



Herbal Skin Care Ingredients: A Review of Their Role in Promoting Skin Health and Wellness

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ABSTRACT

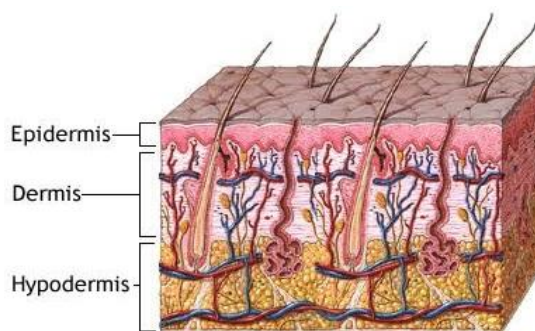
Herbal skin care products are becoming more popular because they are made from natural ingredients and are considered safer for the skin. These products use plants like aloe Vera, Raw honey, cilantro leaves, mint leaves, mango butter which are known for their ability to smooth the skin, fights bacteria, and protect against damage. And also having anti-inflammatory, antimicrobial and antioxidant properties peoples are choosing herbal products over synthetic ones because they are seen as more eco-friendly and better for long-term skin health. This article looks at how these herbs work on the skin, their benefits of different herbs in skin care, which type of skin is required, and why herbal products are good alternative to chemical-based cosmetics. Many people prefer herbal skincare as it offers a gentle, natural way to treat problems like acne, aging, and skin irritation. Overall, herbal skincare products are part of a growing trend toward using more natural and healthy beauty solutions.

Keywords: Skin care, Antioxidant, Antiaging, Avocado, Turmeric, Mango butter.

INTRODUCTION:

In order to obtain the required cosmetic effects, herbal cosmetics, sometimes referred to as products, are manufactured by combining one or more herbal substances with a basis of several recognized cosmetic elements. Herbal cosmetics are natural products made with pure Herbal cosmetics" is the term used to describe these goods (1). Herbs or authorized herbal ingredients in extract or crude form for cosmetic uses. Herbal cosmetics are gaining popularity because of its accessibility, safety, and compatibility with different skin types. Many herbs are marketed in the cosmetics industry as anti-aging and skin care products. These herbal compositions have purifying ad beautifying qualities that improves appearance generally and promote attractiveness when applied topically or rubbed, poured, sprinkled, or sprayed on body part (2-6) It is constantly exposed to radiation and pollution, both of which can harm it in a number of ways. As a result, a range of treatments are used to protect, cleanse, and restore the skin's tone, tanning, smooth the skin, and stop the appearance of scars and wrinkles. These preparations include the following:

1. Skin cleanser: they remove dust debris, and dead skin that clog pores on the skin. Cleanser such as aloe Vera, Citrus peels and vegetable oils such as sesame, coconut, and palm oil. (7)
2. Toners: toners help to tighten skin and shield form airborne toxins and other environmental pollutants. (8)
3. Nourishers: these include things like honey that nourish the skin.
4. Sunscreen: shields skin from the sun such as chamomile and ale Vera. (9)



The following are some possible advantages of using herbs:

- Boost your physical and emotional health
- Make the immune system stronger.
- Detoxification
- Help with digestion and sleeping
- Boost endurance and lessen exhaustion.

Herbal cosmetics or items made from herbs can also be known as cosmetics (10) items of botanical origin. The 1940 Drugs and Cosmetics Act states. definition of cosmetics is any material meant to be applied to people via rubbing, pouring, sprinkling, or other means being for sanitizing, enhancing, and fostering beauty (11). Cosmeceuticals are cosmetic items that include physiologically active substances or components derived from plants impacting the consumer or being a composite product of medications and cosmetics designed to improve the Skin health and beauty (12). Beauty products with desired physiological properties, including healing or smoothing, are referred to as herbal cosmetics. attractiveness, conditioning, and improving qualities due to the herbal component (13).

