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Review on Herbal Cosmetics: Adorning Natural and Aesthetic Beauty

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ABSTRACT

All human being has urge to look beautiful. To achieve blemish free skin and to look gorgeous everyone needs such products which have no adverse effects. Desire to look younger, the demand of herbal medicines increasing rapidly. Its active ingredients have several cosmetic advantages as they check degradation of collagen, antioxidant properties delay in skin ageing. Because of so many assets, they have a huge importance as compared to synthetic products. An herb is a plant or its extracts including roots, leaves, fruits etc which give its nourishing and healing properties to the skin. After manufacturing these herbal cosmetics used as herbal conditioners, herbal soap, herbal shampoo, herbal perfumes (includes saffron, agar, cassia) etc. Means, these products act as cleansing agent, tonners, and moisturizers to cure various skin problems.

INTRODUCTION:

The word “COSMETICS” is derived from the greek word “KOSMOS” which means order or adornment ^[1]. With the evolution of human being there is a tremendous growth in the field of herbal cosmetic industries which leads to growth of technology to the next level. Due to the continuous rise and development of herbal cosmetics, the commercial industries recognize the importance and values of these which formulate a huge market set up of these herbal products which being beneficial to human in large scale. Mankind in primitive time used the cosmetics for the embellishment purpose to enchant the animals which they wish to hunt and later on for the medicine purpose ^[2].

Herbal cosmetics generally referred as natural cosmetics are prepared by using different cosmetic ingredients to form a base in which one or more than one herbal constituent are used to provide a defined cosmetic benefit ^[3]. Herbs like haridra, chandan, manjistha are highly effective in skin disorders. Recently, the use of botanicals in cosmetics has increased generally due to its mild action as well as non toxic nature.

CLASSIFICATION OF COSMETICS ^[4]:

Sr.No	Cosmetics for skin	Cosmetics for bathing	Cosmetics for oral purpose
1	Creams	Soaps	Toothpaste
2	Lotions	Shampoo	Mouthwash
3	Deodorants	Body wash	Breath fresheners
4	Sunscreen	Bath oils	Tooth powders

Advantages of herbal cosmetics over synthetic cosmetics are as follows;

- A. They are highly cheap in price.
- B. Easily available in market.
- C. Less toxic and having least or no adverse effects.

D. HERBAL COSMETIC COMPATIBLE WITH ALL SKIN TYPES ^[5]: Natural cosmetics are highly compatible with all skin types whether the skin is dark or fair. Men and women with sensitive or oily skin can use herbal products safely without get worry about the degradation or damage to their skin. In many cosmetics coal tar derived colors are commonly

used which acts as a human carcinogen and can cause cancer. But on the other hand the colors which are obtained from herbs are highly safe and effective.

TYPE OF SKIN WITH THEIR FEATURES AND SKIN CARE:

Sr.No	Skin type	Features	Skin care
1	Normal	Smooth texture, no greasy patch or flakes in the skin	Herbal face pack, gingili oil
2	Dry	Low levels of sebum, extremely dry, tight and dehydrated skin	Aloevera and olive oil
3	Oily	Shiny skin with pimples and are highly prone to black heads.	Lemon grass, aloevera and liquorice
4	Combination	Some part of the face are dry and some parts including nose, chin are oily.	Turmeric, aloevera

E. Extracts of herbal cosmetics in India: In present day times herbs play a very significant role, they are progressively used in cosmetics, food and for other medicinal purposes. Different herbs that are efficiently used in cosmetics are; Amla, Neem, Tulsi etc.

MEDICINAL HERBS FOR VARIOUS MALADIES:

I. Common yarrow or Achillea millefolium: Common yarrow is a flowering plant in the family Asteraceae and especially useful companion plant, attracting beneficial insects and repelling some insects. This herb generally shows an antioxidant and anti inflammatory activity as well as may soothe eczema and heal wounds [6].



Fig-1 Source: <https://www.blogspot.com>

II. Black cohosh or Actaea racemosa: Black cohosh is sometimes called as black bugbane of family Ranunculaceae. Black cohosh is frequently used as an alternative to hormone replacement therapy and is highly effective in curing arthritis, high blood pressure, vertigo and bone density loss in postmenopausal women etc [7].



Fig-2 Source: <https://www.word press.com>

III. Cinnamon rose or Rosa majalis: Cinnamon rose or double cinnamon rose is a species of deciduous shrubs in the genus Rosa. It is also a fairly good source of vitamin and minerals, and yields edible hip fruits, rich in vitamin C, that are used in medicine and to produce rose hip syrup [8,9].



Fig-3 Source: <http://www.freenatureimages.com>

IV. Feverfew or *Tanacetum parthenium*: Feverfew is a flowering plant in the daisy family, Asteraceae which has been used for centuries for fever, headache, insect bites and other condition. When feverfew is present in topical skin care products, it can help in reducing skin redness and irritation. Extract delivers high antioxidant and anti irritant effects ^[10].



