Ayurvedic deodorant talc with *Hemidesmus indicus* and *Shankhajeerak*

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Abstract

**Introduction:** Now a day due to increasing civilization and awareness for health and hygiene, there is increased demand of Deodorant. Ayurvedic grantha’s give its reference in deencharya and Vajeekaran yogya vihar. Indian deodorant market has crossed business of about 10000 crores in the year 2016. About 75% Indians use deodorant talc whereas 70% population use deodorant. Instead of use of chemical, artificial deodorant talc we can use Ayurvedic Deodorant Talc which is a natural product of plant: *Hemidesmus indicus* and *Shankhajeerak*

**Aim:** Ayurvedic deodorant talc with *Hemidesmus indicus, indicus* and *Shankhajeerak*

**Objectives:** To study deodorant action of Ayurvedic Deodorant Talc.

**Hypothesis:** Ayurvedic deodorant talc with *Hemidesmus indicus* shows deodorant action.

**Materials and Method:** Study was performed using fine powder (mesh size 100 U.S. standard) of *Hemidesmus indicus* root and fine powder of *Shankhajeerak* in 1:4 proportion as ayurvedic talc. This mixture was given to 50 subjects chosen randomly between age 15-45 years group to be used in morning time after bath as deodorant talc. After use of this deodorant talc for about 8-10 days a questionnaire was filled by all the subjects which includes perspiration, body odor and freshness gradation before and after use of this talc?

**Observation and Conclusion:** After use of aurvedic deodorant talc, there is reduction in perspiration by 30% body odor reduced by 35% and increased freshness by 25%

**Result:** Ayurvedic deodorant talc with *hemidesmus indicus* and *Shankhajeerak* is effective, considering body odor, freshness and perspiration.

**Keywords:** Deodorant talc, *Hemidesmus indicus, Shankhajeerak*, Ayurvedic.

**Introduction**

Ayurveda, the ancient system of healing humanity employs natural remedies to empower the five senses such as smell, touch, taste, sound and colors for harmonious living as Panchabhautic chikitsa. With smell being the primary one this ‘Mother of all healing sciences’ uses aromatics to heal and prevent illnesses. As rightly said “Mana Kara Re Prasanna, Sarva Siddhiche Karana” This is the major reason for using incense, flowers, attars, fragrance oils and aromatic essential oils during prayers, spiritual gatherings and meditation. *Hemidesmus indicus* has been used in making attars that are apprehended in high regard in Ayurvedic medication for their ability to strengthen the mind and enhance the emotional stability.

Talc is a naturally occurring mineral, mined from the earth, composed of magnesium, silicon, oxygen, and hydrogen. Chemically, talc is a hydrous magnesium silicate with a chemical formula of Mg3Si4O10 (OH)2. Deodorant is the basic need and demand of modern era, which has covered almost all the parts on the globe. Now a day due to increased civilization and awareness for health and hygiene, there is increased demand of Deodorant. It has been mentioned since long ago in Ayurvedic granthas which gives its reference in deencharya and Vajeekaran yogya vihar. Instead of use of chemical, artificial deodorant talc we can use Ayurvedic Deodorant Talc which is a natural product of plant *Hemidesmus indicus* and *Shankhajeerak*.

**Aims and Objective**

To prepare Ayurvedic deo talc with *Hemidesmus indicus* and *Shankhajeerak* and study its efficacy.
Objective
To study deodorant action of Ayurvedic Deodorant Talc made with Hemidesmus indicus and Shankhajeerak.

Hypothesis
Ayurvedic deodorant talc with Hemidesmus indicus shows deodorant action.

Materials and Methods
Study was performed using fine powder (mesh size 100 U.S. standard) of Hemidesmus indicus root and fine powder of Shankhajirak in 1:4 proportion as ayurvedic talc. This mixture was given to 50 subjects chosen randomly between age 15-45 years’ group to be used in morning time after bath as deodorant talc after use of this deodorant talc for about 8-10 days a questionnaire was filled by all the subjects which includes perspiration, body odor and freshness gradation before and after use of this talc? 1 to 10 any other remark by the user?

Discussion

Assessment Criteria
The effect of deodorant talc was assessed by counting the scores before and after 10 days’ treatment with VAS scale.

Questionnaire
Use of Ayurvedic deodorant talc with Hemidesmus indicus.
Date
Before use of ayurvedic deodorant talc
Gradations 1 2 3 4 5 6 7 8 9 10
Perspiration
Body odor
Freshness
Any other symptom

Date
Changes 10 Days after use of ayurvedic deodorant talc
Gradations 1 2 3 4 5 6 7 8 9 10
Perspiration
Body odor
Freshness
Any other symptom
Sign of the user

Gradations for Questionnaire
1. No perspiration.
2. Perspiration on heavy physical exertion.
3. Perspiration on mild physical exertion.
4. Perspiration on light physical exertion.
5. Perspiration on light mental work.
6. Perspiration on mild mental work.
7. Perspiration even if no work.
8. Perspiration on stress induced.
9. Perspiration on specific body parts.
10. Perspiration heavily all over body parts even on sitting.

Observation and Conclusion
Observations are based on basis of VAS (Visual Analogue Scale)
After use of aurvedic deodorant talc
There is reduction in perspiration by 30% body odor reduced by 35% and increased freshness by 25% also P < 0.05 using paired t test to evaluate there was a significant (p<0.05) decrease

Discussion
Skin darkening, sweating, faul smell is not only a psychological and social issue, but also related to general health issue that needs to be addressed with some interventions. As tyrosinase inhibition is still the most sought after mechanism of skin lightening, herbs having such property will show promise as depigmenting agents. Aromatic oil in Hemidesmus indicus plays an important actin on sweat, faul smell. In Ayurveda, pitta and rakta vitiation are held responsible for impairment of skin health, lustre, odor, smell, colour as well as complexion and skin diseases such as visarpa (erysipelas), vyāniga (melasma), śvitra (leucoderma), dadru (urticaria), pippalu (moles) to name a few, therefore herbs alleviating these two will act as deodorant agents. To the best of our knowledge, this review is the first attempt to compile and correlate the probable mode of action of Ayurvedic deodorant talc Hence it can be potentially employed as effective deodorant talc in future cosmetic formulations.
Result

1. Ayurvedic talc with Hemidesmus Indicus and Shankhajeerak shows statistically significant action as deodorant.

Advantages

1. Cost effective
2. Easily available
3. Less or no side effects
4. Natural
5. Herbal
6. Ayurvedic

References