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THE TERM "COSMETOVIGILANCE"

★ "Cosmetovigilance" was coined as a new term to describe industry-led surveillance to ensure the safety of cosmetic products. Vigan (1997) used it for the first time in the literature to refer to the monitoring of cosmetic product safety. It is now recognised globally as a public health concept.

★ According to the European Union's Cosmetics Directive, "a 'cosmetic product' by definition is any substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair system, nails, lips, and external genital organs) or with the teeth and mucous membranes of the oral cavity with the sole or primary purpose of cleaning, perfuming, changing their appearance, correcting body odours, and/or protecting the teeth."

AISHWARYA.V, SREE HARSSHNI.V

COSMETIC PRODUCTS : WHAT ARE THEY?

Cosmetics are a concoction of chemical components originating from both natural and manufactured sources. There are many uses for cosmetics. The body or skin can be cleansed or protected using those intended for personal care and skin care. Cosmetics intended to improve or change one's appearance (makeup) can be used to hide flaws, highlight natural characteristics (such the eyebrows and eyelashes), add colour to the face, or completely alter the face's appearance to resemble another person, animal, or object. People with acne-prone skin are more likely to break out because of the harsh elements in cosmetic products. Body scent can also be added through the use of cosmetics.

JESSLY LALU, ASHWINI .M



WHAT ARE COSMECEUTICALS, NUTRACEUTICALS AND COSMETIC DEVICES?

COSMECEUTICALS :

Cosmeceuticals are products that blend cosmetic and medicinal ingredients and function as both cosmetics and medications. Cosmeceuticals are frequently rubbed into the skin after application and include significant concentrations of active substances like vitamin C and hyaluronic acid.

NUTRACEUTICALS :

A pharmaceutical substitute with physiological benefits is known as a nutraceutical. Since they are classified by the FDA as dietary supplements and food additives under the Federal Food, Drug, and Cosmetic Act, nutraceuticals are mainly unregulated in the US. The phrase "nutraceutical" combines the words "nutrition" and "pharmaceutical" in a clever way.

COSMETIC DEVICES :

To help you obtain your desired result, aesthetic (cosmetic) gadgets may be used. However, a procedure might not always produce the desired outcomes, the effects might only last a short time, and there are hazards associated with using any device, including an aesthetic device

KARTHIGA.R, PARWIN BANU.M



CONSEQUENCES OF CHEMICALS IN COSMETICS

SULFATES :

- ★ Sulphates are salts that are created when another chemical combines with sulfuric acid (H_2SO_4).
- ★ Sulphates can cause skin and eye irritation. They have the ability to prematurely remove hair dye.



PARABENS :

- ★ To keep your skincare and beauty products clean, fresh, and free of germs, use parabens.
- ★ According to some research, parabens infiltrate your skin and mimic oestrogen, which causes excessive breast cell proliferation.



PHTHALATES :

- ★ Phthalates are salts or plasticizing substances used to increase a product's spreadability.
- ★ They can be found in lotions, nail polish, and perfumes, to mention a few. They are reproductive and developmental poisons that are also used in shampoos as softeners.



SYNTHETIC COLORS :

- ★ Petroleum or coal tar are the sources of artificial colours.
- ★ Many of the commercially available eyeshadows include coal tar as well. Skin rashes, cancer, acne breakouts, and ADHD (attention deficit hyperactivity disorder) can all be brought on by synthetic colours.

FRAGRANCE :

- ★ Cosmetics including perfumes, moisturisers, shampoos, cleansers, and conditioners all include fragrances.
- ★ Fragrances have the potential to be irritants, endocrine disruptors, and carcinogens (agents that cause cancer)



TOLUENE :

- ★ The majority of hair colours and nail polishes include the petrochemical solvent toluene.
- ★ Toluene can have an impact on the human central nervous system and cause sleepiness, nausea, headaches, and fatigue.

MEGASHREE .H, LEKSHMI.S



HOW TO STAY AWAY FROM COSMETICS THAT CONTAIN DANGEROUS SUBSTANCES

- ★ Before you purchase any skincare products, read the labels.
- ★ The two most prevalent sulphates that you will see on the labels of your shampoos and other personal care products are SLS (sodium lauryl sulphate) and SLES (sodium laureth sulphate).
- ★ Parabens are chemicals that belong to the methyl, butyl, and propyl classes.
- ★ Benzene, phenylmethane, toluol, and methylbenzene are among common names for toluene.
- ★ Look for beauty companies that are open about their practises and list every ingredient.
- ★ Think about natural brands that are both safe and include effective ingredients. Be cautious when making snap decisions on natural brands because some of the ingredients may cause you irritation. Natural ingredients come from plants.



KARTHIKA.J

NEED FOR COSMETOVIGILANCE

- ★ **India Requires Cosmetovigilance** : Public Safety Consumers are protected by Cosmetovigilance from potential dangers related to cosmetic items. Cosmetovigilance can provide as an additional safety net to monitor in the absence of legislation. products that might not be properly regulated or that could go lost.
- ★ **Increasing Cosmetic Use** : The Indian beauty and personal care market is expanding, which has led to an increase in the use of cosmetics. Cosmetovigilance data can offer regulatory agencies insightful information that will aid them in making judgements about the safety of specific products, substances, or packaging techniques.
- ★ **Assisting With Regulatory Decisions** : Cosmetovigilance data can offer regulatory agencies helpful insights, assisting them. Cosmetovigilance can serve as an extra safeguard and watchdog.
- ★ **Corporate Responsibilities** : Cosmetic companies are held to a higher standard of responsibility for the security and caliber of their products according to the established Cosmetovigilance system. This promotes ethical manufacturing techniques and contributes to consumer trust.
- ★ **Harmonization With Gb Hal Standards** : To guarantee consumer safety, many nations have established Cosmetovigilance systems. India can harmonize with international standards and encourage the safer use of cosmetics by putting such a system into place.

