

Popular Herbal Components in Skin Care Myth and Specific Reality on Current Herbal Skin Protective

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ABSTRACT: Beauty and protection products have been used by people of all ages, income levels, and social statuses for centuries. Indeed, the notion of beauty and cosmetic has been there since the dawn of civilisation. When it comes to Egyptian, Chinese or Indian face painting and eye makeup, as long as they're referenced in the Bible, it's OK. Women's desire to seem youthful and attractive by employing various beauty methods has led to the use of herbs and other items that have been well recognised for generations. Turmeric, haridra (*Curcuma longa* Linn), saffron, indigo, alkanet, chlorophyll green from plants and plants and indigo were all used for bodily-decorations throughout the Aryan era. To create natural cosmetics, the base and/or active components are derived from nature. For example, Aloe vera gel and *Pterocarpus santalum* and *Curcuma longa* extracts have both been used as natural cosmetics since antiquity. For millennia, herbal extracts have been utilised in cosmetic formulations, either for their own qualities or as alternatives for synthetic components that may have to be removed from formulations due to hazardous and undesired after effects. There are hundreds of chemical structures in the herbal extract that have been demonstrated to be active in cosmetics. Cosmetic compounds derived from herbs may be separated from drugs. Many herbs have been utilised in the past for the treatment of skin and hair disorders, including acne. Natural extractives have been used for centuries for their anti-inflammatory, antioxidant, antibacterial, antihyaluronidase, antityrosinase, and antimelanogenesis properties in cosmetics, according to traditional applications and scientific investigations.

KEYWORDS: Herbal Skin Protective, Cosmetics Popular Herbal Components

I. INTRODUCTION:

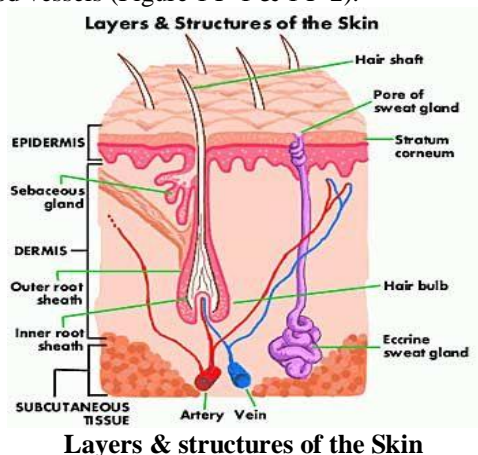
Since ancient times, people of all ages and socioeconomic backgrounds have used cosmetics to enhance their appearance and protect themselves. Indeed, the notion of beauty and cosmetic has been there since the dawn of civilisation. When it comes to Egyptian, Chinese or Indian face painting and eye makeup, as long as they're referenced in the Bible, it's OK. An especially strong desire among females is to radiate youth and beauty via the use of numerous beauty remedies that draw on herbs and other ingredients that have been used across the globe for ages [1].

As defined by the United States Food and Drug Administration (USFDA) in 1938, a cosmetic is a product designed for use on or on any portion of the human body or any part of the body to clean, beautify, promote beauty, or modify the look without affecting the structure or function [2].

Cosmetics are defined as having no activity, which indicates that they cannot have an influence on the structure or function of the body. The European council reevaluated and clarified this term at its most recent meeting. For purposes of this definition, a "cosmetic product" is any substance or preparation that can be applied to the human body's skin, hair system and nails as well as the lips and external genital organs or the teeth and mucous membrane of the oral cavity for purposes of cleaning, perfuming or changing their appearance and/or correcting body odour. The European cosmetics regulation states that evidence of effect should be provided in the product information required by the European Union. On the other hand, in the United States, a product may only be considered a medication if it has been shown to work [3].

