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A Review On *Kumkumadya* Oil

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ABSTRACT:

The aim of *Ayurved* is to protect health of healthy and eliminate diseases. Due to imbalance diet, increased pollution, stress, hormonal imbalance etc. skin problems are prominent nowadays. Apart from skin problems beauty has its own importance all the time. Herbal formulation like *Kumkumadya* oil/ *tailam* is one of the skin remedy for normal skin to be continued with glow and fairness. It is also for *Nilika*, *pidaka* and *Vanga*. It improves skin complexion and texture. Oil is one of the *aushadha Kalpana* comes under the *Sneha Kalpaa*. *Dravya* used to processed *Sneha*, increases the efficacy of *Sneha*.

Key Words: *Kumkumadya* oil, *Ayurved*, skin remedy, herbal formulation.

INTRODUCTION

Kumkumadya oil or *Kumkumadi oil* is described in *Ashtanga Hridaya* ^[2], *Chakradatta* and *Bhaishajya Ratnavali*. Little differences of *Dravya* and mode of administration are there. Overall indications are same. Nowadays due to improper diet, increased pollution, stress, hormonal imbalance, *Viruddha Ahara* skin problems are increased. Apart that beauty has its own importance. Beauty of face and skin is one of the parts of personality, which increases confidence of individual. Some disorders of skin affect beauty of face and skin. *Kumkumadya* oil fulfills both aims of *Ayurveda*, as to protect the health of healthy and eliminate disorders of skin.

Kumkumadya oil is a combination of various drugs which are beneficial for skin and ideal to remove skin related problems like *Nilika*, *Pidaka* and *Vanga*. It improves the natural glow and fairness of the skin. It increases luster and

prevents dark circles, marks and uneven skin tone. It is used in the treatment of blemishes, sun tans, acne, acne scars, wrinkles and dark circles.⁽¹⁾

It is effective for all type of skin specially *Ruksha* i.e. dry skin type. In oily skin it required in less quantity and less number of times in a day. It is used as massage oil which makes the skin clean and nourished. The property of *Mukha Varna Prasadanam* gives the anti-ageing qualities and glow to the skin.

Sneha Kalpana-

Bhaishajya Kalpana is the branch of *Ayurveda* which deals with the preparations and combinations of various *Dravya*, *Kalpa* like *Sneha* preparation. *Tailam/ Oil* is one of the *Aushadha Kalpana* comes under the *Sneha Kalpana*. *Dravya* used to process *Sneha*, increases the efficacy of



Sneha. Medicated oil is prepared with prescribed medium such as *Swaras/Kashaya /Kalka* and water with ratio mentioned in books. Indication for *Siddha Sneha* is *Samyak Paka Lakshana* with *Gandha, Varna, Shabda Pariksha* of *Sneha*. Medicated *Sneha* is used for various diseases with different route of administrations. ⁽³⁾ one of the *Sneha* is *Kumkumadya* oil, Which is effectively known as a *Varnya*.

Role of *Kumkumadya* oil according to ingredients: ⁽⁴⁾

Kumkum/ Kesar/ Saffron (crocus sativus) - It gives shining /radiance fairness to the skin, removes *Vranadushti* and get rid of poison are the the properties of *Kumkum* which are useful in skin problems like blemishes, sun tans, acne, acne scars etc.⁽⁵⁾ . *Chandan* (santalum album) is *Varnya*, *Pittashamak*, *Kandughna* and *Dahashamak Dravya*. It removes *Bhrajak Pitta Dushti*.⁽⁶⁾ *Laksha* (cocas lacca) lija *Shonit Sthapan Sthambhan Dravya*. *Manjishtha* (*Rubia Cordifolia*), *Yashti* (*Glycerrizaglabra*), *Ushira* (*Vetiveria zizanioidis*), *Padmaka* (*Prunuscyrasoidus*), *Nilkamal* and *Kamal Keshar* have *Varnya*, *Vedana Sthapana*, *Vranaropaka*, *Rakta Prasadana*, *Dahashamak* properties. These are effective blood detoxifier that helps in the treatment of skin disorders. ⁽⁷⁻¹¹⁾ *Nyagrodha* (*FicusBengalensis*) and *Plaksha*(*FicusLacor*) have *Vedanasthapana*, *Vranaropaka*, *Shothahara* properties which are useful in skin disorders.⁽¹²⁾ *Dwipanchamool* means *Dashmoola* has *Vatanashaka* property. Vitiation of *Pitta* and *Kapha Dosha* is not possible without vitiation of *Vata Dosha*, so *Vata Nashaka Dashmool* has its own importance. ⁽¹³⁻¹⁴⁾ *Aja Kshira* is *Kashaya*, *Madhura*, *Shita*. *Tila taila* is beneficial to skin, *Varnya*, *Vata Nashaka* and makes body strong.

MATERIALS AND METHODS

Literature, preparation, uses of *Kumkumadya* oil and *Sneha Kalpana* collected from Ayurvedic reference books like *Ashtanga Hridaya* and *Bhaishajya Ratnavali*. Review articles related to this topic.

