



Antioxidant Uses for Skin Care

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ARTICLE HISTORY

Received November 05, 2021

Accepted November 19, 2021

Published November 26, 2021

Editorial

The skin's recharging cycle is eased back by aggravation. Cancer prevention agents assist skin with remaking itself and repair apparent harm by bringing down irritation. "Vitamin C, for instance, helps support collagen arrangement, which is fundamental for young skin. Free radicals and frequent sun exposure can also trigger changes in our skin's melanin production, causing dark spots and uneven skin tone. By reducing photodamage, antioxidants can help prevent abnormal skin pigmentation. Some antioxidants also work to inhibit tyrosinase, an enzyme that stimulates melanin production. Vitamin C is one of the most researched antioxidants and a favourite among dermatologists. Vitamin C has various skin benefits as a free radical scavenger, including increasing collagen formation (which makes skin tighter) and eliminating dark spots. Use it first thing in the morning to get the most out of its capacity to prevent UV damage and hyperpigmentation—and always use sunscreen thereafter. Niacinamide, also known as vitamin B3, is a powerful antioxidant that improves the skin's texture and tone. It reduces fine lines, wrinkles and hyperpigmentation and exhibits anti-inflammatory properties," explains Dr. Klein. Thanks to its ability to calm inflammation, niacinamide can also soothe breakouts, improve skin's barrier function and help fight redness. This vitamin is often used to treat skin conditions like rosacea and acne and is not known to cause any adverse reactions, making it ideal for sensitive types. Resveratrol is known as the "longevity molecule" thanks to its impressive anti-aging abilities. An antioxidant found mostly in the skins of fruits like grapes and berries, resveratrol serves as the plants' defensive armor—and has a similarly reparative effect when used in skin care products. "Resveratrol has anti-inflammatory, antibacterial and antifungal properties, which calm down the skin,

reduce skin aging and may keep [the skin] free of infections," says Dr. Visoslav Tonkovic-Capin, a board-certified dermatologist in Missouri. It's best used in the evening, since UV exposure can hamper its effectiveness. Vitamin E is an important antioxidant required for the proper function of many organs in the body, including the skin. It's widely recognized for its ability to accelerate the skin's healing process. No wonder vitamin E is often found in moisturizers, creams and lotions formulated to treat dry skin, as well as products designed to reduce stretch marks. Retinol is one part that has been displayed to help go back in time on maturing skin consistently. This cancer prevention agent, which is a subordinate of vitamin A, is exceptionally effective due to its little atomic construction, which permits it to infiltrate profound enough into the skin to invigorate collagen development and speed up cell recovery and fix. Retinoids like tretinoin, as well as over-the-counter retinol, are successful at smoothing almost negligible differences and wrinkles and further developing complexion and discolouration. Polyphenols, (for example, resveratrol) can be found in an assortment of food sources, including natural products, vegetables, green and dark tea (otherwise called flavonoids), and different botanicals. Dr. Klein clarifies that these synthetics "have calming, immunomodulatory, and cell reinforcement abilities to safeguard UV-initiated skin photodamage." Polyphenol-rich substances can assist with helping our skin's normal protection against oxidative pressure, lessen signs of maturing, and fix DNA harm, as per studies.

Conflict of Interest

The author declares that there is no area of interest.

Acknowledgement

The author would like to express his gratitude towards all the team members who participated in the research work.