Dr Faisal Manzoor *  
*MD, Dept. of Amraze Jild wa Tazeeniyat (Skin and Cosmetology), National Institute of Unani medicine Bangalore (India) 560091

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-il-Tib, Kamit-ul-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. These 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, Gahliya, Kajal), Semi-solid Cosmeceutical (Tila, Zinad, Ubtan) and Liquid cosmeceutical (Ghusool, Pushoya).

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).1 The 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.2 Cosmetics (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. Around 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.8 Cleansing cream made of animal or vegetable oil mixed with powdered lime was used, also perfumed saline 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 outline 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 learns 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, Lufjah / Yakbrooj (Atropa belladonna Linn.) is known as ladies killer due to its alkaloidal atropine, a pupil dilator used as an eye drop to make their eyes attractive and beautiful. Ancient Greek 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 / Jalinos:**

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 Galens 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 gain the 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 Greeko-Arab and Persian physicians is immense in this field. Since many centuries various physician 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 Rabbab al-Tabari :-**

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

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

He was an Arabian chemist, in 9th century he wrote a book on perfumes named as 'The Kitab Kima'yu' al-Itir' (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 (Zakariyya Razi) :-**

He had established a chapter on cosmetology and principles for beautifications under the name “Zeenat wa araish” 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 XXII volume of Al-Hawi by al-Razi is related to Qawannin of Makulat-o-Mashrubat (diets & beverages) and some Usul-I-lilaj, 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 that is Kitab al-tniin wa al-mun (The Book of Wealth and Wishes), which was also known as al-Shamsiyah Mannyar (The Mansuri Sunshade) after its dedicate. In this cosmeceuticals are mentioned.

**Ali ibn Abbass al-Majusi al-Ahwadzi :-**

His special book "Al-Kahhalah fi kamal 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'ar (picking of eye lashes), tanqiae badan and formulation for entropian like matbukh (decoction) of purgative drugs, tila of dame zifda(laminate of frog blood) mainly consist of naushadac and janbedastar. 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 dahlkiliyun after purgative therapy. Mentioned most useful eye cosmetic as single drugs are zarowand and haiyal aalun. This book was published in Arabic text from Wazarah al-saqqafah wa al-1rshad al-Islami Dimashq in 1997. Majusi in ‘Kamil as-Sana’ah" described differential diagnosis of lepromatous and tuberculosis leprosy.

**Abu’l 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 Muzayyenah / Adwyat al-Zinah.

**Ibn Sina / Avicenna :-**

In "Canon of Medicine" Ibn Sena 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 Dhakhrira Khawdrezm Shahi title "Pakizgi aur arastagi wa perastagi zahire jism kharajan wa dakhil" he established 37 chapters (Abwab), on arastagi, tazzaeen and
**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 classic 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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11. Tabir Abul Hasan Ali Ibn Sahl Raban. Firdaus fi amraz al jild wa al- aqibaza (hot and stringent oils) with Barge til and Barge kaddu, various recipes for Nura, and eye's (black, white, red and brown) are described; for skin he mentioned many recipes for Qairutti and rogahan are described. For cracking of lip he prescribed Roghane gul, Roghane hina, Shahme bat wa bhed, Alakat batin and Qarnul iyyal maharraq, for cracking of face Mom, Zufa ratab, Shahme bat, Haldi,Parshioshan and Luabe Hubbe 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.
12. 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- Lakhakha', mentioned many recipes of aromatic oils, It'r and its preparation methods with Images of manufacturing bhatti, few khamira, Manjan (Sanoon ), missi preparations and formulation for removing bad breath.
13. 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 :
14. Ghaza: It is a fine, aroma powder of the drugs mainly applied on face and body for enhancing complexion.
15. Ghalia: It is aroma powdered, specifically applied to skin. It is also known as Arghaja.
16. Barud: It was invented by Silpansos. 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.
17. Kuhal: 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 Kuhal-Abyaz, Kuhal chikhi Kuhal roshanayi etc.
18. Khizab: It is a liquid or powder preparation of drugs used for the purpose of drying hairs in desire colors.
19. Kajal: It is obtained from the smoke of drugs by burning and use for the care of eyes.
20. Qairooti: It is a mixture of mom (wax), and rogahan (oil) and used for cracked lips, hands and feet. It is also use for chilblain.
21. 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 Hippocrates. It is used mainly in skin problems.

**Unani Cosmeceuticals Preparation According to site of uses**

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