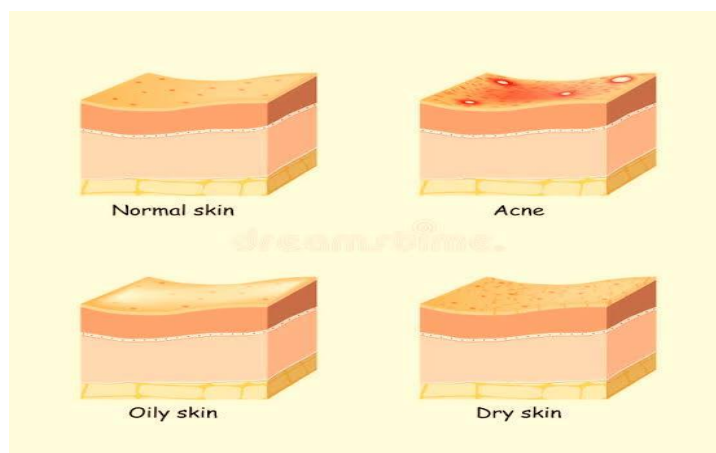
No side effects: Synthetic cosmetics have the potential to irritate your skin and result in acne. They may cause your skin to become dry or greasy by obstructing your pores. Using natural cosmetics eliminates the need to be concerned about these. Utilizing natural components ensures there are no negative effects; they can be used anywhere and at any time. For instance, natural cosmetics don't include parabens. which are the preservatives most frequently used in cosmetics and has the ability to pierce the skin (14).

Types of skin and their features (15)

Types of skin	Features	Skin care
Dry skin	Skin that is dry Usually dull, but can get flaky and harsh.it often feels tight, this type of skin is more prone to wrinkles and itchy, red, irritated.	Aloe Vera, Fruit face mask-avocado pulp.
Oily skin	Produces an excess amount of oil or sebum that causes skin to appear shiny or greasy especially forehead, nose. Enlarged pores.	Curcuma longa, butter, milk cream.



Normal skin	It is neither overly dry or greasy, thus it is in a balanced state. Not prone to acne breakouts, feeling slick or tight.	Turmeric, aloe Vera
Combination skin	Your centre region of face which includes nose, chin, and forehead is oily, other areas of it dry or flaky.	Aloe Vera, sandalwood oil, menthol, turmeric.



Functions of skin:

- ❖ Heat regulation
- ❖ Protection: against chemicals, UV rays.
- ❖ Homeostasis: prevent loss of water.
- ❖ Sensation
- ❖ Absorption. (16)

Some natural herbal ingredients are as follows:

- Turmeric
- *Cilantro leaves*
- *Avocado*
- *Raw honey*
- *Mango butter*
- *Mint leaves.*

How active ingredients do works in skincare products:

Active components in skin care products function by focusing on particular skin issues and producing visible benefits. Because of their low molecular size, they can penetrate deeper layer of the skin. These active ingredients have a deep penetration rate, allowing them to specifically address cellular issues like collagen formation, regeneration, and antioxidant protection at cellular level. The active components will be able to function more effectively to this deep penetration.

Herbal Ingredients for skin care treatments (Skin Regeneration)

➤ Turmeric (Haldi)



Curcuma longa, a member of the Zingiberaceae family, can be dried or fresh to produce turmeric, a yellow powder. It consists of volatile oils, resins, and curcuminoids, such as curcumin. Turmeric is used to treat minor injuries on the skin. It also has antioxidant properties. Turmeric is thought to improve complexion; it is a common ingredient in fairness creams. When administered topically, turmeric's antimicrobial qualities also aid in the treatment of skin infections. Because of its enormous cosmetic value, turmeric is present in most cosmeceuticals.

Cilantro leaves



Cilantro leaves are also called coriander, are great for skincare. They aid in the treatment of skin issues like acne, rashes. Beta-carotene, vitamin C, Folate, and antioxidants, all abundant in coriander and are beneficial to skin and health. Its leaves contain Vitamin C, which aids in preserving smooth skin. Blackheads and acne can be minimized by applying a paste made of lime juice and coriander leaves. The oil on your face tends to be absorbed by cilantro leaves. To prepare thick paste, combine milk and coriander leaves, and then apply for 15 minutes.

