

Herbal medicines used in skin disease and herbs used in skin cosmetics

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ABSTRACT

To look beautiful is people desire and most of people gives attention to look beautiful and therefore people used various beauty products which may be synthetic, semi-synthetic or herbal. Compared to synthetic natural or herbal dyes are more beneficial and safer to use without having any causes. So people are more focusing towards herbal products than synthetic. To maintain and enhancing human beauty since time immemorial is best result of herbs. Indian women have long used Saucers similar as Sandalwood and Turmeric for skin care; Henna to color the hair, triumphs and soles; and natural canvases to incense their bodies. The natural saucers and their products when employed for their sweet-smelling an incitement in corrective planning are named as natural beautifying agents.

I. INTRODUCTION:-

The external covering of body called as, skin is largest organ and also called as first line of defense. ⁽¹⁾ Skin protects against infections, poisons and dangerous goods of ultraviolet radiations. Skin Complaint can harm in number of ways and it can affect to all periods and it's a common disease. The skin guards the underpinning muscles, bones, ligaments and internal organs ^(2,3,4). There are two general types of skin, hairy and rough skin. Natural treatment is cheap and claimed to be safe. It's also suitable raw material for product of new synthetic agents. A review of some shops for the treatment of skin conditions is handed that summarizes the recent specialized advancements that have taken place in this area during the once 17 times.

HERBAL MEDICINE USED IN SKIN DISEASES

Skin Protection

A. Green Tea



Green tea is tea produce solely with the leaves of *Camellia sinensis* belonging to family Theaceae. Whether applied topically or consumed as a libation or salutary supplement, green tea is a premiere skin protectant. ⁽⁵⁾ It protects against direct damage to the cell and centrist inflammation, according to exploration from the Department of Dermatology, Columbia University, New York. Studies suggest that the catechins in green tea are some 20 times stronger in their antioxidant powers than indeed vitamin E. ⁽⁶⁾ Men, women and children need to place this super. Guard on their side against the ravaging goods of the sun. ⁽⁷⁾

Table 1 Herbal factory for Skin care

Latin name	Common name	Part used	Uses
<i>Acorus calamus</i>	Sweet flag	Rhizome	Aromatic, Dusting
<i>Allium sativum</i>	Garlic	Bulb	Promotes skin mending, Antibacterial.
<i>Aloe vera</i>	Aloe	Leaf	Moisturizer, Sun screen, Emollient.
<i>Alpinia galanga</i>	Galanga	Rhizome	Sweet,

Dusting maquillages. Avena sativa Oat Fruit Moisturizer, Skin alcohol Azadirachta indica Neem Leaf Antiseptic, Reduce dark spots, Antibacterial. Echinacea purpurea Echinacea roots, stem, and leaves Skin rejuvenescence. Centella asiatica Gotu kola Plant Wound mending, Reduce. Symphytum officinale Comfrey leaves cell rejuvenescence, stimulates the growth of. new cells, rejuvenate the skin. Crocus sativus Kesar Flowering top Skin sanctification embrocation

B. Calendula Officinalis



Calendula, pot marigold, is a rubric of about 12 – 20 species of periodic or imperishable herbaceous plants in the daisy family Asteraceae. Calendula officinalis is used topically to treat acne, reducing inflammation, controlling bleeding and soothing bothered towel. (21) There's limited substantiation that calendula cream ointment is effective in treating radiation dermatitis (22). In a randomized study of 254 radiation cases, topical operation of 4 calendula ointment rounded in far smaller circumstances. of Grade 2 or advanced dermatitis than passed in the group using trolamine. Most frequently essential canvases are used as

- Copreservatives numerous essential canvases have antibacterial exertion and are added as probative agents to synthetic preservatives.
- Fragrance perfumery is the main use of essential canvases in cosmetics

although synthetic Spices are more stable and have better life.

- Hair care essential canvases are used as exertion
- Anti-dandruff & endless signaling agents.
- Skin care essential canvases are the ideal to topical active constituents for any skin care product since they can access the skin and bind the membranes of skin cells. Essential canvases can therefore have sustained goods in the skin.

