

DOOSHIVISHARI USAGE IN SKIN PROBLEMS- A REVIEW**Dr. Kirti Mishra^{*1}, Dr. Rashmi Tiwari², Dr. Shifali Sahu³ and Dr. Sagar Sharma⁴**¹Assistant Professor Dept. of Agad Tantra Evum Vidhi Vaidyaka,²Associate Prof. Dept. of Rachna Sharir,³Assistant Prof. Dept. of Shalakya Tantra,⁴Associate Prof., Dept. of Swasthavritta and Yoga,

Rajiv Lochan Ayurved Medical College, Durg Chhattisgarh.

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Corresponding Author*Dr. Kirti Mishra**Assistant Professor Dept. of
Agad Tantra Evum Vidhi
Vaidyaka, Rajiv Lochan
Ayurved Medical College,
Durg Chhattisgarh.**ABSTRACT**

The word cosmetics is so attractive for every human and as far as its concern towards chemicals, everyone wants herbals for the same and Ayurveda, anti-aging and cosmetics is acquisition importance in the beauty, health and wellness sector. If we see the concept of Modern research trends, it revolve around principles of anti-aging activity described in Ayurveda: Vayasthapana (age defying), Varnya (brighten skin-glow), Sandhaniya (cell regeneration), Vranaropana (healing), Tvachya (nurturing), Shothahara (anti-inflammatory), Tvachagnivardhani (strengthening skin metabolism) and Tvagrasayana (retarding aging). If we look towards the rasayana mentioned in Ayurveda, there are Many rasayana plants such as Emblica officinalis (Amla) and Centella asiatica (Gotukola) are extensively used for the

effect in skin problems. Usage of these helps in decreasing skin problems and can these skin problems can be classified under dooshi visha. Dooshivishari is one among the agad mentioned for prevention from such problems by Acharya sushruta. Hence an attempt has made to recollect all those reference and its modern concept.

KEYWORDS: Anti-aging, beauty, mukhdooshika.**INTRODUCTION**

In United States of America there is beauty cosmetics is on the verge in any businesses that is why these industries are growing there very vast and spreading all over the economy. After

looking toward the chemicals usage in these cosmetics, people are using herbal products in them. Hence the naturals industries are growing in parallel to allopathy.^[1]

Cosmetics usually are causing indirect harm to the person who is using it on day today basis. Saya L Jacob et al claimed by their research that with the ongoing media attention surrounding cosmetics and carcinogenesis, oncologists will take on to face questions from nervous patients. Unfocused cancer sub typing, lack of co morbid medical state information, and the risk of journalist bias all boundary the current FDA database for cosmetics. Better and broader data collection is necessary if the CAERS database is to become a useful cancer epidemiological tool that can highlight emerging concerns and direct scarce regulatory resources to promote public security. Attendant investments in toxicology and narrow science are needed.^[2] The various topical application products that delay. Plant based medicines helps in reducing these ailments without side effects.^[3]

If we look towards the term Ayurveda, it is one of the most ancient medical traditions practiced in India, Sri Lanka and other South Asian countries, and has a sound theoretical and empirical basis.^[4] its origin is from Atharvaveda Which is detailed later on in to, Charak Samhita^[5] and Sushruta Samhita. These are its main classics, giving detailed descriptions of over 700 herbs. Ayurveda has several formulations for management of age and related circumstances. Its fiction describes over 200 herbs, minerals and fats to preserve and enhance the health and good looks of the skin.^[6] After diminished Indian culture there is revival of this pathy again once again a revival of preference for natural products, and in recent years there has been a great surge in the study of Indian herbs mostly after COVID 19.^[7]

DISCUSSION

There have been numerous controversy nearby cosmetics and their chemical constituents with carcinogenesis. Examples include associations of parabens and aluminum with breast cancer^[8], talc powder with ovarian cancer^[9], and, most recently, hair dye with breast cancer. These articles claimed to be more focussed on such harms.^[10-11] These articles are those which are shown by media and newspapers many such researches are forcefully hidden or got lost by fear. Several of these associations have not been reproduced in larger cohort studies, as in the case of talc powder and ovarian cancer^[12,13], or follow-up toxicology analyses by other scientists or narrow agency.^[14-15] Given the ever-present use of foundations, oncologists asked several questions to the patients about the main root cause of such diseases. As one indication, the American Cancer Society publishes numerous “frequently asked questions”

nearby cosmetics and carcinogenesis for the community, symptomatic of the innate need for such explanation to the general public.

