

Review on Herbal Cosmetics General Review on Herbal Cosmetics

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I. INTRODUCTION

The word cosmetic was acquire from the Greek word "kosm tikos" meaning having the power, order, skill in decorating. [1] The birth of cosmetics form a continuous narrative throughout the history of man as they developed. The man in ancient times 3000BC used colours for the decoration to charm the animals that he wished to hunt and also the man survived attack from the rival by colouring his skin and adorned his body for protection to provoke fear in an enemy (whether man or animal)[2]. The origin of cosmetics was associated with hunting, fighting, religion and credulity and later associated with medicine [3]. Herbal Cosmetics, here referred as Products, are formulated, using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic advantages only, shall be called as "Herbal Cosmetics". [4] Beginning 1990's cosmetic manufacturer redesign a term 'cosmeceuticals' to describe the OTC skin care products that claims therapeutic benefit by addition of plant based active ingredient such as alpha-hydroxy acid, retinoic acid, ascorbic acid and coenzyme Q10. [5] These active ingredients serves many purposes viz. increase in skin elasticity, delay in skin aging by reducing the wrinkles, protection against UV radiation by antioxidant property and to check degradation of collagen respectively. [6] The health, habits, routine job, climatic conditions and maintenance were responsible for individuals skin and hair beauty. [7] The skin due to excessive exposure to heat will dehydrate during summer and causes wrinkle, freckles, blemishes, pigmentation and sunburns. The extreme winter cause damages to the skin and hairs in the form of cracks, cuts, maceration, infections and hair fall. [8] The skin diseases are common among all age groups and can be due to exposure towards microbes, chemical agents, biological toxin present in the environment, and also to some extend due to malnutrition. [9]

The only factor they had to rely on was the knowledge and information of nature assemble in the ayurveda. The science of ayurveda had utilized many herbs and floras to make cosmetics for beautification and protection from external affects. [10] The cosmetics, according to the the Drug and Cosmeics Act is defined as articlesintended to be rubbed, poured, powdered or sorayed on, introduces into or otherwise applied to the human body or any part of the body threof for cleasing, beutifying, promoting attractiveness or altering the appearance. [11] The cosmetic does not come under the preview of drug license. The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic preparation.among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations. [12]

Definition of Cosmetics[13]

"The cosmetics, according to the Drugs and Cosmetics Act is defined as articles intended to be rubbed, poured, sprinkled or sprayed on, introduced into or otherwise applied to thehuman body or any part there of for cleansing, beautifying, promoting attractiveness or altering the appearance. The cosmetic does not come under the preview of drug license".

Definition of Herbal Cosmetics

These are the cosmetics which are prepared using plant products having cosmetic actions. Recently the use of botanicals in cosmetics have increased mainly due to the mild action and non-toxic nature. In cosmetics, both natural and phyto-ingredients are used. Natural products Include oils, extracts, secretions etc. Phyto-ingredients include pure constituents obtained by various process.

Types According To Site Of Application[13]

- Skin
 - Hair
- Dentifrice
- Nail
- Eyes

CLASSIFICATION OF COSMETICS

Cosmetics for the skin

1. Creams
2. Lubricating or emollient cream-night cream
3. Skin protective & hand cream
4. Vanishing cream-Foundation cream
5. Liquid cream
6. Miscellaneous cream
7. Cosmetics lotions
8. Hand lotion
9. Skin toning lotions-skin freshners
10. Astringent lotions
11. Bleaching & freckle lotions
12. Medicated lotion
13. After shaving lotions
14. Deodorants
15. Sunscreen
16. Sunburn external medicines
17. Make-up preparation
18. Variations of face powders
19. Toilet powders
20. Lipstick
21. Mascara-eyebrow pencils-eye Shadow

Advantages of Herbal Cosmetic on Traditional Cosmetics [14]