Rose canvas

The well-

known essential canvas is presumably rose canvas, produced from the petals of Rosa damascena and Rosa centifolia, family Rosaceae. Brume-distilled rose canvas is known as "rose incense" while the solvent uprooted product is known as "rose absolute". It's used more generally by perfumery.

The crucial flavor composites that contribute to the distinctive scent of rose canvases are beta-damasconone, beta-damascone, beta-ionone, and oxide.

C. Eucalyptus Oil

Eucalyptus canvas is the general name for distilled canvas from the splint of Eucalyptus, a rubric of the factory family Myrtaceae. Eucalyptus canvas can help to get relieve of dandruff, which in turn can help to promote healthy growth of hair. Just mix about 9 to 10 drops of eucalyptus canvas with soap and Also gently massages crown for a many twinkles, after which wash it off with water. Puffing crown with eucalyptus canvas can stimulate blood rotation and thereby, making hair healthy and beautiful. (23)

D. Citronella canvas

It's one of the essential canvases attained from the leaves and stems of different species of Cymbopogon, family: - Cardiopteridaceae, The crisp, rich citrus or bomb like. aroma of this canvas drives down body odour and is used deodorants and body sprays, although in veritably small amounts, since it heavy boluses it may give skin vexations. It can also be mixed with the bathing water to have a stimulating, body odour ending bath.

Other essential canvases which are used in cosmetics include anise canvas, coriander canvas, grapefruit canvas, jasmine canvas, palma rose canvas, sandalwood canvas

. Antioxidants

Antioxidants, either exogenous or endogenous, whether synthetic or natural, are often effective in precluding free revolutionary conformation by scavenging them or promoting their corruption and suppressing Similar diseases.^(33,34,35) Presently, there's a growing interest toward natural antioxidants of herbal coffers.⁽³⁶⁻³⁸⁾ Epidemiological and in vitro studies on medicinal shopsand vegetables explosively supported this idea that fact ory ingredients with antioxidant exertion areable of plying defensive goods against oxidative stress in natural systems³⁹⁻
⁴¹⁾ FreeRevolutionary conformation is controlled naturally by colorful salutary composites known asant ioxidants.⁽⁴²⁾ In addition to fruits and vegetables, sauces ofno particular nutritive value can also constitute an important source of antioxidants.⁽⁴³⁾The leaves from black and green tea (Camellia sinensis),long used amongst western and Asian populations, independently, constitutean important source of potentially health- guarding antioxidants (44,45,46) and world-wide. represent the most popular form of diurnal condiment consumption.

E. Tamarind

Tamarind or Tamarindusindica, family-Fabaceae, is extensively growth in tropical regions and has long been supplied as an important nutrition source and traditional specific s. Tamarind seedhas exertion of radical scavenging⁽²⁹⁾, lipid peroxidation reducing⁽³⁰⁾, andanti-microbial.activities.⁽³¹⁾ Its antioxidant exertion is applicable foranti-wrinkle cosmetics.

Figure : Tamarindusindica



F. Vitamin C

It prevents free radical damage due to its property of giving free revolutionaries. It's salutary in boosting vulnerable system. Carrots, peaches, sweet potatoes are the main source of vitamin-C. oranges, broccolis,etc.⁽²⁸⁾

G. Vitamin E

Both shops and creatures serve as a source of vitamin E. It has been plant salutary againstcertain types of cancer & cardiac problems. It's known asscavenger of free revolutionaries'. VitaminE is substantially present in nuts, whole cereal grains, almonds, vegetable canvases etc.

