



Research Article

Ayurvedic Cosmetic Range over Chemical Base Cosmetics :A Review

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ABSTRACT:

The term "cosmetics" comes from the Greek word "kosmetikos," which meaning "to embellish." Materials used for beautification or improvement of appearance have been classified as cosmetics since the beginning. Cosmetics have been used to improve the appearance of the human body for a long time.

Key words : skin care, hair care, personal care, allergies.

INTRODUCTION:

The desire to beautify one's own body and appear attractive has existed in the human species since the dawn of time. Women utilize a variety of beauty items, such as skincare, hair products, fragrances, oral hygiene, and nail products, that may include hazardous compounds that are harmful to their health. Cosmetics have been used to improve the appearance of the human body for a long time. However, these goods, which are meant to make us feel good and look good, have a dark side. Various harmful substances and hazardous compounds often used in cosmetics have been found to be present in quantities that exceed permissible limits. These substances can have major side effects on the skin, as well as enter the skin and other organs, causing cancer. Cosmetics have not only infiltrated the fashion world, but also play a significant part in everyday life. As a result, it is necessary to educate people about the different negative consequences of cosmetics and the chemicals used in cosmetics.

Ayurvedic point of view:

To comprehend Ayurvedic Cosmetics, one must consider what the synergy between Ayurveda and Cosmetics is, which refers to the skill of decorating or arranging in order or rectifying abnormalities. Cosmetics are applied topically to the skin and its appendages to cleanse, decorate, beautify, alter the appearance, and, in the end, increase the user's confidence. According to Ayurveda, beauty is more than skin deep. It is the most visible external expression of overall happiness. It's a reflection of your physical, mental, and spiritual well.

Ayurveda is regarded as one of the oldest medical and health sciences. This total health also includes cosmetic components. The concept of beauty, like Ayurveda, has a long history. Cosmetics such as Tilak, Kajal, Kumkum, Alita, and Agaru are mentioned in ancient scriptures such as Kalidasa's Abhijnana Shakuntalam and Meghadootam, as well as many mythological epics. Beauty and cosmetics are, in reality, as old as humanity and civilisation. Ayurveda is the preferred cosmetology because of its safe remedies, lack of side effects, use of natural herbs, and long-term effects.

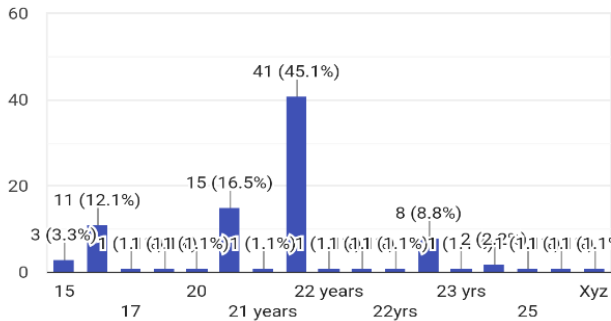
Survey: Ayurvedic cosmetics and Chemically based cosmetics

A survey had been conducted to determine the differences of use of Ayurvedic Cosmetic range and chemically based Cosmetic range.

The findings are as follows:

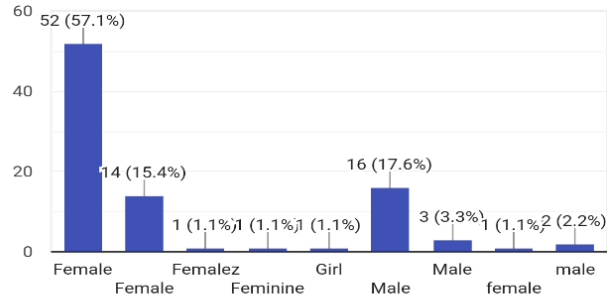
What is your age?

91 responses



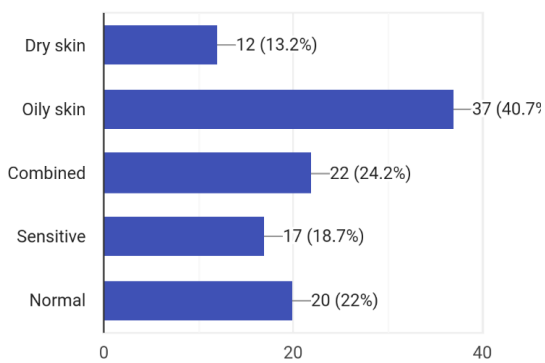
What is your gender?

