

An Effective Natural Ayurveda Product for Radiant Healthy Skin: *Varnaka Ghrita*

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Abstract

Now a days people are blindly consuming toxic and harmful chemical containing external applications, leading to many serious cosmetologically issues. *Varnaka ghrita* is an Ayurveda external application used for relieving skin disorders like *vyanga* (facial melanosis), *nileeka* (hyperpigmentation of the body) and wrinkles. *Varnaka ghrita* is mainly ghee - based preparation which contains several other medicinal ingredients. It is also known as *mukhakanthikara lepa* (skin glowing face pack). According to the authentic Ayurveda texts it is emphasized, throughout the massage process, this particular application would give moon like luster to the skin. The main objectives of this study was to prepare *Varnaka ghrita* as an external application and to evaluate its therapeutic approaches for skin conditions by analyzing its Ayurveda pharmacological actions. *Varnaka ghrita* contains *Glycyrrhiza glabra*, *Pterocarpus santalinus*, *Coriandrum sativum*, *Sinapis alba*, *Nelumbo nucifera*, *Coscinium fenestratum*, *Curcuma longa*, *Symplocos racemose*, *Mesua ferrea* as herbal ingredients and rose water and normal water as liquid ingredients. There was bee's wax and cow's ghee as animal elements. The research was design to formulate *Varnaka ghrita* efficiently by finding suitable raw materials and processing them according to the authenticated method. *Varnaka ghrita* was prepared according to the *Ghrita paribhasha* in Ayurveda. Market available cow's ghee was used as an ingredient but *ghrita murchana* process (purifying the ghee) was performed for better results. Final product was a yellow-colored semisolid preparation and after the analysis of its Ayurveda pharmacological actions the most of the ingredients comprised blood purifying, skin complexion improving, anti-aging, toxins eliminating, burning sensations relieving, and hypopigmentation reducing and induced sweating as its therapeutic actions. Similarly, throughout the analysis of *doshic* effects

and above pharmacological actions of ingredients it facilitated that the drug had a potential to cure skin conditions like *Vyanga*, *Neelika* and wrinkles (prevents aging) of the skin. *Varnaka ghruta* is therapeutically important in curing skin diseases. Therefore, *Varnaka ghruta* helps to maintain skin in healthy and glowing manner to attain radiant Skin.

Keywords: *Varnaka ghruta*; face pack; glowing skin; natural product