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Review Article

Concept of Cosmetics in the light of Classical Unani Literature

Mohammad Anas ^{1*}, Abul Faiz ², Shireen Fatima ¹, Ziaur Rahman ¹¹ P G Scholar D/o. Moalijat AKTC, AMU Aligarh, India² P G Scholar D/o Kulliyat AKTC, AMU, Aligarh, India

ABSTRACT

Since very ancient period Unani physicians has paid great attention toward the use of cosmetics. Unani literature is very rich in cosmeceutical formulations taking care of appearance and dealing with cosmetic diseases in humans. In Unani classical text like Kitab-ul-Mansoori, Al-Hawifil-Tib, Kamiul-us-Sana, Al-Qanoon-fit-Tib, Zakheera-e-Khwarzam Shahi, the details of cosmetics are mentioned under the headings of *Tazeeniyaat*. There are several single drugs or compound formulations described in Unani classical text. The use of Unani cosmetics is splendid because of its low cost, no side effect, easily available preparation. There are several Unani cosmeceuticals are described in unani classical text like Solid Cosmeceutical (*Ghaza, Ghaliya, Kaja*), Semi-solid Cosmeceutical (*Tila, Zimad, Ubtan*) and Liquid cosmeceutical (*Ghusool, Pashoya*).

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Mohammad Anas, P G Scholar D/o. Moalijat AKTC, AMU Aligarh, India

Introduction

The concept of beautification has been an integral part of Indian civilization. The philosophy of usage of cosmetics was directed not only towards developing a pleasant and acceptable personality but for achieving happiness in life. It is documented that in 2013, the cosmeceutics market was estimated at USD \$ 35 billion and is expected to growth around 7% and 9% between 2013-18 and 2020 per compound annual growth rate respectively^{4,5}. The word cosmetics, from the Greek language *kosmeticos* meaning adorn or embellish (for making more attractive, beautiful and decorated).¹ It is very difficult to define cosmetics in single line, According to drugs and cosmetic Act 1940, Cosmetic-“Any article intended to be rubbed, poured, sprinkled or sprayed on or introduced into or applied to any part of the human body for cleansing, beautifying, promoting attractiveness or altering the appearance and includes any article intended for use as a component of cosmetic”³.

Historical Review

Buqrat (460 BC) : Buqrat has advocated importance of diet, exercise, sunlight, baths and massage for good health and beauty^{2,4}.

Jalinoos (129 A.D) : Jalinoos had invented idea of cold cream and first cooling ointment in *Galens formula of cream*

(*Ceratum refrigerans Galeni*). He gave the idea of melting together bees wax, almond oil and oil of rose/rose water for making cold cream^{2,7}.

Rabban Tabdri (838-870 A.D) : He had included skin, face, in his text '*Firdaus-al-Hikmat*' contained several formulation of cosmetics distributed in chapter number 34⁸.

Razi (850-923 A.D): He had established a chapter on cosmetology and principles for beautifications under the name "*Zeenat wa araiash*" Volume 5, in his famous book "*Kitab al-Mansuri*"¹¹.

Ibn Sina (980-1037 A.D): Ibn Sina also written a separate chapter on "*Zeenah*" (*beauty*) in his book *Al Qanoon fit Tibb, Vol-IV*. deals with the cosmetics. The chapters in above mentioned books deal with the skin and hair problems with their remedies and different formulations for skin and hair care^{2,10}.

Ismail Jurjani (1200 A.D): In the 8th Vol. of *Zakhira khawarizm Shahi* are explained cleaning and the beautification of external parts and organs of the body⁹.

Advantages of Classical Unani Cosmetics Over Synthetic Cosmetics: Unani cosmetics are the modern treated in the field of beauty and fashion. The Unani Cosmetics gaining

popularity day by day. Most of the women prefer Unani cosmetics over synthetic cosmetics, reasons are as follows:

- They all are from natural sources and free from harm
- Safe to use
- Compatible with all skin types
- Very economical and easy to prepare

Unani Cosmeceuticals Preparation According to site of uses¹⁵

In Unani system of medicine, there is a broad range of preparations derived from natural sources for skincare. Numerous formulations are mentioned in the Unani classical literature. The formulations are named as ghaza, ghamra, ghaliya, ghusool, ubtan, kuhal, khizab, nura, mascara, surma, roghan, marham, tila, zimad etc.

