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Role of *Bahir-Parimarjana* in Cosmets Toxic *Tvacha Vikara*

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ABSTRACT

Cosmetics are defined as any particles intended to be applied to the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance without affecting the body's structure or function. In the present era there are many companies which are manufacturing various kind of cream's, lotion's, ointment's, gels, powder, etc. To give an immediate and early effects on the skin, they are generally mixtures of chemical compounds; some being derived from natural sources and some being synthetics. Many companies use various chemical toxins as an ingredient to nurture and attract the population. Leading to various side effects on skin. So there is an ugly side to these beauty products as well. Hence there is need to think and establish a good approach to treat their side effects or to prevent the same. In our classics there are explanations about the effect of toxic cosmetics such as *Visha Yuktha Anjana*, *Abhyanga*, *Lepa*, *Udvardana* and so on with their management. The *Lakshanas* which are explained can be used to ascertain its hazardous effect and their specific management can be adopted accordingly.

Key words: *Cosmetics, Visha, Cosmetic toxicity, Bahirparimarjana Chikitsa.*

INTRODUCTION

Beauty is a combination of qualities that gives pleasure to mind or senses and is often associated with properties such as harmony of form or colour proportion authenticity and originality. Since ancient times, people have always tried to improve their physical attributes to make them look more attractive and mask the so called imperfections. Many methods have been used for these purposes, which in today's world, include use of cosmetics.

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Cosmetics are defined as any particle intended to be applied on the human body for cleansing, beautifying, promoting attractiveness or altering the appearance without affecting the body's structure or function. Cosmetics have become the need of society. People spend monthly on these and the amount of variety is so high that cosmetics are available for different seasons and climates as well. Quality is compromised most of the times and generally a common man is unable to raise the voice or submit complain on which action would be taken. Many times it happens that the ingredients mentioned are not true and that affects us. Cosmetic toxicity is one of the causes of skin problems.

Visha

Any substance, which on entering the body causes vitiation of the healthy *Dhatus* or even destroys a healthy person is called as *Visha*. *Visha* is said to be of three types, namely, *Sthavara* (plant based), *Jangama* (animal based) and *Krutrima* (artificial). *Gara Visha* and *Dushi Visha* are the two types of *Krutrima Visha*.

Gara is a combination of substances, poisonous or non-poisonous, which exerts toxic effects after an interval of sometime and as such doesn't kill a person immediately. Most of the cosmetics available these days are synthetically produced using a wide range of chemical substances, which can be considered as *Gara Visha*. On long term usage, they can accumulate, causing various harmful effects on the body, which can be considered as *Dushi Visha*. This concept of *Gara* and *Dushi Visha* have been explained in the classical Ayurvedic literature. It can also be considered under *Visha Lakshana* of *Anjana*, *Asya Vish*, *Abhyanga Visha*, *Mukhalepa Visha*, *Shiro Abhyanga Visha*, *Hasta Visha*, *Sugandha Visha* and *Padapeeta Lakshana*.

Effect and treatment mention by Acharyas

Anjana Visha

If the poison is administered through eye in the form of *Anjana* like *Kajals*, eye shadow, eyeliner, mascara, etc. there will be accumulation dirt in the eyes causing redness, pain distortion of visions and even blindness. In such condition the *Snehapana*, *Pippali* is boiled in milk for seven times then *Pippali* is made to dry and made into paste mixed with ghee can be used. Flower of *Kapittha*, *Meshasringi* and *Bhallataka* maceration with the *Varana* or powder of *Brihati*, *Sirisabija*, *Prapaundarika* and *Nagabala* all powdered and macerated for seven times in honey. Small quantity of this along with *Srotonjana* and powder of gold are mixed together and applied to the eyes.^[1]

Asya Visha

Asya Visha in the form of lip stick, lip balm etc. ingestion of poisoned food will cause tingling sensation in the lips, burning sensation inside the mouth, hardness at the root of tongue, lockjaw, tingling sensation in teeth, tongue will become hard, like that of a blacksmith's anvil, more salivation and loss of sensation of taste. For this condition, the paste of *Dhataki Pushpa*, *Pathya*, seeds of *Jambu Phala* along with honey is used for *Pratisarana*. Paste of *Moola*, *Ankotaka*, seeds of *Shirisha* mixed along with honey is used for *Pratisarana*.^[2]

