

**COSMETOLOGY IN UNANI SYSTEM OF MEDICINE: A REVIEW****Mohd Saqlain<sup>1\*</sup>, Ferasat Ali<sup>1</sup>, Aliya Parveen<sup>2</sup> and Arshi Riaz<sup>1</sup>**<sup>1</sup>Department of Kulliyat, Faculty of Unani Medicine, AMU, Aligarh.<sup>2</sup>Department of Tahaffuzi wa Samaji Tib, NIUM, Bangalore.Article Received on  
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Author****Dr. Mohd Saqlain**Department of Kulliyat,  
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Medicine, AMU, Aligarh.**ABSTRACT**

Beauty of person gives perceptual experience of pleasure or satisfaction. Unani Medicine never isolate the involvement of mental and spiritual well being from the concept of beauty. Unani Medicine , the world's ancient science of health care and healing, works on four humors blood, phlegm, yellow bile and black bile. When these are in perfect harmony, a person radiates with inner and outer beauty. In fact, the concept of beauty and cosmetics is as old as mankind and civilization. Unani physician believe that toxic materials inside our body make a person ugly and diseased and Musaffi Advia (Purifiers) are the best therapeutic intervention to eliminate body toxins. Safe

solutions, no side effects, use of natural herbs, long lasting impacts etc. have made Unani Medicine as choicest cosmetology. India could emerge as a major contributor to the global cosmetic industry. This will possible, as one of the strengths of India is Unani tradition. The present review deals with the Unani concept of cosmetology, advantages of Unani Medicine in Cosmetology, Unani medicines & medicinal plants proven as cosmoceuticals.

**KEYWORDS:** Humors, Unani cosmetics, Cosmetology, Musaffi Advia.**INTRODUCTION**

Beauty is the desire of every individual to give pleasure to the sense. Beauty is not only a source of joy but gives confidence and proud to some extent. Ancient Unani scriptures and many mythological epics encompass the reference of cosmetics like Turmeric(*Curcuma longa*), Saffron(*Crocus sativus*), Sandal surkh(*Pterocarpus santalinus*) and Agar (Aquilaria agalbeha) that were used as body decorative, beautification, to create body fragrance and beauty spots on the chin and cheeks in the era ruled by gods and their deities. The secret of Unani cosmetology is in the surrounding nature. Unani physicians skillfully use vegetables,

fruit, spices, herbs, precious stones, metals, minerals and this let them create unique products which are magic for skin care. Combined with Dalak (Unani massages) and Jaali advia (cleansing drugs, these treatments lead our body and skin to immediate and long-term rejuvenation. Cosmetology is the science of alternation of appearance and modification of beauty. Any substance or preparation intended to be placed in contact with the various external parts of human body (epidermis, hair, nails, lips, and external genitals) or with the teeth and mucous membrane of oral cavity with a view exclusively or mainly to clean them, changing their appearance and/or correcting body odors and or protecting them or keeping them in good conditions.<sup>[1]</sup>

According to Unani medicine, human body functions through various channel systems called “Umoore tabaiya ” containing both microscopic and macroscopic structures such as the anasir, temperament, humors, organs, arwaah, power and function.<sup>[2]</sup> These channels function as innumerable psychobiological processes such as enzyme production, neuro-transmitter secretion, hormonal intelligence, respiratory capacity and digestive assimilation/ elimination, immune power etc. and responsible for wellness and beauty. These act rhythmically and in concern with one another to perform complex decision-making regarding the supply of nutrients, filtration of toxins, excretion of wastes and much more. If these waste materials are insufficiently metabolized, toxins or incompletely processed foods and experiences can become deposited in weak areas of the body. If unaddressed, these can become a disease. Weak zones occur in the body due genetic factors or more commonly, lifestyle factors, such as unhealthy food choices, stress or environmental influences. These toxins or unprocessed metabolic deposits can cloud the normal psycho-biological cellular intelligence and loss body luster and beauty. Munzij and Mushil therapy is both preventative for healthy people to maintain and improve excellent cellular function, and curative for those experiencing disease.

One of the major benefits is that biologically active ingredients are easily absorbed into the deeper layers of skin and influence it at the cellular level. These organic ingredients are based on the same biological principles as the human body. This is the reason why the human body responds extremely well to natural substances, while it has an inbuilt resistance.