II. STRUCTURE AND ANATOMY OF SKIN IN ADULTS:

Approximately two square metres and four to five kg make up the skin. Its thickness varies from 0.5 mm to 4 mm. There are two major sections to the skin's structure, which are the epidermis and dermis. The epidermis is the skin's outermost layer, which is made up of epithelial tissues. Those parts that are deeper and thicker are known as the dermis. With five sub-layers that get more compressed and horny as they go closer to the surface of the skin, the epidermis has numerous tiny nerve endings and no blood vessels (Figure 1 F-1 & 1 F-2).



Epidermis

Keratinized stratified squamous epithelium constitutes the epidermis. Compared to the skin's architecture, it comprises four kinds of cells that are more important to the formulation of cosmetics.

- **Keratinocytes:** Cells called keratinocytes make up the majority of the body's cells; they are organised in four layers and are responsible for producing the protein keratin. Tough fibrous protein, keratin, protects skin and underlying tissues against heat, germs and chemical agents.
- **Melanocytes:** The pigment melanin is produced by around 8% of the epidermal cells. Pigment that adds to skin colour and protects against harmful UV rays is called melanin.
- **Langerhans:** As they move to the epidermis, Langerhans cells make up just a tiny percentage of the epidermal cells. Immune responses against skin-invading microorganisms that are readily destroyed by UV radiation are facilitated by them.
- **Merkel:** Merkel cells are the fewest of the epidermal cells in the human body. These are found in the epidermis' lowest layer, where they come into touch with the flattened process of sensory neurons known as tactile. Different

touch sensations may be detected by Merkel cells by analysing the tactile features. The epidermis is comprised of five distinct layers.

Stratum Corneum:

There are twenty five to thirty layers of flattened dead keratinocytes in the stratum corneum. Replaced by cells from deeper layers, they are constantly expelled and replaced.

Stratum Lucidum:

Only the thick skin of the fingers, palms, and soles has this substance. Dead and flattened transparent keratinocytes that are rich in keratin and have a thicker plasma membrane comprise this layer.

Stratum Granulosum:

Is a keratinocytes that are apoptotic in three to five layers and are flattened (an orderly genetically programmed cell death in which the nucleus fragments before and cell die).

Stratum Spinosum:

The stratum spinosum, which lies just above the stratum basale, consists of eight to ten layers of keratinocytes that are tightly packed together. The cells near the surface of this stratum flatten down. This gives the skin both strength and flexibility. This stratum also included Langerhans and melanocytes.

Stratum Basale:

One row of cuboidal or columnar keratinocytes make up this layer of the epidermis. Several of the keratinocytes in this layer are stem cells, which divide indefinitely to create new keratinocytes.

Dermis:

Located in between the epidermis and subcutaneous fat, the dermis plays a role in determining how thick the skin is. It has a pivotal influence in the look of the skin. When a child reaches puberty, their dermis thickens twice as much as it does when they are three to seven years old. There are collagens and elastic fibres in the connective tissues. Fibroblasts, macrophases, and adipocytes are among the dermis' few cells. Dermal tissues include blood vessels, nerves, sweat and sebaceous glands, and hair follicles.

Blood Vessels:

The blood travels via these microscopic tubes. The skin receives nutrition and oxygen through the blood vessels, which also remove waste materials.

Meissner's Corpuscle:

For sensing light touches and transient motions, these sensors are very good at what they do. Cells of the Pacinian type Sensors for deep pressure and vibration may be found in the Pacinian corpuscle (PAC).

Free Nerve Endings:

Pain, temperature fluctuations, and itching are all sensed by free nerve terminals, which transmit this information to counteract the reflex behaviours.

Sebaceous Glands:

Small, sac-like structures, sebaceous or oil glands produce sebum. Natural moisturising properties of this oily material may be applied to the hair and skin. Although they may be found all over the body, sebaceous glands seem to be more prevalent in the scalp region and around the forehead and the chin.

Sweat Glands:

A single tube, a coiled body, and a superficial duct make up these sweat-producing structures. They cool the skin via sweating, which aids in thermoregulation.

