

CRITICAL REVIEW OF *KUMKUMADI* OIL AND IT'S ROLE ON VYANGA

Sneha Kailas Kapse^{1*}, Nilima Dharkar² and Maushmi Patel³

¹PG scholar Department of Rasashastra and Bhaishajya Kalpana, Dr. D. Y. Patil College of Ayurveda and Research Centre, Pimpri, Pune of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University).

²Professor Department of Rasashastra and Bhaishajya Kalpana, Dr. D. Y. Patil College of Ayurveda and Research Centre, Pimpri, Pune of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University).

³Assistant Professor Department of Rasashastra and Bhaishajya Kalpana, Dr. D. Y. Patil College of Ayurveda and Research Centre, Pimpri, Pune of Dr. D. Y. Patil Vidyapeeth, Pune (Deemed to be University).

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*Corresponding Author

Dr. Sneha Kailas Kapse

PG Scholar Department of
Rasashastra and Bhaishajya
Kalpana, Dr. D. Y. Patil
College of Ayurveda and
Research Centre, Pimpri,
Pune of Dr. D. Y. Patil
Vidyapeeth, Pune (Deemed
to be University).

ABSTRACT

Glowing Skin of the face gives self-confidence. *Vyanga* becomes a major problem of the society. Many people are suffering from *Vyanga* today. In Ayurvedic texts so many remedies are internal medicine and external application. Local application is more useful in *Twaka Rogaas* it directly acts on lesion and easy to use. *Kumkumadi Taila* is a local preparation which is widely used now-a-days. *Kumkumadi Tailam* is classical ayurvedic skin oil formulation describe by *Vagbhata*. It is useful in skin like *Mukhadushika*, *Vyanga* etc., It balances the *Pitta*, act as anti-inflammation and repair damaged tissue of skin. It helps in other *Rakta-Pitta* skin disorders as well. The formulation has properties like anti-aging, skin nourishment, anti- wrinkle, moisturizing effects or to improve skin texture.

KEYWORDS: *Kumkumadi* oil, *Vyanga*, Skin diseases.

INTRODUCTION

Vyanga is a skin disease, which decreases the *Prabha* (complexion of the face) and marks the beauty of skin. In Ayurveda it is included under *Kshudra Roga* “minor skin diseases”, but still

it has got more importance as a cosmetic problem in the today's culture. It is characterized by the occurrence of *Niruja* (painless), *Tanu* (thin) and *Shavya varna Mandalas* (bluish-black patches) on face.^[1] *Vyanga* appears due to vitiation of *Vata*, *Pitta* followed by *Rakta Dosha*.^[2] Various conditions of modern medical science like Chloasma, Freckles, Post inflammatory hyper pigmentation, Sun tanning etc can be included under the broad term of the disease *Vyanga*.^[3] According to *Charaka*, *Nidanas* like *Krodha* and *Shoka* mainly *Pitta* vitiation takes place in *Samprapti* which in turn disturbs the *Jatharagni* and normal functioning of *Ranjaka Pitta* i.e., *Varnotpatti*.^[4] *Samprapti* shows that vitiation of *Pitta Dosha* leads to abnormality of *Rakta Dhatu*. *Mansik Hetu* will lead to *Udana Vata* vitiation. Thus, vitiated *Ranjaka Pitta*, *Rakta Dhatu* as well as *Udana Vata* travel in body through *Dhamanis* and get localized in faceskin and causes vitiation of *Bhrajaka Pitta* giving rise to discoloration of the skin.^[5] Various treatments are also in practice like chemical peeling etc. but due to cost of therapy and adverse effects there are some limitations to cure the diseases like *Vyanga*. In Ayurveda, drugs having *Twak Prasadaka*, *Prasadana Raktashodhaka*, *Kusthaghna*, *Kandughna*, and *Varnyakara* properties are helpful in the management and can produce cutaneous depigmentation that remove the blackish discoloration of skin. For *Vyanga*, *Lepana Karma* (in the form cream) is indicated by *Acharya Sushruta*.^[6] In the context of *Vyanga*, *Kumkumadi Taila* has been mostly used in Ayurvedic classics.^[7]

Kumkumadi Tailam saturates the natural glow of the skin. It is also used as a cream. It is suitable for all types of skin; it is definitely more beneficial for dry skin. It increases softness and prevents dark circles, marks, and uneven skin tone. The main ingredient is Kesar (saffron). It improves complexion and texture of skin. It relieves hyper-pigmentation, blemishes, acne scars, dark circle, sun tans, wrinkles, white and black heads. Saffron can be used as a natural UV absorbing agent.^[8] It has anti-ageing qualities and makes skin beautiful.^[9] It has no side-effect effects and can be used daily.

