



**Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore**  
**Shri Vaishnav Institute of Pharmacy**  
**Choice-Based Credit System (CBCS) in Light of NEP-2020**  
**General Electives (UG 2025-26), VI SEM**

Subject Code	Category	Subject Name	Teaching and Evaluation Scheme								
			Theory			Practical		L	T	P	CREDITS
			End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessment				
GUBPC 601	GE	Cosmetic and Preventive Pharmacy	60	20	20	-	-	4	0	0	4

**Legends:** L-Lecture; T-Tutorial/ Teacher Guided Student Activity; P-Practical; C-Credit; \* Teacher Assessment shall be based on the following components: Quiz/Assignment/Project/Participation in Class, given that no component shall exceed more than 10 marks.

### Cosmetic Science and Preventive Pharmacy

**Scope:** This syllabus provides a comprehensive understanding of cosmetic and cosmeceutical products, emphasizing the scientific principles and practical applications for skin, hair, and oral health. It delves into the role of herbal ingredients, addresses common cosmetic and health issues, and promotes awareness of personal hygiene, nutrition, and community health. This multidisciplinary approach equips students with the knowledge to address health-related challenges and improve overall well-being.

**Objectives:**

1. To classify cosmetic and cosmeceutical products and understand the basic anatomy and functions of the skin, hair, and oral cavity.
2. To study the principles of sun protection, sunscreen classification, and the role of herbs in skin, hair, and oral care.
3. To identify and analyze cosmetic problems related to the skin and hair, along with the mechanisms of antiperspirants and deodorants.
4. To promote awareness of the relationship between food, nutrition, and health, including the prevention of nutritional and vitamin deficiencies.

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## Syllabus

### Unit I

- ❖ Classification of cosmetic and cosmeceutical products
- ❖ Skin: Basic structure and function of skin
- ❖ Hair: Basic structure of hair. Hair growth cycle
- ❖ Oral Cavity: Common problem associated with teeth and gums

### Unit II

- ❖ Sun protection, Classification of Sunscreens and SPF
- ❖ Role of herbs in cosmetics: -
  - a) Skin Care: Aloe and turmeric
  - b) Hair care: Henna and amla
  - c) Oral care: Neem and clove

### Unit III

- ❖ Cosmetic problems associated with Hair and scalp: Dandruff, Hair fall causes
- ❖ Cosmetic problems associated with skin: blemishes, wrinkles, acne, prickly heat and body odor.
- ❖ Antiperspirants and Deodorants- Actives and mechanism of action

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#### Unit IV

- ❖ Social and health education: Food in relation to nutrition and health, Balanced diet, Nutritional deficiencies, Vitamin deficiencies, Malnutrition and its prevention.
- ❖ Sociology and health: Socio cultural factors related to health and disease, Impact of urbanization on health and disease, Poverty and health
- ❖ Hygiene and health: personal hygiene and health care; avoidable habits

#### Unit V

- ❖ Community services in rural, urban and school health: Functions of PHC, Improvement in rural sanitation, national urban health mission, Health promotion and education in school.

#### Book References:

- 1) Harry's Cosmeticology, Wilkinson, Moore, Seventh Edition, George Godwin.
- 2) Cosmetics – Formulations, Manufacturing and Quality Control, P.P. Sharma, 4<sup>th</sup> Edition, Vandana Publications Pvt. Ltd., Delhi.
- 3) Text book of cosmeticology by Sanju Nanda & Roop K. Khar, Tata Publishers.

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