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Original Article

## Title of Article Role of *Yashad Bhasma* in Geriatric Skin-Care

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### ABSTRACT

The United Nations General Assembly declared 2021-2030 the 'Decade of Healthy Aging' and asked WHO to lead the implementation. Every human being passes through various stages of age in their life. As age increases, numerous changes happen in our body. In *Ayurveda*, old age is called *Vriddhavastha* or *Jirnavastha*. The *Vata dosha* is predominant in *vriddhavastha*, and dhatus degenerate as age advances due to prolonged structural and functional changes happening in our body. Aging affects the physical appearance of a human being first. The complexion and texture of the skin reduce as age increases. Most signs of aging start from the skin. Skin becomes saggy, dry, pigmented, and wrinkles. The Human skin loses its antioxidant ability with age. Zinc deficiency is commonly seen in old age. Zinc is an essential micronutrient required for many biological processes, including growth and development, neurological functions, and immunity. Zinc is mainly present in Bones, teeth, hair, skin, liver, muscle, and leukocytes. Zinc is an important nutrient for healthy skin.

*Ayurveda* has mentioned minerals & herbs for skin care. In *Ayurveda*, Zinc is used in the form of *Yashad bhasma*. Use of the *Yashada Bhasma* cures Zinc deficiency, cold and cough, eye diseases, hair loss, and graying of hair in old age. Antiaging treatment includes two types of therapies: *Urjaskara* (promotive) and *Vyadhihara* (curative). Zinc is an essential mineral for the production of collagen and elastin, these proteins that keep our skin looking plump and wrinkle-free. Due to its astringent property, it helps in regulating oil or sebum production on the skin. *Yashada bhasma* as a whole is best in Geriatrics.

**Keywords** - *Yashada bhasma*, Zinc, *Jirnavastha*

## INTRODUCTION

*Ayurveda* has given importance to the Age of human beings. *Ayurveda* describes *Ayu* as *Hita ayu*, *Dukhayu*, *Ahitayu*, and *Sukhayu* in a description of total life span<sup>1</sup>. According to *Ayurveda*, the life span is divided into three parts known as *Vaya*. These are *Balyavastha*, which lasts up to 16 years; *Madhyavastha*, which last from age 16 years to 60-70 years; and *Vridhdhavastha* or *Jirnavastha*, which refers to a period after 60-70 yrs plus<sup>2</sup>. Aging is a continuous process and it cannot be stopped. *Vridhdhavastha* is a stage where the *Dhatus* and *Indriya* get affected. *Vata dosha* is more predominant during this stage and *Rasadi dhatus* are in a deficient state<sup>3</sup>. Aging is a universal process that began with the origin of life. Age is one aspect that affects the physical appearance of a human being first. The complexion and texture of the skin reduce as age increases. Most signs of aging start from the skin. Skin becomes saggy, dry, pigmented, and wrinkled. The Human skin loses its antioxidant ability with age.

## METHODOLOGY

### Ayurveda In Skin Health

*Ayurveda* has an important role in cosmetology. The beauty of a person lies in the skin. Skin is considered as the body's largest organ which protects the humans from external environment and also reflects the functional integrity of internal organ<sup>4</sup>. The sense of touch is felt through the skin. *Bhrajaka pitta* plays a vital role in skin health. The functions of *Bhrajaka pitta* are *Prabha*, *Caya*, and *Dehamardavam*. When these functions are affected due to old age there will be a loss of luster of the skin, atrophy, wrinkles, and loss of elasticity. *Charaka* has described *Twak* in six layers. *Sushruta* has described the same in seven layers viz. *avabhasini*, *lohita*, *shweta*, *tamra*, *vedini*, *rohini*, and *mamsadhara*. *Avabhasini* is the outermost layer, reflecting the complexion and quality of *rasa dhatu*. *Mamsadhara* is the innermost layer that maintains the stability and firmness of the skin.

### Skin Aging signs

The signs of skin aging are atrophy, laxity, wrinkling, sagging, and dryness. Symptoms of chronological aging include dry and thin skin, fine wrinkles, abnormal blood vessels, and age spots. Intrinsic aging is determined by genetic and hormonal status<sup>5</sup>. Photo aging involves damage to collagen and elastin fibers in the skin. In *Ayurveda* *Vata skin* is dry, thin, delicate, and cool to the touch. *Pitta skin* is fair, soft, warm, photosensitive, and least tolerance towards the sun. *Kapha skin* is thick, oily, soft, and cool to the touch. During old age *vata dosha* is predominant so the skin will be dry, thin, and delicate.

