REVIEW ON SKIN DEPIGMENTING ACTIVITY OF COMMON MEDICINAL PLANTS USED IN SRI LANKAN TRADITIONAL BEAUTY REMEDIES

Gunarathna B.W.A.S. and Amali T.A.D.H.

University College of Kuliyapitiya,University of Vocational Technology, Sri Lanka.
drayeshasg@gmail.com

Abstract: Cosmetology is one of the world's oldest professions and has become the most demanding field in the modern era. Skin complexion is considered one of the prominent and important features of beauty. Melanin is the main responsible pigment for determining skin color. The result of excess melanin production, distribution, or transport is known as Hyperpigmentation and it becomes one of the common aesthetic problems among people. A range of cosmetic treatments are available for the management of various hyperpigmentation conditions. However many commercially available synthetic cosmetic products lead to side effects and long-lasting health problems due to harmful ingredients. Also reported some drawbacks. In this situation, natural ingredients can be effectively used for preparing cosmetic products to obtain better outcomes. Hence the objective of this study was to scientifically emphasize the de-pigmenting effect of common medicinal plants mentioned in Sri Lankan traditional beauty remedies for the management of hyperpigmentation-related cosmetic problems. A comprehensive literature search was conducted through different scientific databases and authentic Ayurveda texts. The PRISMA checklist guided the data assessments. The results of the study summarized that most of the phytoconstituents present in these medicinal plants act as potential agents in the skin de-pigmenting process in several ways mainly including significant tyrosinase inhibitors, powerful antioxidants, and as modulating agents of different cellular signaling pathways on melanogenesis pathway. Hence these medicinal plants may play a significant role in treating skin hyperpigmentation. Further, it would provide an intuition to explore new therapeutic strategies based on data linked with traditional knowledge systems. However, the experimental effect, and safety, of the medicinal plants require further determination before studying their clinical efficacy.

Keywords: Medicinal plants, Skin hyperpigmentation, Tyrosinase.