

Development and Standardisation of Facial Kit for Skin Rejuvenation: A Novel Ayurvedic Cosmetology Remedy

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ABSTRACT

Introduction: The importance of having healthy skin drives the demand for herbal and safe products that led to the development of a novel Ayurvedic facial kit by using *Yashtimadhu Taila* (Liquorice oil) and Modified *Shastika Shali Pinda Sweda* (*Navara* rice bolus sudation) for facial skin rejuvenation.

Aim: To introduce a novel, natural procedure in Ayurvedic cosmetology and standardise the formulation of a facial kit.

Materials and Methods: This was an in-vitro, experimental, laboratory-based formulation study. The formulation was prepared at Dr. DY Patil University- School of Ayurveda, Nerul, Navi Mumbai, India and all analytical evaluations were carried out at *Adhrsya* Lifesciences, a certified laboratory. For this in-vitro study, a facial kit was developed in sequential stages as part of an experimental, laboratory-based formulation study. *Yashtimadhu* (*Glycyrrhiza glabra*, Liquorice) and *Amalaki* (*Emblica officinalis*, Indian Gooseberry) were authenticated and subjected to phytochemical analysis. *Yashtimadhu Taila* was prepared and standardised as per classical Ayurvedic reference.

A modified *Shastika Shali Pinda Pottali* (*Navara* rice bolus bag) incorporating *Yashtimadhu* was prepared, standardised and subjected to nutritional analysis. Finally, the kit was assembled, consisting of *Yashtimadhu Taila*, the prepared bolus for massage and *Mukha Lepa* (face pack) derived from the paste of opened bolus bags.

Results: Nutritional analysis of *Shastika Shali Pinda* (bolus) revealed the presence of Antioxidant, Antibacterial properties along with essential nutrients such as Vitamin-A, B, D and E, minerals like calcium, phosphorus, magnesium, as well as protein, carbohydrate, Polyunsaturated Fatty Acids (PUFA) and Monounsaturated Fatty Acids (MUFA). Standardisation confirmed that *Yashtimadhu Taila* and *Shastika Shali Pinda* met the required quality parameters, demonstrating compliance with safety and quality parameters.

Conclusion: The tests on *Yashtimadhu Taila* (oil) and *Shastika Shali Pinda* (bolus) confirm that they are safe for use and possess properties beneficial for improving skin health.

Keywords: Antioxidant, *Glycyrrhiza glabra*, Phytochemical, Skin care

INTRODUCTION

Every individual values beauty which is reflected and enhanced by healthy skin [1]. While traditionally associated with women, the concept of beauty extends equally to men [2], as healthy and radiant skin contributes not only physical attractiveness but also psychological well-being, self-confidence and overall social comfort [3]. Now-a-days, the need for a good complexion and glowing skin has become imperative, driving the demand for safe, herbal-based and natural skincare remedies that are effective and free from the risks of synthetic chemicals [4].

In the case of skin-related issues, topical treatment is generally considered to be the first-line modality owing to its capability to deposit active ingredients on or into the affected site, which allows localised action and minimal systemic exposure. Ayurveda with its holistic system, provides a wide range of therapies that focus on cleansing, nourishment and rejuvenation of the skin [5]. In line with these principles, a novel Ayurvedic facial kit was developed, incorporating *Yashtimadhu Taila* (Liquorice oil) and modified *Shastika Shali Pinda Sweda* (*Navara* rice bolus sudation) as primary therapeutic components for facial rejuvenation. *Yashtimadhu* (Liquorice) is well-documented for its anti-inflammatory, antioxidant, and antimicrobial properties, making it ideal for soothing irritated skin, reducing oxidative stress, and preventing microbial infections [6]. Modified *Shastika Shali Pinda Sweda* (Red rice bolus bag sudation) makes the skin more permeable by opening the skin appendage through sweating, dilating blood vessels, all these helps in absorption of medicine, which improves skin tone, texture and overall vitality [7].