Kumkumadi Taila- It was considered as an important preparation by *Chakradatta* as even three preparations of *Kumkumadi Taila* are also given.^[10] *Kumkumadi Taila* was mostly given in *Kshudraroga chikitsa*. It is commonly used in *Vyanga*, *Vaivarnya*, *Nilika*, *Vali*, *Palita*, *Tilakalaka*, *Pidika*, *Mukhakarshya*, *Dushchaya* etc. The first textual reference by the name *Kumkumadi Taila* is quoted in *Ashtang Hridaya*.^[11]

Preparation of *Kumkumadi Taila*^[12]

First coarse powder of all herbs (table no. 1) has been taken and soaked in 9.126 litres water for

a few hours. *Kwatha* is prepared, by boiling the water with herbs and simmer the mixture until only 1/4th part of liquid content remains. Then decoction is filtered. Then *Kalka* is prepared from *Manjistha*, *Yashtimadhu*, *Mahua*, *Lac* and *Pattanga* (table no. 2) and then *Kalka* (herbal paste), sesame oil, and goat milk is mixed in a vessel, boil the mixture and simmer the mixture until the oil remains. At last, a paste of saffron with rose water added into oil and preserve it in a glass bottle. This is called *Kumkumadi Tailam*.

Table no. 1: Kumkumadi Tailam Ingredients (Composition) Kwatha Dravya.

	INGREDIENTS	Part used	QUANTITY
Sr no.	Herbs (<i>Kwath Dravya</i>)		
1.	<i>Pterocarpus Santalinus</i> – Lal Chandan	Kand	48 grams
2.	<i>Laccifer Lacca</i> – Lac	Niryas	48 grams
3.	<i>Rubia Cordifolia</i> – Manjistha	Kand	48 grams
4.	<i>Glycyrrhiza Glabra</i> – Yashtimadhu (<i>Mulethi</i>)	Kand	48 grams
5.	<i>Berberis Aristata</i> – Daruhaldi	Kand	48 grams
6.	<i>Vetiveria Zizanioides</i> – Ushira	Patra, Mula	48 grams
7.	<i>Prunus Cerasoides</i> – Padmaka	Pushpa	48 grams
8.	<i>Nymphaea Stellata</i> — Nilkand (<i>Neel Kamal</i>)	Pushpa	48 grams
9.	<i>Ficus Benghalensis</i> – Vat Vriksha	Phala	48 grams
10.	<i>Ficus Lacor</i> – Java Fig – Pakar	Phala	48 grams
11.	<i>Nelumbo Nucifera</i> — Kamal Kesar	Kesar	48 grams
12.	<i>Aegle Marmelos</i> – Bael	Phala	48 grams
13.	<i>Premna Mucronata</i> – Agnimantha	Mula	48 grams
14.	<i>Oroxylum Indicum</i> – Shyonaka	Mula	48 grams
15.	<i>Gmelina Arborea</i> – Gambhari	Mula	48 grams
16.	<i>Stereospermum Suaveolens</i> – Patala	Mula	48 grams
17.	<i>Desmodium Gangeticum</i> – Shalaparni	Mula	48 grams
18.	<i>Uraria Picta</i> – Prishnaparni	Mula	48 grams
19.	<i>Tribulus Terrestris</i> – Gokshura	Mula, Phala	48 grams
20.	<i>Solanum Indicum</i> – Brihati	Mula	48 grams
21.	<i>Solanum Xanthocarpum</i> – Kantakari	Mula	48 grams

Table no. 2: Kumkumadi Tailam Kalka Dravya.

Sr no.	Kalka Dravya (herbs for making paste)	Part used	Quantity
1	<i>Rubia Cordifolia</i> – Manjistha	Kand	12 grams
2	<i>Glycyrrhiza Glabra</i> – Yashtimadhu	Kand	12 grams
3	<i>Madhuca Longifolia</i> – Mahua	Phala	12 grams
4	<i>Laccifer Lacca</i> – Lac	Niryas	12 grams
5	<i>Caesalpinia Sappan</i> – Pattanga	Kand	12 grams

Table no. 3: Kumkumadi Tailam Dravya- Dravya.

Base Oil	
Sesame Oil	192 ml

Others	
Goat Milk	384 ml

Table no. 4: Kumkumadi Tailam Prakshep Dravya.