Recently, talc baby dusting powder has inward bound considerable media attention. Within the CAERS folder of data, most ovarian cancer reports happened after 2015, coinciding with a peak of hundreds of class-action lawsuits filed against Johnson and Johnson for their talcum products.^[18] This pinnacle was sustained in 2016, when Johnson and Johnson salaried hundreds of millions in damages and settlements associated to talc baby powders. Such external influence likely at the appointed time recall bias and vague the fundamental relationships observed within this database. Media itself is biased with such reports carcinogenesis. importance positive relations makes for better headlines. A survey of 937 members of the Society of Toxicology showed that 80% of public believed that popular media overstate products risks.^[16] Dooshivishari Gulika is an Ayurvedic medicine that is primarily used for the treatment of Allergy. Secondary and off-label uses of Vaidyaratnam Dooshivishari Gulika have also been mentioned below. The key ingredients of Vaidyaratnam Dooshivishari Gulika are Jatamansi, Lodhra, Pippali, Cardamom. The properties of which have been shared below. The correct dosage of Vaidyaratnam Dooshivishari Gulika depends on the patient's age, gender, and medical history.^[17-19]

1. Pippali (*Piper longum*) – 1 part
2. Dhayamaka (*Cymbopogon martini*) – 1 part
3. Mamsi/Jatamamsi (*Nardostachys jatamansi*) – 1 part
4. Rodhra/lodhra (*Symplocos racemosa*) – 1 part
5. Ela (*Elettaria cardamomum*) – 1 part
6. Suvarchika (Salt petre) – 1 part
7. Kutannatam (*Oroxylum indicum*) – 1 part
8. Natha (*Valeriana wallichii*) – 1 part
9. Kushta (*Saussurea lappa*) – 1 part
10. Yasthi/Yasthimadhu (*Glycyrrhiza glabra*) – 1 part
11. Chandana (*Santalum album*) – 1 part
12. Gairika (Red ochre) – 1 part

Indications of Dooshivishari Gulika

1. **Dooshi visha** (Dooshivisha is a low potent poisonous substance that resides in the body and vitiates dhatus when favorable conditions occur)

2. **Anyā Visha** (other poisonings)

Mode of use, Dosage, and Adjuvants

Dooshivishari Gulika has advised generally as 1 to 2 tablets once or twice daily or as directed by the physician.

As there are no specific adjuvants are mentioned it can be taken along with warm water or with suitable decoctions.^[20]

| Main Name of ingredients | • Tentative Action |
|--------------------------|---|
| Jatamansi | • A substance that can inhibit the oxidising Agents |
| Lodhra | • Substances that scavenge the singlet oxygen molecules in the body which helps in decreasing deposition of dirt in skin pores. |
| Pippali | <ul style="list-style-type: none"> • Agents that reduce inflammation or swelling caused due to an injury or infection. • balances hormones both in males as well as females helps in reducing female ovary cysts too. |
| Cardamom | • Drugs that are used to treat stomach acidity and heartburn. |

CONCLUSION

The Acne is a challenging human experience common to everyone, and the desire to look young prevails in the majority of us. The latest trends in beauty, health and wellness sectors are giving rise to a new realm of possibilities by anti acne cosmetics with traditional Indian medicine – Ayurveda. Ayurveda offers vast amounts of information on principles of anti-aging activity, skin care and anti-aging herbs, and helping in the exploration of possibilities of developing anti acne with natural ingredients for topical applications. With the ongoing media attention surrounding cosmetics and carcinogenesis, oncologists will continue to face questions from concerned patients. Nonspecific cancer subtyping, lack of comorbid medical condition information, and the risk of reporter confusions all limit the current FDA database for cosmetics. Better and broader data collection is necessary if the CAERS database is to become a useful cancer epidemiological tool that can highlight emerging concerns and hence the medicines which are more towards herbs and causes least risks can be a safer mode for controlling youngster's problems like acne .Hence we should promote Ayurveda towards the general public and give attentions towards using such herbs in practice.

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