person. Few parameters applied to beauty are healthy hair, eyes, teeth, skin, weight, height, and youth. Ayurveda gives an overall nourishment to all these factors with simple effective and everlasting treatment. Some of it includes sirovasthi, sirodhara, netra tarpana, anjanam, nasyam, abhyangam, vamana, virechana, vasthi, and some mukhalepas. A formed protocol with these modalities and further details about the benefits of the same will be discussed later in the full paper presentation. [PO-1043]

Keywords: Cosmetology; Ayurvedic herbs

Cosmetology and Ayurveda

S Ajit
BAMS, PGAS

This paper discusses the unique points of skin care in Ayurveda through a case study of an Ayurvedic beauty range marketed in the West. One of the principle tenets of Ayurvedic skin care is that nothing should be applied to the face that cannot be eaten. This is in stark contrast to the modern beauty industry which uses chemicals and preservative-laden products. Ayurvedic knowledge helps us understand that whatever appears on the face and skin are just a reflection of what’s occurring in our bodies. Imbalances in the body will just manifest in the skin. To correct these imbalances, we need to use products that are not just cosmetic in nature but have a therapeutic benefit to correct the underlying cause. Ayurveda has also introduced the concept of total wellness to the beauty industry, moving the industry away from just pampering clients to providing a total healing experience. The paper covers the following topics: (1) Role of Ayurvedic bodywork in the Spa industry; (2) Drug-free solution to wrinkles and blemishes; (3) Comparative analysis of Ayurvedic herbs and Western herbs and their impact on beauty; and (4) Role of daily and seasonal regimes in maintaining our beauty.

Comparative Study of External Treatments for Mukadushika in Ayurvedic and Indigenous Medical Systems that are Prescribed in the Texts and used Practically

S H K Deepthika
University of Kelaniya, Gampaha Wickramarachchi Ayurvedic Institute, Yakkala, Sri Lanka.
<brishanish@yahoo.com>

This comparative study was carried out to fulfill the need to find a successful treatment for the Mukadushika medical condition. The main aim of the research was to find out the availability of external medicines for Mukadushika in Ayurvedic and indigenous medical systems. The hypothesis of this research was that there are effective external medicines for Mukadushika in Ayurvedic and indigenous medical systems. A literary study was carried out giving special reference to selected Ayurvedic and indigenous medical texts. Also the relationship between Mukadushika and the medical condition Acne Vulgaris in western medicine was analytically studied. Methodology of this research was comprised of analysis of selected Ayurvedic and indigenous medical texts, and collection of data through a ques-
ttonnaire given to randomly selected Ayurvedic and indigenous medical practitioners in Gampaha area. Data gathered were analyzed separately and comparatively. Accordingly six botanicals were identified as textually prescribed and commonly used items for Mukadushika. Conclusion of the research was that there are effective treatments for Mukadushika in Ayurvedic and in indigenous medical systems. It is suggested that further study should be conducted on clinical trial selected on medicinal regimen for more evolution.

Keywords: Mukadushika, Ayurvedic medicine, indigenous medicine, Acne vulgaris

Clinical study of the Efficacy of Siyakkai Hair Wash (SHW) on Darunaka (Pityriasis capitis)


1 Ayurveda Physician, Department of Ayurveda, Sri Lanka. <peshala321@yahoo.com>
2 Senior Lecturer, Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka
3 Ayurveda physician, Department of Ayurveda, Sri Lanka
4 Ayurveda physician, Department of Ayurveda, Sri Lanka.
5 Ayurveda physician, Department of Ayurveda, Sri Lanka.
*Corresponding author

Skin constantly renews itself. Dead cells fall off as new cells form beneath them. In Pityriasis capitis, this process is abnormally accelerated. Its signs and symptoms are cells shed in clearly visible flakes, small white or grey scales accumulating on the scalp, itching and dry or greasy hair. Signs and symptoms of Darunaka according to Ayurveda are dry, cracked and itching skin of the scalp. Pityriasis capitis can be correlated with Darunaka. Sri Lankan Muslims and Tamils use Siyakkai hair wash (SHW) as an effective home remedy. No known scientific study has been undertaken to evaluate the efficacy of SHW. Hence, present study was undertaken. SHW is prepared by adding 10 g of powdered pods of Acacia concinna to 240 ml of boiled water. Seventy patients having Darunaka were selected and divided into two groups, namely Group A and B. Group A, consisting of thirty five patients, was treated with 240 ml of SHW every alternative day, for twenty eight days. Group B, consisting of thirty five, was treated with placebo, in the same regimen. Response to treatment was recorded and therapeutic effects were evaluated through symptomatic relief. Patients treated with SHW showed a significant symptomatic relief in scaling, itching, dryness and greasiness of scalp after treatment. Interval between scaling also became longer. Some patients treated with SHW complained of rhinorrhea. It is concluded that the Siyakkai hair wash is relieved Darunaka (Pityriasis capitis).

Keywords: Siyakkai Hair Wash, Darunaka, Pityriasis capitis