For Care of Face				For Hair Care	For Body Care		
Eye Care	Lip Care	Facial Skin Care			General Skin Care		Care of Hand and Foot
Kuhal	Qairooti	Ubtan	Ghalia	Ghusool	Itr	Tila	Pashoya
Kajal	Roghan	Ghaza	Roshoya	Khizab	Marham	Zimad	Inkabab
Barud		Ghamra		Roghan	Roghan	Ghalia	Qairooti
Surma		Ghasul			Qairooti		Sabagh

Ghaza : It is a fine, aroma powder of the drugs mainly applied on face and body for enhancing complexion^{13,14,16}.

Ghalia : It is aroma powdered, specifically applied to skin. It is also known as *Arghaja*¹⁴.

Barud : It was invented by Silpanoos. It is a micro-fine powder of the drugs, drugs having *barid* temperament that absorbs through the conjunctival layer of eyes. It used to treat the Eye ailments and adoration of eyes¹⁴.

Kuhal : It was invented by Unani physician Feesagorus. It is also a type of micro-fine powder; use to treat the Eye ailments. Some examples of kuhal are *Kuhal-Abyaz*, *Kuhal chikni Kuhal roshanayi* etc^{12,14,16}.

Khizab : It is a liquid or powder preparation of drugs used for the purpose of dyeing hairs in desired colors^{13,14}.

Kajal : It is obtained from the smoke of drugs by bruning and use for the care of eyes².

Qairooti : It is a mixture of *mom* (wax), and *roghan* (oil) and used for cracked lips, hands and feet. It is also used for chilblain^{13,14}.

Marham : It is semi solid preparation. It is used generally for external use, in Marham drugs are mixed with wax or fat oil. It first formulated by Hippocrate. It is used mainly in skin problems^{13,16}.

Cosmeceutical preparations From Unani Classical Text

1. **Nuskha For Ghalia** : Amla (*Umblica officinalis*) is boiled in distilled water to half of its amount, then Khitmi (*Althea officinalis*), Mehandi (*Lawsonia inermis*), Indigo, and Zaaj (*Alum*) over is added to this and make a thick consistency, Musk is added for aroma. Applied over face evenly¹⁰.
2. **Nuskha For Acne** : Arade baqla (*Vicia feba*), Tukhm-e-Khashkhas (*Papever somniferum*), Tukham-e-kharpaza (*Cucumis melo*), Maghz-e-badam talkh (*Prunus amygdalus*) all drugs in equal quantity (6gm) and Zafaran (*Crocus sativus*) 5gm, mixed in the water, makes paste and applied over affected areas¹².

3. **Nuskha For Glow on Face** : Arade Nakhood (*Cicer arietinum*), Arade Baqala (*Vicia feba*), Arade Jau (*Hordeum vulgare*), Nashashta, Kateera (*Tragacanth*) and Tukham-e-turab (*Ipomea turpethum*) are powdered finely and make a paste in raw milk. Paste is applied on face overnight, next morning face is generally washed with lukewarm water of Banafsha (*Viola odorata*). Use repeatedly for 10 days¹¹.

4. **Nuskha For Blushing on Face** : Zaafran (*Crocus sativus*), Majeth (*Rubia cardifolia*), Kundur (*Boswalia serrata*), Nura makki (*Lime*), are powdered in equal quantity and paste is formed in Aab-e- Pyaaz, Applied on the face overnight and wash with fresh water next morning¹¹.

Conclusion:

The cosmeceutical industry is rapidly growing, day by day. Although demand is growing, competition is also increasing with synthetic cosmetics and Unani cosmeceutical treatment options. A number of synthetic cosmeceutical formulations are available in the market, they contain harmful ingredients such as chemicals and toxins. The Unani cosmeceuticals provide a substitute over synthetic cosmeceutical. A large number of Unani cosmeceutical formulations is present in classical text. The advantage of Unani cosmetics are lower cost with free from side effects, easy to prepare and safe to use. Unani cosmeceutical has a great future ahead as compared to synthetic cosmetics.

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