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Role of Unani medicine in Tazeeniyat (Cosmetics)

Ziaur Rahman, M Y Siddiqui and B D Khan

Aligarh Muslim University, India

Unani cosmetics also known as Tazeeniyat with beginning of the civilization had the magnetic dip towards impressing others with their looks at the time there were no fancy fairness cream or any cosmetic surgeries. The only thing they had was the knowledge of nature that compiled in Unani medicine. With the science of Unani medicine several medicines and floras were used to make Unani cosmetics that really worked. Unani cosmetics not only beautified the skin but acted as the shield against any kind of external affects for the body. Unani cosmetics also known as herbal cosmetics are manufactured and commonly used for daily purposes. Unani cosmetics like Unani medicine based cream and *Zamad* and many more are highly acclaimed by the masses. The best thing of Unani cosmetics is that it is purely made by the herbs and shrubs. The natural content in the herb does not have any side effects on the human body instead enrich the body with nutrients and other useful minerals. While modern cosmetics have many side effects such as damage to skin, carcinogenic effect and ageing. Unani cosmetics are comprised of floras like Asgand nagori (*Withania somnifera*), Saffron (*Crocus sativus*), and many drugs are used as *Zamad* (paste) such as sandal and *Husn-e-Yousuf*.

ziaur8898@gmail.com

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