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# V-Discover

**THE STUDENTS  
DIGITAL MAGAZINE**

**THEME : DERMA CARE**



## **SWAMY VIVEKANANDHA COLLEGE OF PHARMACY**

**Elayampalayam - 637 205, Tiruchengode, Namakkal Dt.,**





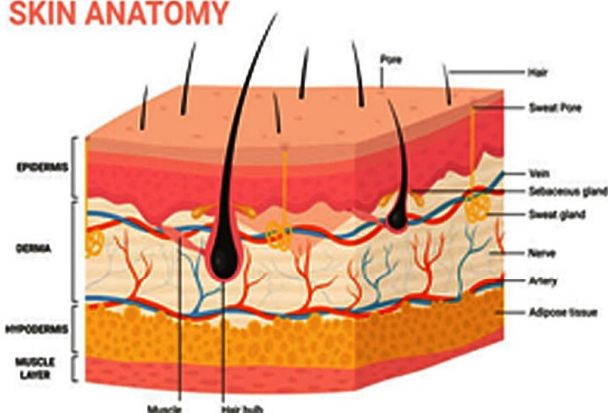
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## DERMA CARE

### INTRODUCTION

**SKIN:** The skin is the largest organ in the body, covering its entire external surface. The skin has 3 layers - the epidermis, dermis, and hypodermis, which have different anatomical structures and functions. The skin's structure comprises an intricate network that serves as the body's initial barrier against pathogens, ultraviolet (UV) light, chemicals, and mechanical injury. This organ also regulates temperature and the amount of water released into the environment

### SKIN ANATOMY



### SKINCARE FROM ANCIENT TIME



The earliest archaeological evidence of skincare starts right here, around 6000 years ago. The aim was to protect the skin from the sun, sand and insects and to keep it looking youthful and fresh. Castor oil, Sesame oil and Moringa oil were used to stop wrinkles and prevent the skin from ageing. Soap pastes were made from Clay and Olive Oil and used to cleanse the skin. Dead Sea salt was used to exfoliate. Watermelon was added to rose water and sugar. This too was thought to stop ageing and prevent wrinkles.

Frankincense was considered a precious item (remember, it was given to Jesus in the bible?) and many believed it could stop acne; as a natural antibacterial it actually did work and people began to also use it for healing cuts.

Cleopatra herself had a skincare routine. She was an incredibly intelligent woman, and very beautiful according to the Romans! She famously bathed in milk and honey to keep her skin hydrated and blemish free. She used saffron to help balance her hormones and to improve her complexion. It's reported she used rose oil and orange oil on her skin too - two of our favourite oils here at Wild Human Skincare.

All these items are still used in Skin Care today. It seems the Ancient Egyptians really had it sussed.



## SKINCARE



Skin care is an essential part of facial rejuvenation. It includes cosmeceuticals and topical prescriptions for home use. Tretinoin, topical vitamin C, daily sun screen, and a variety of skin moisturizers are routinely indicated for the majority of patients.

A skin spa and experienced aestheticians are part of the team and help the patients select medical-grade products for individual needs, as well as noninvasive skin care procedures, such as superficial peels, non-ablative laser treatments, and micro needling.

### DEMERITS AND MERITS FOR SKIN CARE PRODUCTS

MERITS	DEMERITS
<ol style="list-style-type: none"> <li>1. Effective skin concerns solution: Skin care products can address various skin concerns such as acne, aging, hyperpigmentation, and more.</li> <li>2. Convenient and easy to use: Most skin care products come in easy-to-use forms like creams, serums, and masks.</li> <li>3. Wide range of options: There's a vast array of skin care products catering to different skin types, concerns, and preferences.</li> <li>4. Prevents skin damage: Many skin care products contain antioxidants and other protective ingredients that help prevent skin damage.</li> </ol>	<ol style="list-style-type: none"> <li>1. Skin irritation and allergic reactions: Some skin care products can cause irritation, allergic reactions, or sensitivities.</li> <li>2. Harsh ingredients: Certain skin care products contain harsh ingredients that can strip the skin of its natural oils or cause long-term damage.</li> <li>3. Environmental impact: The production, packaging, and disposal of skin care products can harm the environment.</li> <li>4. Animal testing: Some skin care products are tested on animals, which can be inhumane and unnecessary.</li> </ol>

### BENIFITS OF FRUITS AND VEGETABLES FOR SKIN CARE:



Protects the skin from environmental pollutants, helps to improve the skin elasticity and soothe irritated skin.





