



## यशवंत आयुर्वेदीक महाविद्यालय, कोडोली .

दिनांक : १.४.२०२१

सर्व द्वितीय वर्ष अध्यापकांना कळविण्यात येते की रसशास्त्र व भैषज्य कल्पना विभागातर्फे दि.३ एप्रिल २०२१ रोजी **Cosmetic product preparation** ची एक दिवसीय कार्यशाळा आयोजित केली आहे . वैद्य प्रवीण कोपार्डे (एम डी रसशास्त्र ) यासाठी मार्गदर्शन करणार आहेत . संबंधीत कार्यशाळेत द्वितीय वर्षाचे सर्व विद्यार्थी व विद्यार्थिनी सहभागी होणार आहेत तरी द्वितीय वर्षाचे सर्व अध्यापकांनी आपला कार्यभाग सांभाळून यात सहभागी व्हावे .**covid-19** संबंधीत नियमांचे तंतोतंत पालन करून स.११ वाजता उपस्थित रहावे ही विनंती .

स्थळ: द्वितीय वर्ष क्लासरूम व रसशास्त्र विभाग

प्राचार्य

यशवंत आयुर्वेदीक महाविद्यालय,  
कोडोली, ता. पन्हाळा, जि. कोल्हापूर



दिनांक . २५ . ३ . २०२१

मा . प्राचार्य

यशवंत आयुर्वेदिक महाविद्यालय

कोडोली ता . पन्हाळा

विषय द्वितीय वर्षाचे विद्यार्थ्यांसाठी कॉस्मेटिक प्रॉडक्ट्स वर्कशॉप आयोजित करणेबाबत

महोदय

वरील विषयास अनुसरून आपणास विनंती करू इच्छितो की द्वितीय वर्षाचे विद्यार्थ्यांसाठी रसशास्त्र भैषज्य कल्पना विभागातील कॉस्मेटिक प्रॉडक्ट्स १ दिवसाचे वर्कशॉप आयोजित करणेचा मानस आहे . या अंतर्गत **Soap , Shampoo , face Pack , cream & Lotion** तयार करणेचे प्रात्यक्षिक केले जाणार आहे . तरी या कार्यक्रमास परवानगी मिळावी . ही नम्र विनंती .

कळावे

आपला विश्वासु

  
डॉ . एस . सी बकरे

विभागप्रमुख

रसशास्त्र भैषज्य कल्पना विभाग

*Sum  
Granted  
line detail proposal  
25/3/21*

# Workshop on preparation of ayurvedic cosmetic products



In ayurveda the treatment is of two types viz; 1)Anataparimarjan  
2)Bahiparimarjan

Bahiparimarjana means the medicine intended for external use only. For that purpose different forms are mentioned in ayurveda e.g. Lepa, Upanaha, Malahara etc. In modern pharmacetics ointments, creams, pastes, jellies, shampoo, soaps etc. are mentioned.

To increase the knowledge of students in all above things a workshop is arranged in our Yashwant Ayurvedic College. This workshop is arranged for 2<sup>nd</sup> year B.A.M.S. students. In this workshop ayurvedic preparations like cream, shampoo, soap, gel, pain balm, lipbalm etc are prepared. Dr Pravin Koparde Assit. Prof. RSBK. Dept. M.AD Ayurvedic College, Yevala, Nashik. And Dr Shital Koparde Assit. Prof. Agad Tantra Dept. Govt. Ayurvedic College Usmanabad are came to teach the students.

The concept of beauty and cometic dates back to ancient mankind and civilization. Generally herbal Cosmetics referred as products, are formulated using various permissing cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only, shall be called as " Herbal Cosmetics ". Herbs do not produce instant cures. They offer a way to put the body in proper tune with nature. A huge number cosmetic and toiletry formulation have been designed and developed based upon Indian Herbs recently. Other than traditionally documented applications some modern trials have also been using the utility of Indian Herbs in Personal Care products. The demand of herbal medicines is increasing rapidly due to their skin friendliness and lack of the side effects. The best thing of the herbal cosmetics is that it is purely made by the herbs and shrubs and thus is side effects free. The





natural content in the herbs does not have any side effects on the human body, instead provide the body with nutrients other useful minerals.