The facial kit integrates classical Ayurvedic procedures including *abhyanga* (therapeutic oil massage), *swedana* (sudation),

and *Mukhalepana* (face pack application), thereby providing a systematic approach to facial care. This combined methodology not only addresses superficial skin concerns such as dryness and dullness but also promotes deeper rejuvenation by improving circulation, enhancing nutrient delivery and facilitating detoxification.

MATERIALS AND METHODS

This is an in-vitro, experimental, laboratory-based formulation study. The formulation was prepared at DY Patil University- School of Ayurveda, Nerul, Navi Mumbai and all analytical evaluations were carried out at *Adhrsya* Lifesciences, a certified laboratory. As the study involved only product development and in-vitro laboratory analysis, with no human or animal participation, Institutional Ethical Committee (IEC) approval was not required.

Study Procedure

Procurement and identification of herbal ingredients: The herbal ingredients were selected on the basis of their action after a thorough literature review and discussion with experts [8-10]. The list of selected ingredients is presented in [Table/Fig-1].

Yashtimadhu and *Amalaki* were procured in dry form from authenticated Ayurvedic suppliers and verified macroscopically and microscopically as per the Ayurvedic Pharmacopoeia of India (API) standards. Authentication was carried out at the Department of Botany, Shiromani Gurdwara Parbandhak Committee (SGPC's) Guru Nanak Khalsa College of Arts, Science, and Commerce, Mumbai. Organically certified *Murchitta Tila Taila* was purchased from an authentic source.

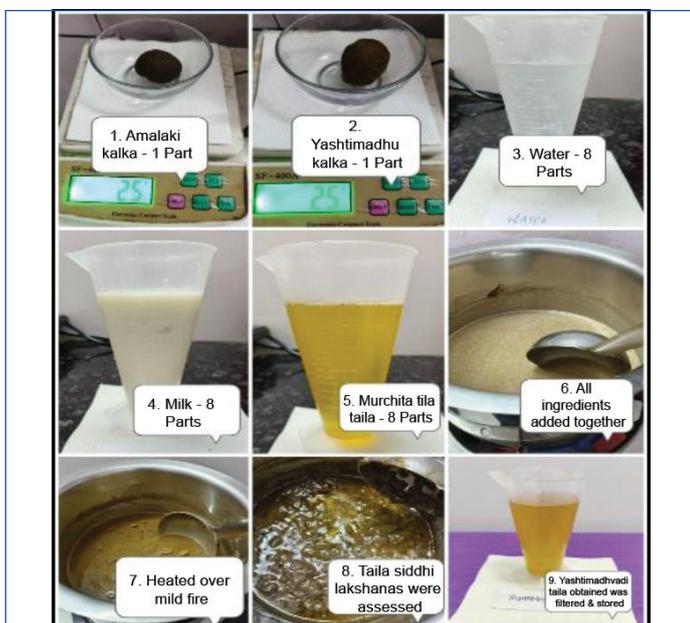
S. No.	Materials/Drugs	English name	Botanical name	Properties
1.	Go-dughda	Cow milk	-	Shita, Mrudu, Snighda, Vatapittaghna, Cleanser [8]
2.	Madhu	Honey	Apis melliferae	Antibacterial, antioxidant, exfoliator [9]
3.	Yashtimadhu Bharad	Liquorice Coarse powder	Glycyrrhiza glabra Coarse powder	Shita, Balavarnakrut, Anti-inflammatory, Antioxidant [10]
4.	Yashtimadhu taila	Liquorice oil	Glycyrrhiza glabra oil	Twachya, Balya, Vatahara, Moisturiser
5.	Yashtimadhu churna	Liquorice powder	Glycyrrhiza glabra powder	Varnya, jeevaneeya
6.	Shastika shali	Navara rice (Red rice)	Oryza sativa	Laghu, Shita, Snighda, Tridoshaghna, Nourisher
7.	Amalaki churna	Gooseberry	Phyllanthus emblica	Antioxidant, Anti-inflammatory
8.	Murchitta tila taila	Sesame oil	Sesamum indicum	Snighda, nourishing

[Table/Fig-1]: Details of selected herbal ingredients.

