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AYURVEDA MANOEUVRE FOR CURRENT COSMETIC TOXICITY AND FOR SENESCENCE 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)

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- 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

- 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.



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4) Abrasive cleansers-exfoliate skin, unplug skin pores or to remove dead sensitive skin. May cause inflammation and damage to the hair follicles.

Bleaching agents

Includes bleaching of skin and hair. Ammoniated compounds used in bleaching creams can cause irritation to the skin.

Axillary antiperspirants:

Reduce perspiration in axillae. Main components are aluminum salts, zinc salts and ammonium compounds. May act as skin irritant causing redness, burning and may produce inflammation of hair follicles along with pain, papule formation, cause allergic contact dermatitis, photosensitization.

Scented oils and Perfumes: May cause headache and heaviness of head in some individuals.

Lipsticks: The di and tetra bromofluoresorcin used in lipstick may cause sensitization and allergic reaction.

Eye shadows and eyeliners: Chemicals from different metals are used along with wax base which cause sensitization and prolonged use changes the natural color of skin.

Dentifrices and mouth wash: Antiseptic agents and essential oil used in this cause allergic manifestations, perioral leucoderma.

Bindi dermatitis: The wax and aniline dyes adhere to skin results in allergic white spot at the site in individuals.

Hair dyes: Paraphenylenediamine and other chemicals of hair dyes cause hypersensitivity and may give rise to burning sensation and swelling in the eyes, head and face. Along with these, there are many other beauty products like nail polish removers, refresheners, hair sprays, hair conditioners, skin lubricants etc., which results in some common side effects because of their chemical composition.

Ageing of skin-

Skin ageing is a complex biological process influenced by a combination of endogenous or intrinsic and exogenous or extrinsic factors. With ageing the outer skin layer (epidermis) thins, even though the number of cell layers remains unchanged. The number of pigment containing cells (melanocytes) decreases. The remaining melanocytes increases in size. Typically Skin ageing starts around age 25. Ageing skin looks thinner, paler and clear. Even on exposure to UV light breaks down your skin's connective tissue—collagen and elastin fibers which lie in the deeper layer of the skin (dermis). Dry and unprotected skin ages faster than hydrated and protected skin. "As we grow older, the hydration level in our skin cells decreases, which leads to fine lines". 5

Ageing

Ageing is the process during which structural and functional changes accumulate in an organism as a result of the passage of time.⁶

As per medical terms it can be defined as the sequential or progressing change in an organism that leads to an increased risk of debility, disease and death.⁷

Types of skin ageing:

As the number of candles on your birthday cakes increase, so do the signs of ageing.

Basically is of two types- Intrinsic

Extrinsic

Intrinsic ageing- It is the inevitable, genetically determined process that naturally occurs. It is determined by each person's genetic clock and is affected by the degenerative effects of free radicals and the body's inability to correctly repair the damage. If very deep wrinkles and a lot of sagging skin run in the family, you may notice it in your own skin.⁸

Extrinsic ageing- It is caused by external factors and these are what you can pay attention to slow down the ageing process. The greatest cause of extrinsic ageing is photo-damage or exposure to UV light from the sun. Other environmental factors, such as pollution, play a role as well. Other measures like sun exposure, smoking, alcohol use, diet and wrinkles are yet another culprit.⁹

Seven signs of skin ageing-10

- 1 Fine lines and wrinkles
- 2 Dullness of skin
- 3 Uneven skin tone
- 4 Dry skin
- 5 Blotchiness and age spots
- 6 Rough skin texture
- 7 Visible pores

Other signs of skin ageing-

- 1 Sagging of skin
- 2 loss of volume
- 3 loss of elasticity

5 Ingredients that cause wrinkles- in your skin care products 11

To help you avoid those products that will only derail your antiageing efforts, we have got five key ingredients that you must avoid if you want to be good to your skin.

- Sulfates: These are harsh, corrosive and drying ingredients you will find in your cleansers, body washes, shampoos and even in your tooth pastes. These chemicals are also used in floor scrubbing solutions, engine degreasers and car-wash soaps. They cause skin irritation and corrosion and over time lead to increased dryness. That means -more visible fine lines and wrinkles. Studies have indicated that sulfates can age the skin.
- ➤ Certain alcohols: In our anti-ageing skin products you may find ingredients like SD alcohol, ethanol, methanol, benzyl alcohol, isopropyl alcohol and ethyl alcohol. These are all drying ingredients that strip away skin's natural oils and lead to premature aging and irritation.

> DEA, MEA, TEA

These are ammonia compounds in additional to potential links to cancer, these ingredients are dying to the skin and hair. They can also cause allergic reactions, resulting in redness and inflammation. All of these results produce on overall ageing effect.



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- 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.

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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 rsya,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 cancer 13. 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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