

An overview on herbal products as cosmeceutical

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Submitted: 17-12-2022

Accepted: 28-12-2022

ABSTRACT:-Herbal cosmetics are new segments to skin care, and hair care is a new approach to the dermatology world. They are the latest era to beautify and cleanse the appearance of the skin. Today, many cosmetics contain natural herbs and biological active ingredients that have both cosmetic and therapeutic properties, making cosmeceuticals one of the fastest growing sectors in the pharmaceuticals industries.

Keywords: -skin care, herbal cosmetics, Indian herbs, dermatology, cosmeceutical

I. INTRODUCTION:

The term "cosmeceutical" was coined by Sir Raymond Reed, the founder of the United States Society of Cosmetic Chemists; however, the concept of the cosmeceutical was developed by Dr. Albert Kligman in 1970. A cosmeceutical is defined as a product that has both cosmetic and therapeutic effects, which means that it has a drug-like action and is good for the health and beauty of the skin. Examples include vitamin C (ascorbic acid), lic Cosmetics contain active compounds that can be topically applied to the skin to affect how skin cells operate; these ingredients can be found in lotions, creams, gels, shampoos, oils, and other forms.

Many herbs contain different active compounds that have cosmetic properties and are used for a variety of purposes when creating cosmeceutical products. There is a growing demand for natural herbal products and natural extracts used in cosmeceuticals preparations because several common chemicals included in cosmetics are particularly detrimental to skin. Increased demand for natural herbal products has led to new approaches in the global cosmeceutical market. The 1945 Drug and Cosmetics Act stipulated that herbs and essential oils used in cosmetics could not make any claims about penetrating the skin's surface.

Herbal cosmetics are defined as items that are created by combining different cosmetic elements to create a base in which one or more natural herbal substances are employed to allow for

the clarification of cosmetic profit exclusively.

Numerous herbal cosmetic products are manufactured and utilised primarily in daily life. The general public has an abnormally high level of acceptance for herbal cosmetics like herbal soap, herbal conditioner, herbal shampoo, herbal face wash, and many more. The most advantageous aspect of herbal cosmetics is that they are made from natural herbs and herbal ingredients. The natural components of herbs do not affect the human body's skin or hair; instead, they increase body with vitamins, minerals, and other helpful substances. Plants like ashwagandha, kesar, chandan, and many others that are packed with beneficial nutrients and numerous necessary required elements are used to make herbal cosmetics. Natural herbs are widely utilised for a variety of purposes, including cosmetics.

It is used far and wide, natural Herbs have several of function likes cosmetics, flavouring agents and medicines in form of tea, supplements, lotions, tincture, cream, syrup, etc

Herbs include entire crude plants material, such as flower, leaves, seeds, fruits, stems, wood, stems, roots, rhizomes, bark or other parts, which may be whole, fragmented or powdered.

Herbal preparations include, fresh juice, resins, fixed oils, essential oils, gum and powders of herbs.

The Finished herbal products consist of herbal preparations derived from one or more natural herbs. In case of more than one herb is used in the productions the term is "mixture herbal product" can be used. Finished herbal products and mixture herbal products may consist of excipients in addition to the active constituents.

However, the finished products and mixture herbal products to which chemically defined active ingredients been added, including synthetic compounds and isolated ingredients from herbal materials, are not considered to be herbal.

Advantages of Herbal Cosmetics : Herbal cosmetics are the current shift in the field of beauty and fashion. These agents are achieving popularity as in this day and age most consumers prefer

natural cosmetics products over chemicals for their personal care to increase their beauty as these products supply nutrients to the body and enhance health and amplify gratification as they are free from synthetic chemicals and having very less side-effects as compared to the synthetic cosmetics ².

Here some of the advantages of using natural herbs in cosmetics products which make them a better choice over the synthetic products:

Natural Products: The herbal cosmetics are natural and free from all the harmful chemicals which may demonstrate to be toxic to the skin. As a replacement of standard non natural products different plant parts and plant extracts are used in the formulation of cosmetics products, for example : Aloe Vera gel ,neem, olive, henna ,turmeric, coconut oil, Amla ,etc.These are consist of natural nutrients and biological active ingredients like Vitamin E which is present in olive, sun flower that's keeps our skin healthy, beautiful and glowing . For example, Aloe Vera is a herbal plant species which belonging to the Liliaceae family and it is naturally available ³. Aloe Vera having cleansing action and anti oxidants property which is useful to our skin There are a rising number of consumers worried about constituents like as synthetic chemicals, mineral oils who demand more and more natural products with traceable and more natural ingredients, which is free from harmful chemicals and very less side effects with therapeutic effects.

Safe to Use: As Comparisons to other synthetics cosmetics and beauty products, natural cosmetics products are safe and effective to use. They are non toxic , tested and demonstrate by dermatologists to use anytime, and safe for humans . they are formulated by natural ingredients, BHA and BHT which are used as a preservatives in many cosmetics products can induce allergic reactions in the skin ⁷ . The international Agency for Research on Cancer identifies that BHA(butylate hydroxyanisole) is a human carcinogen ⁶ . Herbal cosmetics consists of natural antioxidants like Vitamin C ,vitamin E ,Retinol ,etc ⁷ .