1. They do not provoke allergic reactions and do not have any negative side effects.
2. They are easily incorporated with skin and hair.
3. These are very effective than other cosmetics with small quantity.
4. Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
5. Easy to available and found in large of variety of plants.
6. They have more stability, purity, efficacy, with their herbal constituents.
7. Easy to manufacture.
8. The storage and handling of herbal cosmetics is easier and for prolong period.
9. Cheap in cost.[15]

Safe to Use:

Compared to other beauty products, natural cosmetics are safe to use. They are hypoallergenic and tested and proven by dermatologists to be safe to use anytime, anywhere. Since they are made of natural ingredients, people don't have to worry about getting skin rashes or experience skin

itchiness. Example - BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene) are closely related synthetic antioxidants and are used as preservatives in lipsticks and moisturizers[16]. BHA and BHT can induce allergic reactions in the skin[17]. The international Agency for Research on Cancer classifies BHA as a possible human carcinogen [18]. Herbal cosmetics contain natural antioxidants like Vitamin C[19].

Natural Products:

The name itself suggests that herbal cosmetics are natural and free from all the harmful synthetic chemicals which otherwise may prove to be toxic to the skin. Instead of traditional synthetic products different plant parts and plant extracts are used in these products, e.g. Aloe vera gel and coconut oil. They also consist of natural nutrients like Vitamin E that keeps skin healthy, glowing and beautiful. For example, Aloe vera is a herbal plant species belonging to Liliaceae family and is naturally and easily available [20]. There are a rising number of consumers concerned about ingredients such as synthetic chemicals, mineral oils who demand more natural products with traceable and more natural ingredients, free from harmful chemicals and with an emphasis on the properties of botanicals [21].

SKIN CARE: Coconut oil:

Coconut oil is derived from the fruit or seed of the coconut palm tree *Cocos nucifera*, belonging to the Family *Arecaceae*. It is produced by crushing copra, the dried kernel, which contains about 60-65% of the oil. Coconut oil contains a high amount of glycerides and lower chain fatty acids. The melting point of coconut oil is 24 to 25°C (75-76°F) and thus can be used easily in liquid or solid forms and is often used in cooking and baking. [22]



Figure 1- Coconut tree

Sunflower oil:

It is the non-volatile oil extracted from sunflower seeds obtained from *Helianthus annuus*, belonging to the Family Asteraceae. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. It is suspected of interfering with hormone function (endocrine disruption), carotenoids and waxes. It has smoothing properties and is considered noncomedogenic. Simple yet cost-effective oil, well tried



FIG 2

Olive oil:

This oil is a fixed oil extracted from the fruits of *Olea europaea*, belonging to the Family Oleaceae. The major constituents are triolein, tripalmitin, trilinolein, tristearate, monosterate, triarachidin, squalene, β - sitosterol and tocopherol. It is used as skin and hair conditioner in cosmetics like lotions, shampoos etc. It is a potent fatty acid penetration enhancer and tested for generations in a wide variety of emulsions formulated for face and body products [23]



Figure 3- Olive

Jojoba oil:

It is a mixture of long chain, linear liquid wax esters extracted from the seeds of the desert shrub

Simmondsia chinensis, and belonging to the Family Simmondsiaceae. Jojoba oil is easily refined to remove any odour, colour it is oxidatively stable, and is often used in cosmetics as a moisturizer and as carrier oil for exotic fragrances [24].



Figure 4-Jojoba

Aloe vera:

Aloevera is an herbal plant species belonging to the Family Liliaceae. It is an ingredient in many cosmetics because it heals, moisturizes, and softens skin. Simply cut one of the Aloe vera leaves to extract the soothing gel. Aloe vera contains amino acids like leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A,B,C,E, choline, B12 and folic acid and provide antioxidant activity [25].