Lemon juice's acidity can help lighten freckles and can help unclog pores.



Coconut water is extremely hydrating, not only for the body but for the skin too.



Raspberries aren't only delicious but they help repair and refresh damaged skin cells



Avocado's healthy fats can help hydrate and nourish the skin, improve skin elasticity and moisturizing properties can help calm dry skin.



Blueberries are naturally an Antiinflammatory, and it helps to protect the skin from sun



Beta carotene, is highly present in carrots, which absorbs the harmful sun rays

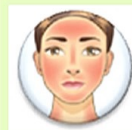


Pumpkin seeds are a great way to tighten up the skin. They have the tons of Omega 3 fatty acids that build collagen keepin the skin firm

### MAKE UP INDUCED SKIN PROBLEMS

Makeup can cause skin problems like dryness, irritation, allergies, and acne. It can also contribute to signs of aging like wrinkles and lines. Skin issues caused by makeup

- Irritation
- Dryness
- Wrinkles



**Irritation:** Makeup can cause stinging, itching, or a rash





**Dryness:** Makeup can cause the skin to become dry and flaky, and appear tight and dull



**Wrinkles:** Wearing makeup for long periods can clog pores and limit collagen production, which can lead to wrinkles.

### HOW TO TREAT MAKEUP-INDUCED SKIN PROBLEMS

- Stop using the product that caused the reaction.
- Use a gentle cleanser and moisturizer to restore hydration.
- Apply hydrocortisone cream to ease inflammation.
- Use oil-free or low oil-content cosmetics while your skin heals.
- How to prevent makeup-induced skin problems
- Use makeup and cosmetics that are suitable for your skin type.
- Wash off your makeup at the end of the day.
- Wear sunscreen daily.

## SKIN DISEASES

### ROSACEA



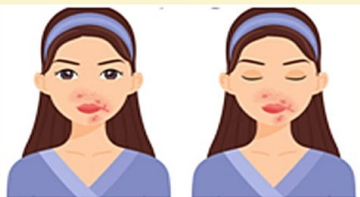
Rosacea is a common skin condition that causes flushing or long-term redness on the face. It typically appears after age 30. Fair-skinned individuals are at higher risk. It may also cause enlarged blood vessels and small, pus-filled bumps

Sunburn is inflamed, painful skin that feels hot to the touch caused by too much exposure to ultraviolet (UV) light. It often appears within a few hours of being in the sun too long. Treatment: Over the counter, NSAIDs will provide relief from pain and swelling. Hydrocortisone ointments reduce redness and itching. Drink plenty of water.

### SUNBURN



### IMPETIGO



By pustules and honey-coloured crusted erosions. It is usually transmitted through direct contact. Avoid touching affected areas. Practice good hand hygiene; wash hands before and after applying creams. Use a clean cloth each time to wash and dry affected areas.

Stevens-Johnson syndrome (SJS) is a rare, serious disorder of the skin and mucous membranes. It's usually a reaction to medication that starts with flu-like symptoms, followed by a painful rash that spreads and blisters. Then the top layer of affected skin dies, sheds and begins to heal after several days.

### STEVENS JOHNSON SYNDROME





## ATHLETE FOOT



Allergic reactions, chemicals in certain foods, insect stings, sunlight, and medications can cause hives. Athlete's foot (tinea pedis) is a fungal skin infection that usually begins between the toes. It commonly occurs in people whose feet have become very sweaty while confined within tight-fitting shoes. Athlete's foot is closely related to other fungal infections such as ringworm and jock itch.

