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Review Article

Concept of Cosmetology and its Historical Background in Unani Perspective

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Abstract

Unani physicians have paid great attention to the use of cosmetics since very ancient times. Around 4000 BC first archaeological evidence of cosmetics usage was found in ancient Egypt. The use of perfumes, oils, burning of aromatic incense, copper eye shadows, lamp black for eyes and dying of hairs red were in practice by ancient Egyptians. Unani literature is very rich in cosmeceutical formulations taking care of appearance and dealing with cosmetic diseases in humans. In Unani classical text like *Kitab-ul-Mansoori*, *Al-Hawi-fil-Tib*, *Kamil-us-Sana*, *Al-Qanoon-fit-Tib*, *Zakheera-e-Khwarzam Shahi*, the details of cosmetics are mentioned under the headings of *Tazeeniyat*. This systematic review can be concluded that various cosmetics and cosmeceuticals prevailing in contemporary era may have been introduced or inspired by these physicians. There are several single drugs or compound formulations described in Unani classical text. Unani cosmetics can be a very good choice owing to their range, low cost and safety and can also be incorporated as an adjuvant in several contemporary preparation. There are several Unani cosmeceuticals are described in unani classical text like Solid Cosmeceutical (*Ghaza*, *Ghaliya*, *Kajal*), Semi-solid Cosmeceutical (*Tila*, *Zimad*, *Ubtan*) and Liquid cosmeceutical (*Ghusool*, *Pashoya*).

Keywords: Unani Medicine, Cosmetics, Cosmeceuticals, *Tazeeniyat*

Introduction:

Indian society has always emphasized beautification. The goal of using cosmetics was to achieve happiness in life as well as to establish a nice and acceptable personality. The word "cosmetics," which comes from the Greek word "kosmeticos," means "to adorn or embellish" (to make more beautiful, attractive, and adorned).¹The Drugs and Cosmetic Act 1940 states that "any article intended to be rubbed, poured, sprinkled, sprayed, introduced into, or applied to any part of the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance and includes any article intended for use as a component of cosmetic" is permissible.²Cosmetics (*Mawad tajmil*) are the external preparations which are applied to skin, hair, nails, for various purposes like protecting, covering, colouring, beautifying or improvement of appearance. Cosmetic that has or is claimed to have medicinal properties is called as cosmeceuticals. Cosmeceuticals is the combination of cosmetics and pharmaceuticals.³

History of cosmetology:

Cosmeceuticals in Pre and post Hippocratic era: Early Egyptian men and women as early as 10,000 BC were using scented oils, ointments (to clean and soften skin and mask body odour), dyes and paints (to colour skin body and hair, lips and cheeks paint, henna nail stain, kohl / Eye liners). Cosmetics were an inherent part of Egyptian culture.⁴Around 4000 BC first archaeological evidence for its usage was found in Egypt. The use of perfumes, oils and burning of aromatic incense were in practice, mixture of fragrant, gums resin and

wood were burnt in ancient time by Egyptians. Copper was used as eye shadows, lamp black (*Kajal*) was commonly used for eyes, dying of hairs red was also practiced.⁵Cleansing cream made of animal or vegetable oil mixed with powdered lime was used, also perfumed salve oil soaked in scented wood was used. Perfumed oil was used as a moisturizer. Egyptians also used mouth freshener and perfumes.⁴

A couple of evidences of cosmetic usage are available in China around 3000 BC. Chinese people used to stain their fingernails. They used fragrance and incense, jasmine-scented sesame oil was imported from India, rosewater from Persia via the silk route and Indonesian aromatics through India. *Materia Medica Pen Tsao* which was published in China during the 16th century describes 2000 herbs, it also contains a separate section on 20 essential oils. "The ancient Chinese people also used to paint their finger nails and its colour brightness symbolized the status of the person. Similarly the earliest evidence of use of lipsticks was found in Japanese Geisha (Traditional /Japanese female entertainers) they used crushed petals of safflower on lips and they also used it as outliner of eyebrows.⁶ Henna has been used in India since 4th or 5th centuries either as a hair dye or in the art / painted on to the hands and feet, especially before wedding, it was also used in North Africa. Special bathing cosmetics in the form of *Ubtan* are widely used in India and turmeric preparations are used by newly married brides during their wedding. India was also famous in the earlier days for using *itr* (scents in a concentrated form) made from various Indian flowers' fragrances. The use of *kajal* also has a long history in the Hindu culture.⁴

