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## Preparation and Standardization of *Vyanganashaka Lepa* and its Face Pack

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### ABSTRACT

Health of face is important as it is the window of the body and mind which allows us to communicate with the world around us. *Vyanga* is a disease which affects face of a person. *Vyanganashaka lepa* and its face pack may be used to treat *vyanga* and enhance the glow of face. Purpose of this research was to prepare and standardize *vyanganashaka lepa* and its face pack and compare their common pharmaceutico-analytical tests. *Vyanganashaka lepa* was prepared in powder form using *jiraka*, *krishna jiraka*, *krishna tila* and *pita sarshapa*. Preparation of its face pack was done by using *vyanganashaka lepa*, water, glycerin, methyl paraben, fuller's earth and essential oil. 3 batches of *vyanganashaka lepa* and its face pack were prepared, standardized and their mean result was calculated. *Vyanganashaka lepa* and *vyanganashaka* face pack were standardized as per 'Protocol for testing of Ayurveda, Siddha and Unani medicines', Government of India, Department of Ayush.

### KEYWORDS

*Vyanga*, *Vyanganashaka Lepa*, *Face Pack*, *Prepare*, *Standardize*



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## INTRODUCTION

Face is a central body region of sense and a person expresses emotions through it. It is crucial for identity of a person and damage to it in any form such as scarring or developmental deformities have effects stretching which can lead to physical inconvenience<sup>1</sup>. A person can be best distinguished and identified through face. *Vyanganashaka lepa* and its face pack is one such medicine which may be used to treat *vyanga* and enhance the glow of face. *Vyanga* is a disease which can be characterized by circular, painless, small & blackish coloured patches on face<sup>2</sup>. It can be seen that person suffering from *vyanga* for longer duration possesses elongated patch with decreased glow on face. Reference of *vyanganashaka lepa* was

taken from *Ashtanga hrudaya, kshudrarogapratishedha adhyaya. Vyanganashaka lepa* and its face pack may help to keep face clean and glowing thereby keeping it free from disease like *vyanga*.

## AIM

To prepare *vyanganashaka lepa* and its face pack.

## OBJECTIVE

Standardize & compare *vyanganashaka lepa* and its face pack.

## MATERIAL AND METHODS-

### 1. VYANGANASHAKA LEPA-

*Vyanganashaka lepa* was prepared as per the reference mentioned in *Ashtanga hrudaya, kshudrarogapratishedha adhyaya*<sup>3</sup>.



**Fig 1** Preparation of *vyanganashaka lepa*. *Jiraka*, *krishna jiraka*, *krishna tila* and *pita sarshapa* were taken in equal quantity.

They were first mildly roasted on fire, then they were grinded and then triturated in



*khalwa yantra*. Fine powder of 3 batches of *vyanganashaka lepa* was prepared as shown in figure 1.

## 2. VYANGANASHAKA FACE PACK-

It was prepared by using the ingredients mentioned in table 1.

**Table 1** Ingredients of *vyanganashaka* face pack

Sr. no.	Ingredients	Proportion
1.	<i>Vyanganashaka lepa</i>	33%
2.	Water	q.s.
3.	Glycerin <sup>4</sup>	15%
4.	Fuller's earth <sup>5</sup>	q.s.
5.	Sodium methyl paraben <sup>6</sup>	0.4%
6.	Lavender essential oil	Few drops



**Fig 2** Preparation of *vyanganashaka* face pack

The above ingredients were mixed together till a uniform paste-like mixture was

formed as shown in figure 2. 3 batches of *vyanganashaka* face pack were prepared.

