



## A Review on Herbal Cosmetics

*Ajay.T.Birajdar*<sup>\*1</sup>, *Shyamli.B Bavage*<sup>2</sup>, *Nandkishor.B.Bavage*<sup>3</sup>

<sup>1</sup>B.Pharmacy Final Year Student, Latur College of Pharmacy Hasegaon, Tq.Ausa, Dist.Latur-413512, Maharashtra, India

<sup>2</sup>Department of Pharmacognosy, Latur College of Pharmacy Hasegaon, Tq.Ausa, Dist.Latur-413512 Maharashtra, India

<sup>3</sup>Department of Pharmaceutical Chemistry, Latur College of Pharmacy Hasegaon, Tq.Ausa, Dist.Latur-413512 Maharashtra, India

### ABSTRACT

Mother Nature has given man, the most beautiful form of God, with all that he expected to live on this planet: air to breathe, water to quench thirst, food grains, flames of light, and so on. The human body is the universal microcosm and the answer to every human problem lies in finally meeting the great music. Nature has provided a way to keep that agreement. Remedies! Yes, remedies are one such way. A remedy is a plant or plant, including leaves, bark, berries, roots, gums, seeds, stems and flowers that are given nutritious and healing properties. Cosmetics alone are not enough to nourish the skin and other parts of the body, it requires a combination of active ingredients to check for damage and aging of the skin. Herbal cosmetics have become very popular among the people. Herbal cosmetic products are said to be effective and internally accepted due to the common use in daily life and to avoid the side effects that are often seen in synthetic products. The current article deals with books on herbal cosmetics related to the current situation, benefits, extracts of Indians, treatment of diseases and areas related to herbal cosmetics.

**Keywords:** Natural cosmetics ayurveda, herbal conditioner, excipient, medicinal plants, antioxidants

### INTRODUCTION

The word cosmetic is derived from the Greek word "kosm tikos" which means to have strength, order, ability to decorate. The origin of cosmetics builds a lasting record throughout human history as they grow older.[1] The man in prehistoric times 3000BC used colors to decorate to attract the animals he wished to hunt and the man also survived an enemy attack by dyeing his skin and embellished his body for protection to intimidate the enemy (either human or animal). The origin of cosmetics was associated with hunting, fighting, religion and superstition and was later associated with medicine. The information eventually broke away from the drug and eventually went to the pharmacy. Man has long had a magical tip to impress others with their appearance; at that time there were no makeup creams or cosmetic surgery to change the look. The beauty of human skin and hair depends on health, habits, general activity, weather conditions and maintenance. Skin due to excess exposure to heat will be dehydrated in the summer and will cause wrinkles, blemishes, spots, pigmentation and sunburn.[2] Excessive winter causes skin damage in the form of cracks, cuts, maceration and infections. Skin infections are common in all ages and can be caused by exposure to bacteria, chemical agents, environmental toxins, and for some it is an extension of malnutrition. The only factor they relied on was natural knowledge incorporated into ayurveda. The science of ayurveda has used many herbs and flowers to make decorative cosmetics and protect against external influences. The natural content of botanicals does not cause adverse effects on the human body; instead enrich the body with nutrients and other useful minerals. Cosmetics, according to the Drugs and Cosmetics Act, are defined as articles intended for anointing, pouring, spraying or spraying, presentation or implantation on the human body or any part where it cleans, adorns, promotes attraction or alters appearance. Cosmetics do not come under the preview of a drug license. Herbal cosmetics are preparations containing phytochemical from various plant sources, which influence the functions of the skin and provide the necessary nutrients for healthy skin or hair. Natural remedies and their products when used in their beneficial amounts in cosmetic preparations are called herbal cosmetics. There is a widespread belief that chemical cosmetics are harmful to the skin and increasing consumer awareness of herbal products has led to the demand for natural products and natural extracts from cosmetic preparations. The growing demand for natural products has created new ways in the cosmeceutical market. The Drugs and Cosmetics Act stipulates that the essential oils and oils used in cosmetics should not claim to penetrate the skin layers and should not have a therapeutic effect. The legal requirements and procedures for controlling herbal cosmetics are similar to those of other chemical ingredients used in cosmetic formulations.[1]

