayurveda* implies the importance of diet and dietary habits in health the focus has been given on individual aspect "*Purusham Purusham Wikshya*".<sup>[5]</sup> To study the

cosmatological effect of diet on skin to study the various types of skin according to *Prakruti*. To study the diet according to *Prakruti*. *Ayurveda* states *Trayopstambha* as the three absolute factors responsible for maintenance of good health, Physical strength, Vitality of the skin and body.<sup>[9]</sup> Among *Trayopstambha ahar* has huge variety in nature according to "*Yad pinde tad brahmande*" variety of diet is available for different *Prakruti*. Ideal Ayurvedic strategy for achieving complete beauty care and prevention of ageing, patient should be throughout examined and *Prakruti* should be evaluated, *Manas Prakruti* should examine as *manas doshas* affects the skin health, so that appropriate treatment can be planned according to *prakruti*. The food enhances vitality, strength and makes body sturdy. Food increases Enthusiasm, Memory, Luster, Ojas and Complexion.<sup>[8]</sup> This is genuine attempt to review the diet according to various skin types as *Aahar* form the frame of mind.

**KEYWORDS:** Beauty, Skin, *Ahar, Prakruti*, Complexion, *Sadavruttapalan*.

## 1 INTRODUCTION

*Swasthasya swasthya rakshanam* preserving the health of healthy individual as all know is the primary aim of *Ayurveda*. A rich crowning glory and a glowing complexion and reflections of wellbeing of the body mind sense and spirit complex. Preserving and promoting beauty are therefore impossible without maintaining a healthy balance of *Doshas* and optimum function of *Dhatus*. This in turn brings us to the basic tenets of *Ayurveda* which contain a world of wisdom regarding food and lifestyle the roots of eternal wellbeing.

Beauty of person allows one to feel pleasure of satisfaction. *Ayurveda* always includes the concept of mental & spiritual wellbeing from the concept of beauty (*Sadvruttapalan*).

Beauty comes from inside. *Ayurveda* the word ancient science of health care and healing works on four levels of body, breath, mind and spirit.

In *Ayurveda Aahar, Vihar, Ritucharya, Dincharya, Sadavruttapalan* are explained in the context of preservation of health and promotion of beautification aspect.

According to *Acharyas Ahar* forms the frame of mind (*Annam Vruttikaranam*) *Ayurveda* implies the importance of diet and dietary habits in health. **Aim:** To review the cosmological effect of diet on skin **Objectives:** 1) To study the various types of skin according to *Prakruti*. 2) To study the diet according to *Prakruti*.

## 2 MATERIAL AND METHODS

In this study, *Ayurveda* elementary books, related articles were thoroughly searched where the concept of *Ahar, Prakruti, and Trayopstambha* has been described and dietary.

Specifications for cosmological effect on skin according to *Prakruti* are elaborated as:

- 1) Skin according to *Prakruti*
- 2) The potential problems according to *Prakruti*
- 3) The diet specific for various types of *Prakruti*

### *Ahar*

Food increases enthusiasm, memory, lustre, *ojas* and complexion. The food improves vitality, strength, and makes the body strong and healthy. According to five element theory of *Ayurveda*, there are three main types of skin. This categorization is based on the predominance of the three *Doshas Vata, Pitta, Kapha*. Often peoples have different skin type

in different phases of life You may be born with a certain skin type, but that type may change with factors such as climate, Diet, lifestyle and your environmental condition. *Aahar* has huge variety in nature according to “*Yad Pinde Tad Bramhande Nyay*” Diet is available for different *Prakruti*.