Figure 5- Aloe vera

HAIR CARE: Amla:

Amla is the name given to the fruit of a small leafy tree (*Emblica officinalis*), belonging to the family Euphorbiaceae. Which grows throughout the India and yields an edible fruit. It is extremely praised each for its high vitamin-C content and for

the valuable oil, which is extracted from its seeds and pulp and used as a treatment for hair and scalp problems. It is used in eye syndromes, hair loss etc. (26)



Figure 6- Amla

Shikakai:

Acacia concinna Linn. (Leguminosae) could be a healthful plant that grows in tropical rainforests of southern Asia. The fruits of this plant are used for washing hair, for improving hair growth, as an expectorant, emetic, and purgative. The powder of *Acacia concinna* Linn shows the presence of saponins, alkaloid, sugar, tannin, flavanoids, and Anthra Quinones glycosides. (27)



Figure:- 7-Shikakai

Soap nut:(Soap berry)

Source- soap nut consist of pods *SapindusTrifoliatu*s, *sapindusmukorassi* belonging to family *sapindaceae*. Chemical constituent- It contains mucilage, gums, proteins, saponins contains gitogenin, diosgenin, chlorogenin. Uses- It is used as hair cleanser. It is used as Hair growth promoters. It is used as antidandruff (28) agent.



Figure 8-soap nut

Hibiscus: (Jaswandi)

Source- It is consists of dried flowers and leaves of *Hibiscus Rosqsinensis* belonging to family *Malvaceae*. Chemical constituent- It contains vitamins, flavonoids, anthocyanins, mucilage, quercetin, albumin. Uses- It is used as hair growth promoters. used as anti greying agents. Hibiscus gives smoothing and shiny effects to hairs.(28,29)



Figure 9-Hibiscus: (Jaswandi)

Tea leaves: (Chai)

Source- It consist of dried leaves of *Thea sinensis* and *Camellia Sinensis* belonging to family *Theaceae*. Chemical constituent- Tea contains caffeine, catechin, polyphenols, epicatechin, theophylline, theobramine Uses- Tea is used as hair colorant. And aslo used as hair colorant [28].



Figure 10-Tea leaves

Henna: (Mehedi)

Source- It consist of dried leaves of Lawsoniainermis belonging to family Lythraceae. Chemical constituent- Henna contains a soluble components know as Lawsonsone.It is responsible for the colour. It also contains xanthenes, tannins, flavonoids and cumarins.

Uses- Henna is used as hair dye and aslo used hair colorant. It produce cooling effect on the skin. Henna used to treat burns and wounds[28'30].



Figure 11-Henna: (Mehedi)

Brahmi:- (Brambhi)

Source- It consist of fresh leaves and stems of plants BacopaMonieralinn belonging to family Scrophulariaceae. Chemical constituent-saponinBacoside A and B, Alkaloids Brahmin, herpestin. Uses- Brahmi can nourish the scalp efficiently and turns it healthier. It also induces enough enough moisture in it to take care of any moisture related issue, reduce dandruff to a great extent. It is gives a soothing effect to hairs[28].



Figure 12-Brahmi:- (Brambhi)

Bhringraj:- (Bring)

Source --It consist of the entire herb of Eclipta alba belonging to family Asteraceae. Chemical constituent-It contains alkaloids ecliptine, amyryn, luteolin.

Uses- It is used as improve the skin complexion. It is used to promote the hair growth, strengthen hair and prevent and dandruff[28]



Figure 13-Bhringraj:- (Bring)

Sesame oil:-(linseed oil)

Source- It is a fixed oil obtained from sesamum indicum, belonging to family pedaliaceae. Chemical constituent-It contains linoleic,oleic acid, palmitic acid, stearic acid, and arachidic acid. It contains glycerides of fatty acids. It also contains sesamol, phenol.