The use of cosmetics was widespread after the pre-Christian Greek period, when historians commented on the use of cosmetics and perfumes. Queen Cleopatra is the final brand in cosmetics and cosmetics using aloe vera gel as a skin care product. Pliny the Elder (A.D. 23-79) wrote an interesting article on perfumes and colognes in his Encyclopedia of "Natural History". Roman physician Cornelius Celsus (B.C. 7 - AD 53.) discussed the practice of skin cleansing in the 16th century. Queen Elizabeth encouraged women to plant gardens and help them prepare powders, sacks and fragrant washes (a fragrant flower ingredient). The use of earth orris as an ingredient in face powder, red ocher or vermilion as rouge was common during the reign of Elizabeth. The removal of Brazilian sandalwood was considered the most innovative and ingenious cosmetics. Acne is treated with an hour-long covering of powdered sulfur and turpentine and is then smeared with fresh butter. Gold, red and yellow hair became fashionable and affected by absorbing hair first in a warm alum solution and then added to a decoction of rhubarb, turmeric and burberry bark. A large number of cosmetic products

are made from herbs and herbal oils. Indian women have long used herbs such as sandal wood and turmeric for skin care and henna to treat hair loss. In India the use of cosmetics comes from the earliest times in the medical arts and cosmetics in India. Items such as aloe, costus, frankincense, lac, myrrh, camphor, musk, saffron, use of rose water as an attarsandals were common in the early period. Ingredients used as a spice are cassia and nutmeg. Safa, alkanet, agar, green chlorophyll from nettle and indigo plants have been used in body decoration. The use of betel leaves to darken the lips, vermilion and other colors with crayons for their caste face appointments, attach almonds to the whole body instead of gift and the use of perfumes and aromatics in all religious and social times has been very common since ancient times.[1,2]

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## Advantages of Herbal

[2] Cosmetics Remedies that are essential for disease prevention and for the health benefits of the following benefits are listed below:

### 1 Natural product

Herbal cosmetics are natural and do not contain all the harmful synthetic chemicals that can often be harmful to the skin.

### 2 Safe to use

Natural cosmetics are protected from use. They are hypo allergenic and are tested and certified by a dermatologist to be safe to use anytime, anywhere. Made with natural ingredients, people need not worry about getting a rash or feeling itchy.

### 3 Compatible with all skin types

It doesn't matter if you are black or white; you will find natural makeup as a foundation, eye shadow, and lipstick suitable regardless of your skin tone. Women with oily or sensitive skin can also use them and do not have to worry about degrading their skin condition.

### 4 Wide selection options

These products are more expensive than they can be made. They are offered at a reasonable price and are sold at a lower price at the time of sale. The WHO estimate shows that about 80% of the world's population depends on natural products for their health care, due to the side effects caused by the rising cost of modern medicine.

### 5 There are no side effects

Artificial beauty products can irritate your skin, and cause acne. They can clog your pores and make your skin dry or oily. With natural cosmetics, one does not have to worry about these. The natural ingredients used do not guarantee side effects; one can use them anytime, anywhere.

### 6 Cosmeceutical

Cosmeceuticals is a fast-growing segment in the beauty industry. Cosmeceuticals are cosmetic and pharmaceutical products that aim to improve the health and beauty of the skin by providing a specific effect, from acne control and anti-aging the effects of the alliance, on sun protection.

### Use of Cosmetic Herbal Products

Herbs play an important role in the cosmetic industry

#### Herbal Skin Care Products:

Lavender powder for body and soap, Silk Soaps and Care Cream.