Hair Follicles

Hair is produced by hair follicles, which grow downward into the epidermal dermis. Except for the palms of the hands and soles of the feet, as well as the lips, they may be found everywhere over the body.

Glands:

Sebaceous (oil) glands, sudoriferous (sweat) glands, and ceruminous glands are all exocrine glands found on the skin. There are a lot of sebaceous glands on the scalp and on the face.

Subcutaneous Layer:

There is a lot of fat and connective tissue in the subcutaneous layer under the dermis. Monitors heat input and loss to provide a protective cushion and insulate body. Although this layer isn't considered part of the skin by some writers, it has a significant influence on how the skin appears.

Composition:

Heterogeneity, saturated chemical species, large levels of cholesterol and complicated ceramides chemistry are the stratum corneum lipid composition's most distinguishing traits. For the most part, ceramides (47%) are composed of

cholesterol (24%) as well as fatty acids (11%) and cholesterol esters (18%) 21.

Sweat Glands:

It is estimated that there are between three and four million sweat-producing glands in the body. Exocytosis is the process by which sweat gland cells discharge their secretion into hair follicles or onto the surface of the skin via pores. Secrecy is classified as either eccrine or apocrine depending on how and where it is produced as well as the anatomy and location of the organ producing it. Despite their major role in regulating body temperature, they also remove toxins and waste items from the body. The sweat they produce is mostly water, but it also contains salt, carbs, protein, and oil, which evaporates and cools the body [4].

III. PROPERTIES OF SKIN:

Skin has a wide range of characteristics that affect its appearance in both direct and indirect ways[5].

Color:

- The colour of the skin is not simply determined by the pigments, but by other elements such as blood flow, micro and macronutrient availability, oxygen availability, thicker skin, eleidin, etc.
- The quantity of melanin pigments on the surface of the skin.
- In the epidermis, dermis and subcutaneous tissue levels of carotene.
- The ratio of light that is reflected and dispersed.

Acid Mental:

The acidity of the skin is influenced by pH levels, and an adult's body surface has a pH of 3.0-5.0. Streptococcal infections and microbial attacks are more likely to occur in the alkaline region of the body[6].

Breathing:

Also, a large portion of carbon dioxide is exhaled into the atmosphere, albeit only to a very minor extent. Despite the fact that some respiratory oxygen is obtained directly from the air, skin breathing is limited[7].

Hydro Regulatory Balance:

Only a little amount of water can pass through the skin. Rein's barrier, the barrier that prevents moisture from escaping and entering the body, is located below the corneal layer.

Emolliency:

Emolliency, or moisturising the skin, is a term for preventing the skin from drying out. It is thought that moisturisers would help to boost the skin's moisture, as well as the skin's smoothness, suppleness, and flexibility or pliability[8].

Luster: The skin's lustre (sheen) also plays a significant impact in the qualities of the skin.

Texture: These characteristics may be seen by sensory and tectonic methods, and the texture of the skin can range from smooth to rough. Smoothness and high emolliency are hallmarks of well-nourished skin.

Firmness and Extensibility: In addition, the ageing process causes the skin to lose its firmness and suppleness. When the skin loses its elasticity, it loses its firmness as well[9].

Wrinkles and Folds:

To begin with, the wrinkles and folds on the surface of the skin (corneum) are caused by the loss of elasticity in this layer. Folds that form over time create a mark on the skin, which eventually deepens to become wrinkles and other signs of ageing. There are no aesthetic issues with fine lines, but skin pores that inflate or distend and become apparent to the naked eye pose a concern[10].

Protection:

A layer of keratinized stratified epithelial cells known as the stratum corneum, which is the outermost layer, protects the skin from harmful environmental influences. Skin acts as a barrier to keep the body safe from harm:

- This includes things like pressure and stroke.
- Heat or cold may have a thermic effect.
- Chemicals, UV rays, and microorganisms may all have an influence on the environment.