Mint leaves



Mint leaves are fragrant herbs that are widely used in skincare, medicine, and cookery. They are derived from the mint plant. The many nutrients in mint leaves help to preserve the health of the skin. Mint leaves are used to make skincare products, such as lotions, moisturizers, and face washes. Vitamin A and salicylic acid, which are abundant in mint leaves, regulate the skin's production of sebum oil. Mint leaves help treat acne and reduce inflammation because of its antibacterial and antifungal properties. The antioxidants in mint leaves, which are rich in antibacterial properties that protect the skin from rashes and spots, also successfully reduce dark circles. Applying mint leaf extract on your dull skin will make it look more radiant.

➤ **Raw Honey**



Since ancient times, raw honey has been utilized for skincare because of its inherent antibacterial, antioxidant, and moisturizing qualities. As a humectant, raw honey helps to attract moisture to the skin, keeping it hydrated. Antioxidants included in honey aid in the battle against free radicals, which can cause skin aging and damage.

As mask: Spread a thin layer of honey over your face, and then give it ten to fifteen minutes to dry before washing it off.

As cleanser: Lightly massage a tiny amount of raw honey into damp skin and then rinse it off.

➤ **Avocado**



The avocado tree (*Persea Americana*) produces this fruit, which is high in nutrients and renowned for its mild, buttery flavour and creamy texture. Monounsaturated fats, in particular, are heart-healthy fats that are abundant in avocados. Recent research has verified that avocado's fatty acids namely oleic acid, have potent anti-inflammatory properties. This helps lessen irritation and inflammation, which can help relive illnesses including psoriasis, acne, and eczema. According to recent studies, avocado oil may strengthen the skin's protective barrier, which is essential for halting water loss and maintaining the skin's moisture content. This is especially helpful for those who have damaged or dry skin. Using avocado in commercially accessible skincare products like face masks and moisturizers is becoming more and more popular.

➤ **Mango Butter**



Natural fat called mango butter is taken from the mangoes' seeds. Because of its hydrating, nourishing, and restorative qualities, mango butter is a widely utilized natural component in beauty products. It works well to stop dry skin-related irritation and itching. By functioning as emollients, these fatty acids soften the skin and prevent it from feeling dry and irritated. Slice open a mango to get the meat. You can blend butter and mango together. The butter should be moved to a container. For no longer than two weeks, store it in the refrigerator. To moisturize the skin, apply mango butter **twice** a day. You can use less of it if you have oily skin. After getting out of the shower, apply mango butter.

Saffron



Saffron is a vibrant crimson spice that is produced by the *Crocus sativus* plant. Saffron is well known for its capacity to lessen pigmentation and brighten skin tone. It encourages skin brightness, which aids in attaining a natural glow. Because saffron contains a lot of antioxidants, it helps reduce wrinkles and other indications of aging. It increases the suppleness of the skin and encourages the creation of collagen. Because of its antibacterial qualities, saffron may be used to treat pimples and acne. Using saffron on a regular basis can assist to smooth out the texture of the skin.

A brightening and moisturizing mask can be made by combining honey and saffron. This could improve complexion and moisturize the skin.

Name of plant/Herb	Part used	Uses
Turmeric	Rhizome	Antioxidant, Brightening, Healing
Cilantro leaves	Leaves, seeds, flowers	Anti-bacterial, anti-inflammatory., Improve skin elasticity
Mint leaves	Leaves	Antiaging, Treating acne, Hydration
Raw Honey	Honey	Acne, Humectant, Skin tone
Avocado	Flesh oil, seeds	Moisturize, Promote collagen production
Mango butter	Seeds	Antioxidant, Moisturizing
Saffron	Stigma of saffron flower	Helps lighten skin tone, Heals acne, scars, Collagen boost

Conclusion:

Herbal skin care products are made with herbal ingredients to treat variety ailments and to promote healthy life and enhance the appearance of the skin without damaging its structure or functions. There are several naturally occurring herbs that can be used in various cosmetic skincare treatments. The current review highlights the importance of herbal ingredients. There is growing demand for natural ingredients and rise in the use of herbal ingredients for skin care. They are extremely safe and do not produce any toxic and adverse reactions. We suggest that we use herbal skin care cosmetics in future, we will avoid skin problems.

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