## ROLE OF TEMPERAMENT AND AKHLAT IN COMPLEXION (LAUN-E-BADAN) AND HAIR (SHA'AR) IN UNANI SYSTEM OF MEDICINE

Skin and hair color are the most important criteria in defining once beauty because it shows the external appearance of a person. According to Unani system of medicine, there are four akhlat found in human body namely blood(dam), phlegm(balgham), yellow bile(safra), black bile(sauda) each having its respective qualities(kaifyat) like blood is hot and wet, phlegm is cold and wet, yellow bile is hot and dry, black bile is cold and dry, intermixing of these akhlat and hence kaifiyat results in temperament of a person. According to Allama Nafees “when elements mix with each other they act and reacts which result in developing a new moderate quality in between the all four previous qualities and new quality is known as mizaj”.<sup>[3]</sup>

Now a day practically ten diagnostic sign (of the temperament) are in uses ,complexion and hair are considered very important among them which was described by Ibn-e-Sina in his famous book Al Qanoon fil-Tib these ten parameters which are called Ajnase Ashra are as follows.

1-Touch	Malmas
2-Muscles and fat	Leham-wa-shaham
3-Hair	Sha'ar
4-Body complexion	Laun-e-badan
5-Physique	Haiyat-e-aza
6-Responsiveness of organ	Kaifiat-e-infeal
7-Sleep and wakefulness	Naum-wa-yaqzah
8-Functions of the body	Afaal-e-Aza
9-Excreta of the body	Fuzlat-e-Badan
10-Psychic Reaction	Infe'arate Nafsaniah <sup>4</sup>

On the basis of these ten parameters Unani physicians have divided human beings into four kind of temperament, personalities on the basis of predominance of humours, for example Sanguine(damvi), bilious(Safravi), phlegmatic(Balghami), choleric(Saudavi).<sup>[5]</sup>

**SANGUINE (DAMVI ) Hot and wet MIZAJ**

Warm and so□ skin on palpa\_on, muscular body built reddish or pinkish complexion, thick lusty and blackish hairs which shows rapid growth and average distribution, suitable weather is cold and dry.<sup>[6]</sup>

**BILIOUS ( SAFRAVI ) Hot and dry MIZAJ**

They have a yellow complexion and lean and hairy body. Their sclera has yellow appearance; their most suitable weather is winter.

**PHLEGMATIC (BALGHAMI) Cold and wet MIZAJ**

They are flaccid and obese individuals. With white and pasty skin. They have thin and so hair.<sup>[7]</sup> They like hot weather. According to Narain their memory is bad and uncreative.<sup>8</sup>

**CHOLERIC (SAUDAVI) Cold and dry MIZAJ**

They are thin and dark. There may be black, reddish, black, or of greenish tinge.<sup>[9]</sup> According to Narain, they have excellent memory ,brilliant understanding ,lovely imagination ,refined feelings and vivid conceptions.<sup>[8]</sup>

**UNANI CONCEPT OF SKIN**

According to the Tabri, skin quality depend upon human temperaments the skin is thin and so□ in the wet temperament and the skin is dry and hard in those person have dry temperament the quality is best and the skin is beau\_ful in the Hot and wet temperament and the skin is hard and powerful in the Hot and dry temperament the skin quality is be□er in the cold and wet temperament than those have the cold and dry temperament.<sup>[10]</sup>

The skin has more equable temperament than other organs of the body and especially the skin of tip of index finger has most equable temperament.<sup>[11]</sup>

The skin is formed by the nature for sensing and reacting to the demand made by environment and so the protection of the body and has properties like covering the viscera's.<sup>[12]</sup>

**UNANI CONCEPT OF COMPLEXION (LAUN-E-BADAN)**

Whiteness of body skin color indicates decrease in body heat and darkness of body skin color is due to excess body heat as well as excess of body heat as well as excess of blood. Yellowish red color of skin denotes excess of heat, darkness of body color indicates excess

heat while violet color is due to cold and dryness. Lime color denotes excess of coldness and phlegm white color indicator of coldness and wetness.<sup>[13]</sup>

### **ADVANTAGES OF UNANI SYSTEM OF MEDICINE IN COSMETOLOGY**

Long history of safe human usage, not tested on animals.

The human body responds well to natural substances and has a resistance to synthetic ones.

The skin and scalp are influenced at the cellular level, helping to improve normal function.

Promotes the capacity to absorb products.

Restores the normal pH balances.

Herbs have a mild effect but have powerful & specific healing properties.

Particularly suited to skin and hair care.

Natural fragrances of flower and herbal extracts help to calm the nerves and induce relaxation.

