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Management of Skin Allergy Due to Cosmetic Products -A Conceptual Study

Dr. Monika Sharma¹ Dr. Rajveer Sason², Dr. Sandeep Charak³

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1. Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan.
2. Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan.
3. Assistance Professor, Dept. of Agad Tantra, GAMC, Jammu & Kashmir.

Corresponding Author :- Dr. Monika Sharma Ph.D Scholar, P.G Department of Agad tantra Nia Jaipur Rajasthan,
Email: sharmania64@gmail.com

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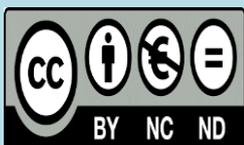
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ABSTRACT: -

Beauty is a subject of social medical importance. Every person wants to stand at height and they require distinct personality which differ them from a crowd. People are using cosmetic products use for curing their skin problems and to maintain the skin appearance and beauty. Allergic reactions due to cosmetics may be delayed type reactions such as photo allergic contact dermatitis and immediate type reactions, that is contact dermatitis. Prick test is gold standard for diagnosis of allergy produce by cosmetic products. According to Ayurveda, if the body balance is maintained no allergic reactions are possible. All Skin disease have been described under *Kustha* (Psoriasis). Present paper highlights skin allergy produces by cosmetic products and its management through Ayurveda.

Keywords-Skin allergy, Cosmetic product, Management



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INTRODUCTION

Cosmetic word was derived from the Greek word “*Kosm tikos*” meaning the power.¹ Allergy or altered immune response is one of the deleterious effects of the immune system.² Concerns about the harmful effects of some cosmetics on women were highlighted in the 1930s as the cosmetics industry started registering huge growth and entering into the daily of an immense number of women and therefore drawing interest to consider their potentialities for good or ill (Carleton, 1933).³ A review of cosmetic powders, lipsticks, cold creams, vanishing creams, depilatories, wrinkle removers, hair dyes and hair lotions indicated that most of the cosmetics used at the time had unacceptable levels of toxic substances such as lead, bismuth, eosin, mercury, radioactive substances, copper, silver, nickel, cobalt, paraphenyldiamine and resorcin among others.⁴ In Ayurveda no direct reference of allergy as such in Ayurveda Samhita, but Ayurveda has explained various types of disease that are similar to allergy. This conceptual study will highlight skin allergy, pathogenesis, symptoms and management of skin allergy.

AIMS AND OBJECTIVE

- To evaluate, elaborate and discuss etiology of skin allergy.
- To evaluate, elaborate and discuss Management of skin allergy.

MATERIAL AND METHOD

Material related to Skin allergy is collected from Ayurvedic text including Bahatriye, Laghutrye. The index, non-index medical journals has also referred to collect information of relevant topic.

Conceptual Study

Cosmetic

Cosmetics are made up of a combination of chemical compounds derived from either natural or synthetic sources. Cleansers, toners, serums, moisturisers, and balms formulated for skin care can be used to cleanse, exfoliate, and protect the skin while also replenishing it; cosmetics designed for more general personal care, such as shampoo and body wash, can be used to cleanse, exfoliate, and protect the skin while also replenishing it.⁵

Skin allergy due to cosmetics

Allergies affect a large number of people, and they may strike at any age. Allergic reactions are an overreaction of the immune system to toxins that are otherwise harmless. An allergen can cause the immune system to produce chemical substances such antibodies, which trigger allergy symptoms. Seasonal allergies, such as those caused by pollen from blooming plants, are common.⁶

Types of Skin Cosmetics⁷

Despite the fact that there are several different types of cosmetics used for various purposes, all cosmetics are usually meant to be applied externally. These products are suitable for use on the face (on the skin, lips, brows, and eyes), the body (on the skin, particularly the hands and nails), and the hair. These items may be used for skincare, personal care, or to change the way you look.

- **Primers** are used on the face before applying makeup to create a smooth, clear layer on top of the skin that allows makeup to be applied smoothly and evenly. Some primers are tinted, and the tint will either complement or colour correct the wearer's skin tone, using greens, oranges, and purples to balance out skin tone and correct redness.
- **Concealer** is a cream or liquid substance that is applied to the skin to remove stains or blemishes. Concealer is usually the same colour as the user's skin tone and is used after the face has been primed to balance out the skin tone before applying foundation. Concealer is

usually more pigmented, provides more coverage, and is thicker than foundation or tinted primers.