### **Advantages of Herbal Cosmetics over Synthetic**

Herbal cosmetics are the modern trend in the field of beauty and fashion. These agents are gaining popularity as nowadays most of the people prefer natural products over chemicals for their personal care to enhance their beauty as these products supply the body with nutrients and enhance health and provide satisfaction as these are free from synthetic chemicals and have relatively less side-effects compared to the synthetic cosmetics.

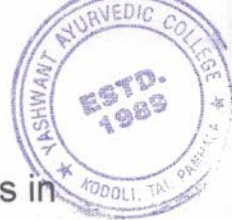
Following are some of the advantages of using natural cosmetics which make them a better choice over the synthetic ones.

#### **Natural products**

The name itself suggests that herbal cosmetics are natural and free from all the harmful synthetic chemicals which otherwise may prove to be toxic to the skin. Instead of traditional synthetic products different plant parts and plant extracts are used in these products, e.g aloe vera gel and coconut oil. They also consist of natural nutrients like Vitamin E that keeps skin healthy glowing and beautiful. For example, Aloe vera is herbal plant species belonging to liliaceae family and is naturally and easily available. There are a rising number of consumers concerned about ingredients such as synthetic chemicals, mineral oils who demand more natural products with traceable and more natural ingredients, free from harmful chemicals and with an emphasis on the properties of botanicals.

#### **Safe to use**

Compared to the other beauty products, natural cosmetics are safe to use. They are hypo-allergenic and tested and proven by dermatologists to be safe to use anytime, anywhere. Since they are made of natural ingredients, people don't have to worry about getting skin rashes or experience skin itchiness. Example- BHA (Butylated Hydroxyanisole) is



closely related synthetic antioxidants and are used as preservatives in lipsticks and moisturizers. BHA can induce allergic reactions in the skin. The international Agency for Research on cancer classifies BHA as a possible human carcinogen. Herbal cosmetics contain natural antioxidants like vitamin C.

### **Compatible with all skin types**

Natural cosmetics are suitable for all skin types. No matter if you are dark or fair, you will find natural cosmetics like foundation, eye shadow, and lipstick which are appropriate irrespective of your skin tone. Women with oily or sensitive-skin can also use them and never have to worry about degrading their skin condition. Coal tar-derived colors are used extensively in cosmetics. Coal tar is recognized as a human carcinogen and the main concern with individual coal tar a color (whether produced from coal tar or synthetically) is they can cause cancer. But natural colors that are obtained from herbs are safer.

### **Wide selection to choose from**

Natural cosmetics may still be a new type in the beauty industry but they already offer a variety of beauty products for all make up crazy people out there to choose from. One will find a variety of foundation, eye shadow, lipstick, blush, mascara, concealer and many more which are all naturally formulated. Furthermore, one will find locally made natural cosmetics or those made by famous designers worldwide. There exist a large variety of herble extracts, to name a few Andrographis Paniculata (Kalmegh), Asparagus Racemosus (Shatavari), Boswellia serrata (Salai Guggal), Asphalt (Shilajit) ect.

### **No side effects**

The synthetic beauty products can irritate your skin, and cause pimples. They might block your pores and make your skin dry or oily. With natural cosmetics, one need not worry about these. The natural ingredients used assure no side effects; one can apply them anytime anywhere. For example herbal cosmetics are free from parabens that are most widely used





preservative in cosmetics and can penetrate the skin and are suspected of interfering with hormone function (endocrine disruption). This is the theoretical part which is the base of our workshop.

Guest came at 11.00 am in the college. Then inauguration & Felicitation ceremony done in the presence of Dr. M.M. Godbole sir, Dean & Principal of our college. Introduction of guests & line of programme given to the students by Dr. S. C. Bakare H.O.D. of the RSBK Dept. Introductory lecture is given by Dr. Shital Koparde madam to the students. Dr. Shital Koparde madam told the importance of the Ayurvedic Cosmetic Products through the ppt. Then Dr. Pravin Koparde sir given the theoretical information of the cosmetic products, then they told practical approach to the students.