91 responses



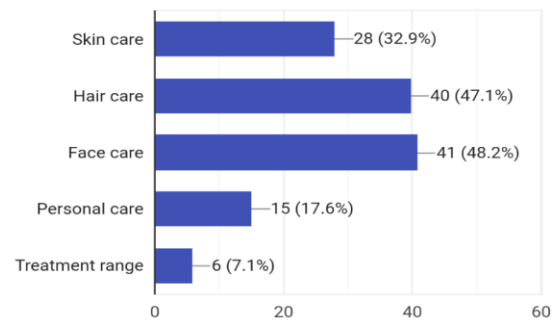
What is your skin type?

91 responses



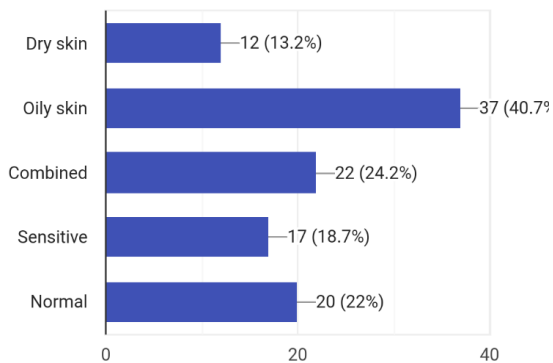
What type of cosmetic range do you regularly use?

85 responses



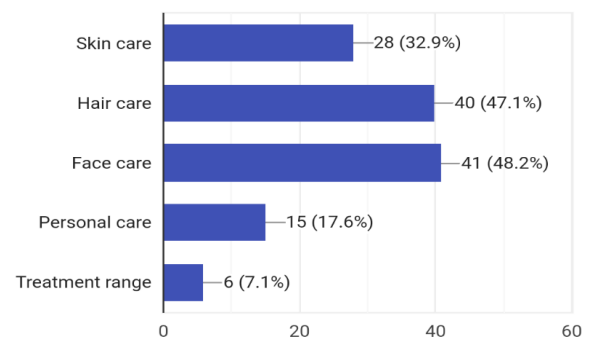
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91 responses



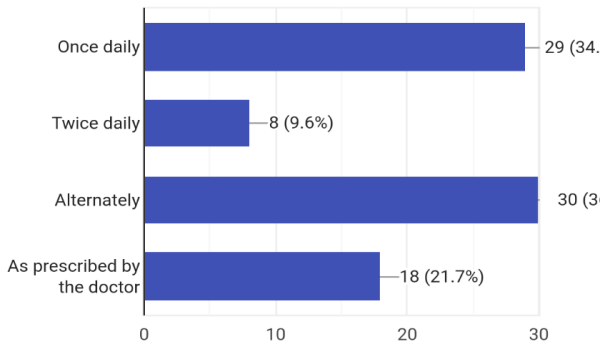
What type of cosmetic range do you regularly use?

85 responses



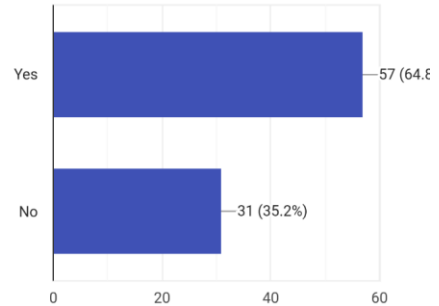
How regularly do you use cosmetics?

83 responses



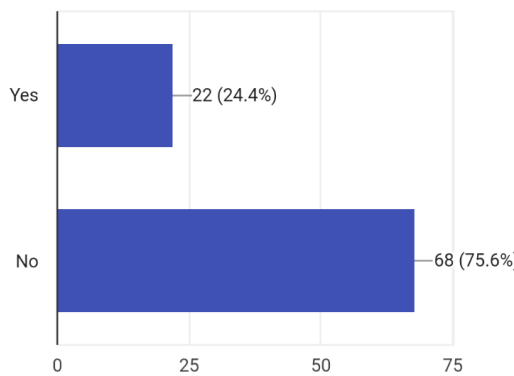
Are you able to find products in the market, suitable for you skin type?

88 responses



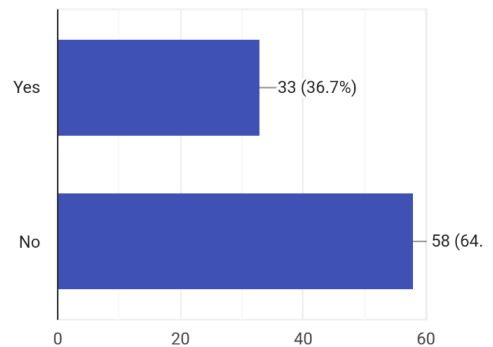
Do you use cosmetics on a regular base?