**Vegetable Hair Care Cosmetics:** Herbal hair care cosmetics have a specific ingredient e.g. Shikakai (*Acacia concinna*), Henna (*Lawsonia inermis*), Guar Gum (*Cyamopsis tetragonolobus*) Amla (*Emblca officinalis*), Brahmi (*Bacopa monnieri*).

#### Vegetable Lip Care Cosmetics:

Herbal Lip plumper, Herbal Lipsticks, Herbal Lip Balm and Herbal Lip Gloss.

#### Trees For Eye Care Cosmetics:

Eye Shadow, Eye Gloss, Eye Make Up, Liquid Eye Liners

#### Herbal Cream, Lotions, Gel: Creams:

Rich Face With Hand Cream, Aloe Rubbing Hand

#### Chemical Oils:

Herbal oils are effective in shaving, hair loss, hair loss, treatment of irritation & itchy skin

#### Herbal Fragrances and Fragrances:

Citrus Fragrance: A bright, fresh light of notes of citrus fruits (bergamot, orange, lemon, petitgrain, mandarin etc.) is often associated with feminine scents (flowers, fruits and chypre. ).

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## [4] List of Ayurvedic medicinal plants commonly used in cosmetics

### A. Therapeutic plants used as Moisturizers, Tonics & Anti-Aging: -

1. Aloe vera - Ointment, Sunscreen and Emollient
2. Calendula officinalis - Healing wounds
3. Cichorium intybus - Features of the skin
4. Curcuma longa - Antiseptic, Antibacterial, Improves complexion
5. Daucus carota - Natural toner and skin rejuvenator

6. Glycyrrhiza glabra - Skin whitening of the skin
7. Ocimum sanctum - Anti-aging, Antibacterial & Antiseptic
8. Rosa damascena - Toning & Cooling
9. Rosmarinus officinalis - Rejuvenating and cleansing skin
10. Rubia cordifolia - Wound healing and anti-aging
11. Triticum sativum - Antioxidant, Skin nourisher, anti-wrinkle

#### **B. Sun Screen**

1. Aloe vera - An ointment, Triticum sativum Antioxidant

#### **C. The sun**

1. Cyperus rotundus - Sunset
2. Moringa oliefera - Sunset

#### **D. Astringent**

1. Mesua ferrea - Strong Astringent
2. Pistacia Integerrim - Astringent, Rubefacient, Anti-bacterial
3. Terminalia chebula - Astringent, Antibacterial, Antifungal and Antiseptic

#### **E. Ayurvedic Ingredients for the Use of Dental Care Product**

1. Azadirachta indica - Toothache, Antibacterial, Dental Carrier
2. Acacia Arabica - Inflammation, Gum Disease and Syphilitic Infection
3. Barleria prionitis - Toothache, Bleeding Gums and Strength of Teeth
4. Mimosops Lung - Astringent, keep gums healthy
5. Pimpinella anisum - Antiseptic, fragrant taste
6. Salvadora persica - Strong Antimicrobial
7. Syzygium aromaticum - A local anesthetic, cleanses the teeth
8. Symplocos Racemosus - Strengthen gums and teeth

#### **F. Skin Applications**

1. Allium sativum - Antifungal, Antiseptic, Tonic
2. Alpinia galangal - Bacteria
3. Azadirachta indica - Strong Antibacterial
4. Celastrus paniculata - Wound healing, Eczema
5. Nigella sativa - Antibacterial, Leucoderma
6. Pongamia glabra - Herpes, Scabies,
7. Psoralea corylifolia - Leucoderma, Leprosy, Psoriasis & Inflammation