Ancient Greeks in many ways learn from the Egyptians and even coined the word "cosmetics", which means "the art of decorating." Ancient Greece cosmetology developed not only in the decorative direction, but also therapeutic. Ancient Romans used oil and animal fat for cosmetic purpose (to maintain style and shape of hair). The Roman bath still is very famous where the men's body were steamed, some special massage with oils and perfumes are rubbed into skin. In ancient Greece culture, *Luffah / Yabrooj (Atropa belladonna Linn.)* is known as ladies killer due to its alkaloid atropine, a pupil dilator used as an eye drop to make their eyes attractive and beautiful. Ancient Greece was rich in fragrance, world aromata describe incense, perfumes, spices, and aromatic medicine.

Hippocrates (Buqrat):

Buqrat has advocated importance of diet, exercise, sunlight, baths and massage for good health and beauty. Hippocrates left a lot of information on body care using medicinal plants.

Galen/ Jalinus:

The Roman physician was the author of first textbook of cosmetology. He was the first who on a scientific basis divided decorative cosmetics (masking the shortcomings of the skin) and therapeutic (to preserve the natural beauty of the skin). Galen had invented idea of cold cream and first cooling ointment. In Galen's formula of cream (*Ceratum refrigerans Galeni*) he gave the idea of melting together bees wax, almond oil and oil of rose/rose water for making cold cream.

Cosmetics were used in Middle East / Persia from ancient periods. Particularly after Arab converted to Islam. The rise of Islam in the Arab increases importance of personal hygiene and fragrance uses has gained popularity. Many progress in manufacturing perfume, were transferred from the Islamic world to medieval Europe. The Arab and Persian have a bright history in respect of cosmetology and cosmeceuticals. The contribution of Greeco-Arab and Persian physicians is immense in this field. Since many centuries various physicians of *Unani Tibb* have added several formulations as a contrivance for body organs such as head, hair, colour of skin, glowing of bushra (skin), beautification of lips and eyes etc. These formulations and drugs are specially mentioned in cosmetic ingredients.

Arab /Unani physician and their work on cosmetics and cosmeceuticals:

Abu Musa jabir ibn Hayyan (Geber):-

Jabir developed many techniques, including distillation, evaporation and filtration, which enabled the collection of the odour of plants into a vapour that could be collected in the form of water or oil. *Jabir ibn Hayyan* have immense role in establishment of the perfume industry.

Abu al-Hasan Ali ibn Sahl Rabban al-Tabari:-

He has included skin, face, *Sadyain* (breast), eyes, teeth's, *indame nahani ki tangi*, zeb wa zeenat (makeup/beautification) of general skin and bashra in the category of *Tajmil* (beautification /cosmetics), his text *Firdous-al-Hikmah* contained at least 300 formulation of cosmetics distributed in 16 chapters and were in the *Mamulat* (routine use) in Hammams, these formulations includes after-bath lotions, powders, sprinkles, pastes, sprays etc.

Abu Yusuf Yu'qub ibn 'Ishaq as-sabbah al-Kindi (Alkindus):-

He was an Arabian chemist, in 9th century he wrote a book on perfumes named as 'The *Kitab Kimiya' al-'Itr'* (Book of the Chemistry of Perfume). It describes many essential oil,

including imported Chinese camphor. It contained recipes for fragrant oils, aromatic waters and salves. Several witness reported his work on perfumes and *ghaliya* (Fragrant powder), containing musk, amber and other ingredients. He also discloses list related to technical names of drugs and apparatus. *Al-Kindi* has played immense role in establishment of the perfume industry he can be considered as real founder.