90 responses



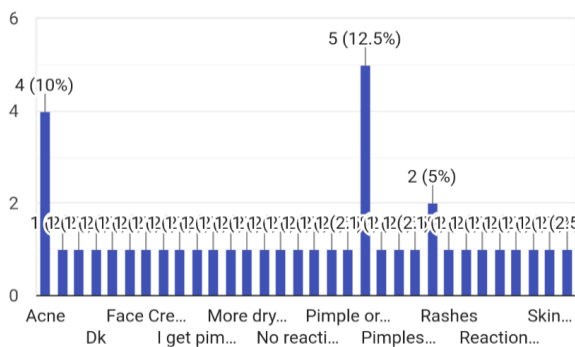
Did you ever face a reaction after using cosmetics?

90 responses



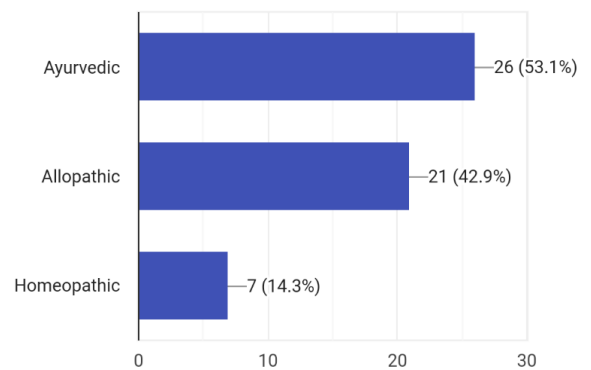
If "yes" what kind of cosmetic reactions do you face?

40 responses



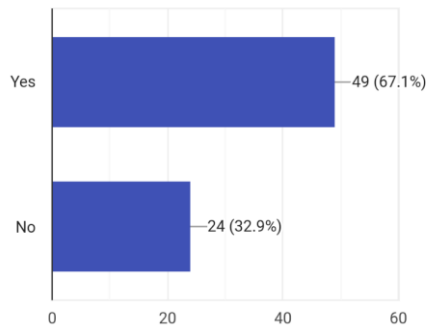
What treatment have you taken for cosmetic allergy?

49 responses



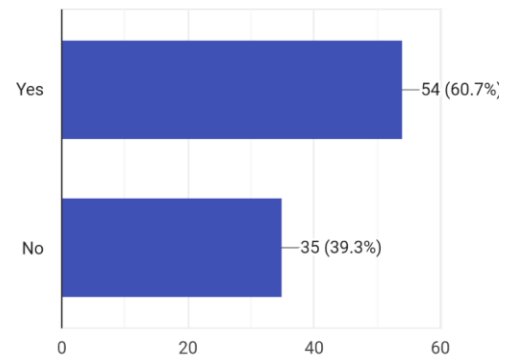
Did you ever change the brand or stop using cosmetics after allergic reaction?

73 responses



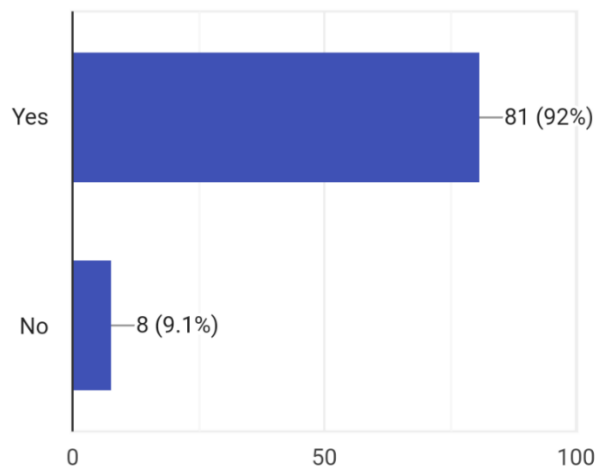
Did you try using Ayurvedic cosmetics?

89 responses



Do you prefer using Ayurvedic cosmetics over chemicalised cosmetics?