- **Foundation**-A cream, jelly, mousse, or powder foundation is a substance that is applied to the entire face to create a smooth and even base in the user's skin tone. Foundation is marketed in formulations that can offer sheer, matte, dewy, or complete coverage of the face, which offers a lower amount of coverage than concealer.
- **highlighter** is a liquid, cream, or powder product that is used to draw attention to the high points of the face, such as the brows, nose, and cheekbones. Sometimes, substances are added to highlighter to give it a shimmer or glitter effect. As an alternative, a highlighter can be made with a lighter-toned base or concealer.
- **Eyeshadow** is a pigmented powder, cream, or liquid used to highlight, accentuate, and alter the appearance of the region around the eyes, on the eyelid, and below the brows. While liquid and cream formulations can be applied with the fingers, eyeshadow is usually applied with an eyeshadow brush with thin, rounded bristles.
- **Eyeliner** is a cosmetic that is used to improve and lengthen the appearance of the eye's size and width. It is most often black, but it may also be brown, white, or blue. Eyeliner is available as a brush, a gel, or a liquid.
- **Mascara** is a dense, cream-like paste that is applied with a spiral bristle mascara brush to darken, lengthen, thicken, or strengthen the eyelashes. Mascara is usually black, brown, or clear, but a variety of colours, some of which include glitter, are available.
- **Lipstick, lip gloss, lip liner, and lip balms** are all examples of lip products. [two] Lip products are widely used to add colour, texture, and moisture to the lips, as well as to describe their exterior edges. Lip products that add colour and texture to the lips, such as lipsticks and lip glosses, also come in a variety of colours and

finishes, such as matte finishes and sassy finishes.

- **Face powder, setting powder, and setting sprays** are used to 'set' foundation or concealer, giving it a matte or consistent finish and concealing minor flaws or blemishes. Both powders and setting sprays claim to prevent makeup from melting or soaking into the skin.
- **Nail polishes** that are transparent and colourless can be used to reinforce nails or as a top or base coat to protect the nail or nail polish. Nail polish, like eyeshadow, comes in almost every colour and a variety of finishes, including matte, glitter, shiny, and crackle.

Adverse Reaction⁸

Adverse reaction with the increasing sophistication of today's population, the need and use of cosmetics has also increased. Manufacturers have fully exploited this demand, resulting in a wide range of cosmetics at disposal.

Types of Adverse Reactions In general, adverse reactions to cosmetics can be classified as follows

1. Contact Dermatitis
2. Irritant / Allergic / Photo contact / Immediate type reactions
3. Pigmentary Changes Hypo pigmentation / Hyper pigmentation / Depigmentation
4. Acneiform eruptions Acne cosmetica / Pomade acne
5. Nail abnormalities Contact dermatitis / Chronic paronychia / Nail discoloration / Subungual hematoma / Onycholysis.
6. Hair abnormalities Contact dermatitis / Diffuse alopecia / Folliculitis

Samprapti Ghataks

From the above description of *Samprapti Ghataks* can be summed up as –

Dosha- Vayu (Udana, Vyana) Pitta (Bhrajaka)
Dushya -Rasa / Rakta (Dhatu) / Tvaka (Updhatu)

Srotas- Rasavaha/ Raktavaha

Agni- *Jatharagni Dhatvagni (Rasagni, Raktagni)*

Marga -Shakhagata

Sthana- Tvaka

Management through Ayurveda

There are two types of Ayurvedic approaches to treating any condition:

- **Shodhana** is an Ayurvedic detoxification that aids in the elimination of the allergic reactions root cause. This also aids in the correction of an unbalanced Agni, the removal of excess Dosha from the body, and the strengthening of the immune system. When there is no acute process of the allergic reaction, this is normally achieved.
- The five detoxification acts are as follows, and they help to remove excess *Doshas*:
- **Vamana**, or therapeutic vomiting, is used to treat allergies caused by the *Kapha dosha*.
- **Pitta-related** allergies may be treated with therapeutic purgation (*Virecana*).
- **Vata-related** allergies: Medicated enemas (*Basti*)
- Bloodletting (**Rakta Moskhana**): Allergic reactions to blood and *Pitta*.
- Nasal treatments (**Nasya**) are used to combat allergies caused by the *Kapha dosha*.¹⁰
- **Shamana: Treatments and therapies for acute phases of allergic reactions.**
- **Aloe vera** is a plant with fleshy spiny-toothed leaves and red or yellow flowers that is native to southern Africa. Many products contain it because it cures, moisturises, and softens the skin. To remove the calming gel, simply cut one of the Aloe vera leaves. Aloe vera contains amino acids such as leucine and isoleucine, as well as cleansing saponin glycosides and vitamins A and C.¹¹
- **Coconut oil** is made by crushing the dried kernel of the coconut, which comprises 60 to 65 percent of the oil. Glycerides of lower chain fatty acids are abundant in coconut oil. Coconut