Regulation of Body Temperature:

Sweating, which cools the body by evaporating off the skin's surface, helps regulate the body's temperature[11].

Sensation:

Aside from sight and hearing, touch is one of the most vital senses of the body. The overall feeling is transmitted via the skin. There are many different sensations that may be experienced via the senses.

Synthetic Function:

Ultraviolet rays of the sun interact with the ergosterol in the skin and subcutaneous tissue to produce vitamin D.

Absorption:

Lipids pass through the skin with ease. Through the skin, the absorption of fat-soluble chemicals such as vitamins is relatively easy, but the absorption of hydrophilic substances is limited. The skin's water absorption is hindered by a waxy coating. However, the stratum corneum of the stratum corneum becomes swollen when the skin is exposed to water for a lengthy period of time. For example, the skin takes in a variety of nutrients and other micromolecules, some of which are absorbed into its own systemic circulation through the sebaceous or hair follicles, respectively[12].

IV. COSMETIC CLASSIFICATIONS:

Based on their ingredients, all cosmetic compositions may be categorised. -

1. **Site of Application:** On the website, cosmetics are included as a category -

(i) **Skin Cosmetic:** These are used to enhance the skin's shine and glow, both directly and indirectly. Bath products, deodorants, antiperspirants, powders, rouges, perfume, oils, colourants, and face packs are just some of the examples.

(ii) **Eye Cosmetics:** These are used in some capacity to enhance the look of the eyes, either directly or indirectly. i. g., eye pigment, shadow, linear lashes, wax carbon lashes, etc.

(iii) **Hair Cosmetics:** A wide range of hair care products, from shampoo to detanglers to hair styling products, include anti-dandruff, anti-inflammatory, and antioxidant ingredients.

(iv) **Nails:** Hydrating ingredients, colouring pigments, and reflectors are all used in nail formulations like nail liquor and lacquer.

2. Dosage Form

(i) Solid

(a) **Powders:** To be used for scenting, washing, colouring, dyeing, and pigmentation (Insoluble in liquids).

(b) **Pearls:** Layers of protein and calcium carbonate are used to encapsulate the drugs. As a sunscreen, these layers reflect the sun's rays.

(ii) **Semisolids:** There are a wide variety of products that may be used on the face and body.

(iii) **Liquid:** Hair oils, aftershave lotions, shampoos, hair dyes, bath oils, and body oils are all examples of this.

Novel Cosmetics: Microspherical beads, nanosomes and multiple and micro emulsions are all examples of liposomal materials. Airbrushing, mist foundations, and more are all possible with the help of aerosols.

3. Pharmacological & Physiological Antiaging:

Creams and ointments are often used. Anit-perspirants: antiperspirants, deodorants, antidandruff shampoos and creams, antiwrinkles-antiaging products: antioxidative creams and extracts, anticellulite toners. Skin creams and lotions that include antiseptic ingredients are often used.

Creams, lotions, and oils that provide UV protection.

Aromatic: Oils and creams.

Skin Whiteners: Creams, solutions and lotions (Chemical like antitryosinase properties)

V. CONSUMER CLASSIFICATION:

Face & Skin Preparation:

i. Powders: talcum powders, compact powders, and other similar cosmetics. Luminizing powder, concealer powder, and face masks are all included in this set.

ii. Cosmetic Creams: skin care products such as emollient and lubricating lotions as well as sun protection and hand protection are all included in the category of skin care products.

iii. Sticks: Deodorants, lipsticks, and other colourants are included in this category.

iv. Lotions: Hand lotions, skin toners, skin fresheners, and astringent lotions are all types of moisturisers.

v. Shaving Preparation: Shave gels, lather soaps and lotions, and aftershave balms are all examples of products that may be lathered.

Hair Preparations

Wet or dry wanding for wavy or curly locks; conditioning and strengthening products for damaged or oily locks; and products for oily or oily-seeded scalps, curly or straightened hair; and bleaching agents.

