

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 17. Herbal Kajal (Kohl) & Eyecare Preparations

Classical Claim (<i>Suśruta</i>)	Plain English	Modern Plausible Reason
"Dṛṣṭi-pradā" - grants clear vision	Keeps eyes moist, glare-free	Ghee + herbal film reduce tear evaporation
"Netrāñjana" - beautifies eyes	Dark line makes white look brighter	Optical contrast; light-blocking sooth
"Rakşoghna" - guards against "evil	Antibacterial lamp-soot & herbs	Lab tests: castor-oil soot inhibits Staph.

Rule #1: Use LEAD-FREE, pharmaceutical-grade soot only. Never old commercial kohl sticks.

2 < Key Ingredients and What They Do

Ingredient	Old-School Tagline	Scientific Note
Castor-oil lamp soot	"Cooling, anti-infective"	Carbon black + ricinoleic acid
Ghee (cow / goat)	Nourishes optic nerve	Rich in vit-A, melts at body temp
Triphala decoction	Cleans "eye heat"	Gallic acid antioxidant
Rose-water	Soothes redness	Mild anti-histamine
Camphor crystal (optional)	Clears watering eves	Menthol-like cooling, antimicrobial

3 **◄ Visual: Traditional Kajal Workflow**

(see diagram "Traditional Herbal Kajal Workflow" above)

□□□□ in words:

- 1. Lamp Cotton wick soaked in castor oil, lit overnight.
- 2. **Collect soot** Copper plate coated with ghee inverted 5 cm above flame.
- 3. **Scrape soot** Next morning; black velvety deposit forms.
- 4. Add media Equal weight melted ghee + a few drops rose or Triphala decoction.
- 5. **Trituration** Grind 1-2 h in marble mortar until smooth.
- 6. **Sterilise** Hold at 100 °C for 30 min or autoclave cream jar, then fill.

(Image shows arrows linking each step for non-Ayurveda learners.)

4 Safety First - Quick Table

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Heavy-metal contamination Use **food-grade copper plate** & pharma-grade castor oil; test soot with lead kit strip.

Bacterial growth (moist kajal) Add 0.3 % vitamin-E or 0.2 % phenoxyethanol; always use sterile spatula.

Contact-lens users Apply **outside** water-line or use single-dose applicator.

Infants (< 1 yr) Use plain ghee line, no soot or camphor.

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5 **∢** Ready-Reference Formulas

Code Use Case Composition (100 g) Dilution

KAJ-Classic Daily liner Lamp soot 15 g · Cow ghee 85 g RTU*

KAJ-Rose-Cool Red, tired eyes Lamp soot 12 g · Ghee 70 g · Rose-water keeps 3 m refrigerated

concentrate 18 g

KAJ-Pepper-Guard Conjunctivitis season† Lamp soot 10 g · Ghee 80 g · Black-pepper extract OTC only under supervision

*RTU = Ready-to-use; †short-term use, patch-test.

6 ■ Beyond Kajal - Two Classroom-Safe Eye-Care Preparations

6.1 Rose-Triphala Eye-Wash (Bright-Eyes Jal)

Item Qty for 100 ml

Triphala coarse 5 g decocted in 200 ml → reduce to 100 ml

Double-filtered Rose-water 50 ml

0.9 % NaCl (sterile) to make isotonic

Use: 10 ml in eye-cup, blink 20 sec; morning/bedtime. Great after screen time.

6.2 Ghee Netra Tarpana (Spa Demo)

Step Student Explanation

Make donut ring with wheat-dough around eye orbit "Creates a mini-pool." Melt 40 °C sterile cow ghee, fill pool until lashes submerged "Feels weird but safe!"

Ask client to blink gently 3 min Ghee seeps into tear film; removes dryness

7 **4** Quick Interactive Quiz (Slide Poll)

- 1. Why is **castor oil** preferred over sesame oil for kajal lamp?
- 2. Which herb blend is **Triphala** made of?
- 3. Ideal storage life of homemade kajal in fridge? (Answer: ~3 months if sterile.)

Key Take-Aways

- Kajal = soot + ghee (+ herbal extras). Keep it **lead-free & sterile**.
- **Triphala + Rose** are the "daily water & soap" for eyes.
- Always integrate screen breaks, palming & blinking: cosmetics help habits heal.

Mantra: "Cool with ghee, clean with Triphala; let the eyes sparkle like lotus at dawn."

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