Formulation of facial kit: The various steps involved in the formulation are as follows

1. Formulation of *Yashtimadhu Taila* (oil).
2. Formulation of *Yashtimadhu Kwatha* (Decoction).
3. Formulation of *Shastika Shali* (Navara rice).
4. Formulation of *Pottali* (Bolus bags).
5. Formulation of the facial kit.

Formulation of *Yashtimadhu Taila*: *Yashtimadhu Taila* was prepared as per the reference in the classical text - *Bhaishajya Ratnavali-Kshudrarogadhikar* (60/153). An equal portion of fine powders of *Yashtimadhu* and *Amalaki* were each triturated with sufficient water to prepare uniform bolus and subsequently standardised as one part each, to which eight parts of water, eight parts of milk and eight parts of *Murchitta tila taila* were added. The mixture was heated over a mild heat with constant stirring until classical *Sneha Paka Lakshanas* (signs of completion) appeared. The step-wise preparation process is shown in [Table/Fig-2]. Finally, the oil was strained and preserved [11].

[Table/Fig-2]: *Yashtimadhu Taila* formulation.

Formulation of *Yashtimadhu Kwatha*: *Yashtimadhu Kwatha* was prepared following the classical reference from texts of *Bhaishajya Kalpana*. One part of *Yashtimadhu bharad* (coarse powder) was added to 16 parts of water. The mixture was subjected to controlled heating until the volume was reduced to one-fourth of the original. The decoction was filtered, yielding nearly one-fourth of the initial volume of *Kwatha* after about one hour of boiling. The step-wise formulation process is shown in [Table/Fig-3] [12].

[Table/Fig-3]: *Yashtimadhu Kwatha* formulation.

Formulation of *Shastika Shali* (Preparation of bolus content): Modified *Shastika Shali Yashti Pinda* was formulated based on traditional references of *Vridhdha Vaidya Parampara*. One part of *Shastika Shali* was taken and soaked in three parts of water for two hours, after which it was added to three parts of *Kwatha* and three parts of milk and cooked. The formulation was cooked over for about 70 minutes until the liquid portion was completely evaporated, leaving behind well-cooked rice. This forms a therapeutic rice bolus intended for external application in Ayurvedic procedures and is meant to be freshly prepared and used within 5-6 hours. The step-wise formulation process is shown in [Table/Fig-4] [13].

[Table/Fig-4]: *Shastika Shali* formulation.

Formulation of *Pottali*: The cooked *Shastika Shali* was weighed and equally divided to prepare two *pottalis* (bolus bags). The cooked rice was then placed in clean, hygienic cotton cloth, which was then tied securely to form the *pottalis*. Equal quantities of *Yashtimadhu*

Kwatha and milk were taken in a vessel for dipping and warming the *pottalis* during the procedure to retain maximum temperature for proper application [14].

Formulation of facial kit: The Ayurvedic facial kit consists of: (a) milk; (b) honey; (c) *Yashtimadhu Taila*; (d) prepared *Shastika Shali*; (e) cotton cloth -2 pieces (25 cm x 25 cm); (f) threads (45 cm) - 2; (g) equal quantity of milk and *Yashtimadhu Kwatha* for dipping and heating *pottali*; (h) rose water; (i) cotton; (j) tissue; (k) vessels; (l) induction; (m) hair cap. The components of the facial kit are shown in [Table/Fig-5].



[Table/Fig-5]: Facial kit Formulation.

Instructions for use of facial kit:

Pre-procedure:

- Cleansing - The face is cleansed with *Go-dugdha* (milk) for two minutes.
- Scrubbing - Gentle scrubbing is performed with *Madhu* (honey) for two minutes.

