

Home remedies for skin care in Unani System of medicine

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Introduction

The concept of beauty especially for females, having desire to look beautiful, charming and young by different beauty ways, using various herbs, are the things known since centuries. In fact, the concept of beauty and cosmetics is as old as mankind and civilization, which prove not only women but men also adorned themselves with jewellery, scents and cosmetics. The use of turmeric (*Curcuma longa* Linn.), saffron (*Crocus sativus* Linn.), etc. for bodily-decorations; Sandal Surkh (*Pterocarpus santalinus* Linn.), Sandal Safaid (*Santalum album* Linn.) for beautification and Henna (*Lawsonia inermis* Linn.) for dyeing hair in different colours and conditioning was also practiced in the olden times. Different ingredient(s) and techniques for making face powder, perfumed powder and *ubtan* (cleaning paste) are used to make natural cosmetics at home.

In Unani System of Medicine there are several home remedies which can be used in routine for beautification and protection of face and skin from various problems. Some of them are as follows:

1. Ghaaza (Face powder): It is a fine powder of drugs having sweet smell.

It is used on face for beautification.

Ingredients: *Limu* (Lemon pulp), *Haldi* (*Curcuma longa* Linn.), *Ustukhuddus* (*Lavandula stoechas* Linn.), *Babchi* (*Psoralea corylifolia* Linn.), 5g each.

Procedure: Make a fine powder and apply on face gently after washing of face with cold water.

2. Ghalliya (Perfumed powder): A

fine powder of compound drugs having sweet smell. It is sprinkled or rubbed on the body for beautification.

Ingredients: *Methi* (*Trigonella foenum-graecum* Linn.), *Haldi*, *Kaf-e-darya* (Cuttlefish bone), *Kodi* (Cowrie), *Khira* (*Cucumis sativus* Linn.), 5g each.

Procedure: Make a fine powder and apply on face and body gently after cold bath.

3. Ubtan: It is a semisolid preparation of powdered drugs in the form of *lubdi* (mass) used to remove the dirty particles from the skin and enhance lusture of the body.

Ingredients: *Basen* (Bengal Gram, *Cicer arietinum* Linn. flour), *Haldi*, Sandal Safaid (*Santalum album* Linn.), *Khas* (*Vetiveria*

zizanioides Linn.), 5g each and *Roghan-e-Chameli* (oil of *Jasminum officinale* Linn.) in sufficient quantity.

Procedure: Make a fine powder and mix with *Roghan-e-Chameli* in sufficient quantity. After proper mixing use as *ubtan* on whole body.

4. Paste for pimples

Recipe 1.

Ingredients: *Sufoof* of Sandal Safaid powder and *Haldi* (turmeric), 5g each or *javetri* (Nutmeg, *Myristica fragrans* Houtt.), 5 g in sufficient quantity of water.

Procedure: A paste made from one teaspoon each of sandalwood powder and turmeric mixed with milk, is very good. A paste of nutmeg and water is also beneficial.

Recipe 2.

Ingredients: One tablespoon full cold infusion of *Kishniz* dry fruits (*Coriandrum sativum* Linn.) and a pinch of *Haldi* powder.

Procedure: Before going to bed, wash the face thoroughly and then apply a paste of 1 tsp. coriander cold infusion mixed with a pinch of turmeric powder.

Recipe 3.

Ingredients: Barg of Neem (Leaves of *Azadirachta indica* A. Juss.), Shahtara (*Fumaria indica* Pugsley), Chirata [*Swertia chirayita* (Roxb. ex Flem.) Karst.], gul-e-Mundi (Flower of *Sphaeranthus indicus* Linn.) and barg-e-Gulab (Leaves of *Rosa damascena* Mill.), 5g each and curd in sufficient quantity.

Procedure: Make a fine powder and mix with curd in sufficient quantity to form paste. Apply on affected part after washing the face with water.



Nutmeg

5. Sunburn relief gel

Ingredients: 2 tablespoon Gheekawaar (*Aloe vera* Linn.) gel or Badam, Almond (*Prunus amygdalus* Batsch.) and 5 drop of Roghan-e-Ustukhuddus (essential oil of lavender).

Procedure: Mix essential oil with aloe gel and put directly on sunburned area or mildly irritated skin.



6. Fruit facial

Ingredients: 1/2 cup of chopped Anannas, Pineapple [*Ananas comosus* (Linn.) Merr.], 1 Seb, Apple (*Malus-sylvestris* Mill.)



Khas grass

chopped with peel, 5 number of finely ground Badam, 1 tablespoon juice of limu (lemon), 1 tablespoon juice of Choona (Lime), 1 Kela (*Musa paradisiaca* Linn.) and gum of babool (*Acacia arabica* Willd.) in sufficient quantity for mixing.

Procedure: Except *Acacia arabica* mix all ingredients in a blender for one minute and add babool gum and blend for an additional 20 seconds. After 10 minutes apply on face and neck. Leave on for 20 minutes and rinse with warm water. Store in fridge, use first and third day and discard remainder.

7. Skin cleanser

Ingredients: 1 teaspoon of Roghan-e-Zaitoon (Olive oil), 1 teaspoon of Shahed (Honey), 2 teaspoon of Sirka (Vinegar).

Procedure: Mix ingredients properly and apply on face gently and leave on for 15 minutes. Rinse with warm water. It is excellent for dry skin.

8. Skin cleanser for pigmentation

Ingredients: 5 Badam, juice of Papita desi, Papaya (*Carica papaya* Linn.) in sufficient quantity, 5 leaves of Tulsi, Basil (*Ocimum sanctum* Linn.) and few drops of lemon juice.

Procedure: Grind five almonds and leaves of Tulsi, mixed with fresh juice of papita and add few drops of lemon juice. Apply this paste to the face and neck. Leave on for about fifteen minutes.



Sandal surkh