### **VIEW OF IBNE SINA ABOUT SKIN CARE**

Ibne Sina deals with skin, the characteristics of color and introduces the describing factors that lead to changing the color of the skin. The sun, cold, wind, old age, bathing rarely, consuming too much salty food, the changing of blood into bile (according to humoral theory) are all factors which Ibne Sina outlined darkened skin color.

#### **The following are factors which Ibne Sina indicated cause skin to become pale**

Illnesses, anxieties, hunger, too much sexual intercourse, severe pain, exceedingly hot weather, drinking stagnant water, eating, taking vinegar regularly, consuming cumin in liquid form and geophagia. Ibne Sina continues to state that geophagia blocks the lumen of the blood vessels; consequently preventing blood from reaching the skin. Here the disease Pica is also discussed. It is noteworthy to also mention that Ibne Sina observed the relation between geophagia and anaemia. Ibne Sina subsequently introduces several types of drugs which aid the preservation of skin color by describing the dynamics leading to change and/or the brightening of skin. All drugs attracting the "blood" and "spirit" (ruh) give skin colour - making it pinkish, cleansed and glowing.

#### **There are three ways in which blood is attracted to the skin**

1. Some drugs beautify the color of the skin by producing and increasing the amount of a blood. The following produce "Rarified blood" ("dem-i rakik") or "healthy blood" ("dem-i ceyyid"): Chickpea, soft boiled egg, meat broth (bouillon), sweet basil (reyhan) and a

drink made from sweet basil and figs. When these food stuff are consumed, they develop into "Rarified blood" which penetrates into the skin and act as beautifiers of skin color. Ripe dried figs and other fruit, but not overripe, fruit, in particular dates are useful in improving the color of the skin of the convalescent. These increase the amount of "fine blood" (dem-i la\_f) and natural body temperature (hararet-i gariziyye).

2. Some substances such as "itri□l-i sagър" (clover) and "helilec murebbai" (fruit based gelatine) beautify the color of the skin by the clearance of blood.

3. Substances such as "haltit (Asafoetida/digestive sedative), fulful (pepper), karanfil (Flos Caryophylli; acts as a stimulant/antiseptic/digestive), su'd (the corm and perfume of *Cyperus rotundus* " are stimulants which diffuse in the blood. Hence, beautifying the color of the skin as they attract the blood outwards and dilate blood vessels (vasodilators). These should be added and taken with meals.<sup>[14]</sup>

### UNANI MEDICINE AS COSMETICS

Sesame Oil is used as a base in many oil in Unani. It contains Lignan compounds called Sesamin and Sesamolin, which are biologically active. These compounds enhance oxidative stability of the oil. They have potential to be used as anti oxidant compounds as well as having a moisturizing effect. Buttermilk and goat's milk powders traditionally used in Indian face mask preparations have soothing and emollient properties. They also contain vitamin A, B6, B12 and E. They make beneficial alternatives to chemical bases and emollients. Accacia concinna is a traditional herb used in hair shampoos. The material is extracted from the Accacia pods and nuts of the Acacia Concinna shrub. The pods are rich in Saponins and make a mild detergent, which has a neutral pH. Reetha powder, extracted from Soapnuts (*Sapindus Pericarp*) also contains Saponins, which acts as a foaming agent. It was used as soap in Unani tradition. The oils also maintain integrity of cosmetic products and could be used as a base instead of petroleum and plastic derivatives. There are significant evidences already generated for Unani skin care in vitiligo, psoriasis, eczema and acne vulgaris.<sup>[15,16,17]</sup>

### The Unani cosmetics may group under

1. Cosmetics for enhancing the appearance of facial skin
2. Cosmetics for hair growth and care
3. Cosmetics for skin care, especially in teenagers (acne, pimples and sustaining)
4. Shampoos, soaps, powders and perfumery, etc.
5. Miscellaneous products

**List of Unani medicinal plants commonly used in cosmetics****A. Medicinal Plants used as Moisturizers, Skin Tonics & Anti-Aging**

1. Aloe vera - Moisturizer, Sunscreen & Emollient
2. Calendula officinalis- Wound healing
3. Cichorium intybus- Skin blemishes
4. Curcuma longa- Antiseptic, Antibacterial, Improves complexion
5. Daucus carota - Natural toner and skin rejuvenator
6. Glycyrrhiza glabra - Skin whitening
7. Ocimum sanctum - Anti-aging, Antibacterial & Antiseptic
8. Rosa damascena - Toning & Cooling
9. Rosmarinus officinalis - Skin rejuvenator & Cleansing
10. Rubia cordifolia - Wound healing & Anti-aging
11. Triticum sativum - Antioxidant, Skin nourisher, anti-wrinkle