Main procedure:

- *Abhyanga* (facial massage)- *Yashtimadhu Taila* is massaged over the face for 10 minutes by following the scientific techniques of facial massage.
- *Swedana* (fomentation)- *Pottalis* prepared with *Shastika Shali* is dipped together in a warm mixture of milk and *Yashtimadhu Kwatha* combined in a single bowl for about 45 seconds, until adequately warmed and applied uniformly over the face with synchronised circular movements for five minutes to induce gentle heat and enhance permeability.
- *Lepa* (facial pack)- The *Pottali* is then opened and the contents of the *pottali* is applied as *lepa* and left in place for 10 minutes to deliver therapeutic benefits.
- During the procedure, cotton pads soaked in rose water are placed over the eyes to soothe and protect the ocular area.

Post procedure:

- The face is gently cleansed with cotton dipped in normal water.
- The total duration of the procedure is approximately 30 minutes and is repeated daily for seven consecutive days.

Analytical evaluation, characterisation and rationale for parameter selection

Phytochemical analysis: Phytochemical screening of *Yashtimadhu* and *Amalaki* was carried out using standard analytical methods to detect the presence of saponins, gallic acid, terpenoids, tannins, flavonoids, phenols, glycosides, alkaloids and steroids.

Phytochemical screening of the prepared *Shastika Shali* was performed using the ALS Internal Method of Analysis (ALS/INT-MOA) method to detect starch, proteins, tannins, carbohydrates, flavonoids, glycosides, phenols, saponins, terpenoids, reducing sugars, alkaloids and steroids.

Rationale: Phytochemical profiling is conducted to confirm the presence of bioactive constituents, ensuring their authenticity and therapeutic relevance.

Physicochemical analysis: Physicochemical parameters of *Yashtimadhu Taila* such as pH, acid, saponification, peroxide, iodine and ester values, specific gravity, viscosity, and refractive index was analysed using validated standard methods prescribed under Indian Standard (IS), Indian Pharmacopoeia (IP), International Organisation for Standardisation (ISO), Association of Official Analytical Collaboration (AOAC), Food Safety and Standards Authority of India (FSSAI), and ALS Internal Method of Analysis (ALS/INT-MOA).

Physicochemical evaluation of *Shastika Shali*, pH, specific gravity, viscosity, extractive values and antioxidant activity, was analysed using validated standard methods prescribed under Indian Standard (IS) methods, ALS internal method of analysis (ALS/INT-MOA), and 2,2-diphenyl-1-picrylhydrazyl (DPPH) assay.

Rationale: Physicochemical analyses are conducted to ensure the stability, purity and safety of prepared *Shastika Shali* for therapeutic application.

Vitamin and nutritional analysis: Vitamin profiling of the prepared *Shastika Shali* was performed using Food Safety and Standards Authority of India (FSSAI)-approved Vitamin and Mineral Profiling – Fortified Food Regulations Kit (VMP-FRK) methods to quantify the vitamins. Nutritional profile was evaluated using the standard Bureau of Indian Standards (BIS) analytical methods.

Rationale: Though *Shastika Shali* is used topically, vitamin and nutritional analyses help confirm its quality, safety and the presence of beneficial components.

Assessment of antimicrobial activity: The antimicrobial activity of the prepared *Shastika Shali* formulation was evaluated using the agar-well diffusion method against *Staphylococcus aureus*. Ciprofloxacin was used as the standard drug, while a blank sample served as the negative control to validate test accuracy. Total viable count and yeast mould count were assessed using the serial-dilution plate-count method to determine the microbial load.

Rationale: Antimicrobial assessment of freshly prepared formulation is carried out to ensure that the formulation is safe for topical use, free from harmful microbes and possesses antibacterial activity to support its use in skin care applications.

RESULTS

Authenticity of herbal ingredients: Macroscopic and microscopic evaluations confirmed that *Yashtimadhu* (*Glycyrrhiza glabra*) and *Amalaki* (*Phyllanthus emblica*) complied with the identity standards prescribed in the API, indicating their authenticity and suitability for formulation [15].

