

## VARNYA DRAVYA IN BHAVPRAKASH NIGHANTU: A REVIEW ARTICLE

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**ABSTRACT**

*Ayurveda* is Holistic science and it has well known traditional sacred values. It is ancient science which has aroma of its own values and remedies which treats chronic as well as acute illness due to this there is increase global popularity to *Ayurveda*. *Bhavprakash nighantu* is the connecting link between medieval period and modern era. *Dravya* related to improve *Varna* (Complexion) of Skin is known as *Varnya*. *Varna* means Colour „Ya“ suffix indicates “wholesomeness” related to corporeal notions. This study Concludes *Varnya* dravyas among *bhavprakash nighantu* which may help in day to day clinical practices.

**KEYWORDS:** *Varnya*, Complexion, *Prasadan*.**INTRODUCTION**

*Ayurveda*'s primary motive is to cure disease and prevention from diseases or illness.<sup>[1]</sup> In *Ayurveda*, *Vikara (Roga)* are described in two ways are as *Sharirik vikara* as well as *Mansik vikara*. *Ayurveda* is full of medicinal treasure, in which these medicine cure somatic (*Sharirik*) *vikara* as well as psychiatric (*Mansik*) *vikara*. *Bhavprakash Nighantu* is basic Indian materia medica which imparts the knowledge of medicinal plants, one from *Laghutrayi granthas*. *Aacharya Bhavprakash* mentioned *Varnya Dravyas* among *Nighantu*. *Varna* means Colour, „Ya“ suffix indicates “wholesomeness” related to corporeal notions. The drug which provides improvement in skin complexion is known as “*Varnya*”. Complexion is nothing but the natural colour, texture. The skin is of utmost importance when people judge someone else. Nowadays due to increase of advertising, people are more influenced about their outer appearance in every sector. This creates a gap between the health of humankind and the ancient *Ayurvedic* literature to overcome this problem we have to screen the whole *Bhavprakash Nighantu* for *Varnya dravyas*. It is need of have to screen some *Varnya dravyas* for the Sake of getting rid of these diseases as well as healthy Skin, hence a literary review of *Bhavprakash* and the recent researches are done in this study. By study the literature and world wide web we came to know that *Bhavprakash* has mention *Varnya dravyas*. While the recent researches showed that the properties Mention by *Bhavprakash* are up to mark by this we may concluded that the *Varnyadravyas* mentioned in *Bhavprakash* can be useful for the treatment of human kind. The aim of

this study to critically evaluate the *varnya* medicinal plant mentioned in *bhavprakash nighantu* which helps in maintenance of the complexion of the skin.

**Aim of study**

I. The aim of this study to critically evaluate the (*varnya dravyas*) medicinal plant mentioned in *bhavprakash nighantu*.  
II. To provide further scope of study.

**MATERIALS AND METHODS**

As this study is a critical review the material used in these study are as follows:

1. Ancient *Ayurveda samhitas*
2. *Bhavprakash nighantu*
3. Modern texts of Pharmacology
4. World wide web, research articles and datatbases of different health sciences

**Methodology**

Critical literary Study of all the possible literature was assessed for *varnya* and complexion promoting herbs from different literatures of *ayurved* and modern medicine.

**Review and Observation from bhavprakash nighantu**

A thorough review of *bhavprakash nighantu* was done. All the *Varnya* (complexion promoting drugs) was studied for their *rasa*, *veerya*, indications, Important preparations and useful parts from the *Bhavprakash nighantu* are mentioned in the following table.