Abu Bakr Muhammad ibn Zakariyya al-Razi (Zakariya Razi)/ Razes:-

He had established a chapter on cosmetology and principles for beautifications under the name "*Zeenat wa araiish*" in his famous book "*Kitab al-Mansuri*". It was first separate chapter / writing in cosmetology. "*Taqaseem al-Ilal*" written by *Zakariyya al-Razi* (554-925 AD) is a great and very famous book in unani medicine. In this book 105th chapter is specially related to cosmetology.

"The XXIII volume of *Al-Hawi* by *al-Razi* is related to *Qawanin of Makulat-o-Mashrubat* (diets & beverages) and some *Usul-i-Ilaj*, cosmetics disease related to hair and skin is mentioned.

Abu Mansur al- Hasan ibn Nuh al-Qumri:-

He was the teacher of *Ibn Sina* and was court physician to the prince *al-Mansur* to whom he dedicated the only treatise by him that is preserved the *Kitab at-Ghin wa-al-mun* (The Book of Wealth and Wishes), which was also known as *al-Shamsiyahnal Mansuriyah* (The Mansurian Sunshade) after its dedicatee. In this cosmeceuticals are mentioned.

Ali Ibn Abass al-Majusi al-Ahwazi:-

His special book "*Al-Kahhala fi kamil al-Sina' al-Tibbiya'*" is related to ophthalmology in details. Many types of eye diseases are described in it with prevention and treatment. Some cosmetics are also mentioned in this book, he mentioned method of treatment like *natf-al-Sha'r* (picking of eye lashes), *tanqiae badan* and formulation for entropion like *matbukh* (decoction) of purgative drugs, tila of dame *zifda* (laminent of frog blood) mainly consist of *naushadar* and *jundbedastar'*. There is also mentioned of condition such as excessive eye lashes and for this management process is plucking and application of *mastagi*. He also mentioned baldness of eye brow and eye lashes treatment like application of *marham dakhiliyun* after purgative therapy. Mentioned most useful eye cosmetic as single drugs are *zarawand* and *haiyul aalam*. This book was published in Arabic text from *Wazarah al-saqafah wa al-Irshad al-Islami* Dimashq in 1997. *Majusi* in '*Kamil as-Sana'ah*' described differential diagnosis of lepromatous and tuberculoid leprosy.

Abu'al Qassim al-Zohrawi or Abulcassis:-

He was a cosmetologist and Arab physician who wrote voluminous medical encyclopedia *Kitab al-Tasrif* in 30 volume. In this Chapter 19 is devoted to cosmetics. *Al-Zohrawi* distinct cosmetics as a branch of medication and the drugs used to improve the beauty as *Advla Muzayyannah / Adwtyat al-Zinah*.

Ibn Sina /Avicenna:-

In "Canon of Medicine" *Ibn Sina* explains treatment of various skin diseases, with preventive measures as a warning. He firstly suggested that cosmetic skin defects are associated with the health of internal organs. He gives description of varicella in *al-Qanun fi'l Tibb*, he make his discourse on perionychia (swelling of nails).

Sharaf al-Din Isma'il ibn Husayn juriani :

In 8th chapter of *Dhakhira Khawdrizm Shahi* title "*Pakizgi aur arastagi wa perastagi zahire jism kharajan wa dakhilan*" he established 37 chapters (Abwab), on *arastagi*, *tazaeen* and

tajmeel of skin and other organ. It includes formulation and procedure for dying and oiling of hair, for fingers of foot (Foot care) and nails, even for the fissure in foot sole, for making palm / hand soft and smooth.¹⁹

Najib al-Din al-Samarqandi :