Then practices were done before students. On the first day soaps, cream, lipbalm etc. were done. On the 2<sup>nd</sup> day of workshop Soaps, Shampoo, Sanitizer, Cream, Face pack plain balm, Gel were done.

The 2<sup>nd</sup> B.A.M.S. Students had a great opportunity to learn all these products, soaps, chandhan soaps were prepared. In the shampoos plain shikakai & shikakai-ritha shampoo prepared. In gel kumari gel, papaya gel prepared. In the plain balm menthol, karpur mix balm prepared.

At the end of workshop Dr Manoj Patil Sir & Dr. S.C. Bakare Sir did the thanks of the guests. Our RSBK team Dr S. C. Bakare, Dr Manoj Patil, Dr S. V. Patil, Dr R. D. Patil, Dr Manisha Patil, Mrs Swati Haval, Mr Suryakant Kale, Mr. Kailas Jadhav, Mr Sandip Panaskar all were done their excellent job in this workshop. The teamwork is make it a golden movement. Then the workshop was over.

Dr S. C. Bakare

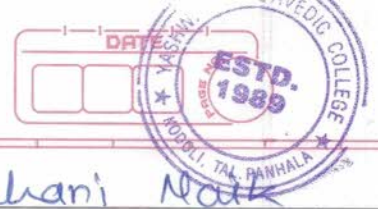
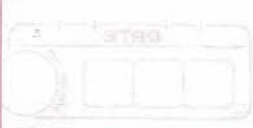


H.O.D.

(Rasashatra & Bhaishajya Kalpana Dept.)



Roll No	Name	Signature
86	Sawant Prilam Pradip	<u>Sawant</u>
90	Shinde Sonal Sanjay	<u>Sonali Shinde</u>
15	Domale Pranjal Suresh	<u>Pranjal D</u>
71	Patil Pratibha Sharad	<u>Pratibha</u>
82	Rathod Vaishnavi Laxman	<u>Rathod.V.L.</u>
89	Shinde Pratiksha Pandugran	<u>Shinde.P.P.</u>
94	Tekale Tanupriya Tanhaji	<u>Tanupriya</u>
25	Rakhi Goge	<u>Ragelakhi</u>
64	Namdas Pratiksha Prakash	<u>Namdas</u>
48	Ankita Rajendra Kumbhar	<u>Kumbhar</u>
99	Vaishnavi Yemul	<u>Yemulvaishnavi</u>
69	Patil Pranali Ramdev	<u>Pranali</u>
34	Jagdale Gauri Dinkar	<u>Gauri</u>
59	Metel Shrutel Sanjay	<u>Shrutel</u>
93	Tadbe Priyanka Tanaji	<u>TadbePriyanka</u>
67	Patil Mohini Mukund	<u>Mohini</u>
73	Patil Shrutel Vijay	<u>Shrutel</u>
7	Bhosale Amruta Shivaji	<u>Bhosale Amruta</u>
53	Antel Ankush Mali	<u>Antel</u>
40	Kamble Avanti Arvind	<u>Kambleavanti</u>
52	Malekar Madhuri Gampu	<u>Malekar</u>
91	Sose Prakash Bhausaheb	<u>Prakash</u>
29	Jadhav Shrishal Prasad	<u>Shrishal</u>
84	Pranali Madhukar Sanap	<u>Pranali</u>
79	Pujari Damini Santosh	<u>Pujari Damini Santosh</u>
49	Kumbhar Shakshi Pratap	<u>Shakshi</u>
83	Salgare Supriya Shantappa	<u>Supriya</u>
39	Kale Anjali Rajesh	<u>Anjali</u>
56	Mashalkar Shweta Biru	<u>Mashalkar</u>



56) Dr. Subani Naik

Subani Naik

57) Dr. Vishwanath Phule

Vishva Phule

58) Dr. Saurabh Chaugale

Saurabh Chaugale



