

### Use of *Eranda Taila* in eyelash extension: a pilot study

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#### Abstract

Eyelashes are one of the most important features of our faces; they don't just add beauty and dramatic expression to our eyes, but also protect from dust and other particles which may cause injuries. People believe that long and thick lashes are a universal symbol of beauty. Michael Cunningham, a Psychologist, who studied physical attractiveness reports that, "Large eyes with lush lashes signify youthfulness". Many people consider long eyelashes as a sign of good health and fertility. Unfortunately, not all of us are blessed to be born with natural long and thick eyelashes. This is the reason people use many of the beauty products such as mascara, fake eyelashes, eyelash growth supplements, just to have good looking eyelashes. But these products can cause irritation, allergies and many other side effects. Many people, therefore, hesitate to false eyelashes, other eyelash growth products and are switching to natural products. As for growing thicker, longer and darker eyelashes, one of the best and natural solutions is the use of *Eranda taila*. Present attempt was made to establish the use of *Eranda taila* at Department of *Shalakyta Tantra* in Government Ayurveda College, Nanded, and Maharashtra, India. For this study, ten healthy patients, both male and female, were selected. *Eranda Taila* was applied at baseline of the eyelash with the help of mascara/eyeliner brush. This *Taila* is *Madhura Rasatmak* as well as it is *Tikshna Gunatmak*, because of which it can reach the minute channels. Thus it helps by penetrating deep from the skin and facilitates hair growth. It is observed that *Eranda taila* effectively works on eyelash.

**Keywords:** *Eranda Taila*, eyelash, eyelash extension

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