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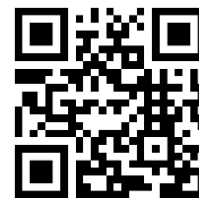


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Review of Cosmetic Toxicity

Thomas S.¹, Jyothi.²

1. Associate Professor, Department of Agad Tantra, New Life Ayurvedic College and Hospital, Pune.
2. Assistant professor, Department of Agad Tantra, Nangeli Ayurveda Medical College, Kothamangalam, Kerala

ABSTRACT:

According to Ayurveda, a person is considered healthy and complete when both body and mind are in a state of equilibrium. Beauty, in this context, is not merely an external attribute but a reflection of inner balance, vitality, and harmony of the *doshas*—*Vata*, *Pitta*, and *Kapha*. These fundamental principles govern skin type, hair quality, complexion, and overall appearance. In the present era, rapid urbanization and modernization have led to significant lifestyle changes, including unhealthy dietary habits, excessive consumption of processed and fast foods, and increased exposure to environmental pollutants, pesticides, and chemical adulterants. These factors contribute to the accumulation of toxins in the body, both exogenous and endogenous, ultimately disturbing physiological balance and manifesting as various dermatological and systemic issues.

Ayurvedic cosmetology emphasizes a holistic approach that integrates proper diet (*Ahara*), detoxification (*Shodhana*), and lifestyle modifications (*Vihara*) to maintain and enhance natural beauty. It advocates the use of herbal formulations, medicated oils, and natural ingredients that are generally safer and more compatible with the body compared to synthetic cosmetic products. While modern cosmeceuticals are widely used and often considered beneficial, their long-term use may pose potential risks due to chemical toxicity, allergic reactions, and systemic absorption.

This article highlights the possible sources of toxicity arising from contemporary cosmetic practices and environmental exposure, along with preventive strategies rooted in Ayurvedic principles. By focusing on internal purification, balanced nutrition, and the use of natural products, Ayurveda offers a sustainable and safe approach to cosmetology. It not only enhances external appearance but also promotes overall health and well-being, addressing the root causes of toxicity and preventing their long-term consequences.

KEYWORDS: Toxicity, Cosmetics, Detoxification, Cosmetology

CORRESPONDING AUTHOR:

Dr. Santhy Thomas

Associate Professor, Department of Agad Tantra,
New Life Ayurvedic College and Hospital, Pune

Email- drsanthy07@gmail.com, Mobile no: - 9663 632312

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INTRODUCTION:

Agad tantra is a special clinical branch of Ayurveda which was in practice since time immemorial. Agad tantra not only explains about Natural toxins (Sthavara and Jangama visha) but also gives equal importance to artificial toxins (Gara visha, Dooshi visha) also. Gara visha is well explained in all classics and traditional books of Ayurveda. It will take time to get metabolized doesn't cause instantaneous death of a person. Nowadays due to the influence of fast life, fast foods, adulteration, pesticides, environmental pollutants many are suffering from skin related ailments. Haphazard use of all these resources leads to exogenous or endogenous toxicity. The word cosmetics derived from a Greek word- 'Kosmeticos' which means art of dress and ornament. **FDA** defines cosmetics as the substances which are intended to be applied to the human body for cleansing, beautifying, promoting attractiveness or altering the appearance without affecting the body. Common contaminants found in cosmetics range from lead and asbestos to phthalates and more. They can be found in lipstick, powders, fragrances, nail polish, lotions and other beauty products. The health risks associated with this dangerous list of hidden ingredients include cancer, fertility issues, hormone imbalance and neurological issues etc.

In *ayurveda*, there are many terminologies such as *Sumukha*, *Sudarshana*, *Subhaga*, etc. are used to denote appearances of people and various *Prakriti*, *Sara*, *Samhanana*, *Pramana*, etc. In addition, the importance of *Ritucharya* and *Dinacharya* also used to increase the appearance and physical condition of body.

Ayurveda offers a range of skin care therapies that are appropriate for all stages of life and holds that having excellent skin is a direct result of overall health. The ancient science of

indigenous medicine *Ayurveda* is in high demand in the field of cosmetology because of its original notion of beauty and its capacity to deliver long-lasting, cost-effective, and side-effect-free beauty therapy. It is not just a medical discipline; it is an art of living. According to *Acharya Sushruta*, an individual who possesses "*Swastha Purusha*" is one who has achieved harmony between the *Doshas* and the *Agni*, as well as specific and balanced functioning of the *Dhatu* and *Malas*. These indicate physical health, with a pleasant state of mind, soul, and senses serving as the mental aspect that constitutes health.

Materials And Methods

This review is based on data collected from Classical ayurvedic texts, peer-reviewed research publications, and relevant case studies related to cosmetics.

Classification

Cosmetics can be broadly classified into 4 categories:

- A. Skin care cosmetics - cleansers, toners, moisturizers, creams, lotions, sunscreens etc.
- B. Hair care cosmetics - shampoo, conditioners, hair spray, gel etc.
- C. Colour/ make up cosmetics - primer, concealer, compact powder, foundation, mascara, eye liner, lip stick, lip liner etc.
- D. Fragrance/ perfumes.

Some Examples Of Toxic Contents In Cosmetics

Lead: Carcinogenic ingredient often found in beauty products.