Disorder that affects small blood vessels in your fingers and toes. It may also affect blood vessels in your nose, lips or ear lobes. Raynaud's causes you to have episodic spasms, called vasospastic attacks, in response to cold temperatures or stress. During a Raynaud's attack, the arterioles and capillaries in your fingers and toes tighten more than they should. As a result, your skin in the affected area turns white and then blue. This color change happens because your blood lacks oxygen. Your skin may also feel cold or numb.

## RAYNAUDS SYNDROME



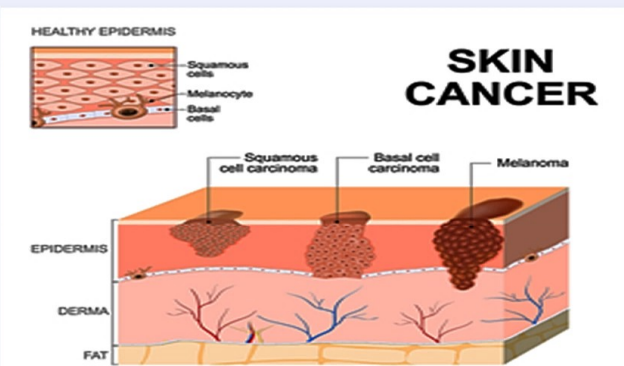
## PSORIASIS



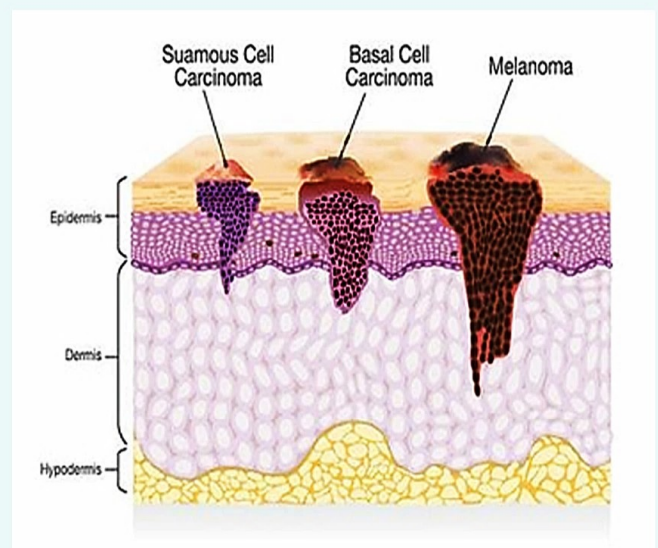
Psoriasis is an autoimmune skin condition that causes itchiness and discomfort. Plaque psoriasis is the most common type. It causes thick, scaly areas of skin. Psoriasis is generally thought to be a genetic disease that is triggered by environmental factors.

## SKIN CANCER

Skin cancer is a serious and potentially life-threatening disease that occurs when abnormal cells grow and multiply in the skin.



## TYPES OF SKIN CANCER



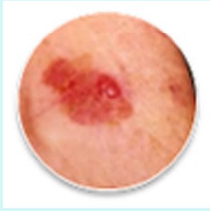




**Melanoma:** The most aggressive and deadly form of skin cancer, accounting for about 1% of skin cancer cases but responsible for the majority of skin cancer deaths.

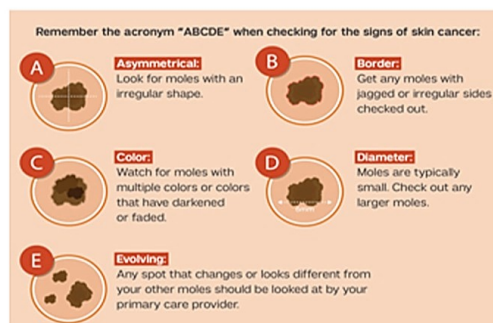


**Basal Cell Carcinoma (BCC):** The most common form of skin cancer, accounting for about 80% of cases. BCC is typically slow-growing and rarely spreads to other parts of the body.

