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Cosmetic toxicity and Natural solutions for Personal Care

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ABSTRACT

Environmental Working Group (EWG) have warned that a large number of the chemicals used in common personal care products, can be harmful to health. You will find most cosmetic products including shampoos, conditioners, shower gels, liquid soaps, hair gels, lip balms, facial make up, nail polish, perfumes, skin creams, etc. are largely chemical based. Shockingly, a number of toxic chemicals are also used in baby products. Many Research on cosmetics have come up with list of toxic chemicals found in everyday use personal care products and cosmetics along with their health effects. So, people became aware of the dangers present in modern-day personal care products, they started looking for natural alternatives. Fortunately, natural solutions for body care have been around for millennia. Until the first half of the 20th century, only natural solutions were used for personal grooming and cosmetics. People can find natural alternatives for personal care, Which do not add to the toxic load of the Earth. These alternatives will be gentle on the body (skin), as well as safe for the environment. Here, we will discuss about effects of cosmetics on health and Natural solution for personal care.

Key words: Cosmetics, Cosmetic toxicology, Personal care, Nature cure.

INTRODUCTION

Beauty is the quality that gives pleasure to the senses, it is the desire of every human being to attract opposite sex. Some are born beautiful and some are infact made beautiful by ornaments and cosmetics.

Human is so beauty conscious that he always inclines his attention towards skin inspite of grave diseases persisting along with it.^[1]

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Why Beauty Care?

The beauty of skin and hair basically depends on individual's health, age, diet, habits, job routine, climatic condition and maintenance. In summer, excessive heat exposure dehydrate the skin and increase melanin content. It causes freckles, wrinkles, blemishes, sunburns, pigmentation. Extreme cold in winter also damage skin as cuts, cracks, maceration and infection are generally observed. Beauty care helps man and women to look more impressive , beautiful and smart to a considerable extent.^[2]

Cosmetics

Cosmetics defines as "intended to be applied to the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance without affecting the body's structure or functions."^[3]

This definition includes: Baby products, skin care, bath items, fragrances, hair care, mouthwash, nail care, deodorant, toothpaste, lip stick, etc. You will find most cosmetic products including shampoos, conditioners, shower gels, liquid soaps, hair gels, lip

balms, facial make up, nail polish, perfumes, skin creams, etc. are largely chemical based. Shockingly, a number of toxic chemicals are also used in baby care products.

Environmental Working Group (EWG) have warned that a large number of the chemicals used in common personal care products, can be harmful to health.^[4] Advocacy group like the “safes chemicals, Healthy families” campaign & the david Suzuki foundation have come up with list of toxic chemicals found in everyday use personal care products & cosmetics along with their health effects.^[5]

Toxic chemicals and its effects on health^[6]

1. DEA (diethanolamine) - Used as a foaming agent in shampoos and cleaning agents; skin and eye irritant, high doses can be carcinogenic.
2. Diethylphthalate - Used as a fragrance in personal care products; endocrine disruptor, impacts normal development and reproductive health.
3. DMDM-hydantoin, Diazolidinyl urea etc. - These products are used as preservatives; continuously release formaldehyde which is a known carcinogen.
4. BHA (Butylated hydroxyanisole) and BHT (butylated hydroxytoluene) - Used as preservatives in cosmetics; found to be allergens and hormone- disruptors.
5. Methylparaben, Butylparaben, Propylparaben - Widely used as preservatives; known to be hormone disruptors, linked to kidney and liver damage, lead to skin aging and DNA damage.
6. Coal tar dyes (FD & C Blue no. 1 etc.) - Used as colouring agents; many coal dyes show toxicity in animals, and have been banned in Europe.
7. Cyclotetrasiloxane, Dimethicone etc. - Group of silicone based compounds used in hair products, deodorants and moisturizers; can cause harm to immune and reproductive systems, also influence the nervous system.

8. Triclosan - Used as an anti- bacterial agent in soaps, toothpaste, shampoos, liquid hand soaps etc; linked to liver damage, altered thyroid functioning, and increased antibiotic resistance.