He has written *Al-asbab wa-al-'alamat* (causes and symptoms) in which he gave special attention and wrote specific chapter on cosmetology. The 24th bab (chapter) '*fi amraz al-jild wa al-Sha'r wa al-Zinat wa al-Azafeer wa al-Atraf*' is related to cosmetics that further divided into 26 fasl (sub-chapters) especially cosmetic for hair like oil for hair protector in which *Aas*, *Ward* and *Murr*; hair longer in which *Adhane harrah qabiza* (hot and stringent oils) with *Barge til* and *Barge kaddu*, various recipes for *Nura*, and *dyes* (black, white, red and brown) are described; for skin he mentioned many recipes for *Qairuti* and *roghan* are described. For cracking of lip he prescribed *Roghane gul*, *Roghane hina*, *Shahme bat wa bhed*, *Alakul batm* and *Qarnul iyyal muharraq*, for cracking of face *Mom*, *Zufa ratab*, *Shahme bat*, *Haldi*, *Parshioshan* and *Luabe Habbe saforjal*. He also describes drug for nail and distal part of the body, Example cracking of soles *Zaft rumi* and *Zaitun* with *Basal* or *Alakul natm* and *Zaitun*. He described all about the cosmetics in details.²⁰

Ibn Al-Ain Zurb: Treatise on carbuncles called *Risalatul-Shakfa* gives description of carbunculosis, it also deals with skin disease.¹⁶

Beside above mentioned scholars, many Unani physician of Indian subcontinent also have documented cosmetics, for example: *Hakim Hasan mirza* (1990) in his treatise '*Risala-i-Lakhlakha*', mentioned many recipes of aromatic oils, its and its preparation methods with images of manufacturing *bhatti*, *few khamira*, *Manjan (Sanoon)*, *missi* preparations and formulation for removing bad breath.²¹

Unani Cosmeceuticals Preparation According to site of uses

The Unani system of medicine offers a wide variety of skincare preparations made from natural sources. Numerous formulations are mentioned in the classical Unani literature. The formulations are named as :-²²⁻²⁶

Ghaza: It is a fine, aroma powder of the drugs mainly applied on face and body for enhancing complexion.

Ghalia: It is aroma powdered, specifically applied to skin. It is also known as *Arghaja*.

Barud: It was invented by *Silpanoos*. It is a micro-fine powder of the drugs, drugs having *barid* temperament that absorbs through the conjunctival layer of Eyes. It used to treat the Eye ailments and adoration of eyes.

Kuh: It was invented by Unani physician *Feesagorus*. It is also a type of micro-fine powder; use to treat the Eye alignments. Some examples of *kuhal* are *Kuh-al-Abyaz*, *Kuh-al-chikni* *Kuh-al-roshanayi* etc.

Khizab: It is a liquid or powder preparation of drugs used for the purpose of dying hairs in desire colors.

Kajal: It is obtained from the smoke of drugs by burning and use for the care of eyes.

Qairooti: It is a mixture of *mom* (wax), and *roghan* (oil) and used for cracked lips, hands and feet. It is also use for chilblain.

Marham: It is semi solid preparation. It is generally used externally, in Marham drugs are mixed with wax or fat oil. It first formulated by Hippocrate. It is used mainly in skin problems.

Conclusion:

The cosmeceutical industry is rapidly growing day by day. Although demand is growing, competition is also increasing with synthetic cosmetics and unani cosmeceutical treatment options. A number of synthetic cosmeceutical formulation are available in the market, they contain harmful ingredients such as chemicals and toxins. The Unani Cosmeceuticals provide a substitute over synthetic cosmeceutical. A large number of Unani cosmeceutical formulations is present in classical text. The advantage of Unani cosmetics is lower cost with free from side effects, easy to prepare and safe to use. Unani cosmeceutical has a great future ahead as compared to synthetic cosmetics. This work clearly revealed that ancient Unani literature has an elaborate mention of cosmetic and Cosmeceutical formulations. It can be concluded that Greco - Arab (Unani physician) have given lot of attention towards cosmetic diseases and appearance and included its management in their medical text beside other disease and consider it an important entity for the well being of humanity.

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