<i>Crocus Sativus</i> – Kesar	48 grams
Rose Water	Q.S.

DISCUSSION

Kumkumadi Tailam makes skin radiant and decreases pigmentation. it acts on the epidermal inflammatory response, The chemicals in oil alter the activity of melanocytes and immune cells, which likely results in hyperpigmentation. *Kumkumadi Tailam* has anti-oxidant, anti-inflammatory, and anti-hyperpigmentation effect. It is also probably to reduce the quantity the release of melanin pigment.

Mode of action of Kumkumadi oil

Properties of the herbs used in the *Kashaya* formulation of *Kumkumadi Tailam*:

- *Kumkuma* (Saffron): *Kumkuma* include *Katu*, *Tikta Rasa*, *Snigha Guna*, *Ushna Virya* and *Katu Vipaka*. when taken internally pacifies *Rakta-Pitta*, *Vata*, it has antidepressant, anti-inflammatory, radical-scavenging, anti-tumour effects, learning and memory improving properties.^[13]
- *Chandana* (Sandal wood): It has *Rasa- Madhura*, *Tikta*, *Guna- Laghu*, *Rooksha*, *Virya-Sheeta*, it is potent *pitta* pacifying herb, it helps in *Rakta-Pitta* disorders like diarrhoea with blood, bleeding piles, etc. Cleanses skin, reduces inflammation. It has antiviral and antibacterial efficacy.^[14]
- *Laksha* (Lac insect resin): It has *Rasa - Kasaya* (Astringent), *Guna- Laghu* (Light) & *Snigdha* (Unctuous or Oily), *Virya- Sheeta* which helps in wound healing, fracture healing. It stops bleeding in wounds and injuries, heals skin ulcers, speeds up regeneration of tissue process of wounds and other skin diseases.^[15]
- *Manjishta* – it has *Rasa- Tikta*, *Kashaya*, *Madhura*; *Guna- Guru*, *Rooksha*; *Virya- Ushna*. It acts as potent blood purifier, antioxidant, anti- stress, anti-inflammatory, antimicrobial, improve skin and micro circulation.^[16] Indicated for inflammatory conditions, and in wound healing, and improving complexion.
- *Yastimadhu* (Indian liquorice) – It has *Rasa- Madhura*; *Virya- Sheeta*, it helps in *Pitta* and *Rakta roga*, it has wound healing property and reduces inflammation.
- *Daruharidra* (Tree turmeric)– It has *Rasa- Tikta*, *Guna- Rooksha*, *Virya- Ushna*. It helps in *Pitta* aggravation conditions like jaundice, helps in *Kushta roga* (skin disease), helps in

Pitta aggravation conditions.

- *Ushira* – It has Rasa- *Tikta*, *Madhura*; Guna- *Laghu*, *Ruksha*; Virya- *Sheeta*, helps in haemorrhage and bleeding disorder, reduce *Pitta* aggravated conditions like fever, boils, etc.
- *Padmaka* – It has Rasa -*Tikta*, *Kasaya*; Guna – *Laghu*; Virya – *Sita*, helps in bleeding disorder, hiccoughs, asthma, etc. It acts as *kantivardhaka*.
- *Nilotpala* (Indian Water Lily) – *Pitta* and *Kapha* balancing, helps in *Rakta pitta* disorders, wound healing,
- *Vata & Plaksha* – *Plaksha* and *Vata* helps in inflammation, bleeding disorders.
- *Kamala Kesara* (lotus stamen) –Used in *Rakta Pitta* and bleeding piles, dysentery and promotes strength and virility when taken internally.
- *Dashamoola* (10 medicinal roots)- It has *Ushna Virya* (hot potency) and *Katu Vipaka*, excellent at curing *vata* aggravation conditions like lower back pain, hip pain, slipped disc it has anti-inflammatory, analgesic and anti-platelet effects.^[17]
- *Aja Ksheera* (goat's milk) is highly medicinal, light, cleansing and *Kashaya rasa* in Ayurveda. Hence it is a mostly used in formulations where we are trying to cleanse, dryup or detoxify the *Rakta* and *Rasa*.

CONCLUSION

The drugs of *Kumkumadi Taila* are *Pittashamaka*, it has properties like *Guru*, *Snigdha*, *Madhura*, *Tikata Rasa* and *Sheeta Virya*, it advances glow and complexion of the skin. It can be used as a night or day cream for dry skin. It increases lustre and prevents black spots, dark circles, scars, and hyperpigmentation. Helpful in treatment of *Vyanga*.

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