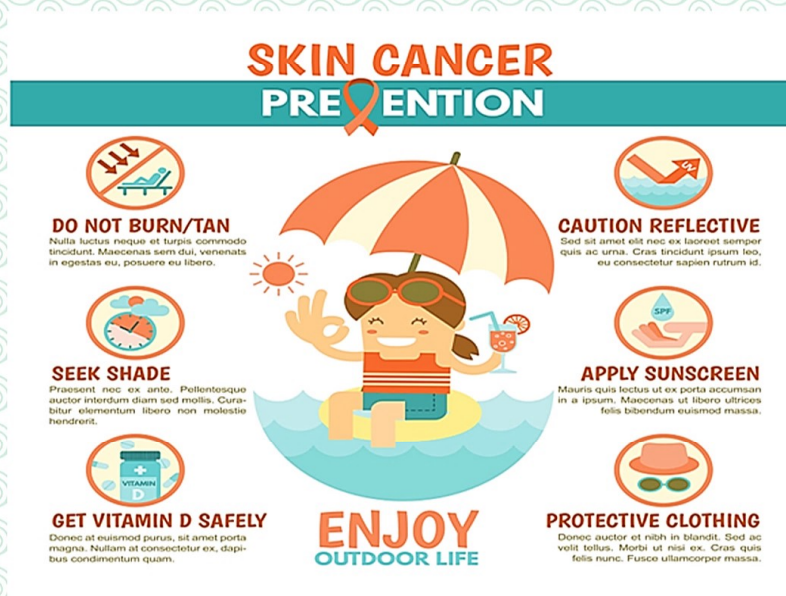


**Squamous Cell Carcinoma (SCC):** The second most common form of skin cancer, accounting for about 16% of cases. SCC can grow quickly and may spread to other parts of the body if left untreated.

## CAUSES, RISK FACTORS AND SYMPTOMS



## PREVENTION





## UV RADIATION EFFECTS ON SKIN

**DNA Damage:** UV radiation damages the DNA of skin cells, leading to mutations that can cause cancer.

**Skin Cell Mutations:** UV radiation can cause skin cells to become abnormal and grow out of control, forming tumors.

**Weakened Immune System:** UV radiation can weaken the immune system, making it harder for the body to fight off cancer cells.

## TYPES OF UV RADIATION

**UVA Radiation:** UVA radiation penetrates deep into the skin, causing premature aging and increasing the risk of skin cancer.

**UVB Radiation:** UVB radiation is primarily responsible for causing sunburn, but it also increases the risk of skin cancer.

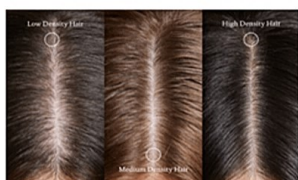
## UV INDEX AND SKIN CANCER RISK

	Use UV Blocking Sunglasses	Wear Sunscreen	Wear a Hat	Wear Protective Clothing	Stay in shade near midday	Reduce time in the sun	Avoid the sun between 10am-2pm
1-2 Low	✓	✓	✓	✓			
3-5 Moderate	✓	✓	✓	✓	✓		
6-7 High	✓	✓	✓	✓	✓	✓	
8-10 Very High	✓	✓	✓	✓	✓	✓	✓
11+ Extreme	✓	✓	✓	✓	✓	✓	✓

## BEAUTY TECH

Beauty tech is the integration of technology into cosmetics and beauty products. Recent innovations in artificial intelligence (AI), augmented reality (AR) and the internet of things have all contributed to a noticeable surge in the industry.

## AUTOMATIC HAIR ANALYSIS



This latest beauty tech trend involves automatic hair analysis. By employing advanced algorithms and sensors to assess hair quality and scalp conditions, AI- driven tools offer personalized insights for tailored hair care routines.