Compatible with All Skin Types: Natural herbal cosmetics are suitable for all types of skins of humans either skin are dark or fair, many natural cosmetics like foundation, lipsticks, moisturizer , and eyeshadow they are applicable no matter of skin tones. Person with oily or sensitive skin can also use it and never have to worry about lowering

their skin condition.

Naturals Extracts for Herbal Cosmetics: Naturals Herbs play a important role, in the production of herbals cosmetics , present days cosmetic industries uses herbal extracts on a wide range for their cosmetics products. People are preferring to use organic and herbal cosmetics to get beneficial effects . Herbal extracts are used in wide range to treating or improving skin, hair, and overall body appearance. They prepare and improved the damaged skin cells, decreases wrinkles, whiten the teeth, reduce ageing and make the look better . All this effects without any harmful chemicals, it is more affordable for daily use and herbal extracts have confirmed their efficacy.

[A] Some herbal products which are used as skin are:

1. **Aloe Vera:** Aloe Vera is a herbal plant which is belonging to the family Liliacea aloe is a most innovative mixture of an anti inflammatory, antibiotic, an astringent coagulating agent, soothing agents, so it is used in many herbal cosmetics products because of its properties . It is also having a wound healing property ,it is applied topically and internally aloe is also used for sunburn, scratch and a cleansing agents for skin. It contains some amino acids which provides the cleansing action, it also contains B12 and folic acid which is responsible for antioxidants properties.



2. Amla : Amla is a name of fruits which is belonging to the family Emblica officinalis which cultivated India and also an edible fruit. Amla contains very high amounts of Vitamin



C content and for the precious oil, which is obtained from its seeds and pulp and beneficial for treatment of hair and scalp problem. Its make the skin soft 9

3. Multani Mitts: It is Mother Nature's own baby powder. Multani mitti is one of the earliest substances or cosmetics to used as beauty mask to remove oils from the skin, it is natural moisturizers for teeth, gums and hair. To relief from pimple marks, so treat sunburn, help to unclog pores, to cleanse the skin of dirt 9.



4. Neem: Neems is a natural herbs which is present in the neem tree, the curer of all diseases " Neems are used from ancient times as a drug as many years ago. Neems contains many beneficial ingredients which is very effective in improving the skin health , Neem's have Some of health restoring benefits and very Effective in skin infection, reduces scars , rashes and pimples,treat the wrinkles, immunity booster, anti obesity, blood purifier for healthy and beautiful skin, improve dry skin, treats acne , etc 9 .



5. Coconut Oil: It is produced by crushing fruit coconut , the dried part of coconut called kernel, which contains 60 to 65 % of the coconut oil. It contains vitamin E which helps to maintains healthy skin This oil contains a high number of glycerides . Coconut oil is beneficial as a skin moisturizer and softener ,its reduces the inflammations ,also treat acne and protect from bacteria and reduces the black spot on the faces.

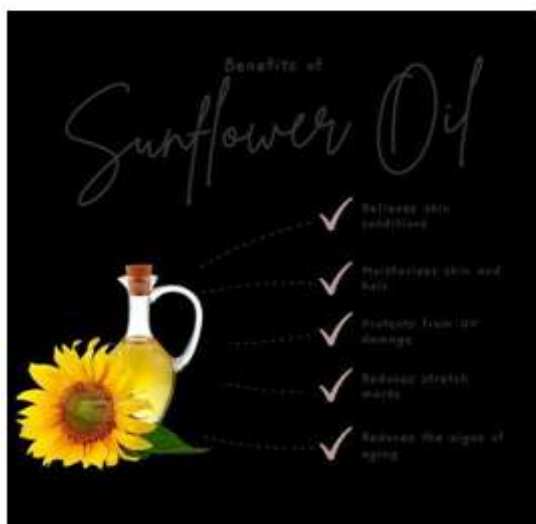


[B] Some Anti -Aging agents for skins :

1. Olive Oil: the olive oil is extracted from the Olive, which is a traditional tree ,Olive oil composed of healthy vitamins, fats, and antioxidants, and these constituents improve the skin health and cleanse the skin. It moisturizes skin , and it is antioxidant which reduces the sign of aging ,also have anti-inflammatory properties.¹¹



2. Sunflower Oil: sunflower containing the non-volatile oil extracted from sunflower seeds derived from Helianthus annuus belonging to the family Asteraceae. Sunflower oil contains linoleic acid which is useful to moisturises the skin to reduces the dryness of skin ,hydrates the skin ,removes the dead cells, also reduces wrinkles , also protect from the sunlight , it keeps the skin look young and fresh also minimize the symptoms of the aging and smooth the skin.