Fig-4 Source: <https://www.nccih.nih.gov/health/feverfew>

V. Neem or *Azadirachta indica*: The main properties of *Azadirachta indica* is the blood purifier, bloody nose, loss of appetite and has anti-fungal properties which can be used to treat hair and skin problems as well as dandruff and pediculosis. In Ayurveda it is used to treat urine infection, urine disorders as well as stomach/ intestinal worms ^[11].



Fig-5 Source: <https://www.herbsnpuja.com>

VI. Turmeric: Turmeric is known for its medicinal properties and use in Hindu rituals before marriage ensures bride and groom are blessed with blemish free skin. Curcumin gel improve the appearance of photodamaged skin conditions such as pigmentary changes, actinic keratosis when applied for prolonged period such as six months [12].



Fig-6 Source: <https://supplementpilot.com>

VII. Almond oil: The Almond oil is obtained from *Prunus dulcis*. It gives softening and strengthening property to hair and proves to be a good cleansing agent. Almond hulls, shells are rich in phenolic compounds. [13-14].



Fig-7 Source: www.hairstylehub.com

VIII. Olive oil: The olive oil is extracted from the fruits of *Olea europaea*. It is used as hair moisturizer, skin irritation reducer and vitamin E in olive oil protects a hair loss [15].



Fig-8 Source: <https://chicagointernalcleansing.com>

IX. Bhringraj/Eclipta prostrata: Bhringraj is commonly known as false daisy, yerba de tago etc. is a species of plant in the sunflower family and it is commonly spread widespread across much of the world. Paste of bhringraj is useful to control skin diseases and eczema ^[16].



Fig-9 Source: www.ayurtimes.com

X. Chandan/Santalum album: Santalum album or Indian sandalwood is a small tropical tree, and the source of sandalwood oil. Paste of hardwood is used in face packs; essential oils are used in the preparation of creams and lotions etc ^[17].



Fig-10 Source: <http://www.foodasmedicine.ca/2014>

HOW THE HERBS ARE USED IN MAKING A COSMETIC PRODUCTS:

In earlier times herbs are used as medicine and for the beautification purposes. They were used in a dried form or in a fresh form. But nowadays their extracts, tinctures rather than that of herb itself is used.

1. Infusion: Infusion is a process of extracting the chemical compounds or flavors from the plant material. Solvent used in this process are water, oil or alcohol etc. [18].

2. Decoctions: Decoction is a method of extraction. Plant material such as stem and roots boiled first, by this all the chemical of the material get dissolved. This process involves mashing the plant material by complete dissolution and then boiling it in water to extract volatile organic compounds and oils etc. [19].

3. Oil soluble extracts: Oil soluble extract are prepared by extracting herbs with petroleum ether. The herbs soak in water overnight. Water mixture is placed in a vessel containing oil and heated till the water got evaporates. Keep the oil for cooling and then filter it. In this way oil soluble principle of herb goes into oil [20].

LIST OF PHYTOCHEMICALS WITH COSMETICS POTENTIAL: [21-22]

Sr.No	Phytochemicals	Source	Uses
1	Andrographolide	Andrographis peniculata	Skin lighteners and reduce dark circles
2	Brucine	Strychnous nux vomica	Antifoamers, cosmetic astringent.
3	Guar-gum	Cyamopsis tetragonolobus	Act as thickener, emulsifier and stabilizer in formulation for ointments and skin lotions.
4	Rutin	Afromosia laxifora	Antioxidant and emollient.
5	Azulin	Matricaria recutita	Skin whitening agent
6	Squaline	Bucida spinosa	Emollient and immunostimulant

APPLICATIONS OF HERBAL PRODUCTS IN COSMETICS: ^[23]

1. **Herbal Skin Care Products:** Rosewood body powder and body soap.
2. **Herbal Cosmetics for hair:** e.g Amla, Brahmi, Shikakai etc
3. **Herbal Lip Care Cosmetics:** Herbal Lipsticks, Lip Balm and Lip Gloss.
4. **Herbal Eye Care Cosmetics:** Eye Shadow and Eye Liners.
5. **Herbal Creams, Lotions, Gel:** Face and Hand Cream, Aloe Moisturizing gel.
6. **Herbal Oils:** Herbal Bhringraj oil and Almond oil.

MARKETED PRODUCTS OF HERBAL COSMETICS:^[24]

Sr. No	PRODUCTS	BRAND NAME
1	Moisturizer	Vaadi herbals
2	Hair oil	Nivr
3	Shampoo	Soul tree
4	Skin cream	Lotus herbal
5	Face wash	Himalaya herbals
6	Face pack	Zofla

CONCLUSION:

So, herbal cosmetics play a vital role in today's modern life, as they are used for the beautifications purpose in the main, and the demand of herbal cosmetic is rising constantly. Herbal Cosmetics having certain advantages over synthetic cosmetics like:

1. They are low in cost.
2. They are easily accessible.
3. They are less toxic and have no adverse effects.

So, to conclude that “The Herbal Cosmetics are the most significant alternative for the synthetic cosmetics”, and also has a great future ahead. By maintaining and standardizing the herbs we get their significant growth.

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