## LED LIGHT THERAPY MASKS

**Applications:** Acne treatment, anti-aging, inflammation reduction.

**Benefits:** By emitting specific wavelengths of light, these masks target various skin issues. Blue light fights acne-causing bacteria, red light stimulates collagen production to reduce wrinkles, and green light can reduce pigmentation and redness.



## MICROCURRENT FACIAL DEVICES



**Applications:** Facial toning, anti-aging. **Benefits:** Microcurrent devices send gentle electrical currents through the skin, which can stimulate muscle activity, promoting a more lifted appearance and enhancing facial contours. They can also boost circulation and encourage collagen production.



## COOLING BEAUTY DEVICES



**Applications:** Reducing puffiness, soothing irritated skin.

**Benefits:** Cooling devices help to constrict blood vessels, reducing redness and swelling, particularly around the eyes. They can also soothe irritated or overheated skin, providing a refreshing skincare step.

## SMART MOISTURE METRES

**Applications:** Hydration level measurement.

**Benefits:** These devices measure the moisture content of your skin, providing insights into your hydration levels. This information can guide you to adjust your skincare routine to better address your skin's hydration needs



## SKINCARE MYTHS

### MYTH #1



Clean Beauty products are not as effective as regular skincare products.



Clean Beauty products are as effective if not more effective than conventional skincare products.

### MYTH #2



Higher the SPF, better the sun protection.



Above a certain level, a higher SPF has negligible benefits over a lower SPF, just more chemicals.

### MYTH #3



Only teenagers can get acne and pimples.

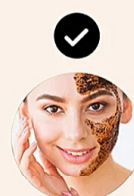


Acne is a skin condition that can occur at any point, including adulthood.

### MYTH #4

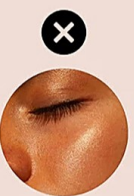


You must scrub hard to get rid of blackheads and whiteheads.

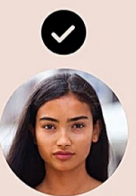


Scrubbing hard can lead to cuts and bruises, and does more harm than good.

### MYTH #5



You can skip moisturiser if you have oily skin.



A moisturiser ensures that your skin does not go into an overdrive and produce more oil.

### MYTH #6



Anti-ageing products will make your wrinkles disappear overnight.



Anti-ageing products slow down the signs of ageing, and improve skin elasticity, texture and complexion.





# KRISHNAA INSTITUTE OF SKILL DEVELOPMENT & ENTREPRENEURSHIP

(A Unit of VIEMS)

(Council for Vocational Education & Skill Development – CVESD, Chennai)

Tiruchengode - 637 205, Namakkal (Dt).



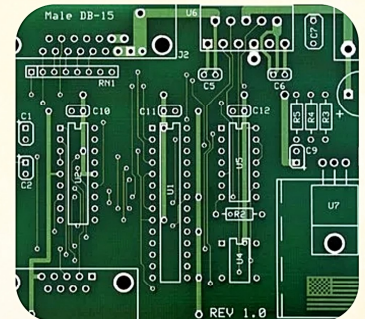
## IT - ITES SECTOR

- Domestic Data Entry Operator
- Customer Care Executive
- IT Support Services
- Android App Development
- Arduino Robotics
- Desktop Publishing (DTP)
- Python
- MATLAB
- Data Science
- Cyber Security
- Junior Full Stack Developer
- Computer Graphics



## ENGINEERING & TECHNOLOGY SECTOR

- Tekla
- ArcGIS
- Revit - Architecture
- AutoCAD Civil
- Revit - Structure
- AutoCAD Electrical
- STADD Pro
- PCB Design



## BANKING, FINANCIAL SERVICES AND INSURANCE

- Tally & MS Office
- Mutual Fund Distributor
- Certificate Program in GST
- Certificate Program in Financial Literacy
- Certificate Program in Accounts Executive
- Certificate Program in Advanced Digital Marketing



94433 16521



[vskilldevelopment@gmail.com](mailto:vskilldevelopment@gmail.com)