Dental Preparations

There are a variety of dental goods, including toothpastes and dentifrices as well as anti-carry liquid treatments and mouth washes.

Foot Preparation

Various sportsmen's foot powders, sprays, creams, and lotions may be found on the market today.

Eye Preparations

Colored pencils and liners; erasers; flesh-toned crayons; Mascara; Lashes; and Brows putty.

Lip Preparations

Dual pencil sharpeners and non-drying lipsticks are included in this collection.

Color Makeup

Everything from lip gloss to mascara to eye shadow to liquid foundation and stick foundation may be found on the beauty aisle.

Herbal Cosmetics

All across the world, people utilise a variety of cosmetics to meet their individual demands. In order to make a cosmetic, such as one to reduce wrinkles, combat acne, or manage oil production, various components, both natural and synthetic, are used to achieve the desired quality level. Many people in India and throughout the world have recently begun using herbal cosmetics (lipsticks and other lip products; shampoos and toothpaste; body and hair oils; soaps; sunblocking creams and gels; face scrubs; etc.) because of its health benefits. These formulations promise to be free of the adverse effects that are often associated with synthetic goods. They also contain a wide range of qualities, such as anti-inflammatory, antiseptic, and antibiotic, which may be found in the herbs used to make these items[13].

VI. SOME COMMON MYTHS AND FACTS OF HERBAL COMPONENTS:

5000 years old, Ayurveda is India's oldest type of medicine. It aims to promote well-being on all levels. However, despite its many advantages, Ayurveda is still mostly utilised as a preventative measure rather than a cure. It's mostly due to our lack of confidence in this old wisdom. This age-old ritual is shrouded in legend and lore. Please refute these widespread misconceptions and educate yourself on what really happens [14].

Facts and fallacies about this ancient tradition are outlined below.

Ayurveda is not a Legal Practice:

Some individuals avoid Ayurvedic therapy because they are unsure whether it is a valid medical practise. According to Ayurveda, our body's three doshas are out of balance, and this imbalance might be the cause of many illnesses that we experience. As a result, Ayurveda physicians, unlike allopathic doctors, do not need to refer you to separate experts for different ailments.

Only Vegetarians can Undergo Ayurvedic Treatment:

As a popular notion, Ayurveda strictly prohibits the intake of animal products and onion,

which are termed "Tamasic food" by Ayurveda practitioners. Ayurvedic physicians really encourage the eating of onion and garlic because of their many therapeutic qualities. However, although garlic may help us fight colds as well as purify the blood, onions can help us prevent sunstrokes, nose bleeding as well as help us clean breast milk. Additionally, meat serves as a source of protein, iron, and a defence against illness, and it is recommended in certain doses.

Ayurvedic Treatment Takes Longer to Work:

This is one of the most common misconceptions that surround Ayurveda. Any treatment, even if it follows an allopathic way of medicine or the ayurvedic way, cannot cure one instantly. There are no instant results for any ailments be it mild or severe. For every cure, certain prevention methods should be followed to ensure the best results as they enable the medication to work faster and effectively [15].

Ayurveda is not Real Science:

Ayurveda is science and is based on a 5000-year-old science. In fact, it has paved the way for several other sciences. For example, let's take intermittent fasting, which is an age-old ayurvedic concept of taking care of gut health and detoxing your body. Thus, Ayurveda is one of the key branches of science.

Ayurvedic Medicines do not have Any Side Effects:

Not everything works the same for everyone. There is no one size fits all in Ayurveda as it works differently for different people. Ayurvedic medicines are less harmful than other medicines due to organic herbs in them, there still may be some side effects. People assume that Ayurveda is safe since it employs natural treatments to treat an illness. As a result, people often turn to over-the-counter Ayurvedic remedies for therapy. When prescribing Ayurvedic medicine, the following four considerations, which are also the four foundations of the discipline, must be considered. Doctor, patient, caregiver and drug are all part of the team. Any of these imbalances may be harmful to one's health and merely exacerbate already existing problems [16].

