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**One Health for Sustainable and Healthy Living of
Humans, Animals, and Ecosystems**



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The Faculty of Graduate Studies, University of Kelaniya

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**COLOMBO
2024**

ABSTRACTS



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2nd International Research Symposium on Traditional Medicine (AyurEx Colombo) – 2024

Proceedings of the 2nd Symposium

**“One health for sustainable and healthy living of
humans, animals, and ecosystems”**

Abstracts

3rd – 5th May 2024



**The Faculty of Graduate Studies, University of Kelaniya,
Sri Lanka
in collaboration with
The Department of Ayurveda, Ministry of Health, Sri Lanka**

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ISSN: 978-624-5507-68-9

Published by

Faculty of Graduate Studies

University of Kelaniya

Sri Lanka

Cover Designer: Mr. Dilshan Sanjeewa

Layout Designer and Editorial Assistant : Ms. D.S.R.E.S. Gunawardhana

Formulating herbal under-eye cream utilizing selected *varnya gana dravya* from *Charaka Samhita*

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Ayurveda promotes inner and outer beauty through natural skincare and lifestyle practices tailored to individual needs. Under-eye darkness poses a significant challenge among common eye concerns, caused by various factors including lifestyle stress and ageing. The herbal under-eye cream offers numerous benefits, including imparting a radiant glow, minimizing side effects, and catering to all skin types while reducing damage and irritation. Formulated with ingredients like *rakthachandana*, *manjistā*, and *yashtimadhu* selected from *Charaka Samhitā*'s *varnya gana*, along with virgin coconut oil, shea butter, beeswax, aloe vera gel, liquid germall plus, and rose essential oil. *Rakthachandana* removes pigmentation spots and scars, while *manjistā* evens skin tone and rejuvenates. *Yashtimadhu* improves complexion and inhibits melanin deposition. The base ingredients offer additional benefits like immune support, collagen production, and moisture retention, ensuring comprehensive skincare with a natural touch. The methodology involved obtaining dried coarse powder of *rakthachandana*, *manjishtā*, and *yashtimadhu*, weighing 10 g, and then boiling them in 960 mL of water until the volume was reduced to 1/4 (240 mL). After filtering and separating the water part, virgin coconut oil (15 g), beeswax (5 g), and shea butter (2 g) were mixed and double-boiled until melted. Next, the decoction mixture was combined with the double-boiled mixture and beaten for 10 minutes. Aloe vera gel (2 g) was added and beaten for 5 minutes. Then, 02 drops of preservative and 02 drops of fragrance were added to the mixture and beaten again for 5 minutes. Finally, the under-eye cream was produced using selected *varnya gana dravya* from *Charaka Samhitā*. The selected drugs predominantly exhibit *tikta*, *kashāya*, and *madhura rasa*, along with *guru*, *rūksha*, and *snighdha guna*, *sheetha vīrya*, and *madhura vipāka*, as well as *chakshushya* and *pittahara prabhāva* properties. These pharmacological and pharmacodynamic properties validate the efficacy of the cream as a cosmetic product.

Keywords: Ayurvedic skin care, Herbal under-eye cream, Natural beauty, Radiant skin, Traditional medicine

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