Shiro Abhyanga Visha

Shiro Abhyanga which may include hair oils, gels, dyes, conditioners, shampoo etc. causes headache, hair fall, appearance of nodules, dryness of scalp, dandruff etc. In such conditions *Shyama Palindi (Trivrit)*, *Tanduliyaka* along with *Ghritha*, bile of bear, black mud are mixed and applied over the head. *Cowdung*, *Malatika*, *Mushika Karni Swarasa* mixed with *Vagara Dhuma* is used for application over head. *Shleshmataka*, *Paatala*, *Shirisha*, *Madhuka* and *Dviharidra* mixed with *Ajaksheera* is used for bathing.^[3]

Mukha Lepa Visha

Mukha Lepa Visha in the form of creams, face packs, lotions etc. causes discolouration, pustules, burning sensation, *Paka*, *Sphota* etc. In such conditions *Madhuka*, *Payasa*, *Putranjeeva*, *Bhringaraja* *Punarnava Chandana* are mixed along with *Ghritha* and applied over face. *Paana* of *Madhu* and *Ghritha* has been indicated.^[4]

Hasta Visha

Hasta Visha in the form of henna, tattoo, nail paints lotions, manicure, sanitizers etc. cause burning sensation, discoloration of nail, nailbed infections etc. For such conditions *Lepa* prepared out of *Priyangu*, *Sariva*, *Indravaruni*, *Guduchi*, *Utpala* can be applied.^[5]

Abhyanga Visha

Abhyanga in the form of lotions, scented oils causes burning sensation on the skin, perspiration, ulcers, *sphotaka*, laceration etc. *Sugandha visha* like perfumes, deodorants also manifest similar symptoms. In such condition *Sheeta Jala Parisheka*; *Chandana Tagara*, *Usheera*, *Kushta*, *Venupatrika*, *Padma*, *Raktachandana* as *Lepa* is applied. Same drugs along with *Gomutra* and *Kapittha* is used for *Pana*. *Moola* of *Girikarnika*, *Punarnava*, *Priyangu*, *Sariva*, *Madhuka*, *Sarpagandha*, *Gavakshi*, *Kataka* are macerated along with *Shleshmataka* and this cold paste is applied over skin.^[6]

Paduka Visha

Paduka Visha and different kinds of foot wears causes burning sensation over skin, ulcers, blisters etc. for

such conditions *Lepa* made of *Shleshmataka*, *Sarpagandha*, *Amra* along with honey is used for application.^[7]

DISCUSSION

Acharya Susruta has described about *Tiryagga Dhamanis* (arteries spreading transversely) along with their respective functions. Each one of these *Dhamanis* are further divided into hundreds and thousands of branches and so become innumerable. These *Dhamani's* openings are attached to the hair follicles which purvey the *Sweda* (sweat to the exterior) and *Rasa* (nutrition to tissues) in the body. *Bhrajaka Pitta* which is present in the skin helps in the *Pachana* of *Dravyas* applied over the skin in the form of *Abhyanga*, *Parisheka*, *Lepa* etc. The *Virya* of *Dravyas* enters into the inner channels of the body through *Dhamanis*.^[8]

People use various products for improving their physical appearances. Today's generation seems to be more fascinated by the cosmetics from western culture. Most of such cosmetics contain chemicals, dyes and preservatives which may cause harm when used in the long run. They can thus be considered as *Dushi Visha* and *Gara Visha* (cumulative toxins). People should be encouraged to be aware of the ingredients in the cosmetics they use and their possible harmful effects.

For example most foundations contain silica and alumina which are respiratory irritants and aluminium salt is found to be toxic to the nervous system. Lipsticks are composed of oils, petroleum waxes and synthetic colours which usually come from coal tar dyes which can cause skin irritation and allergies, some of which may cause malignancy. Deodorants and anti-perspirants contain isobutene, a gas which can be contaminated with carcinogenic as active agents. Nail polish contains dibutyl phthalate, which is an oestrogen representing plasticizer that may disrupt thyroid function and accelerate sexual development in young girls. Animal studies have found that they may result in birth deformities like cleft palate and undescended testicles. Cleansers and body washes has foam creating chemicals include sodium laurel

sulphate, ammonium laurel sulphate and myreth sulphate causes skin irritants and also probable carcinogen. Hair colour and sprays on prolong uses has a high risk of bladder cancer, non-Hodgkin's lymphoma and multiple myeloma. Shampoo contain parabens endocrine disrupting chemicals which have been found in breast tumour tissue are been used as preservatives in many shampoos and hair products In addition sodium laureate sulphate and sodium lauryl sulphate which are also ingredients of concern. Carcinogen coal tar may be added as a biocide to some anti-dandruff shampoos.

CONCLUSION

In the present days due to the changing life style, mankind's are been exposed to different kind of poison with or without knowing one among them is Cosmetic toxicity. In this regard many of the formulations mentioned in the classics can be used like *Nitya Abhyanga*, *Lepa* etc.

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