Uses- It is used as softening agent, It's is used as nutritive for hairs. It is Used in the manufacture of soaps, ointment and pastes. Sesame oil also used as Hair growth promoters.[28]



Figure 14-Sesame oil:-(linseed oil)

Almond oil: (Linseed oil)

Source- almond oil is a fixed obtained by the expression from the seed of Prunus Amygdalus var dulcis belonging to family Rosaceae
 Chemical constituent- Almond oil is full of vitamin E, and it's great source of magnesium, phosphorus, and copper. It also anti-inflammatory and boost immunity. Uses- Using almond oil gives softening effect to hair. Almond oil contains vitamin E which is a natural antioxidant. When antioxidant combat that environmental stress around your hair, your hair looks younger and healthier. Almond oil can also be used as a treatment for flaky scalp and scalp psoriasis. Almond can reduce breakage, split ends, itchy scalp and dry roots[31].



Figure:-15-Almond oil (linseed oil)

Other cosmetics:

- i. Perfume-Eg. Volatile oils of plants like rose, sandal wood.
- ii. Talcum Powdered- It contains talc with added plant extracts to impart the desired flavour and odours. Eg. Sandal wood, Rose, Lavender[28].

Sandal wood:- (Lignum Santali)

Source- It consist of heart wood of santalum album belonging to family santalaceae. Chemical

constituent-It contains volatile oils, which contains 95% of two isomeric sesquiterpene alcohol namely alpha and beta Santalol. It is also contains santalal, santene, santalone, and santalene. Uses- Sandal wood is used in perfumery as skin conditioner, in cream and powder[28].



Figure 16-Sandal wood

Lavender: (plum)

Source- Lavandula Angustifolia other Lavandulacultivator belonging to family Lamiaceae. chemical constituent- The main active ingredient are monoterpene, linalal, linalyl acetate, lavandulol, geraniol, bornylacetate, borneol, terpineol and eucalyptus or lavandulyl.
 Uses- It is use as talcum powder[32].



Figure 17-Lavender

II. LITRATURE REVIEW:-

1.Nisha Devi Accepted et.al(2018)

Masses are victimisation herbs for various purpose like food, medicine, beautifying. The word cosmetic was derived from the Greek word "kosmtikos" that means having the ability, arrange, talent in decorating. The origin of cosmetics forms an onstop narrative throughout the history of man as they developed. the person in prehistoric times 3000 before Christ used colors for adornment to draw in the associate degreeimals that he wanted to hunt and additionally the person survived attack from the enemy by colouring his skin and adorned his body for defense to impress worry in an enemy (whether man or animal).

2. Prof. Dhanapal Venkatachalam, et.al (2019)

Numerous flavourer plants are on the market naturally; they having totally different chemical constituents employed in cosmetics preparations. This review is predicated on specializing in the cosmeceuticals meant to reinforce the health and sweetness of skin.

3. Saudagar R. B. Accepted et.al (2018)

Herbal cosmetics are the preparations accustomed enhance and improved the human look. The aim of this analysis was to formulate and ready seasoning lotion for the aim of wetting and nourishing the skin. Different crude medicine together with herbaceous plant (Licorice-root and stolons), asterid dicot genus sanctum (Tulsi-leaves), Azadirachtaindica (Neem- leaves) were taken. The pharmacognostical standardization has been done as per the, The Ayurvedic Pharmacopoeia (Volume I 1989, Volume II 1999, Volume III 2001) of India (API). includes tulsi, foreign organic matter (0.76%), water soluble extractive (14.36%), alcohol soluble extractive (8.42%), total ash (15.03%), acid insoluble ash (2.24%). All the values are in compliance with API. analysis of seasoner lotion has been finished the result- fatty matter (10.10%), water content (90.8%). the opposite parameters definite quantity, peroxide worth, iodine worth was additionally evaluated. For the Accelerated stability testing of ultimate two sample the environmental chamber has been with temperature twenty five \pm 1°C and humidity sixty \pm 10% RH.