oil is made from the fruit or seed of the coconut palm tree *Cocos nucifera*, which belongs to the *Arecaceae* family. It is used in baking and cooking. Coconut oil is an excellent moisturiser for the skin.¹²

- **Jojoba Oil** is a mixture of long-chain, linear liquid wax esters derived from the seeds of *Simmondsia chinensis*, a desert shrub in the *Simmondsiaceae* family. Jojoba oil is easily refined to eliminate any odours, has a neutral colour, and is oxidatively stable, making it a common moisturiser and carrier oil for exotic fragrances in cosmetics.¹³
- **Olive Oil:** Olive oil is a fixed oil extracted from the fruits of the *Olea europaea* tree, which belongs to the *oleaceae* family. Triolein, tripalmitin, trilinolein, tristearate, monostearate, triarachidin, squalene, -sitosterol, and tocopherol are the main constituents. It's used in lotions, shampoos, and other cosmetics as a skin and hair conditioner. It's an effective fatty acid penetration booster.¹⁴
- **Sunflower oil** is a non-volatile oil extracted from the seeds of *Helianthus annuus*, a member of the *Asteraceae* family. Lecithin, tocopherols, carotenoids, and waxes are all contained in sunflower oil. It has anti-inflammatory properties and is non-comedogenic.¹⁵
- **Turmeric** is a spice that Hindus use in a variety of rituals. Brides, particularly in Hindu weddings, would rub turmeric on their bodies to give them a glowing appearance. Turmeric was often rubbed on the foreheads of newborn babies for good luck. Women have traditionally rubbed turmeric on their cheeks to give them a natural golden glow.¹⁶
- **Neem:** The herb *Azadirachta indica*, belonging to the *Meliaceae* family, has been discovered to have blood purifying and beauty enhancing properties. The most popular dandruff medication. Neem is useful for treating dandruff because it contains antifungal,

antibacterial, pain-relieving, and anti-compounds.¹⁷

- **Tamarind (*Tamarindus indica* L.)** is a Fabaceae (Fabaceae) subfamily Caesalpinoideae plant that contains amino acids, fatty acids, and minerals. Tamarind's most distinguishing feature is its sweet acidic flavor, which is due to tartaric acid. Tamarind fruit, in addition to being a good source of sugars, is also a good source of Vitamin B.¹⁸

DISCUSSION

Cosmetology is a broad subject that encompasses a wide range of topics and artefacts.¹⁹ In this case, it has been discussed in relation to personality and appearance, as both are socio-medically significant. Beauty can be a factor in gaining social recognition, popularity, and prosperity, among other things, so that a person stands out in a crowd. *Tridosha, Sapta Dhatu, Trimala, Agni, Sattva, and Atma* are fundamental components of bodily constitution and disposition,²⁰ according to Ayurveda. As a result, maintaining their natural structural and functional status is critical for fitness, appearance, and a charming personality. The face is the most visible part of the body and a key organ in determining one's personality. *Vyanga, Nyaccha, Tilakalaka, Yuvanapidika, and other Kshudra Rogas* that affect the face have a high cosmetic value. Many herbal medicines are used to treat cosmetic induce skin allergy.²¹

CONCLUSION

The most common cosmetic contact allergens are fragrance components and preservatives; however, all ingredients must be considered possible culprits and patch tested. Immediate-type reactions, in addition to allergic contact dermatitis, can occur, and prick tests are the

gold standard for diagnosis. *Panchkarma*, Purificatory procedure, rejuvenating procedures and herbs play imp roles. If the proper purification is done then the effects of herbal treatment and rejuvenation treatment are better and the patient's life expectancy is increased. So, if we want to cure and prevent such allergenic reactions due to cosmetics then one should try to know the body constitution and should try to maintain the balance. By the use of *doshas* reducing substances and avoiding *doshas* increasing substance, making *Dincharya* favourable to maintain the body balance.

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