Natural solution for personal care

People became aware of the dangers present in modern-day personal care products, they started looking for natural alternatives. Fortunately, natural solutions for body care have been around for millennia. Until the first half of the 20th century, only natural solutions were used for personal grooming and cosmetics.

Here, we will discuss about natural solution for personal care.

1. Customize your skin and beauty care

Selection of the cosmetics based on the type of skin.

- Oily skin
- Dry skin
- Normal skin
- Combined skin

Once you figure out your skin type, it's easy to choose the right products to create beauty from the inside and the outside.

2. Feed your skin

Eating healthy foods is important for several reasons, especially to provide the building blocks for skin cell regeneration.

3. Get your beauty sleep

Getting a good night's sleep is very important for maintaining youthful skin.

4. Zap stress lines

If a person is under continuous mental or emotional stress, it shows up on the face as a drawn, dull look. For removing mental and emotional stress and for building resilience to stress, the most effective thing you can do is the “Transcendental Meditation”

technique. Research reported that this technique lifted to face.^[7]

5. Body exercise

Complete body exercise shows up an attractive healthy glow on face, thus gymming as Yoga on a daily basis is essential for beautiful skin.

6. Cleanse gently and naturally

Cleanse the skin at least twice a day with a mild cleanser. It is very important to nourish, moisturize and cleanse the entire body with only the best herbal ingredients, because your skin is connected to all the aspects of health, mental, emotional, physical, spiritual and sensory.

7. Do a daily ayurvedic massage

Daily Ayurvedic massage (*Abhyanga*) is a traditional way to remove stress and relax the body. If you start your day with an oil massage, you'll increase luster and skin tone appreciably. Follow your morning *Abhyanga* with a warm bath to allow the impurities that have been dislodged to flow into the digestive tract, from where they can be easily eliminated.

8. Moisturize thirsty body skin

Sometimes people don't have time to massage. Or they feel it is too messy or oily for them. Then just apply Ayurvedic oil to moisturize the skin.

9. Give your hair the royal treatment

To nourish your hair, bones and nails, be sure to eat lots of calcium-rich foods such as leafy green vegetables, milk products and sesame seeds.

One of the unique and powerful Ayurvedic methods for caring for the hair is a warm oil massage to the scalp. The massage motion helps increase circulation, cleanse the pores and purify dead skin cells, all of which promotes healthier hair growth.^[8]

10. Expose skin to sunlight

Expose skin to sunlight for at least 15 mins a day that too without an UV protection.

11. Drink loads to water

Drink 10-12 glass water a day.

According to Ayurvedic principles, You should apply to your skin only those substances that are edible. The reason is that anything applied to the skin, is directly absorbed into the blood stream.

Here, some are natural products which are useful in daily life as Cosmetics.

Bathing

- Soap made from vegetable oil.
- Herbal bathing powders made with gram flour (Besan), green gram flour (hari moong) etc.
- Ayurvedic bathing powder.

Hair care

- *Reetha, Shikakai, Amla* in powdered form or as a solution.
- Shampoos containing *Reetha, Shikakai, Amla* as the main ingredients.

Talcum powder

- Corn flour, Arrowroot powder.

Skin toner from the garden

- Cucumber juice, carrot juice, lemon juice, spearmint tea, chamomile tea

Peaches and cream mask

- Peaches, peeled, pitted, and mashed; almond oil

Eye cream

- Avocado oil, apricot kernel oil or sesame oil; aloe vera gel

Shaving soap

- Shaving soap typically made with plant-based oil like coconut oil, castor oil, beeswax etc. would be a better option than cream or foams.
- Alum is a commonly available alternative to after shave disinfectants. alum has antiseptic properties.

Uses of banking soda

- Facial scrub and hand cleaner/softner
- Hair cleanser
- Toothpaste

- Underarm odor neutralizer
- Insect bite relief

Uses of vinegar

- Hair rinse
- Clean scalp
- Bath soak
- Hand softener and cleanser
- Hair brush cleaner

CONCLUSION

In this way People can find natural alternatives for personal care, Which do not add to the toxic load of the Earth. These alternatives will be gentle on the body (skin), as well as safe for the environment.

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