Formaldehyde: Frequently used in nail polish, nail glue and eyelash glue

Triclosan: Often found in body wash and toothpaste

Phthalates: Often found in nail polish, fragrances and hairspray

Parabens: Often used in moisturizers and soaps a harmful heavy metal and naturally occurring impurity that can show up in lipstick and eye products

Toluene: Often found in nail polish

Carbon Black: Often found in mascara, lipstick and eyeliner



Health Concerns Of Cosmetics

- **Endocrine Disruption:** Parabens and phthalates found in lotions and fragrances mimic hormones, potentially causing thyroid issues, fertility problems, and breast cancer.
- **Cancer Risks:** Certain ingredients like formaldehyde (a preservative) and contaminants such as arsenic and cadmium are known carcinogens.
- **Skin Sensitization and Allergies:** Fragrances, preservatives, and dyes frequently cause contact dermatitis, itching, and severe allergic reactions.
- **Respiratory Issues:** Aerosolized products (hairspray, spray-on makeup) can cause lung damage and trigger asthma.
- **Reproductive and Developmental Toxicity:** Ingredients like phthalates etc. are linked to developmental delays and reproductive harm, particularly dangerous during pregnancy.
- **Heavy Metal Contamination:** Cosmetics may contain contaminants like lead, mercury, and arsenic, which cause accumulation of toxins in the body.
- **Skin Damage:** Excessive use of cosmetics can accelerate skin aging,

cause wrinkles, and lead to permanent, dark circles under the eyes.

- **Microbial Infections:** Contaminated, expired, or poorly preserved products can introduce bacteria and fungi, such as Candida and Aspergillus, to the skin.

How To Identify Toxic Cosmetics

There is no legal way to verify their exactness. Understand the ingredients list in cosmetics is not so easy. 45% of people are aware of toxic chemicals in beauty products. Majority of people never check cosmetic ingredients. Below are few steps to monitor when buying cosmetic products.

- Understand the terminology in makeup products.
- The chemical names can be confusing, as manufacturers often use certain chemicals by alternate names. Check and confirm the names.
- Look for warning labels on packaging.
- Research the chemical ingredients listed.
- Be aware of common hazardous chemicals like lead, mercury, asbestos, benzene, certain pesticides, and some cleaning agents.
- Consult safety data sheets (**SDS**) or seek professional advice from a toxicologist or environmental health experts.

Rules And Laws Related to Cosmetics

Cosmetic Rules of 2020

- Modernized the regulatory framework for cosmetics.
- Clarified and streamlined the requirements for importing, manufacturing, and distributing cosmetics.
- Increased accountability for manufacturers and importers.

Other relevant laws and regulations

- The Drugs and Cosmetics (Amendment) Act of 2008
- The Right to Information (RTI) Act

Herbal Cosmetology

Herbal cosmetology offers safer milder more sustainable alternative to synthetic cosmetics. Blending traditional remedies with modern science provides offering result for those who are seeking natural beauty. It guarantees anti-inflammatory and antioxidant properties. Ayurveda use oil, herbal products, which are more safe than synthetic products. It's a holistic approach that heals both body and mind together.

There is great demand of application of Ayurveda principles in this field. Awareness of the toxic ingredients and utilizing the natural products will help to reduce the incidence of cosmetic toxicity. *Ayurvedic* ideas, including *Vyayama*, *Abhyanga* (massage), various types of *Snana*, etc. and the concept of *Rasayana* therapy strongly suggests the importance of *Yuvavastha*, or the desire to look more appealing. *Ayurveda* places equal priority on health and beauty, despite the fact that beauty is praised regardless of age or gender. A sound body and mind are important than external beauty.

By adopting the principles of ayurveda and the usage of herbs in cosmetic purpose we can achieve a perfect beauty.

Benefits

- **Hypoallergenic:** Low risk of skin allergic reactions or irritations.
- **Nutrient-Rich:** Contain natural vitamins, antioxidants, and minerals.
- **Effective:** Offer long-term benefits for skin health and appearance rather than immediate but temporary fixes.
- **Eco-friendly:** Generally safer for the environment.

Limitations

- **Slow Action:** Results may not be immediate, requiring consistent use.

- **Allergen Potential:** Despite being natural, some ingredients might still cause allergies in sensitive individuals.

DISCUSSION:

- According to Ayurveda **Nidhan Parivarjanameva Chikitsa.** Prevention is better than cure. it is better to choose good quality assuring products than to treat the consequences.
- Avoid products with triclosan, an agent found in some soaps, deodorants, and acne treatments
- Avoid products with chemicals like toluene, which is toxic to the liver and can cause birth defects
- Avoid products with chemicals like PABA, benzophenone, oxybenzone, ethoxycinnmate, and homosalate, which are endocrine disruptors
- Avoid products with hydroquinone, a lightening agent that's banned in Europe due to toxicity concerns
- Choose non-toxic alternatives.

CONCLUSION:

The widespread use of cosmetic products is increasingly recognized as a public health, environmental, and social issue. One should be aware of purchasing only safer products or products containing minimal toxic ingredients. Cosmetic toxicity remains a subject of concern and discussion. While it is crucial to acknowledge potential risks associated with certain ingredients of cosmetic products, it is equally important to rely on scientific research, regulatory measures, and informed decision-making. By fostering consumer awareness, supporting responsible industry practices, and promoting a balanced approach to cosmetic safety, we can reduce the risk associated with its toxicity.

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