Ayurveda Treatments Take Longer to Work and are Less Effective:

This is perhaps one of the most common misconceptions that surround Ayurveda. Any

treatment, whether it follows an allopathic way of medicine or the Ayurvedic route, can cure instantly. There are no instant results for any ailment, however mild or serious. For every cure, there are certain prevention methods to be followed to ensure optimum results as they will enable the medication to work faster and more effectively. In terms of clinical treatment, yes, Ayurveda does take slightly longer, but unlike other treatments [17].

Ayurveda is not Real Science:

This one is also often heard but certainly a myth. Ayurveda is science and it is based on science – a 5000-year-old science. In fact, Ayurveda has also given way to several sciences that emerged later. For example, let's take intermittent fasting. Intermittent fasting is based on the age-old ayurvedic concept of taking care of your gut health and a gentle way of detoxing your body.

Ayurveda Demands a Strictly Vegetarian Diet:

This myth has perhaps been floating around for a long period and it is a misunderstanding at best. While Ayurveda encourages a vegetarian diet due to immense health benefits, it is not a rule. Vegetarian meals are often easier on our digestive system, do provide all nutrients despite misconceptions that there isn't sufficient protein intake for vegetarians, and are healthier in the long run but consumption of meat isn't prohibited in Ayurveda. It is simply based on each individual's choice. Ayurveda doesn't rely just on potent herbs, but it also uses milk, honey, ghee, rock salts, and other minerals in its formulations. Bones, ash, and gallstones are all used in certain medications.

Ayurvedic Medicines have no side effects:

Not everything works the same way for everyone. There is no concept of 'one size fits all' in ayurvedic medicine and it may work differently for each person, just as how clinical treatment would. While ayurvedic medicines cause less harm than other medication as it involves organic herbs, there may still be some side effects that people experience. It is all about the balance. Anything consumed too much can result in danger. One needs to consult with professionals and gain the right knowledge before starting any medication.

Ayurvedic Medicines are Only for Older People:

Yet another common fallacy is that Ayurveda is generally meant only for older people. However, Ayurveda is for everyone regardless of which age group they fall under and their ailments.

And, even if it doesn't completely cure an ailment, ayurvedic treatment can help in prevention.

Ayurvedic Medicine is Difficult to Take:

Ayurvedic medicines are in the form of powders, syrups and jams as they are extracts mostly from herbs. There are six rasas (tastes) in Ayurvedic remedies. When it comes to food, Ayurveda thinks that taste extends beyond our tongues and into the acidic environment of our stomachs. We name the flavour in our mouth, svada, and the one in our stomach, paka respectively. When you eat bread, for example, your stomach's response to it is to produce a sweet flavour. Because many Ayurvedic pharmaceutical businesses are producing medications in tablet and pill formats, they are easier to consume. Nonetheless.

Ayurvedic Medicine is Non-Researched:

They've been around for a long time and are shown to be effective. This kind of treatment has been around for a long time. Since the formulations have been in use for hundreds of years, they are still in use now. The Ayurvedic formulas and pharmacopoeas are well-documented and recognised by the Drugs and Cosmetics Act. They have a medical degree, and are registered with the Indian Medicine Council Act. Ayurveda practitioners.

Ayurvedic Medicines are too Expensive:

Not all Ayurvedic medicines are expensive. Some Ayurvedic formulations contain expensive ingredients like gold and silver, and these medicines are generally prescribed for chronic or severe diseases. If there are some expensive medicines, then there are their substitutes as well, which are affordable.

Ayurvedic Medicines have Foul Taste and Odour:

An unpleasant taste and odour are common in several Ayurvedic medications. Some drugs must have a pungent or bitter taste in order for the body to adequately cleanse itself. The doctor may, however, prescribe a combination medium such as honey or mishri with the drug if a patient is unable to take the medicine on its own.