Sr. no.	Sanskrit name of dravya	Botanical name	Parts used
1.	Ashok	<i>Saraca indica</i>	Twak
2.	Audumbara	<i>Ficus glomerata</i>	Twak, Ksheer, Pakwaphala
3.	Aguru	<i>Aquillaria agallocha</i>	Kandasara, Taila
4.	Amrapakwaphala	<i>Mangifera indica</i>	Phala
5.		<i>Dugdhyuktaamra</i>	
6.		<i>Balachatushtya</i>	
7.	i. Bala	i. <i>Sida cordifolia</i>	Moola, Panchanga
8.	ii. Mahabala	ii. <i>Sida rhombifolia</i>	Moola, Panchanga
9.	iii. Atibala	iii. <i>Abutilon indicum</i>	Moola, Panchanga
10.	iv. Nagbala	iv. <i>Grewia hirsute</i>	Moola, Panchanga
11.		<i>Chaturjata</i>	
12.	Twak	<i>cinnamomum zeylanica</i>	Twak, Patra
13.	Ela	<i>I. Amomum subulatum</i>	Beeja
14.	II. <i>Elettaria cardamomum</i>	<i>Beeja</i>	
15.	Tejpatra	<i>Cinnamomum tamala</i>	Patra
16.	Nagkeshar	<i>Mesua ferrea</i>	Pukeshar
17.	Chandana	<i>Santalum album</i>	Antasara
18.	Dhattura	<i>Dhatura metal</i>	Beeja, Patra
19.	Haridra	<i>Curcuma longa</i>	Bhaumik kanda
20.	Jatiphala(Jatipatri)	<i>Myristica fragrans</i>	Beeja, Kosha
21.	Jatamansi	<i>Nardostachys jatamansi</i>	Bhaumik kanda
22.	Kundururu	<i>Boswellia carterii</i>	Niryas
23.	Kumkuma	<i>Crocus sativus</i>	Stree Kesar
24.	Kamala	<i>Nelumbo nucifera</i>	Pushpa
25.	Kshirivruksha	i. <i>Nyagrodha(Ficus bengalensis)</i> ii. <i>Udumbara(Ficus glomerata)</i> iii. <i>Ashwatha (Ficus religiosa)</i> iv. <i>Parisha (Thespesia populnea)</i> v. <i>Plaksha(Ficus infectoria)</i>	Ksheera
26.	Khadira(Shweta)	<i>Acacia suma</i>	Twak, Khadirsara
27.	Laksha	<i>Laccifera lacca</i>	
28.	Manjishtha	<i>Rubia Cordifolia</i>	Moola
29.	Nakha	<i>Helix aspera</i>	Patra, Moola
30.	Parpati	<i>Pogostemon patchouli</i>	Panchanga
31.	Rasona	<i>Allium sativum</i>	Kanda, Taila
32.	Shankhapushpi	<i>Convolvulus pluricaulis</i>	Panchang
33.	Shatapatri	<i>Rosa centifolia</i>	Arka, Pushpadala
34.	Varahikanda	<i>Dioscorea bulbifera</i>	Kanda
35.	Vidarikanda	<i>Pueraria tuberosa</i>	Kanda
36.	Vruddhadarunaka	<i>Argyrea speciosa</i>	Moola
37.	Vijayasara	<i>Pterocarpus marsupium</i>	Kandasara, Niryas
38.	Yashtimadhu	<i>Glycyrrhiza glabra Linn.</i>	Bhaumik kanda

### Review and Observation from modern literature

- An in vitro study showed significant reduction in the expression of ornithine decarboxylase, a key enzyme in the promotion stage of 2-stage skin cancer, in the plant-treated group was also observed. These findings suggest the chemopreventive activity of flavonoids from *S asoca* on 2-stage skin carcinogenesis
- Aqueous extract of *F. racemosa* was found to have greater wound healing activity in terms of breaking strength in incision model and percentage wound contraction, period of epithelialization in excision model than that of other groups.
- Turmeric (*Curcuma longa*) shows maximum potential inhibition of tyrosine activity.
- Glycyrrhiza glabra* improves complexion and skin texture if used with *madhu*.
- Dry extract from stigmata of *Crocus sativus* having complexion property was observed due to crocin and crocetin present in saffron.
- Methanolic extract has shown remarkable 44.40% tyrosinase inhibitory activity as compared to Aqueous extract of *Acacia catechu* exhibiting only 12.78%, this shows its skin lightening property.

## DISCUSSION

### Mode of action of varnya dravya according to ayurveda

When there is use of *Varnya dravyas* externally or internally it acts on *Bhrajak pitta*. *Bhrajak pitta* is leading important responsible factor related with *Varna* (complexion) i.e, manifestation of Skin colour of *Avbhasinitwacha*.

*Varnya dravyas* acts on *bhrajak pitta* and also having action of *Raktaprasadan*, *Ojoprasadan*.

Commonly *Madhur rasatamak dravyas* are helps to increase production of *rasa*, *rakta*, *majja*, *shukra*, *oja* which acts on *varna*.

*Kashay rasatamak dravyas* are helps in absorption of *kleda* and *raktashodhan* it leads to *varna prasadan* as for example *Kamala*, *Laksha*.

*Teekshna*, *ushna gunatmak dravyas* acts on *pitta* (*bhrajak pitta*) and *raktavardhana* helps to improve *varna* (complexion).

### Probable mode of action of varnya dravya according to modern

As per Modern review on *Varnya dravyas* interfere in melanogenesis pathway through tyrosinase inhibition, this shows their potential action as good skin whitening agents improves skin complexion.

## CONCLUSION

These above *bhavprakash nighantuokta varnya dravyas* may help as detoxification of blood and natural cosmetic.

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