

Female cosmetics in Unani medicine: a literary review

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Abstract

Cosmetics are substances used to enhance or protect the appearance or odour of the human body. A large number of cosmetic and toiletry formulations have been developed since early period for the self-beautification and a large variety of cosmetics are widely used by both men and women. Most of the artificial cosmetics like creams, powders, lotions, perfumes, lipsticks etc., have arsenic, mercury, xylene etc and possess their own health hazards. According to Unani concept, the toxic materials in the body make a person dreadful and using purifiers is the best treatment modality to eliminate those toxic materials from the body. The importance of the cosmetics which are mentioned in Unani medicine is that they are purely made by the plant materials which have been used since ancient time without side effects. The famous Unani physicians Al Zahrawi and Ibn Sina mentioned several herbal cosmetics. The aim of this review is to introduce the most significant descriptions of female cosmetics mentioned in Unani classical texts. These descriptions were collected from Unani classical books like Al Tasrif and Al Qanoon. According to the review, there are several cosmetics preparations mentioned as hair dyes, hair growth, sun burn protection, pimple care skin care, deodorants and dental care. In conclusion, herbal cosmetics mentioned in Unani classical texts should be proven scientifically via randomized clinical trial to provide effective better-quality and safer drugs without distorting the Unani concept.

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