88 responses



<p>What is your opinion on Ayurvedic cosmetics? 68 responses</p> <ul style="list-style-type: none"> Good Ayurvedic cosmetics are safe Ayurvedic products are safe to use They r good I don't use cosmetics so I don't know anything. It takes time for the result Nourishes the skin ..no harmful effect seen ... Are kinda mild. So they are safer I have never tried it 	<p>What is your opinion on Ayurvedic cosmetics? 68 responses</p> <ul style="list-style-type: none"> Better results and natural It's safe and effective Doesn't cause any side effects Ayurvedic cosmetics have relatively lesser side effects/allergic reactions to skin types and are preferable good They are great ...but quite expensive In my experience, I've faced little to no issues when using Ayurvedic cosmetics. Though the results often take more time, the affects are longer lasting. The downsides of using Ayurvedic cosmetics is usually low.
<p>What is your opinion on Chemically based cosmetics? 62 responses</p> <ul style="list-style-type: none"> Chemically based cosmetics are harmful to the skin Chemically based products harm the skin Affects my skin I don't use cosmetics so I don't know anything. Better to avoid Faster results Might cause many other harmful effect .. Harsh. Cause breakouts. It makes you look good but doesn't really make you feel good 	<p>What is your opinion on Chemically based cosmetics? 62 responses</p> <ul style="list-style-type: none"> हंती लवचा A little risky because using chemical cosmetics may sometimes badly affect the skin if the product isn't suitable for your skin type. Irritates the skin Very troublesome Temporary results They are harmful Causes side effects One can use them based on their skin type and generally wouldn't recommend to be used on a daily basis

Benefits of Ayurvedic drugs as a cosmetic range

Aloe vera:

Aloe vera is a succulent plant that looks like a cactus and has a clear healing gel in its leaves. Aloe vera comes in a variety of species, but Aloe Barbadensis is the most common. Kumari is another name for aloe vera in Ayurveda. It contains a wide range of therapeutic characteristics that can aid with a variety of diseases. The following shloka explains the ayurvedic qualities of Aloe vera::

कुमारी शीतला तिक्ता मधुरा भेदनी जये। गुल्मप्लीयकृदद्धि कफचरहरी हरेत ग्रन्ध्याग्निदग्ग्यविस्फोटपित्तरक्तत्वगामयान्॥ चक्षुध्या विधवातघ्नी बलकारका वृष्या रसायनी॥

वातपित्तकृमिहर कुमारी कफसुमं गुरु। - कै.नि औषधि वर्ग (1639-1640)

Aloe vera's potency is Sita (cool), its flavor is Tikta (bitter), and its nature is Bhedan (laxative). It aids in the improvement of liver function. It aids in the relief of burning feelings and other skin issues. Aloe vera is also beneficial to the eyes when used regularly. It aids in the improvement of immunity, which aids in the body's ability to fight infection. This is owing to the fact that it has a Rasayana (rejuvenating) effect. Aloe vera can also help with worm infestation and Vata-Pitta-Kapha equilibrium. Managing numerous skin disorders such as acne and pimples is one of the most efficient uses of Aloe vera gel. Aloe vera can also be used to treat dandruff and hair loss. Because of its laxative properties, aloe vera juice helps to relieve constipation when consumed orally. Aloe vera juice is also utilized for weight loss and diabetic management. Aloe vera should be avoided during pregnancy since it might cause uterine contractions, which can lead to a miscarriage. Aloe vera can induce stomach pain, diarrhea, and skin irritations in some people.

Here's how aloe vera gel can help your skin.

Add a pinch of turmeric, a teaspoon of honey, a teaspoon of milk, and a few drops of rose water to some aloe vera gel. Blend the ingredients together until they form a paste. It should be applied and left on for about 20 minutes before being washed off with water. This is ideal for those who have dry skin.

Take some aloe vera gel, walnuts that have been ground into a flour-like consistency, and honey to help with acne. The healing benefits of aloe vera combined with the anti-oxidants in honey will leave your skin smooth and clear. Blend together aloe vera gel, cucumber juice, yogurt, and rose oil to make a paste. Apply the mask and keep it on for around 20 minutes before rinsing it off with water. This is for those with sensitive skin.

Take half a cup of aloe vera gel, a cup of sugar, and around two tablespoons of lemon juice to make a scrub. Sugar will exfoliate and scrub away dead skin, aloe vera will deep clean the skin, and lemon will help decrease scars and tan. Combine all of the ingredients in a large mixing bowl and use to scrub your face and body.

