

## A study of pharmacodynamical action of facial skin care herbs: a review

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### Abstract

Facial skin, an important and prominent part of the human body, is affected by internal and external causes. Traditional medical practitioners widely use herbs either single or in combination with several herbs. Some herbs are easily available and commonly used in daily life such as *Aloe vera*, *Azadirachta indica* and *Curcuma longa*. Ayurveda explains properties and actions of the herbs (*rasa, guna virya, vipaka, karma*) and temperament of human body (*Prakriti*). The general objective of this study was to assess the pharmacodynamical action of the facial skin care herbs (*Aloe vera, Azadirachta indica and Curcuma longa*). A review of existing research was carried out using Pub Med, Google Scholar, Medline and Science Direct electronic databases and other related books. Accordingly, majority of the review articles elaborate animals' studies rather than clinical research. The study designs have not been properly incorporated into clinical studies. These herbs show evidence of pharmacodynamical effects; *Aloe vera* is used in the treatment of skin protecting from ultraviolet radiation, which shows anti-aging effect, anti-acne effect and anti-inflammatory effects. *Azadirachta indica* has anti-inflammatory and anti-acne effects and it has been used for skin protection from infections. *Curcuma longa* is used for skin protection from ultraviolet radiation and infection which shows anti-aging effect, anti-acne effect and anti-inflammatory effects. These herbs (*Aloe vera, Azadirachta indica and Curcuma longa*) have effective pharmacodynamical action on the facial skin. Therefore, these herbs are therapeutically useful in skin disorders. Further clinical studies are recommended with appropriate study design and adequate sample size for scientific evaluation of these herbs.

**Keywords:** *Aloe vera, Azadirachta indica, Curcuma longa*

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