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## Effect of *Udvartan* to Promote the Beauty w.s.r. to Skin-A Review

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### ABSTRACT:

The skin means to help, including protection, excretion, expression, appearance, regulation, and sensation, among others. It also plays an important role in the recording of history. It is treated as a specialty in modern medicine. Ayurveda must recognise the necessity of the hour to identify not only skin ailments caused by modern lifestyles, but also other ailments. Happiness, melancholy, grief, and relaxation, according to Ayurveda, are elements that are expressed by the face and body and cannot be hidden with cosmetics. Ayurveda, in other words, puts a focus on both visible and internal attractiveness. Ayurveda believes that by knowing and practicing the basic principles of Ayurveda, one can improve one's interior beauty. In Ayurveda, there is a secret beauty or the third dimension of beauty, which is also known as "self-realization." A self-realized individual is thought to be perpetually attractive and does not require the usage of external cosmetics or expensive clothing. The therapies, treatments, and suggestions in Ayurveda, on the other hand, are concerned with physical beauty, which is thought to be the way to the secret of beauty. In Ayurveda, health promotion, beauty management, and healing are based on removing *Ama* (toxins), restoring cellular nutrition, promoting full elimination, and restoring *Dosha* balance. In this article, Basics about quality of skin & factors responsible for it including *Prakruti*; its maintenance with *Udvarтана*.

**Keywords-** *Udvartan*, beauty, skin.

### INTRODUCTION

Any product meant to be rubbed, poured, sprinkled, or otherwise applied to a human being for washing, beautifying, or increasing attractiveness is referred to as a cosmetic. Happiness, melancholy, sadness, and relaxation, according to Ayurveda, are elements that are expressed by

the face and body and cannot be concealed by cosmetics.<sup>1</sup> Ayurveda, in other words, places a premium on both visible and internal attractiveness. Ayurveda believes that by knowing and practising the basic principles of Ayurveda, one can improve one's interior beauty.<sup>2</sup> It is



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stated that a person who has attained self-realization is perpetually attractive and does not require the use of cosmetics or expensive clothing.<sup>3</sup> The therapies, treatments, and suggestions in Ayurveda, on the other hand, are concerned with physical beauty, which is thought to be the way to the secret of beauty. In Ayurveda, health promotion, beauty management, and healing are based on removing *Ama* (toxins), restoring cellular nutrition, promoting full elimination, and restoring *Dosha* balance.<sup>4</sup> Diet and lifestyle are two factors that contribute to good health and appearance. According to Ayurveda, *Udvartana* is a massage technique in which pressure is applied in a counter-clockwise direction.<sup>5</sup> So it's basically *Abhyanga*, but the difference is in the direction of movement and the force that acts during the operation. Because skin is one of the organs that covers every area of the body, having healthy and bright skin is crucial to looking attractive. *Udvartana* is a herbal-scrub massage that exfoliates dead skin, stimulates blood circulation, and revitalizes the skin. *Udvartana's* specific strokes and massage directions, on the other hand, act on a deeper level than a typical body scrub. It strengthens deep bodily tissues and acts as a holistic rejuvenation technique. This herbal body scrub is applied from the neck up in a sweeping upward motion in the opposite direction of body hair growth.<sup>6</sup>

## Review of Literature

### *Udvartan*

*Udvartana* is a form of *Abhyanga* (massage) that uses herbal powders to massage the body (sometimes oil may be added in herbal powder). *Sharira Parimarjana* is a phrase mentioned by Acharya Charaka.<sup>7</sup> In his analysis of the phrase, commentator Chakrapani claims that *Sharira Parimarjana* is identical to *Udvartan*. In fact, Charaka explains *Sharira parimarjana* as *Udvartana*. *Udvartana* must be done after *Abhyanga* (massage), according to Chakrapani, and since Charaka teaches *Sharira Parimarjana* after *Abhyanga*, it must be an explanation of *Udvartana*. As a result, *Sharira Parimarjana* can be used interchangeably with *Udvartana*.<sup>8</sup>

### Cosmetology:

Cosmetology is the science of changing one's appearance and enhancing one's beauty. Any substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair, nails, lips, and external genitals) or the teeth and mucous membrane of the oral cavity with the sole or primary purpose of cleaning, changing their appearance, and/or correcting body odours, as well as protecting or maintaining them in good condition.<sup>9</sup>