Phytochemical analysis of raw drug: Phytochemical analysis of *Yashtimadhu* and *Amalaki* revealed the presence of several bioactive compounds. *Yashtimadhu* was found to contain saponins, gallic acid, terpenoids, tannins, flavonoids, phenols and glycosides, while alkaloids and steroids were absent. In contrast, *Amalaki* exhibited alkaloids, gallic acid, terpenoids, tannins, flavonoids, phenols and glycosides, but saponins and steroids were not detected.

Characterisation of prepared *Yashtimadhu taila*: The results of organoleptic and physicochemical parameters are presented in [Table/Fig-6].

S. No.	Parameters	Method	Observation	Unit
1	Colour	--	Yellowish brown	--
2	Odour	--	Characteristic	--
3	pH	IS 4309	4.78	--
4	Acid value	ISO 660:1996	0.50	--
5	Saponification value	AOAC 17 th edn, 2000, Official method 920.160	193.74	--
6	Peroxide value	AOAC 17 th edn, 2000, Official Method 965.33	2.3	mEq/Kg
7	Iodine value	FSSAI 02.010:2021	109	--
8	Ester value	ISO 709:2001	182.83	--
9	Weight per mL (at 25°C)	ALS/INT-MOA	0.9026	g/mL
10	Specific gravity at 27°C	AOAC 17 th edn., 2000, Official method 920.212	0.930	--
11	Viscosity at 26.3°C	IP 2022	30.04	cps
12	Refractive index at 27°C	AOAC 17 th edn, 2000, Official method 921.08	1.502	--

[Table/Fig-6]: Organoleptic and Physicochemical properties of *Yashtimadhu Taila*.

Characterisation of prepared *Shastika Shali*:

Phytochemical analysis: The phytochemical analysis of the prepared *Shastika Shali* by the ALS/INT-MOA method revealed the presence of starch, proteins, tannins, carbohydrates, flavonoids, glycosides, phenols, saponins, and terpenoids, while reducing sugars, alkaloids, and steroids were absent.

Vitamin analysis: Results of vitamin analysis using FSSAI-approved methods were shown in [Table/Fig-7].

S. No.	Parameters	Method	Observation	Unit
1	Vitamin A	FSSAI.VMP-FRK.16.009.2023	68	µg/100g
2	Vitamin C	FSSAI.VMP-FRK.16.009.2023	0	mg/100g
3	Vitamin E	FSSAI.VMP-FRK.16.009.2023	0.15	mg/100g
4	Vitamin B1	FSSAI.VMP-FRK.16.009.2023	0.77	mg/100g
5	Vitamin B12	FSSAI.VMP-FRK.16.009.2023	1.07	µg/100g
6	Vitamin B3	FSSAI.VMP-FRK.16.009.2023	2.3	mg/100g
7	Vitamin D3	FSSAI.VMP-FRK.16.009.2023	0.13	µg/100g
8	Vitamin B6	FSSAI.VMP-FRK.16.009.2023	0.088	mg/100g

[Table/Fig-7]: Vitamin analysis of prepared *Shastika Shali*.

Nutritional parameters: Results of nutritional analysis of the prepared *Shastika Shali* using standard methods are presented in [Table/Fig-8].

Physicochemical parameters: Results of physicochemical analysis of the prepared *Shastika Shali* using standard methods are presented in [Table/Fig-9].

S. No.	Parameters	Method	Observation	Unit
1	Protein	IS 7219	10.8	g/100g
2	Total Fat	IS 5960-3	10.93	g/100g
3	Carbohydrate	By calculation	70.12	g/100g
4	Unsaturated fat	IS: 548	2.2	g/100g
5	Saturated fat	IS: 548	4.5	g/100g
6	PUFA	IS: 548	0.476	g/100g
7	MUFA	IS: 548	1.981	g/100g
8	Fiber	IS 11062	2.23	g/100g

9	Calcium	IS 1493-1 (1981)	292	mg/100g
10	Phosphorus	IS 1493-1 (1981)	448	mg/100g
11	Magnesium	IS 1493-1 (1981)	26	mg/100g

[Table/Fig-8]: Nutritional analysis of prepared *Shastika Shali*.