Ayurvedic Medicines Contain Steroids:

Herbs or metals from nature are used to make medications in line with Ayurveda's prescriptions, according to its medicinal and pharmacological proof. All ayurvedic medications are made without the use of steroids.

Ayurvedic Medicines are Slow in Showing Results:

Generally, patients come late with their problems. They try other systems of medicines to get faster results before trying Ayurveda. This delays the effects of the medicine. Ayurvedic medicines work slowly because they first try to neutralise the effects of other medications first.

Ayurvedic Medicine is Only for Chronic Diseases:

No doubt, Ayurvedic medicines work wonders on chronic diseases, but they are also equally effective in treating problems like viral fever and common cold.

Ayurvedic Medicines are Harmful for the Kidneys:

This is false. When medications are manufactured without proper drug standardisation and monitoring, this may occur. If you're going to be using Ayurvedic medications, it's best to use ones made by producers that follow stringent guidelines.

Ayurvedic Medicines are Only for Elderly People:

All ages may benefit from Ayurvedic treatment. This kind of therapy has no restrictions. Ayurveda is particularly beneficial for children since their bodies are still developing and their immune systems are still forming. Natural substances are less likely to interact with a child's immune system and are also less likely to cause adverse consequences.

Only Vegetarians can Take Ayurvedic Treatment:

A popular misconception is that one must refrain from eating meat and onion when taking Ayurvedic remedies. In reality, this is not the case. For this reason, a large number of Ayurvedic physicians advocate eating onion and garlic. Additionally, a set quantity of meat is advised in order to balance the body's iron levels and give the protein necessary to cure a certain ailment.

Ayurveda Takes a Long Time to Heal:

That's not quite accurate. It may take some time for you to see a change in your symptoms with Ayurveda, but your body is being trained to respond to treatment as a whole. Several Ayurvedic therapies, on the other hand, may work just as quickly as Western medications when necessary. Ayurveda contains various fast-acting laxatives for those with constipation, for example.

Ayurveda Only Treats a Limited Number of Diseases and Conditions:

That's not good at all! Ayurveda may treat a wide range of conditions, whether they are acute, chronic,

or even as simple as the flu. Ayurveda has its own specialty, much as in contemporary medicine.

- Kayachikitsa- Internal Medicine.
- Prasuti Tantra - Gynecology and Obstetrics.
- Kaumarabritya – Pediatrics and Neonatal.
- Shalya Tantra – Surgery.
- Agada Tantra- Toxicology.
- Shalakyā: ENT.
- Bhuta Vaidya: Psychiatry.
- Rasayana: Geriatrics/Rejuvenation therapy

Ayurveda is Spiritual:

Ayurveda is derived from the Vedas (religious writings), however it does not discuss any religion in any way. Modern medicine has adopted and continues to utilise all of Ayurveda's practical applications. Ayurveda, like Yoga, focuses only on the body's physiology, anatomy, and pathology [18].

Ayurveda Asks you to Switch to a Vegetarian Diet:

Ayurveda's ancient scribes did not limit the diet to only vegetarianism. Quite a few Ayurvedic medicines include animal products, such as meat, milk, and eggs. But if you like eating meat, you must be careful.

Panchakarma is Like Getting a Massage:

Adverts for modern Spa culture have contributed to this misperception. Not even one of the panchakarmas is ayurvedic massage. Panchakarma may be performed without a massage. Actually, panchakarma may not be as pleasant as you think, but it is a gruelling detoxification procedure.

Ayurveda has no Side Effects:

This is the most widely held misconception, and as a result, Ayurvedic products may now be purchased by the general population. No one should self-administer Ayurvedic products without prior counselling. When taken wrongly, there are consequences and negative effects. If the dose is not followed exactly, any drugs, including Ayurvedic, might have negative effects. Because it may impair

one's health otherwise. Ayurvedic remedies, on the other hand, have been tested and shown to be safe.

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