H. Apricot

The vitamins A, C, and E, β-carotene and selenium of apricot have showed wrinkle prevention as benefits. The all oil content of its kernels are ranged from 40.23 to 53.19%. Oleic acid come up with 70.83%, followed by linoleic acid 21.96%, palmitic acid 4.92% and stearic acid 1.21% as fatty acids. It was outlined in another study that the seed oil is a rich source of P, Ca, Mg, Fe and Cu, and contained 73.58%. oleic acid. It is used in the form of sheet or scrub.^(55,56)

E. Clinacanthus Nutans

It is popular because of its various medicinal uses. Clinacanthus nutans or Sabah snake grass is a small shrub which is associated with the family of Acanthaceae and can be found in South East Asia. Ethyl acetate fractions from leaves of this plant are helpful against Bacillus cereus, Escherichia coli, Salmonella and Candida albicans that use minimum inhibitory concentration

and minimum bactericidal or fungicidal assays. (57-60)

HERBS USED IN COSMETICS

❖ **Aloe vera (Common name Barbados aloe; Family - Xanthorrhoeaceae)**

Aloe vera has shown veritably good results in skin conditions and it's frequently taken as health drink. It's also plant effective in treating wrinkles, stretch marks and chroma. It also seems to be suitable to speed crack mending by perfecting blood rotation through the area and precluding cell death around a crack. (5)



❖ **Camellia sinensis (Common name Green tea, Chaay; Family Theaceae)**



Green tea comes from the tea factory C. sinensis and may play a salutary part in treatment of skin tumours and cancer. It carries polyphenols, which produce antioxidants effect in the body. A specific polyphenol in Green tea called epigallocatechingallate, according to the National Center for Reciprocal and Indispensable Drug, has been reported to help the onset of farther growth of skin excrescence in the body. It can rejuvenate old skin cells to start reproducing again, keeping the skin youngish looking. (27)

❖ **Cannabis sativus (Common name Charas, Ganja; Family Cannabinaceae)**



(53)

The greasypaint of the leaves serves as a dressing for injuries and blisters. Ganja is externally applied to relieve pain in itchy skin conditions. Hemp seed canvas is useful for treatment of eczema and host of other skin conditions like dermatitis, seborrhoeic dermatitis/ cradle cap, varicose eczema, psoriasis, lichen planus and acne roseacea. By using hemp seed canvas, the skin is strengthened and made better suitable to repel bacterial, viral and fungal infections. Crushed leaves are applied on the affected areas to regulate scabies.⁽¹⁶⁾

❖ **Mirabilis jalapa (Common name Four o'clock flower, Marvel of Peru; Family Nctaginaceae)**



Jalapais used traditionally in antipathetic skin diseases and asthma. A study, employing ethanol acetone (1:1) excerpt of the roots of M.jalapa, revealed that the excerpt (0.5 mL of 100 mg mL (-1)) inhibited histamine-convincen guinea gormandizer tracheal chain condensation non-competitively. The excerpt (100 or 200 mg kg (-1).i.p.) inhibited milk-convincen eosinophilia, albumin-convincen paw edema and defended mast cells against clonidine-convincen granulation justifying the folkloric use of M. jalapain the treatment of antipathetic conditions and asthma.⁽⁸⁾

❖ **Multani Mitts (Fullers Earth)**

❖ **Multani Mitts (Fullers Earth)**

It is Mother Nature's own baby powder. Clay was one of the oldest substances to be applied as a beauty mask to clear oils from the skin, natural moisturizers for hairs, teeth, gums and hair, To get rid of pimple marks, treating sunburn, helps unclog pores, to cleanse the skin of flakes and dirt.⁽⁵⁴⁾

II. CONCLUSION

In India, further than 70 of the population prefers herbal cosmetics for their health care. Current script shows that herbal cosmetics have been marked up in particular care system and there's a great demand for herbal cosmetics in diurnal life. The chemical expression of all these ornamental products includes the addition of colorful natural complements, like waxes, canvases, natural colours, natural spices and corridor of shops like leaves. There's need to do further Exploration and Development in the field of herbal cosmetics to prove effectiveness and include herbal cosmetics in safety profile. It's important to conduct acceptable safety testing asper being nonsupervisory rule and present conditions. Quality control for capability and safety of herbal ornamental products is of predominant significance, although it's assumed to be safe for longer ages of time. There are colorful sauces present in nature that improves and cleanse the skin gently. Above sauces are full of

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