S. No.	Parameters	Method	Observation	Unit
1	Antioxidant	DPPH	30.85	µg/ml
2	pH	IS 4309	6.7	--
3	Specific gravity	IS 1122 (1974)	1.2	--
4	Viscosity	IS 12869-1 (1989)	14	cp
5	Water soluble extractive value	ALS/INT-MOA	13.25	%
6	Alcohol soluble extractive value	ALS/INT-MOA	26.15	%

[Table/Fig-9]: Physicochemical parameters of prepared *Shastika Shali*.

Assessment of antimicrobial activity of prepared *Shastika Shali*:

Phytochemical Analysis: Phytochemical analysis shows the presence of *Oryzanol* at 680 ppm.

Total viable count: The microbial load was 10 CFU/g at 10⁻³ dilution and 4 CFU/g at 10⁻⁵ dilution.

Yeast and Mould count: No growth was observed at either dilution (10⁻³ and 10⁻⁵).

Antimicrobial activity against *Staphylococcus aureus*: The antimicrobial activity of the formulation was evaluated against *Staphylococcus aureus*. The standard drug Ciprofloxacin exhibited a zone of inhibition of 21 mm, while the herbal formulation showed a zone of inhibition of 16 mm. The blank (negative control) showed no activity.

DISCUSSION

The current research developed and standardised a novel Ayurvedic facial kit for rejuvenation and maintenance of healthy skin. The use of selected herbal ingredients such as cow milk, honey, *Yashtimadhu Taila*, *Amalaki* and *Shastika Shali* demonstrates a scientifically grounded approach that reflects traditional Ayurvedic wisdom.

Cow milk imparts cleansing and moisturising properties, acting as a natural toner that supports skin hydration [16]. Honey's exfoliating effect promotes mild removal of dead skin cells, thus improving skin brightness and texture [17].

Yashtimadhu Taila exhibits strong moisturising, antibacterial and antifungal activity, which are necessary for ensuring skin integrity and inhibiting infections [18]. The physicochemical analysis of *Yashtimadhu Taila* indicated it is a high-quality oil suitable for topical use. The acid and peroxide values confirm its freshness and stability, while saponification and ester values reflect good triglyceride content and nourishing properties. The iodine value suggests a beneficial level of unsaturated fatty acids, supporting skin nourishment and penetration. Its viscosity, specific gravity and refractive index indicate proper consistency, spreadability and authenticity, making it ideal for dermatological applications. Additionally, *Yashtimadhu* is rich in flavonoids, particularly glabridin and liquiritin, which provide antioxidant protection, inhibit melanin synthesis, and promote an even skin tone [19]. *Amalaki*, rich in vitamin C, enhances collagen formation, ensuring skin elasticity and reducing signs of ageing [20].

The incorporation of fomentation therapy through Modified *Shastika Shali* ensures the opening of pores, enhanced local circulation, and increased percutaneous absorption of active ingredients [21].

Shastika Shali contains flavonoids, phenols, tannins and saponins, which impart antioxidant, anti-ageing and skin-rejuvenating effects. The prepared *Shastika Shali* showed a skin-compatible pH, moderate viscosity, specific gravity and indicated good spreadability. Its high

water and alcohol-soluble extractive value suggest the presence of bioactive compounds that support skin nourishment, hydration and repair.