### Importance of Zinc in skin

Zinc plays a prime role in Health. It is needed for protein synthesis and also helps in wound healing. It acts as an antioxidant. It also helps to break down substance P, transport vitamin A from the liver, and helps in the metabolism of omega 3s. Mild deficiencies in zinc can impair collagen production, fatty acid metabolism, and wound healing. Zinc is needed for building keratin and for the formation of the skin's structural protein-Collagen. Collagen is produced by zinc-dependent enzymes called collagenases. Zinc is essential for cross-linking which gives collagen its durability and stability. The epiderms of the skin contain a high Zinc content of 5% within the epidermis. So Mild Zinc deficiency leads to rough skin and impaired wound healing. In terms of skin health, Zinc is vital for cell growth, collagen formation, and wound healing<sup>6</sup>.

## RESULTS

### Zinc Deficiency in old age

Zinc deficiency in the elderly includes inadequate food chewing, intestinal malabsorption, and psychosocial factors. Zinc deficiency in the skin causes Dryness in the skin, formation of acne, skin lesions, and decreased wound healing, dermatitis<sup>7</sup>.

### Application of Yashada bhasma in Skincare:

*Ayurveda* has mentioned many herbs, minerals, and metals used for skin care. In *Ayurveda*, Zinc is utilized in different forms of medicine. It is utilized in the form of *Yashada bhasma*. *Ayurvedic literature* describes the activities of *yashada bhasma* as *krimighna* (antimicrobial), *kanthikara* (improves complexion), *Rasayana* (rejuvenator), and *Grahi* (improves moisture holding capacity of skin)<sup>8</sup>. It is utilized in cosmetics for skin care, wound cure, and sun protection action. Use of the *yashada Bhasma* cures Zinc deficiency, cold and cough, eye diseases, hair loss, and graying of hair in old age.

## DISCUSSION

Cosmetology is a major fast-growing branch of the industry. Numerous skin care products cause adverse drug reactions in the skin, skin allergies, etc. In old age, our skin undergoes numerous changes. As age increases cell renewal slows down. In *Ayurveda*, as age increases, homeostasis between the *tridosha* is disturbed. *Kapha* decreases with an increase in *vata*, thus there is a disturbance in *pitta* too. This impacts the other components of the body. In old age due to *Vikrita vata*, *visamagni*, and *kseena kapha*, the first *dhatu* is not

formed properly and thus rest of the *dhatu*s are not formed<sup>9</sup>. This may lead to Zinc deficiency in old age. Zinc deficiency in the skin causes Dry skin, acne, skin lesions, decreased wound healing, and dermatitis. As per *Ayurveda*, *vata skin* is very dry, thin, delicate, and cool to the touch. The *Pitta skin* has fairness, softness, and warmness, and is photosensitive and least tolerance towards the sun. The *Kapha skin* has thickness, oiliness, softness, and coolness in touch. During old age *vata dosha* is predominant so the skin will be dry, thin, and delicate. Zinc is a vital mineral for the production of collagen and elastin, the proteins that keep our skin looking plump and wrinkle-free. The skin's structural protein –Collagen is formed by using Zinc for building Keratin. The production of Collagen is done by using Zinc dependent enzymes called Collagenases. Zinc is very important for cross-linking which gives durability and stability to collagen. Skincare can be done in two important steps, which include *Vyadhihara* (curative) and *Urjaskara* (promotive). These two procedures help in enriching the texture of the skin. In *Ayurveda*, the metals are used in the form of *Bhasma*. *Bhasma* is a nano form obtained by the calcination of metals. It is a unique preparation of *Ayurveda* in which the extracts of herbs and metals are combined and by a complex procedure, the metals are converted to the metal oxide form. In *Bhasmas*, the metal gains a Nanoparticle form which is target-oriented with more efficacy and less toxicity. *Yashada bhasma* has *kashaya, katu rasa, ruksha guna, and ushna virya. Doshagnata-Kapha pitta hara. Krimighna (antimicrobial), Kanthikara (improves complexion), Rasayana (rejuvenator), grahi (improves moisture holding capacity of skin) karma*. *Kashaya rasa* helps to regulate oil and sebum production. *Katu, kashaya rasa* help in reducing *vata*. Thus, *equilibrium of Vata dosha is maintained*

## CONCLUSION

*Yashada bhasma* is the ultimate safe and effective natural substitute for all chemical-based products. *Yashada bhasma* acts as *Urjaskara and Vyadhihara*. *Yashada bhasma* not only helps with skin problems but also other health issues such as Zinc deficiency, and slow wound healing in old age. Potent in small doses. Does not have any specific taste. It acts quickly. This dosage form has good stability. *Yashada bhasma* being *Rasayana* acts at the level of *Rasa dhatu, Agni, and Srotas* and is best for geriatric care.

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