

Mango whitening lotion essay



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Most Asian women desire fair complexion, and many are willing to spend thousand of dollars on skin lightening products to pursue beautiful crystal clear white skin tone. Nowadays, having a fair skin is one of the most “ in”. Many would like to have whiter skin that’s why there are a lot of beauty products that emerged that claims to be helpful in achieving such dream. Skin Whitening, skin lightening and skin bleaching refers to the practice of using chemical substances in an attempt to lighten skin tone or provide an even skin complexion by lessening the concentration of melanin.

From lotion, soap, cream, pills and many more are now on the market so that having fairer complexion can be easy and cheap. There are also other treatments that can be undergone by those who can afford the price. It includes injecting glutathione, bleaching, and many more. In the Philippines, mostly are kayumanggi, that’s why whitening products have high demand in the market. In recent years the practice of skin lightening has come under fire because of its potential negative health effects and association with colonialism and self-imagery.

There is evidence to suggest that some types of skin-whitening products use active ingredients (such as mercurous chloride) and hydroquinone which can be harmful. Hydroquinone has now been banned in Europe and in many other countries can only be prescribed by a doctor for certain skin conditions. In an article written by Tiffany Moore entitled 8 Best Natural Skin Whitening Ingredients, she had enumerated some basic ingredients that should be look into in selecting the best whitening product.

She said that there should be Beta-Arbutin or Arbutin, Kojic Acid, Licorice Extract, Mulberry, Glycolic Acid, Lactic Acid, Lemon Juice Extract and Vitamin C. Vitamin C is a natural antioxidant that occurs in many different forms ((L-ascorbic acid, ascorbic acid, and magnesium ascorbyl phosphate) each with distinct properties. Studies have indicated that Vitamin C has the ability to suppress melanin formation and whiten skin naturally when applied. Vitamin C also protects skin from the damaging effects of ultraviolet (UV) radiation from the sun.

Exposure to ultraviolet light (UVA or UVB) can speed up aging by damaging the collagen fibers of the skin. Mango is rich in Vitamin C and Vitamin A. Vitamin C content is more in raw mango as compared to that in ripe mango. It also has traces of Vitamin E, Vitamin B and Vitamin K. The mango is a fleshy stone fruit belonging to the genus *Mangifera*, consisting of numerous tropical fruiting trees in the flowering plant family *Anacardiaceae*. The mango is native to the Indian subcontinent from where it was distributed worldwide to become one of the most cultivated fruits in the tropics.

While other *Mangifera* species (e. g. orse mango, *M. foetida*) are also grown on a more localized basis, *Mangifera indica* - the 'common mango' or 'Indian mango' - is the only mango tree commonly cultivated in many tropical and subtropical regions. It is the national fruit of India, Philippines and Pakistan. The famous Unani physician Hakeem Hashmi teaches that mangoes strengthens and invigorates the nerve tissues in muscles, heart and brain and other parts of the body. In mango fruit pulp, the antioxidant vitamins A and C, Vitamin B6(pyridoxine), folate, other B vitamins and essential nutrients, such as potassium, copper and amino acids, are present.

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Mango peel and pulp contain other phytonutrients, such as the pigment antioxidants - carotenoids and polyphenols - and omega-3 and -6 polyunsaturated fatty acids. Mango peel contains pigments that may have antioxidant properties including carotenoids, such as the provitamin A compound, beta-carotene, lutein and alpha-carotene, polyphenols, any of which may counteract free radicals in various disease processes as revealed in preliminary research. Phytochemical and nutrient content appears to vary across mango species.

Up to 25 different carotenoids have been isolated from mango pulp, the densest of which was beta-carotene, which accounts for the yellow-orange pigmentation of most mango species. Mango also has health benefits which can help us to cure some of the common illnesses that we have. Mangiferin from the leaves has been reported to possess anti-inflammatory, diuretic, chloretic and cardiogenic activities and displays a high antibacterial activity against gram positive bacteria. It has been recommended as a drug in preventing dental plaques.

Mango is an excellent natural source for pro-vitamin A. Vitamin A plays an important role in the development of the placenta and the fetus. It influences the growth, the metabolism of skin, mucus membranes, teeth and retina. The nutritional value of mango makes it good for weight gain, eye disorders, hair loss, heat stroke, prickly heat, diabetes, bacterial infections, sinusitis, piles, indigestion, constipation, morning sickness, diarrhea, dysentery, scurvy, spleen enlargement, liver disorders, menstrual disorders, leucorrhoea, and vaginitis.

Without much knowing the considerable nutritional value of mango, it is always been a favourite of mostly all of us. Shakes, ice creams, pie, and many more are always the favourite when it is mango flavoured. With the foregoing review of related literature, the researchers are inspired to conduct an investigation on how can mango be an effective ingredient in lotions to achieve whitening effects. Since we should go organic, mango is one of the best choice other than orange or any other fruits.