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

**Dr. Archana D Munot, Dr Sadanand V Deshpande and Dr. Mohan R Joshi**

### 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 where as 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? 1 to 10 any other remark by the user?

**Observation and Conclusion:** After use of ayurvedic 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  $Mg_3Si_4O_{10}(OH)_2$ . 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.

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**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 *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? 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)

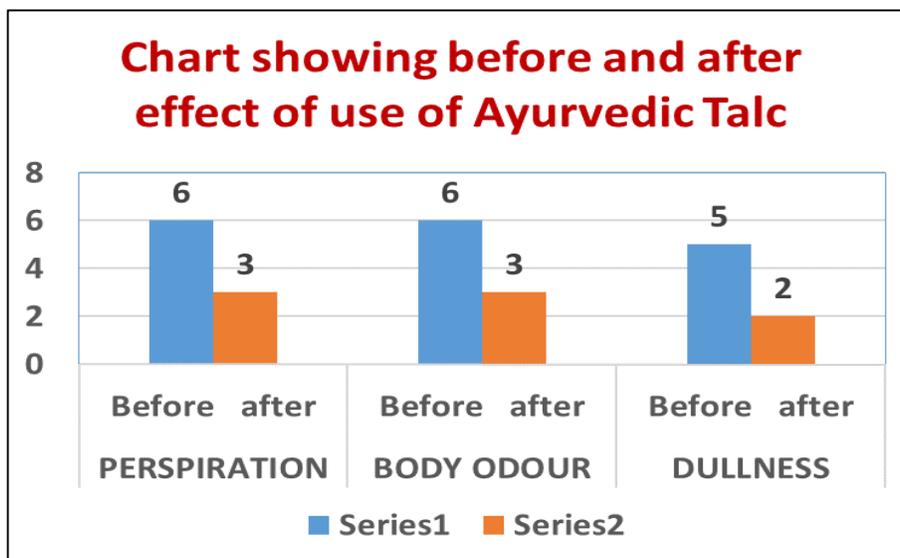
After use of ayurvedic deodorant talc

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, foul 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, foul 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), vyaṅga (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

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