The nutrient-rich face pack derived from bolus, with milk, *Navara* rice, and *Yashtimadhu*, showed remarkable *varnya* (complexion-enhancing) and nourishing potential, confirmed through nutritional analysis. The presence of carbohydrates, proteins, fats, antioxidants, vitamins and minerals in *Shastika Shali* suggests a multi-faceted benefit for skin health upon topical application. Carbohydrates retain moisture and maintain skin hydration [22]. Proteins provide amino acids necessary for skin repair and regeneration, supporting collagen synthesis [23]. Fats enhance the skin barrier, prevent trans epidermal water loss and improve skin smoothness [24]. Vitamin A reduces fine lines and improves texture and B-vitamins aid in maintaining skin hydration and barrier integrity. Vitamin D supports skin immunity and repair and Vitamin E acts as a potent antioxidant, protecting against UV-induced damage. Minerals such as zinc, magnesium and selenium contribute to overall skin vitality [25]. Collectively, these components make *Shastika Shali* a nourishing and protective topical formulation suitable for maintaining healthy, firm, and radiant skin. Antioxidant activity reflects the free radical scavenging compounds, which protect the skin from oxidative stress and photoaging [26].

The detected *Oryzanol* content is noteworthy, as this bioactive compound is well known for its antioxidant and anti-inflammatory properties, suggesting a potential role in skin rejuvenation [27]. The total viable count is well within the permissible safety limits for topical herbal formulations. The yeast and mould count confirms the absence of fungal contamination, as there was no growth observed. These findings indicate that the formulation is microbiologically safe for use. The antimicrobial activity against *Staphylococcus aureus* demonstrates that the formulation possesses notable antibacterial activity, supporting its role in skin protection and prevention of microbial skin infections. *Staphylococcus aureus* was selected for antimicrobial analysis because it is a common skin commensal and a major causative agent of skin infections. It is internationally recognised as a mandatory test organism in cosmetic microbiological standards such as ISO 17516 and ISO 11930. Its resistance characteristics, biofilm-forming ability, and clinical relevance make it a suitable indicator organism to evaluate antimicrobial efficacy and microbiological safety of topical cosmetic products [28].

A major strength of the present study facial kit lies in its entirely herbal composition, free from preservatives and synthetic chemicals, providing a safe, natural, and freshly prepared product for skin rejuvenation.

Previous research on *Yashtimadhu* includes a *Mukhalepa* prepared with *Yashtimadhu churna* and Madhu, which demonstrated complexion-enhancing effects and improvements in overall skin tone [29]. Deshmukh AY et al., (2018) formulated a *Yashtimadhu Taila* lotion with skin-friendly pH and highlighted its potential for safe topical application. The findings support the present work, which also utilises the *Varnya* and antioxidant properties of *Yashtimadhu* [30]. However, the current study advances this approach by incorporating *Yashtimadhu Taila* into a multi-herbal Ayurvedic facial kit, offering synergistic benefits beyond single-ingredient preparations.

Overall, the present research highlights the therapeutic value of blending traditional Ayurvedic formulations with contemporary standardisation methods to create effective, natural skincare treatments. Ayurveda identifies *Yashtimadhu* as a *Varnya* herb that balances Pitta and promotes healthy complexion. Modern studies further validate these properties by highlighting its flavonoids, phenolics, and glycyrrhizin, which exhibit antioxidant, anti-inflammatory, and melanogenesis-modulating actions. Thus, the traditional concept of *Varnya* corresponds well with scientifically observed improvements in skin tone, hydration, and protection

against oxidative stress. *Shastika Shali*, traditionally described as a nourishing and Pitta-pacifying grain, complements these effects through its soothing, regenerative, and skin-strengthening properties, further enhancing the overall complexion-promoting action [8].

Future research should focus on clinical trials and mechanistic studies.

Limitation(s)

The present study has some limitations. The shelf-life and stability of the facial kit under varying conditions were not evaluated. Quantitative estimation of individual phytoconstituents was not performed and antimicrobial testing was limited to *Staphylococcus aureus*.

CONCLUSION(S)

The current research reaffirms that *Yashtimadhu Taila* and *Navara* rice bolus fomentation are safe, conform to established quality standards, and possess properties that enhance and promote skin health. The successful formulation and standardisation of the Ayurvedic facial kit with these ingredients provides a solid foundation for therapeutic effectiveness. Following this, clinical studies are required in the future to systematically investigate the efficacy of the kit in inducing skin rejuvenation, thereby scientifically substantiating its classical Ayurvedic uses.

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