ASWINI SURESH, ROJA.MK



PRODUCTS THAT ARE CLASSIFIED AS COSMETICS

Drug items and cosmetic products are not the same, and the FDA has different regulations for each. Here are a few illustrations of cosmetics :



- ★ Tattoos and permanent makeup
- ★ Face and body cleansers, moisturizers and other skin lotions and creams
- ★ Deodorants and makeup
- ★ Baby lotions and oils
- ★ Hair care products, dyes, conditioners, straighteners/relaxers, perms
- ★ Hair removal creams
- ★ Nail polishes
- ★ Shaving products
- ★ Perfumes and colognes
- ★ Face paints and temporary tattoos



SAMYUKTHA .D.V, NARMADHA.S

COSMETICS AND THEIR ADVERSE EFFECTS



1. Skin Lightening Agents : Ochronosis and potential mutagenicity
2. Sun Screen Products : Photo allergic reaction
3. Black Henna : Blisters, surface coring and erythromatous on skin
4. Shampoo : Tangling of hair and hair shaft swelling
5. Lipstick : Anemia and glucose intolerance
6. Perfumes : Damaging lung tissues



SNEHA .B

IF YOU EXPERIENCE ANYTHING, LET THE FDA KNOW

- ★ Any adverse event following the use of a cosmetic, including but not limited to a rash, redness, burn, hair loss, headache, infection, illness, or any other unanticipated reaction, whether or not it necessitated medical attention.
- ★ A flaw in a cosmetic product, such as an unpleasant odour, a change in colour, another indication of contamination, or the presence of foreign material in the product.



HOW TO REPORT A COSMETICS ISSUE

- ★ If you want to register a complaint or adverse event (like an illness, allergic reaction, rash, irritation, scarring, or hair loss) connected to a cosmetic and you are a consumer, health practitioner, attorney, or part of the cosmetics industry, you have three options.
- ★ If you want to discuss your issue with a live person, contact an FDA Consumer Complaint Coordinator.
- ★ Online Voluntary MedWatch forms should be filled out.
- ★ Fill out a paper Voluntary MedWatch form and send it to FDA.



HOW THE FDA WILL USE YOUR REPORT

Once a report is received :

- ★ FDA will maintain the privacy of your identity.
- ★ In order to determine whether other people are experiencing the same issue, FDA will add the report to our database.
- ★ The FDA will evaluate the data to determine whether the product or comparable goods have a history of issues and pose a public health risk that requires attention.
- ★ FDA may not act on each report it receives, but it does review all submissions to see if any action is required to safeguard the public's health.



FACTS ABOUT COSMETICS

- ★ Acne is genetic.
- ★ Cucumbers eliminate eye bags.
- ★ Eating unlimited carrots can make your skin turn orange.
- ★ Stress causes acne.
- ★ Wrinkles might be because of genetics.



DIVYA.R.P

MYTHS ABOUT COSMETICS

MOISTURIZER IS ONLY FOR DRY SKIN TYPES

Removing moisture from skin may actually make oily skin oilier since it makes your skin work harder and produce more oil to hydrate your skin.





HOT WATER USAGE "OPENS YOUR PORES"

The idea that hot water expands pores is one of the most pernicious beauty myths. Pores don't actually open or close at all. Actually, extreme heat can make other problems, including To sacea, worse. And to get rid of your pores, exfoliants are your best bet.

GLOSSY HAIR RESULTS FROM MORE THAN THREE BRUSHES

It'll cause more harm than good. Light brushing, however, removes impurities and stimulates blood flow to the scalp, which nourishes and maintains the health of the hair follicles.

A.PRIYADHARSHINI, FEMINA.H

UV PROTECTION IS CRUCIAL

Spot Safety : Put on garments to keep your skin covered. Apply sunscreen with atleast 30 SPF for 20 minutes before exposure to the sun. Apply once every two hours.

Wear A Hat And Sunscreen : Hats with wide brims offer superior protection. Therefore, ensure that your sunglasses block both rays of UVA and UVB.

Seek Shades : Take cover from the sun with an umbrella, t-shirt, or other shady object.

GAYATHRI.P

THE IMPACT OF STRESS ON YOUR SKIN

Your skin glands produce excessive amounts of sebum (oil) as a result of the stress hormone cortisol, which results in breakouts of acne. Your immune system is impacted by stress, which also makes your skin more reactive and sensitive and causes rashes, hives, and redness. Inflammatory skin diseases including eczema, psoriasis, and rosacea are made worse by stress, which causes flare-ups. You might pick at scabs on acne as a result of stress, or you might scratch your skin until it turns red or breaks.

SINDHUJA .S

HAIR STRAIGHTENING CHEMICALS RAISES THE RISK OF CANCER

Hair straightening chemicals such as parabens, formaldehyde, bisphenol A might increase the risk of cancer such as

- ★ Uterine and Ovarian cancer
- ★ Thyroid Cancer
- ★ Breast Cancer
- ★ Infertility
- ★ PCOS

SHRUTHI .D