## RESULTS<sup>7</sup>

**Table 2** Comparison of analytical tests of *vyanganashaka lepa* and its face pack

SR. NO.	ANALYSIS	VYANGANASHAKA LEPA			VYANGANASHAKA FACE PACK		
		Batch 1	Batch 2	Batch 3	Batch 1	Batch 2	Batch 3
1.	<i>Panchbhoutik pariksha</i>						
	a) <i>Sparsha</i>	a) <i>Mrudu</i>			a) <i>Mrudu</i>		
	b) <i>Rupa</i>	b) Yellowish black			b) Greyish		
	c) <i>Gandha</i>	c) Smell of <i>jiraka</i>			c) Smell of <i>jiraka</i> and lavender		
2.	Appearance	Powder			Semi-solid		
3.	Irritancy test	No irritation			No irritation		
4.	Nature of face after wash	Soft and fresh			Soft and fresh		
5.	Rancidity	Negative			Negative		
6.	Spreadability	-----			Uniformly spreadable		
7.	Particle size	All pass through 85 numbered sieve			-----		

**Table 3** Comparison of analytical tests of *vyanganashaka lepa* and its face pack



SR. No.	ANALYSIS	VYANGANASHAKALEPA				VYANGANASHAKA FACE PACK			
		Batch 1	Batch 2	Batch 3	Mean result	Batch 1	Batch 2	Batch 3	Mean result
1.	pH	7.25	7.75	7.5	7.5	6.8	7.2	6.4	6.8
2.	Loss on drying% at 105 <sup>0</sup> C	5.04%	5.10%	6.06%	5.40%	55%	50.26%	43.78%	49.68%
3.	Alcohol soluble extractive value%	17.28%	19.81%	23.42%	20.17%	29.52%	25.15%	30.35%	28.34%
4.	Water soluble extractive value%	15.59%	18.06%	17.59%	17.08%	25.68%	22.12%	25.34%	24.38%

## DISCUSSION

As per the results obtained in table 2 and 3-

1) There was difference in consistency and appearance of *vyanganashaka lepa* and its face pack. *Vyanganashaka lepa* was in powder form and *vyanganashaka* face pack was semi-solid in consistency.

2) pH of *vyanganashaka lepa* was 7.5 and of *vyanganashaka* face pack was 6.8. It is assumed that pH of skin should be slightly acidic to maintain the pH of acid mantle of skin which is its effective form of protection.

3) Loss on drying% of *vyanganashaka* face pack was more as compared to *vyanganashaka lepa*. It might be because face pack contained more water content than lepa which was in dry form.

4) Alcohol soluble extractive value% and water soluble extractive value% of *vyanganashaka* face pack was more as compared to *vyanganashaka lepa*. It indicates that *vyanganashaka* face pack

contained more extractive matter than *vyanganashaka lepa*.

5) Rancidity test- Rancidity test of both formulations was negative which indicates that there was no oxidation in either of the formulations.

6) On application both formulations were non-irritant and produced softness of skin.

7) Particle size of *vyanganashaka lepa* shows that it is a fine powder<sup>8</sup>.

## CONCLUSION

1) Herbal formulations are having increased demand in the world. As face is directly exposed to external environment and it gets easily affected by environmental changes, it has become a concern for everyone to keep face clean and free from diseases.

2) Analytical tests shown as per table 3, that there is difference in loss on drying%, alcohol soluble extractive value%, water soluble extractive value % and pH of both formulations. Alcohol soluble extractive



value%, water soluble extractive value% and loss on drying% of *vyanganashaka* face pack was more than *vyanganashaka lepa*. pH of *vyanganashaka* face pack was acidic while that of *vyanganashaka lepa* was alkaline.

3) Standardization of *vyanganashaka lepa* and *vyanganashaka* face pack was done as per the analytical specifications mentioned in "Protocol for testing of Ayurveda, Siddha & Unani medicines", Government of India, Department of Ayush<sup>7</sup>.

4) *Vyanganashaka lepa* and its face pack may increase beauty and freshness of face. It may make skin healthy, prevent from skin diseases like *vyanga* and improve complexion. It may also increase smoothness of the skin. Hence they may serve as preventive and curative purpose for skin problems.



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