**B. Sun Screen: Aloe vera- Moisturizer, Triticum sativum- Antioxidant****C. Sun Tan : 1. Cyperus rotundus - Sun tanning****2. Moringa oliefera- Sun tanning****D. Astringent**

1. Mesua ferrea- Strong Astringent
2. Pistacia Integerrima - Astringent, Rubefacient, Anti-bacterial
3. Terminalia chebula - Astringent, Antibacterial, Antifungal & Antiseptic

**E. Unani Ingredients for Dental Care Product Uses**

1. Azadirachta indica - Toothache, Antibacterial, Dental carries
2. Acacia Arabica- Swelling, Bleeding gums & Syphilitic infections
3. Barleria prionitis- Toothache, Bleeding gums & strengthens teeth
4. Mimosa Elengi- Astringent, keep gums healthy
5. Pimpinella anisum - Antiseptic, Aromatic flavor
6. Salvadora persica - Potent Antimicrobial
7. Syzygium aromaticum- Local anesthetic, relieves toothache
8. Symplocos Racemosa- Strengthen gums and teeth.

**F. Dermatological Applications**

1. *Allium sativum*- Antifungal, Antiseptic, Tonic
2. *Alpinia galangal*- Antibacterial
3. *Azadirachta indica* - Potent Antibacterial
4. *Celastrus paniculata*- Wounds healing, Eczema
5. *Nigella sativa*- Antibacterial, Leucoderma
6. *Pongamia glabra*- Herpes, Scabies, Leucoderma
7. *Psoralea corylifolia*- Leucoderma, Leprosy, Psoriasis & Inflammation

**G. Ingredients for Hair Care Product Uses**

1. *Acacia concinna*- Natural Detergent & Anti-dandruff
2. *Aloe Vera*- Cleanser & Revitalizer
3. *Azadirachta indica* - Reduces hair loss, Anti-dandruff
4. *Bacopa monnieri*- Hair tonic, Promotes hair growth
5. *Cedrus deodara*- Anti-dandruff
6. *Centella asiatica*- Darkening of hair
7. *Eclipta alba* -Reduces premature graying of hair, Alopecia
8. *Emblica officinalis*- Toner, Anti-dandruff, Protects & reduces hair loss
9. *Hibiscus rosa sinensis*- Natural Hair dye, Prevent hair fall, Anti- dandruff
10. *Hedychium spicatum*- Promotes hair growth
11. *Lawsonia alba*- Natural Hair dye, Antidandruff, Conditioner
12. *Rosmarinus officinalis*- Nourishes, Softens & restores the hair shafts
13. *Sapindus trifoliatus*- Natural detergent & Cleanse
14. *Triphala*- Provides nourishment, lubrication & luster
15. *Terminalia bellerica*- Prevents graying of hair
16. *Sesamum indicum*- Promotes hair growth, blackens the hair.<sup>[17,18]</sup>

**DISCUSSION AND CONCLUSION**

From the above discussion we should say that beauty depends upon temperament of an individual so physician should advice his prescription for enhancing beauty by keeping an eye on the temperament of an individual also Consumers worldwide are going green, and this is especially true in the cosmetics market. Over the last few years, growth in the beauty market has been driven by products that use natural or herbal components, and the market share of natural-based products has been increasing gradually. Companies are feeling



pressure to focus on sustainability and reduce their environmental footprints while consumers are more aware and better informed than ever before. They are becoming conscious of the ingredients that go into the products they use and are averse to chemicals that are known to cause side effects. On the suppliers side, companies are engaging in advanced research of plant-derived peptides, encapsulated actives, active plant stem cells, complex extraction processes and clinical testing to deliver products that are acceptable to the well-informed clients. The India market has been traditionally inclined toward natural products for their beauty needs, and Indians have a history and knowledge of using natural products. While consumers in the rest of the world have to be educated about the benefits of natural herbs, this knowledge is well-inherited in India from generations. The need is for companies to translate the ancient ayurvedic recipes into modern, easy to-use formats with superior quality. Concern about harmful chemicals in beauty products has increased consumer interest in natural cosmetics. More and more products now include herbal and botanical ingredients.<sup>[19]</sup>

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