Hair benefits from aloe vera - Proteolytic enzymes found in aloe vera help to rebuild dead skin cells on the scalp. It also works as a conditioner, leaving your hair silky and lustrous. It encourages hair development, soothes itchy scalps, decreases dandruff, and moisturizes hair. Aloe vera has a molecule that is almost identical to keratin, which helps to regenerate hair and prevent breakage. Know about a fantastic hair mask that can help you maintain the health of your hair.

What is the best way to use aloe vera for hair?

Combine equal parts aloe vera gel and extra virgin coconut oil in a bowl. Apply it and leave it on overnight before rinsing it off the next morning. This will result in hair that is smooth, strong, and bouncy.

Sandalwood

1. Sandalwood has anti-aging qualities, for starters.

Sandalwood oil can help prevent sagging skin. Sandalwood's antioxidant content aids in the battle against free radical damage, which helps to reduce wrinkle formation. Simply apply a mixture of sandalwood oil, honey, and egg yolk to your skin, leave it on for 20 minutes, and then gently rinse it off.

2. Acne and pimples treatment.

Sandalwood has a calming effect on pimples and acne inflammation. To get this effect, mix sandalwood oil with turmeric powder and camphor. Apply it to your zits and leave it on overnight, then wash it off with plain water the next morning.

3. It softens the skin and removes scars.

Sandalwood softens the skin and diminishes the look of bruises and scars. If you can't find sandalwood oil, make your own by mixing pure sandalwood powder with a carrier oil that suits your skin and letting it sit for 12 hours. Massage it into your skin, then rinse it out with water after a few minutes.

4. It works as an anti-tanning agent.

Sandalwood oil might help you get rid of tanned skin. Sandalwood oil (or powder), honey, lemon juice, and curd are combined to make a paste. It should be applied to your face and left on for 15 minutes. And there you have it! You've completed the task.

5. It can protect your skin from the sting of prickly heat.

Sandalwood's relaxing and calming impact on the skin helps to relieve prickly heat. It is suitable for people of all ages, including babies.

History records an old treatment for cracked lips. Lips that are cracked are not only unpleasant, but they also detract from the beauty of the face. The rind of the Bel fruit (*Aegle marmelos* Corr.) is pulverized and combined with woman's milk, then put to cracked lips as a paste. Within 10 days, the cracking will stop and the cracks will mend. The Extra hair was regarded as a source of embarrassment, and a variety of depilatory methods were advised to remove it. Aavalakatti (*Emblica officinalis* Gaertn.) dried fruits and Pimpali (*Piper longum* Linn.) dry fruits were employed. Nivadunga's milky latex was used to soak the concoction (*Cactus: Euphorbia nivulia* Ham.) When this substance was applied to the desired location, the hairs in that area began to fall out." In Hindu culture, the use of kajal has a long history. Various modern-day aesthetic procedures, such as coloring, have a long history in Hindu culture. Various modern-day aesthetic procedures, such as hair dyeing, depilation, and exfoliation, have their origins in ancient Egyptian civilization. Various cosmetics including white Lead and Mercury were utilized by the Romans, Greeks, and Egyptians in the past. Oils containing essence and ointments were used to cleanse and soften the skin, as well as cover body odor, while dyes and natural paints were employed to color the face, mostly for ceremonial and religious purposes.

Cadmium is a naturally occurring element that can be found in the environment. Cadmium in body and hair lotions is absorbed by skin contact and deposited in the kidney and liver, despite the fact that it may be found in practically all human tissues.

Lead:

Lead can be detected in lipsticks as a contaminant due to the use of contaminated raw materials or lead-containing pigments. Lead comes into touch with the skin on a daily basis, and part of it is absorbed through the skin. Leaded eye powders (e.g., Surma, Kohl) have been linked to elevated blood-lead levels in both children and women. Because HPV can easily pass the placenta and reach the fetus' brain, pregnant women and young children are at greater danger. It can also be passed down to infants by breastfeeding mothers' milk and preserved in their bones. Miscarriage, hormonal abnormalities, lower fertility in men and women, monthly irregularities, and delays in puberty onset in girls have all been linked to lead exposure. Human carcinogenicity has been established for lead and inorganic lead compounds.

Conclusion:

The goal of this study was to determine how extensively a variety of chemically based cosmetics impact people. They've also stated that they prefer ayurvedic cosmetics and that they've switched to ayurveda products or ceased using chemical-based cosmetics due to allergic responses. They've also stated that they've moved to an ayurvedic cosmetics line and are undergoing ayurvedic treatment for it.