



AYURVEDA MANOEUVRE FOR CURRENT COSMETIC TOXICITY AND FOR SENESENCE DUE TO COSMETICS

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ABSTRACT

According to Drugs and Cosmetics Act (India) 1940. Cosmetics may be defined as any substances intended to be rubbed, poured, sprinkled otherwise applied to human being for cleansing, beautifying, promoting attractiveness. The word cosmetic is derived from the Greek word 'Kosmetical' which means skill in arranging. The root word 'cosmos' means order. Beauty is born of orderly life style. Cosmetology is the science of alternation of appearance and modification of beauty. It includes the treatment of skin, hair and nails¹. People have been using beauty aids from times immemorial and will continue using them. Everyone feels that he/she should look clean, attractive, young and beautiful. Ageing is the process during which structural and functional changes accumulate in an organism as a result of the passage of time. Skin ageing is a complex biological process influenced by a combination of endogenous or intrinsic and exogenous or extrinsic factors. To look better, younger and to care for our skin we buy skin products but because of the ingredients used in cosmetic products for long term acts as an accelerating factor for ageing. Long run usage of those cosmetics accumulates within the body and cause side effects like irritation, allergic hypersensitivity and increased susceptibility to infections and also results in early ageing of the skin by damaging skin tissues Ayurveda cosmetology specializes in the field of natural principle and it deals for modern demands. The human body responds extremely well to natural substances, while it has an in built resistance to synthetic ones.

KEYWORDS: chemicals, Cosmetics, Dinacharya, side effects, skin ageing, ritucharya

INTRODUCTION

Ayurveda emphasizes on external and internal beauty. Diet and lifestyle are the two things that help to achieve good health and beauty. Dinacharya and ritucharya are explained in the context of preservation of health and beauty aspect. According to Ayurveda happiness, gloom, sadness and relaxation are the aspects that are reflected by the face and by the body and can't be disguised with cosmetics. Everyone feels that he/she should look clean, attractive, young and beautiful.

MATERIAL AND METHODS

Information collected from Classical references, dermatology texts and from journals.

The common side effects of beauty aids are-²

- 1) Irritant reaction i.e., contact dermatitis due to chemical reaction
- 2) Allergic hypersensitivity

- 3) Hyper/Hypo pigmentation (at the site of application)
- 4) Photosensitivity reaction
- 5) Folliculitis

Hence beauty aids should be used on the advice of experts.

chemical components and the common side effects of the commonly used beauty aids-³

Cleansing Agents

Cleansers are any agents which remove sebum or foreign particles from the skin. The spectrum of cleansers varies from very drying to a very moisturizing effect. It includes

- 1) Soaps –alkaline, neutral, super fatted and modified soaps. Soaps containing chemicals like carbolic acid cause skin rash and dry skin.
- 2) Antimicrobial bar soaps – locally acting antiseptics
- 3) Soap free cleansers - cleansing creams and lotions. Less irritant compared to soap.



➤ **Mineral oil:**It comes from petroleum and it form a sort of film over the skin, clogging pores and hindering the skins natural ability to cleanse itself. The result is an ageing effect that can make fine lines and wrinkles much more visible.

➤ **Chemical sunscreens:** Chemical sunscreens like oxybenzone, benzophenone-3 and octyl methoxycinnamate can actually encourage free radical damage when exposed to sunrays. If the formula contains a good balance of antioxidants with the chemical sunscreens, the damage may be limited. Incase not will lead to ageing of skin.

Table-1 - Common side effects of using poisoned cosmetics and also treatment for those conditions explained in Susruta kalpa sthana, Annaraksha kalpa adhyaya.¹²

Condition	Side Effects	Treatment
1. Abhyanga visa	eruptions,pain,exudation Ulcer of skin,excess sweating	pouring cold water, applying paste of chandana, Tagara,kushta,usira,Padma
2 Poisoned cosmetics	hyper pigmentation of face Thorny eruptions	honey and ghee consumption application of chandana Maduka,payasya,bharngi
3 Comb poison/hairoil/ shampoo etc.,	shedding of hair,headache	application of black mud mix with rasya,ghee,thnduliyaka Exposure to smoke of kitchen black
4 Anjana visa	burning sensation,pain, Disorders of vision	drink ghee and groats with magada ,varuna,resin of Mesasringi application
5 Ornamental poison	burning sensation,ulcers Bruises	avoid nidana,application of chandana etc.

- For all the above conditions emetics and purgatives are also said as line of treatment.
- If poison is concealed secretly in the body then the person should be made to drink the mixture of pippali, madhuka, honey, sugar, juice of sugar cane and water which produces vomiting.

RESULT

Repeated exposure to those chemical products for extended period may accumulate within the body which can eliminate slowly will ultimately produce symptoms of poisoning.In Ayurveda the concept of gara visha may be well incorporate with cosmetic toxicity. Acharya Susruta mentions about various gara visha adhishtanas and its different manifestations. Many drugs and life style modifications which are associated with cosmetics was also mentioned in classical Ayurveda texts.

DISCUSSION

The demand of cosmetic products have been increased in present era, which results in massive production without following standard guidelines. As per studies, the typical woman uses about 12 beauty products daily containing 168 different chemicals within which many were harmful to our body. Toxins can be absorbed in the bloodstream in just 90 seconds The National Institute of Occupational Safety and Health (NIOSH) analyzed 2983 chemicals used in personal care products.10, 500 industrial chemicals used as cosmetic ingredients. More than 125 ingredients are suspected of causing cancer¹³.We often talk about how many of today's cosmetic manufactures put cheap, chemical ingredients in their skin care products that aren't good

for our skin. Sometimes the ingredients used in the cosmetic products not only fail to nourish and soothe skin they can actually worsen its condition, leading to more wrinkles, fine lines and dryness in future. Chemicals used as cosmetic ingredients includes carcinogens, harmful ingredients like placentine, hydroquinone, petro chemicals, heavy metals like lead, arsenic etc., most of the fairness creams contain steroids. Long run usage of those cosmetics accumulates within the body and cause side effects like irritation, allergic hypersensitivity and increased susceptibility to infections and also results in early ageing of the skin by damaging the skin tissues.¹⁴

CONCLUSION

Hence this says that cosmetics with certain chemical ingredients acts as an accelerating factor for ageing. But the urge for looking beautiful has not developed today in a very completely safe manner. As applied toxicology is anxious with application of contemporary technology within the early detection of toxicants, Toxicology is that the answer for today's cosmetic complications .Hence Ayurveda has its own role in maintaining beauty, health and longevity of an individual.



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