AIMS AND OBJECTIVE

To study *Kumkumadya* oil with special reference to *Bhaishajya Ratnavali Kshudrarogaadhikara*.^[1]

***Kumkumadya* Oil Preparation:** ⁽¹⁾

Kumkuma means saffron, which is the main ingredient of this medicine.

Contents

Kwatha Dravya-

Each 1 *Pala* i.e 48 gram. *Chandan*, *Laksha*, *Manjishtha*, *Yashti*, *Kaliyakakashtha* (black Agar), *Ushira*, *Padmaka*, *Nilkamal*, *Nyagrodhapada* (*Vatankura*), *Plakshashruna*, *Kamal keshar*, *Dwipanchamula* i.e. *Dashamula*.

Kalka Dravya –

Each 1 *Karsha* i.e 12 gram *Manjishtha*, *Patanga*, *Yashti*, *Laksha*, *Yashti Tila Taila* - 1 *Kudava* i.e 187 ml *Ajakshira* – 2 *Kudava* i.e 375 ml *Kumkum* – 1 *Pala* i.e 48 gm.

As mentioned above all *Kwatha Dravya* soaked in water overnight and decoct them in water measuring 3 liter. Decoction should be continue till the original quantity is reduced to one fourth. Strain with the help of cloth then add to the preparation *Tila taila/* oil and *Kalka* prepared from *Kalka Dravya* mentioned above. Keep it for *Paka* on low flame. After that add goat milk (*Ajakshira*) in given quantity till it gets its *Siddha Paka Lakshan* accurately. *Taila Siddhi Pariksha* performrd and then sieved the oil. Add *Kumkum* and mix it well. Collect in the dry container.

OBSERVATIONS:

In *Sharangdhara Samhita Madhyam Khanda* ^[9/12,13], *Acharya* described *Sneha Siddhi Lakshana*. When *Kalka* rubbed with the fingers it turns into varti like structure and when drop on fire it should not produce any sound. Forth appear at the time of completion of *Taila Paka*. Desired smell, colour and test or generate then one should understand that medicated oil is prepared.

Route Of Administration: ⁽¹⁾

Application by *abhyanga* i.e massage.

Indications: ⁽¹⁾

MukhaPrasadanam

Varna Prasadanam

Nilika

Pidaka

Vyanga/ Vanga

After 7 days of application skin looks like gold.

DISCUSSION:

Sneha Kalpana is an important preparation which is used in Ayurvedic treatment as this is more stable, compatible and popular dosage form. *Sarpi Tailam Vasa Majja* are four main *Snehan Dravyas* mentioned in *Granthas*. Each one of these has specific qualities. According to Bhaishajya Ratnavali always a *Murchita Sneha* can be used. He clearly mentions the order of adding the ingredients that is Sneha, *Kalka and Kwatha (Drava Dravyas)*. Usually *Gandha Dravyas* are added at last only because the aromatic active principles present in it are volatile. Always it should be maintained with mild fire since it is difficult to calculate the *Paka Lakshana* correctly. Different time for the preparation like 1 day, 2 days, 3 days, 5days and 12 days are mentioned for the preparation of Sneha in order to get the active principles in total into Sneha and also it is been mention with respect to the hardness of the ingredient which releases the chemical constituents slowly. *Taila kalpana* may be defined as a process, where ingredients like-*Taila, Kalka, Kwatha Ksheera and Gandha dravyas* are used for the preparation of medicaments. Fat / water soluble active principles of drugs are extracted into Taila in this method. During the preparation extra benefits of Taila are added in formulations as their qualities are also mixed in drugs. Cooking should be done on medium temperature. In given article *Kumkumadya oil* has reference of *Bhaishajya Ratnavali Kshudrarogaadhikar*. *Kumkumadya oil* is one of the skin remedy for normal skin to be continued with glow and fairness. It improves skin complexion and texture. It is used in the treatment of blemishes, sun tans, acne, acne scars, wrinkles and dark circles. It is used as massage oil which makes the skin clean and nourished. It is effective for all type of skin specially *Ruksha* i.e. dry skin type. In oily skin it required in less quantity and less number of times in a day. The property of *Mukha Varna Prasadnam* gives the anti-ageing qualities and glow to the skin. Medicated *Tailas* are having more extra power and shelf life than unmedicated one. *Abhyanga* is beneficial for skin, life and relieve from old age⁽¹⁵⁾. It removes fatigue, makes eye sight better, muscle strong, Body strong, skin soft and leads proper sleep.

CONCLUSION:

Kumkumadya oil used as a *Varnya* as well as in skin disorders. *Kumkumadya* oil is a combination of various drugs which are beneficial for skin and ideal to remove skin

related problems like *Nilika, Pidaka* and *Vanga*. It improves the natural glow and fairness of the skin. It increases luster and prevents dark circles, marks and uneven skin tone. It is used in the treatment of blemishes, sun tans, acne, acne scars, wrinkles and dark circles.

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