



RESEARCH ARTICLE

Evaluation of the Effect and Efficacy of Herbal Application Mentioned in Sharangadhara Samhita in Enhancing the Skin Complexion

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Abstract: Since ancient times, women to enhance skin complexion have used various herbals. Among them most of the remedies have been used for skin as pastes, oils and fine powders. There is lot of formulas in Ayurveda text for enhancing skin complexion. Sri Sharangadhara Samhita is one of the valuable Ayurveda texts. The present study was aimed to observe the effect and efficacy in enhancing the complexion of the face using a herbal paste in Sri Sharangadhara Samhita. The clinical study was conducted for 50 participants of both sexes who complained of darkness of face. According to the results observed in present study, this herbal application has shown significant result in enhancing the complexion of the face without any adverse reactions. As P value was equal to 0.000 and it was less than 0.01, the paste has given a significant result in enhancing face complexion.

Keywords: Lepa, Skin complexion, Herbal paste.

Article Received: 05 May 2020

Revised: 18 May 2020

Accepted: 25 May 2020

Introduction

The concept of beauty has an age-old origin and it is as old as humankind and civilization. One of the ways of expression of this beauty is through the skin as beauty manifests through the appearance of the complexion of the skin. Ayurveda refers it as *Varna*.

It is incorporated among the signs of health as it reflects the equilibrium of all the *Dhatus*. It includes most of the parameters of healthy and radiant skin. In present society, complexion has become a great cause of concern to majority of individuals irrespective of their age group especially while presenting oneself in the society. This illustrates the social aspect of preference attitude of the society. Nowadays, there is a great demand for Beauty culture. Increasing this heavy demand there are many courses conducted by various institutions to teach beauty culture. They only teach the subject

superficially, paying more attention to the external appearance of the body only. But it is important for oneself to study the structure and the behavioral activities of human body parts like hair, skin nails teeth and eyes, and how these could be nourished in order to preserve the beauty of the body. Ayurveda drug formulas used in enhancing the fairness. It has been mentioned in main texts of Ayurveda. *Sharangadhara Samhita* is one of these texts. It includes several recipes that enhance the fairness of the skin. The present study have been explore the effectiveness of the herbal application that mentioned in *Sharangadhara Samhita*.

Significance and Justification

In the present society, there is a huge trend for beauty culture. Skin care takes the most important place of beauty culture. Especially tropical countries like Sri Lanka, there is a trend to improve fairness.