## Concept Beauty of Ayurveda

*Prakriti* (Body constitution), *Sara* (structural predominance), *Samhanan* (body compactness), *Twak* (skin completion), *Praman* (Measurement), and *Dirghayu Lakshyana* were all used in Ayurveda to determine attractiveness (symptom of long life).<sup>10</sup> *Ama* (toxic elements within our bodies) makes a person look unattractive and sick, and *Sodhana/panchakarma* (Purification) is the most effective therapeutic method for removing body toxins. It is a highly complicated and sophisticated science of body/mind purification. *Varnya*, *Kustagna*, *Kandugna*, *Vayasthapak*, *Udardaprasamana*, and other cosmetics medications were categorised by Charak Samhita. In the context of *Twak roga*, *Susruta Samhita* and *Astanga Hrudaya* describe many *Alepam* (poultice) *Pradeha*, *Upnaha Anjana* oil. *Kungkumadi lepam*, *Dasnga lepam*, *Chandanadi lepam*, *Dasana samskar churna*, *Kumkumadi taila*, *Nilibhringaraj taila*, *Himasagar taila*, and others are highly well-known Ayurvedic medicines.<sup>11</sup> In Ayurveda, the cosmetic approach is linked to the body's, mind's, and soul's wellness. More exactly, physical, mental, and spiritual beauty, when considered as a whole, reflects Ayurveda's Cosmetic sense.<sup>12</sup> "*Swastha Purusha*" is defined by Maharshi Sushruta as a person who has achieved equilibrium of the *Doshas* and *Agni*, as well as balanced and specific functioning of the *Dhatus* and *Malas*, indicating physical health. A pleasant state of mind, soul, and senses is the mental aspect that makes up health. Both states contribute to a healthy personality, which is the foundation of beauty.<sup>13</sup>

## Effect of *Udvartan*

Lymphoid tissue proteins, amino acids, lipids, glucose, enzymes, ions, lymphocytes, and so on are all examples of macromolecules. The blood plasma transports nourishment to all cells and tissues. Nutrients are spilled out of the periphery into the tissue spaces via capillaries. All of these products, as well as the metabolic products of those tissues, are subsequently pumped through the lymphatics and eventually back to the bloodstream. The lymphatic system moves slowly. If *Udvartanadi* massages are performed, these products may enter the bloodstream at a rate of nearly 6 times that of usual. As a result, the food materials can be used to feed all *Dhatus*. Waste materials are also evacuated from the body, resulting in the body being free of '*Mala*.' As a result, *Twaka*, *Mamsa*, *Rakta* and *Asthi* dhatu are well nourished. If they eat well, their *Dhatwagnis* will eat well as well, resulting in a balanced state known as

*Dhatusamya*. *Twaka Prasada* is caused by an increase in local blood supply, which provides appropriate nutrition to the skin while also allowing waste items to be excreted. Furthermore, the herbs or *Snehas* utilised in these processes give the skin.<sup>14</sup>

## DISCUSSION

The intricate functioning of skin necessitates the use of the procedures described in the book. More and more in-depth understanding of the skin (*Twak*) on the basis of *Dosha*, such as *Bhrajaka Pitta*, *Dhatu*, such as *Mamsa Dhatu*, and *Mala*, such as *Sweda*; as well as the formation and functioning of the *Upadhatu*; will be unfolding the events with respect to skin-color, texture, thickness, lustre, temperature, sensation, perspiration, and so on.<sup>15</sup> It's possible that this isn't just a Physiological occurrence, but also a Pathological manifestation. The study of skin must go beyond itching and burning to include a comprehensive understanding of the various pathophysiological events that manifest themselves on the skin.<sup>16</sup> It is a major diagnostic tool with more perplexing lifestyle events, food habits, ambiguous history, and all those things that patients take for granted; whether it is modern cosmetics, *Viruddha Ahara*, addictions, or sleep patterns.<sup>17</sup> It can be difficult to classify an illness as impacting with minimal *Dhatu* (tissue) involvement to specific presentations that can be life threatening, with considerable system involvement.<sup>18</sup> The Ayurvedic beauty market is rapidly expanding. In sectors such as skin care, hair care, soaps, and essential oils, many companies have joined the market with branded products.<sup>19</sup> Consumer interest in natural cosmetics has grown as a result of concerns about dangerous ingredients in beauty products. Herbal and botanical substances are increasingly being used in products. Various skin problems such as acne vulgaris, wrinkling of skins, black spots, and others are on the rise as a result of a hurried lifestyle and the use of junk food. It can be treated with Ayurvedic methods without causing any harm. Stress, worry, or any other bad thought or emotion, according to Ayurveda, can cause skin to lose its natural radiance and lustre. Maintaining one's fitness and health at all ages Ayurveda contains a number of recommendations that, if followed religiously, can help to preserve good health and skin. *Varnyadravya* should be used to perform *Udvardan* of the body on a regular basis. Massage also helps to alleviate insomnia and promotes restful sleep.

## CONCLUSION

Everyone wants to be beautiful, so they use a variety of beauty products and other means to achieve this goal. As a result, the demand for and production of those products is steadily expanding. However, many products have negative side effects, and as a result, people are drawn to Ayurveda. The high demand for Ayurveda in the field of cosmetology has been developed due to its unique perspective of beauty; it is effective, less expensive, and long-term beauty therapies with no side effects. However, as we all know, diet and lifestyle play an important role in enhancing and maintaining one's beauty. We can enhance and restore attractiveness in a natural way by following Ayurveda in the form of *Udvardan*.

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