4. Ms. Bageshwari K. Jivrag et.al (2022)

Herbal cosmetic area unit the sweetness product, that having a physiological activities, like smoothening, appearance, enhancing and acquisition properties, as a result of seasoner excipients. The bioactive parts from

botanicals contains vitamins, alkaloids, proteins, and terpenoid that function cosmetics for caring of body and it's part. The Herbal cosmetic contains seasoner shampoo, seasoner hair conditioner, herbal soap, seasoner face wash etc. That's area unit wont to improve skin appearance. employed in skin care and employed in hair seasoner cosmetic product avoid the adverse effects like itchiness, burning or irritation the skin.

5. Ramyakuber. B et.al (2019)

Herbal cosmeceuticals area unit developed victimisation completely different cosmetic ingredients to create the bottom. during which one or more flavouring ingredients play the necessary role within the treatment of assorted skin ailments. counsel the name of flavouring cosmeceuticals area unit the natural and free from the harmful artificial formulations which can prove to be toxicant to the skin compare to different beauty merchandise, natural cosmetics area unit safe to degree cosmetic is an use. ancient

The conception of beauty associate as humankind civilization. flavouring cosmetics have growing demand within the world market and area unit priceless gift of nature. Cosmeceuticals unit cosmetic-pharmaceutical hybrids product meant to spice up the health and sweetness of the skin by providing a selected result, ranging from acne-control and anti-wrinkle effects to sun protection. Cosmeceuticals have broody edges that have associate degree effect on the biological functioning of skin relying upon sort of purposeful ingredients. These are cosmetic merchandise that don't seem to be used for change of state except for completely different skin ailments. There are unit numerous herbs available naturally having completely different cosmetic preparation for skin care, hair care and inhibitor. the present review article represents the importance of flavouring cosmetics, the herbs utilized in the cosmetic formulation

Scope Of Present Work:-

Herbal cosmetics are formulated, using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin ailments. Plants are highly used for development of new drug products for cosmeceuticals and pharmaceutical applications

Lowers Risk Of Side Effects

Herbal supplements are well tolerated by people who are allergic to components in prescription drugs. Herbs are known to have fewer

side effects even if they are taken for a longer duration and improve overall wellness.

Symptomatic Relief

Herbal supplements help boosting immunity without side effects and are more effective in providing symptomatic relief, especially while fighting allergies.

Cost Effective

A major advantage of herbal supplements is its affordability. Herbal supplements are inexpensive, pocket-friendly and are available without prescription. Herbal supplements are well tolerated by people who are allergic to components in prescription drugs. Herbs are known to have fewer side effects even if they are taken for a longer duration and improve overall wellness.

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Readily Available

Herbal supplements are available as over the counter medicines that do not require a prescription. Supplements made of peppermint, chamomile, basil, turmeric, honey, garlic, ginseng, amla, licorice are quite popular fast moving supplements that can treat cough, cold, flu, inflammation, pain etc. Treats Chronic Conditions Do you know herbal supplements can help in treating chronic conditions? Herbal supplements made of Shatavari are widely recommended in treating infertility issues, while pepper, fenugreek tablets keep blood sugar under check. Take lotus stem for good cardiovascular health and go for Garcinia Cambogia to beat obesity.

Benefits:-

Natural Products. As the name suggests that herbal cosmetics are natural

Safe And Effective To Use. In comparison with other beauty products flooded in the market, natural cosmetics are safest to use and effective as well

Suitable For All Skin Types

Not Tested On Animals

No Side Effects

Wide Selection

Budget-Friendly

III. SUMMERY & CONCLUSION:-

So the herbal cosmetics are the most important part of the today's modern lifeAs they are used for the beautifications purpose mainly, their demand increases vigorously. Herbal Cosmetics having certain advantages over there synthetic cosmetics as follows:

They are cheap in cost.

- They are easily available in the market.
- They are least toxic and also having least or no adverse effects. So from all the study of Herbal Cosmetics we can conclude that "The Herbal Cosmetics are the most significant alternative for the synthetic cosmetics".

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