#### **G. Ingredients for the Use of Hair Care Product[9]**

1. Acacia concinna - Natural Ointment and Anti-dandruff
2. Aloe Vera - Cleanser and Revitalizer
3. Azadirachta indica - Reduce hair loss, Anti-dandruff
4. Bacopa monnieri - Hair tonic, Promotes hair growth
5. Cedrus deodara - Anti-dandruff
6. Centella asiatica - To darken hair
7. Eclipta alba - Reduces premature hair loss, Alopecia
8. Emblica officinalis - Toner, Anti-dandruff, protects and reduces hair loss
9. Hibiscus rosa sinensis - Natural Hair Dye, Prevent hair loss, Anti-dandruff
10. Hedychium spicatum - Promotes hair growth
11. Lawsonia alba - Natural Hair Dye, Antidandruff, Polish
14. Triticum sativum - Provides nourishment, lubrication & luster
15. Terminalia belerica - Prevents hair loss
16. Sesamum indicum - Promotes hair growth, darkens hair.

### **Herbs as an antioxidant**

[5] Potential or natural antioxidants can work to prevent free radicals by eradicating them or by promoting their decay and suppressing such disturbances. Currently, there is a growing interest in natural antioxidants for herbal sources. Free radicals are naturally controlled by various beneficial chemicals known as antioxidants. In addition to fruits and vegetables, herbs that do not contain a certain amount of healthy food can also be an important source of antioxidants. The leaves of black and green tea (*Camellia sinensis*), form an important source of antioxidants that can protect health and worldwide represent the most popular form of daily herbal use.

### **Various Examples Showing Antioxidant Activities are Examples of Drugs that show Antioxidant Activity [6]**

- i) **Tamarind:** - *Tamarindus indica*, family Fabaceae, overgrowth in tropical areas Tamarind seeds have a high destructive activity, antimicrobial activity and reduced lipid peroxidation. Its antioxidant activity is good for anti-wrinkle makeup.
- ii) **Vitamin C:** - Prevents free radical damage due to its free radicals. It helps to boost the immune system. The main source of Vitamin-C is carrots, peaches, sweet potatoes, oranges, broccolis, etc.
- iii) **Vitamin E:** - Both plants and animals act as a source of vitamin E. It has been found to be beneficial compared with certain types of cancer and heart problems. Known as the "free radicals product" Vitamin E is widely available in almonds, nuts, whole grains, vegetable oils etc.

**iv) Pomegranate:** - The pomegranate plant (*Punica granatum*) has antibacterial properties and is said to improve the performance of sunscreens. Pomegranate seed oil has been shown to indicate an antibacterial activity against skin cancer. In addition, pieces of pomegranate peel can promote skin regeneration and fragments of pomegranate oil can help epidermal regeneration.[8]

**v) Resveratrol:** - This compound of polyphenolic phytoalexin, which is present in the skin and seeds of grapes, berries, nuts and other foods, is considered a powerful antioxidant, anti-inflammatory, and anti-proliferative agent. Resveratrol is designed to prevent skin cancer and other sun-related conditions.

**vi) Ferulic Acid:** - Ferulic acid (4-hydroxy-3-methoxycinnamic acid) is considered a powerful antioxidant known for providing skin protection when applied to sunscreens, cosmetics and other skin products. In addition, it is believed to work in harmony with vitamins C and E and beta-carotene

**vii) Alcohol:** - *Glycyrrhiza glabra* (G. Has a chemopreventive action due to glycyrrhizin.

## Conclusion:-

Herbal cosmetics are prepared, using cosmetic ingredients to form the basis on which one or more ingredients are used to treat various skin ailments and to enhance beauty. The chemical composition of all these cosmetic products includes the incorporation of various natural additives such as wax, natural color oils, natural fragrances and plant components such as leaves, etc. (antibiotics, corticosteroids) methods. Cosmetic products are the best way to reduce skin problems such as hyper pigmentation, skin wrinkles, skin aging and heavy skin texture etc. The demand for herbal cosmetics is growing rapidly. The benefits of herbal cosmetics are low cost, free side effects, environmental safety, safety to use etc. And there is a better future ahead compared to synthetic cosmetics. Proper regulation of these remedies and efficacy will lead to significant and significant growth in the field of herbal cosmetics.

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