3. Green tea: green tea contains strong anti oxidants known as EGCG (epigallocatechin gallate) which fights against DNA damaging by the uv rays and prevent from the skin cancer . Is also

contains vitamin E which nourish and hydrates skin used as moisturizers and reduces the spots on skin its used as potent anti aging agent by applying topically on skin shows beneficial effects.



4. Turmeric: Turmeric is used from hundred of years in many celebrations especially in wedding to find a glowing look of skin in the turmeric the main active constituent's is cur cumin which is a bioactive component with anti aging property also having anti inflammatory, anti oxidants property which is beneficial to our skins ,provides natural glow and lustre to the skin , reduces the dark spot on skin , and treat the acne.



5. Carrot: It is derived from plant Daucus carota which is belong to family Apiaceae. Carrot seed oil contains anti oxidants like vitamin A and beta

carotene this reduces the aging ,soothes the skin, protect skin form sun damage, cleanse the skin , treat the acne and dry skins also reduces the wrinkles of the skins 10 it is a valuable herbs and rich in vitamin A.



[C] some herbal plants are used in Hair care:

Dandruff Treatment: In Ayurvedic system it has a large amount of natural cosmetics for treatment of hair here some of the most common herbs names neem, Kapoor henna, and bringaraj, which is useful in care of hair as a cosmeceuticals¹⁰.

1. Henna: Henna is a natural herbal plant derived from the plant Lawsonia inermis and belonging to the family Lythraceae, they are small trees which contain some phytochemicals such as tannins and phenolics which reduces the hair fall and increases the hair growth , henna is available in powders form but natural henna leaves contains rich amounts of proteins and anti oxidants which helps to support hair health , its having anti fungal property which is beneficial to the releif from dandruff and prevent hair related problems ,maintains scalp health and provides cooling effects, henna boost the growth of hair, it contain vitamin E this help to soften the hairs⁷.



2. Neem: The herb neem have been found to have many properties it give its beneficial supports in many diseases but as a cosmeceutical it provide

benefits to skin and hair and beauty enhancer. It contains some fatty acids like oleic acid and stearic acid this helps to nourish the scalp. Neem have anti fungal property so it treats problems of the dandruff, it hydrates the hair , increase the growth of hair and reduces the hair fall.



3. Shikakai: it is a traditional herbs which is obtained from the climbing shrubs Acacia concinna , Shikakai is an Ayurvedic herb that is used for the hair related treatments ,it contains high amounts of saponin which helps to clean the hair follicles, its also have a astringent property which removes dirt, dandruff , lice ,from the scalp , nourishes the hair follicles and improve the hair growth.



Hair Care:

Many oils are obtained from the herbal plants are used in production of the cosmetics. For Examples

almond oil , rose oil , eucalyptus oil , amla oil , etc.

1. Eucalyptus Oil: Eucalyptus oil is obtained from the leaves of Eucalyptus tree . Eucalyptus oil can help to treat the dandruff problems and also helps to promotes the growth of hair.



2. Almond Oil: almond oil is obtained from the almond tree nuts . Its contains high proteins ,fatty acids, vitamin E which improves the strengths of the hair , provides shinning to hair , increase in hair grow , and provide softness to hair, it provide nutrients to the hair, also treat the dandruff and hair related problems.



3. Amla oil: Amla oil is obtained from fruit Amla, it contains high amount of vitamin C , gallic acid

and carotene which prevents the hair fall, treat dandruff , increase hair grow , promoting the healthy hair .

4. Rose oil: The rose oil is obtained from the petal of roses by the extraction process . Its removes the bacteria and dirt from the hair and strength the follicles of hair also provides moistures to the hair.



5. Jojoba oil: this oil is obtained from the plant S .Chinensis which is rich in the vitamins c, vitamin B, vitamin E and also contains minerals this oil has moisterizing and anti microbial property that's nourishes the hair , prevents from the hair loss and promotes the hair thickness.



II. CONCLUSION:

Now days around 80% of the world population preferr the herbal cosmetics products for their personal beauty care today herbal cosmetics in cosmeceutical industries are fastest growing sectors in the markets because everyone wants to use natural products which provide maximum

beneficial effects with less side effects, they are easily available in nature and not too much costly so everyone can easily prefer herbal cosmetics, they contain many biological active ingredients which are effective in the healthy skin and hair care they improve the problems related to the skins and hair, they have moisturizing, anti aging, anti-inflammatory, anti dandruff, like properties that can improve the health of skin and hair and provide healthy hair and skin, shiny hair, glow the skin, and beautify and cleanse the appearance of the body. Use of bioactive ingredients in herbal cosmetics enhanced the biological function of skin and provides minerals and nutrients to skin and the hair. Herbal cosmetics are new era to the cosmeceuticals industries, industries use more natural herbal plants in production of cosmetic's products in production of that cosmetics whole plant and its part like leaf, bark, fruit, etc are used. After the production of the cosmetics the Quality should be checked to ensure their effects and safety.

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