*Ayurvedic* strategy for maintaining healthy skin:

Ideal *Ayurvedic* strategy for achieving complete beauty carries as:

Patient should be thoroughly examine by different points of good health described in *Ayurvedic* texts. For that *Prakruti* should be evaluated, *Manas prakruti* should be examine, Appropriate treatment can be planned according to *Prakruti* Different diet regimen can be advised according to *Vata, Pitta, Kapha Prakruti*.

|   | <b>VATA SKIN</b>   |   |
|---|--|---|
| Skin type   | Potential problems   | Diet  |
| <p>This skin type has dominance of air and space.<br/> <i>Vataj</i> skin is dry, thin, fine pored delicate and cool in touch.<br/>                     When balanced: It appears elegant and attractive.<br/>                     When imbalanced:<br/>                     It is prone to excessive dryness and can ever be rough and cracky.</p> <p>Life style :<br/>                     Avoid getting stress and learn stress management<br/>                     Take short breaks when performing task that required extended period of mental focus.<br/>                     Going to bed early will have tremendously positive influence on your skin</p> <p>Laughter powerful medicine for your skin</p> <p><i>Sarwang abhyang</i> :relax and revitalise your body and mind</p> | <p>Dryness, early ageing, looks tired and lifeless.</p> <p>The greatest beauty challenge for this skin type is its tendency to show symptoms of early ageing.</p> <p>Being dry and thin, water skin tends to develop wrinkles earlier than other types.</p> <p>Bad digestion can make this type of skin look dull and greyish even in dos and don't Also it is more prone to diseases such as dry Eczema.</p> <p>Mental stress such as worry fear and lack of sleep adversely affect the <i>vata</i> skin and make it look tired and lifeless.</p> | <p>Since this skin type lacking moisture, to prevent it from drying followed food should be taken.</p> <p>1) olive oil, 2) coconut oil, 3) fennels, 4) sour, sweet and salty taste, 5) natural fruits not refined sugar, 6) soaked and blenched almonds provide nourishment and lipid support, 7) soaked walnut 8) lipids 9) avoid <i>Ruksha Ahar</i>, 10) drink warm appropriate water</p> |

| <b>PITTA SKIN</b>   |  |  |
|---|--|--|
| Skin type   | Potential problems   | Diet   |
| <p>This skin type has dominance of air and space. <i>Vata</i> skin type is dry, thin, fine pored delicate and cool to the touch.</p> <p>When balanced: glows with delicate lightness.</p> <p>When imbalanced: excessive dryness</p> <p>Try rose aroma to pacify <i>pitta</i> emotion</p> <p>Sponge face and body daily with a blend of rose water and milk.</p> | <p>Potential problems</p> <p>Tendency to develop <i>Rashesh</i>, acne, liver spots or pigment disorder.</p> <p>Does not tolerate heat or sun.</p> <p>AggravateSd by emotional stress, especially suppressed anger.</p> | <p>1) olive oil, 2) coconut oil, 3) fennels, 4) sour, sweet and salty taste, 5) natural fruits, 6) soaked and blenched almonds, 7) soaked walnut 8) lipids 9) avoid <i>Ruksha Ahar</i>, 10) drink warm appropriate water</p> |

| <b>KAPHA SKIN</b>   |   |  |
|---|---|--|
| Skin type   | Potential problem   | Diet   |
| <p>Dominance of earth and water element.</p> <p>Thick oily, soft, cool and medium</p> <p>Complexion like moon.</p> <p>When balanced :</p> | <p>Enlarge pores excessively</p> <p>oily skin eczema, blackheads</p> <p>More prone to fungal infection.</p> | <p>Avoid heavy hard and fried food</p> <p>Eat leafy green sprouts, Spinach cabbage</p> <p>Sweet juicy fruits</p> <p>Olive oil</p> <p>Take ginger and lime juice before meal</p> <p>Drink warm water.</p> |

Food can alter moods; another interesting classification of foods is based on their effect on psychological state of individuals.

According to *Ayurveda* there is deep link between occurrence of disease manifestation and the six psychological expressions such as lust, anger, greed, desire, attachment and ego this psychological states are related with foods. This connection is further classified in terms of three states, State of being includes *sattva*, *rajasan* excited state whereas *tamas* related to a lethargic disposition that is foods can induce this states.

## CONCLUSION

The aging process is a challenging human experience comes to everyone, and the desire to look young prevails in the majority of us. Ageing process is inversely proportional to

digestion and metabolism that why diet is essential. This is genuine attempt to review the diet according to various skin type The aging process is a challenging human experience common to everyone, and the desire to look young prevails in the majority of us. Ageing process is inversely proportional to digestion and metabolism that's why diet is essential. This is genuine attempt to review the diet according to various skin type.

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