

# A Review on Kumkumadi oil

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## Abstract

Skin problems are prominent in one or either form nowadays due to increasing pollution, modern lifestyle, imbalanced diet, stress, hormonal imbalance etc. Therefore it is the requirement of present era to search for a herbal formulation, which can act as a complete pack to fulfill the requirements of skin, irrespective of the age as well as the type of skin. In this review, we are studying the various aspects of Kumkumadi oil such as its constituents and their individual uses. Kumkumadi oil is a herbal oil, having combination of various drugs, which are very beneficial for all skin types and ideal to remove all the problems related to skin.

**Keywords:** Kumkumadi oil, Herbal constituents, Ayurveda, Skin remedy

## Introduction

Kumkumadi Tailam (Kumkumadi Oil) saturates the natural glowing fairness of the skin. It can be used as a moisturizer. It is suitable for all types of skin, it is especially more beneficial for dry skin. It increases lustre and prevents dark circles, marks, and uneven skin tone. Usually, it is an effective ayurvedic remedy used for treating unwanted blemishes, eruptions. It contains herbal ingredients, which are safer. It improves skin complexion and texture. It relieves blemishes, acne, acne scars, white and black heads, dark circle, sun tans, wrinkles. People with oily skin type should use it in small quantities, for not more than once a day. It is a good face massage oil, has both cleansing and nourishing effects on skin. It has anti ageing qualities and adds radiance to the skin. It removes scars, pimples, blemishes and wrinkles. It makes skin radiant and beautiful. It is extremely safe to use for the skin than chemical based creams. It is ideal for dull and complexion less skin, used for hyper-pigmentation, pimples, wrinkled skin, scars. It can also be used regularly without any issue or side effects.<sup>1</sup>

**Table 1. Chemical constituents of Kumkumadi oil**

S.No	Herbs used	Latin name	Quantity
1.	Rakta Chandan	Pterocarpussantalinus	1.25%
2.	Manjistha	Rubiaccordifolia	1.25%
3.	Yashtimadhu	Glycyrrhiza glabra	1.25%
4.	Daruhaldi	Berberisaristata	1.25%
5.	Ushira	Vetiveria	1.25%
6.	Padmaka	Prunuspuddum	1.25%
7.	Vat	Ficusbenghalensis	1.25%
8.	Kesar	Crocus sativus	1.25%
9.	Pipal	Ficusreligiosa	1.25%
10.	Nagkesar	Mesuaferrea	1.25%
11.	Til	Sesamumindicum	1.25%
12.	Cow milk	-	100%
13.	Dashmool powder	-	60%

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## Rakta Chandan

Traditionally in India Santalum album is widely used topically for skin disorders since long times, but recent studies also show its beneficial effect in gastric irritability, dysentery, gonorrhoeal, urethral, bronchial disorders.<sup>3</sup>

## Yashtimadhu

Mulethi which is also known as licorice root is an ayurvedic ingredient which is very beneficial to the skin and hair. It treats cough and throat pain. Moreover, it has anti-bacterial properties as well as, it makes the skin clear and protects against harmful sun rays and pollution. In Ayurveda licorice or mulethi has been extensively used in medicines and for skin care. Like for skin whitening and fairness, licorice is considered best, just like sandalwood and turmeric. This natural ingredient is loaded with ample amount of benefits which helps to give the skin fairness and glow.<sup>4</sup>

## Daruhaldi

This herb is called Indian barberry or tree turmeric and it belongs to family Berberidaceae. It is used in ayurvedic medicine system from long times. Fruit of this plant is edible and is rich source of vitamin C. The root bark of this herb is rich in berberine and isoquinoline alkaloids. Whole plant is very good source of dye and it used for dyeing clothes, cotton and leathers. Roots of this herb is used in the preparations of alcoholic drinks. The chemical constituents of daruhaldi, basically its alkaloids are responsible for its anti-fungal, anti-bacterial, anti-oxidant, anti-viral, anti-diabetic, anti-tumor and anti-inflammatory nature.<sup>5</sup>

## Manjistha

The herb is an effective blood detoxifier that helps in the management of skin disorders such as skin hyperpigmentation, eczema, acne, scabies and skin allergies. Studies have shown that Manjistha extract reduces hyperproliferation of epidermal skin cells and modulates the aberrant keratinocyte-differentiating activity commonly seen in psoriasis. The roots are rich in anthraquinones and approximately 20 glycosides. The key components include purpurin (trihydroxyanthraquinone), manjistin (xanthopurpurin-2-carboxylic acid), pseudopurpurin (purpurin-3-carboxylic acid) and free alizarin as well as its glucoside. These compounds impart antibacterial, expectorant and diuretic properties to the herb. Antitumor cyclic hexapeptides have also been isolated from the root.<sup>6</sup>

## Vetiver

The most exciting benefit of this plant is its ability to reduce the appearance of dark spots, and other marks on the skin, helping to create a more even skin tone. The oil is

nourishing and hydrating, helping to soothe the dry skin. Vetiver helps skin appear firmer and more youthful. Vetiver contains antioxidants, which helps to protect skin from environmental stressors.<sup>7</sup>

## Padmaka

The powder of the plant Padmaka is applied in the form of paste in the treatment of skin diseases, to improve the complexion of skin, to treat herpes.<sup>8</sup>

## Vat

Cracked relieves can be relieved by applying the sap of the Banyan tree to them. This should be done regularly without gap to produce maximum results. A paste made from the leaves can also be used as an application for relieving skin disorders and is known to have a very soothing effect.<sup>9</sup>

## Crocus

Enriched with essential natural ingredients, saffron revitalizes and restores radiance to the skin. It reduces lines and wrinkles, fade blemishes, improve skin texture, imparts even skin tone and gives the skin a glowing fairness.<sup>10</sup>

## Cow milk

We all know that milk is good for our health and bone formation. It has been used as a beauty aid for centuries. The Queen of Egypt, Cleopatra, attributed her smooth skin and beauty to a secret ingredient, and that is milk. Thus, milk plays an important role in maintaining the beauty of skin and keeping skin problems at bay. It improves complexion and is an excellent cleanser. It shrinks pores. Dairy products are quite effective in counteracting large pores. Milk is also used for radiant skin. It is loaded with vitamins, minerals and proteins that makes the skin fairer and radiant internally. It soothes skin irritation. Milk helps to lighten red spots, reduces allergic reactions and heal wounds. It smoothens the skin.<sup>11</sup>

## Conclusion

From the above review of the oil and its constituents, the various aspects of the multiple uses of the oil have been focused. As people are not aware much about the benefits which are being offered by it. By this article an effort has been made to make people aware about the advantages of this herb based beauty oil. It is an all in one combination to remove all the skin problems such as skin blemishes, pigmentation, acne, scars, wrinkles etc.

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