

Editorial Note on Antioxidants and Skin, Hair Protection

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Editorial

Antioxidants help protect the skin's surface from oxidative damage produced by free radicals and environmental aggressors such as UV and pollution. Because of their potent anti-aging properties, antioxidants are frequently used in skin care product compositions. Natural products have been used for skincare and the improvement of the appearance and function of ageing and/or damaged skin for a long time. The most commonly employed constituents include bioactive peptides, oligosaccharides, plant polyphenols, carotenoids, vitamins, and polyunsaturated fatty acids. Natural products have been subjected to extensive testing in recent decades, resulting in the identification of phytochemical substances such as antioxidants with significant potential for use in cosmetics, cosmeceuticals, and nutraceuticals. In multiple human experiments, supplementation with these compounds was found to reduce the indications of ageing. UV light causes a rapid synthesis and accumulation of reactive oxygen species (ROS) in skin cells, leading to an increase in oxidative stress and, as a result, photoaging. Exogenous antioxidant supplementation and/or skin pretreatment with antioxidant-based lotions before sun exposure may be a successful technique for preventing age-related skin diseases. Plants produce many secondary metabolites to protect themselves from UV radiations and these compounds can also protect the skin from photoaging.

In Volume 4 and Issue 2 of Journal of of Cosmetology & Trichology author Vrinda share information on Doctrine of Cosmeceutics in Ayurveda in which Ayurveda assesses beauty by Prakruti (Constitution), Saara Structural predominance), Samhanana (Compactness), Twak (Skin), Pramana (Measurement), Dirghayu lakshana (Signs of longevity). One of the criteria to determine Dirghayu Lakshana is soft, black coloured. Firm, oily hair which is attached to a single hair root. In Ayurveda, Kesha (Hair) has been described in different prospects. They provide implication of Prakruti

(Copper/Brown coloured hair-Pitta Prakruti) and Saara (Beautiful, lustrous hair Medo saara) of an individual, appraises the Swastha (Healthy) and Atura (Ill-health) condition of a person (Increased hair fall indicates decreased quality of Asthi). They are also a tool for treatment purpose (Fumigation of hair for the treatment of Arsha-Hemorrhoids). Human beings have been incorporating numerous steps to safeguard this body from disease and ageing, as well as to enhance the beauty of the body, since time immemorial. In this page, an attempt has been made to provide a holistic strategy to enhancing skin and hair beauty hair.

In Volume 4 and Issue 1 of JCTT Natassia Soares Pizani share an information Folliculitis decalvans (FD) is a neutrophilic scarring alopecia with peripheral spreading alopecic patches with pustules, crusting and tufted hair. Frontal fibrosing alopecia (FFA) is a lymphocyte-mediated primary cicatricial alopecia that affects frontal hairline and eyebrows. He cicatricial alopecias include a broad group of disorders characterized by permanent destruction of the hair follicle and irreversible hair loss. Among other features, cicatricial alopecias can be classified according to the Lnflammator\ Lnfiltrate. FFA is characterized by the development of frontotemporal loss of both terminal and vellus hairs in a band-like distribution.

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