



A Review on Anti Aging Cosmetic Product

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ABSTRACT:

Today's society is placing greater emphasis on using herbal cosmetics because they are safe and have few side effects. The primary goal of this cosmetic composition, which includes herbal ingredients, is to provide anti-aging properties. This review claims that the loss of DNA and proteins during the ageing phase of the skin leads to a devoted degradation process. These papers provide a review of herbal-based cosmetic formulations and the significance of the plants that might be used in those formulations. To enhance appearance, cosmetics are nearly widely and frequently used in a variety of ways. Cosmetics are made to treat acne, lessen wrinkles, and regulate sebum production. There are formulae for sunscreen, anti-acne, anti-wrinkle, and anti-aging. Due to their increased safety, the demand for herbal cosmetics is rising in today's culture.

Key words: Herbal cosmetics, Aging, Herbal Anti-aging

INTRODUCTION:

People have always had a tendency to alter their look to improve their prospects of success in society, in battle, or in relationships, or, to put it another way, to boost their self-esteem. Different minerals, animals, plants, and chemicals have been employed by many civilizations to treat their skin and appearance. Keep in mind, though, that beauty is a trend that varies with time and is influenced by cultural and religious customs. Life entails it. The chemical industry seeks to produce high-quality goods and frequently uses plants. Plants are an endless source of basic materials that are typically regarded as non-toxic and harmless.

The normal human "ageing mosaic," which emerges over time and takes varied forms in various organs, includes skin ageing.

What is Cosmetic?

Cosmetics include a wide range of products used on the human body to improve, preserve, or alter appearance as well as to clean, colour, condition, or safeguard the skin, hair, nails, lips, eyes, or teeth. Cosmetics are created to decrease oil production, treat acne, and lessen the appearance of wrinkles. Formulations such skin protection, sunscreen, anti-acne, anti-wrinkle, and anti-aging are created for a variety of skin conditions employing a variety of ingredients, either natural or manufactured..

WHAT IS AGING?

Indicators of ageing skin include wrinkles, suppleness loss, and an appearance of rough texture. It is the end outcome of an ongoing degradation process brought on by protein and DNA damage to cells. Skin thins down, loses fat, and stops seeming smooth and plump. Face veins and bones are easier to notice. The healing process for bumps, wounds, and scratches might be slower.



Two types of skin Aging

- A. Age-Dependent (Chronological, Intrinsic)
 - B. Photoaging (Extrinsic)
- A. Age-Dependent (Chronological, Intrinsic):** Environmental variables that contribute to it include smoking, repeated facial expressions, gravity, and sun exposure. 7 Extrinsic ageing, commonly referred to as photoaging, is brought on by repeated exposure to UV radiation. 8 The amount of sun exposure and skin pigmentation play major roles in the process of external skin ageing. (1)



MECHANISM OF ACTION: Both intrinsic and extrinsic skin ageing share fundamental biological causes, such as shortening of telomeres, mitochondrial DNA alterations, oxidative stress, gene mutations, and a decline in several hormones. Hormonal changes can also affect how quickly skin ages naturally. By the middle of the 20s, the exposure of sex hormones in the pituitary, adrenal, and gonad glands had steadily diminished. During menopause, the hormones progesterone and estrogen start to fall. Dry skin, wrinkles, epidermal atrophy, collagen depletion, and loss of elasticity are specifically brought on by the dysfunction of the female hormone estrogen and the male hormones. (5)(6).

- B. Photoaging (Extrinsic):** Natural ageing, commonly referred to as intrinsic skin ageing, predominately occurs in places that are shaded from the sun. It is also known as chronological ageing since it results from the passing of time or genetic predispositions. (2)(3)(4).



MECHANISM OF ACTION: The process of external skin ageing as a whole is mostly influenced by sun exposure and skin pigmentation. Long-term exposure to UV radiation damages the epidermis, thickens the stratum corneum of the skin, causes increasing dysplasia with atypical and aberrant cells, lower collagen levels, and fiber degradation. elastic.

Causes of Skin aging:

Age

Cell renewal is a normal process that contributes mostly to skin ageing. Skin gets drier and less elastic as we age, and cell renewal slows down. Additionally, melanocytes lose size with time. Therefore, even a skin that was once flawless will now have blemishes.

Tobacco.

One of the worst things you can do to your skin is smoking, which is awful for your skin in addition to your lungs. Blood flow is diminished by smoking. The result is that your skin cells receive fewer oxygen and nutrients. This may cause early ageing of the skin and a dull complexion.

Alcohol

Additionally, drinking alcohol might harm your skin. Wrinkles and dryness are two effects of dry skin. Alcohol can also irritate and produce redness.

Stress

Your skin may suffer as a result of stress. Your body releases cortisol when you're anxious, which can cause inflammation and acne outbreaks. Your skin may become dry and irritated due to stress.

Sun exposure

The primary contributor to skin ageing is sunlight. UV radiation can damage DNA, resulting in wrinkles and age spots that appear earlier than they should.

Pollution

Skin ageing can also be caused by pollution. Particulates from dirt can block pores and result in outbreaks. Additionally, it may result in irritation and harm to skin cells..

Smoking

The toxins in tobacco smoke cause oxidative stress on the skin. This results in dryness, wrinkles, and other early ageing symptoms.

Gene

Some extremely uncommon genetic disorders cause children and young adolescents to exhibit ageing symptoms. Progeria is the term used for these ailments.

WHAT ARE THE SIGNS OF AGING?

There are several signs of aging that a person can experience. There are some clearly visible signs and signs of aging.

1. Dark Spots
2. Sagging Skin
3. Dull Shiny Skin
4. Lines and Wrinkles
5. Dry Skin
6. Mottled Skin
7. Open Pores

ANTI AGING: A new category of cosmetics called anti-aging combines the advantages of anti-aging substances with the beautiful skin feel and delivery mechanism of cosmetics. Antioxidants, anti-cellulite, and anti-microbial substances support and improve human attractiveness. To maintain the skin healthy, anti-aging substances decrease fine lines, boost moisture levels, minimize wrinkles, and reduce puffiness. The innovative delivery method has been utilized to fight photoaging-related skin ageing. A better solution.

The removal of wrinkles and the signs of age on the skin is the focus of the cosmetics category known as "anti-aging."

Age may be largely predicted by how one's skin looks. Over the past ten years, significant advancements have been achieved in our comprehension of the processes underlying human skin ageing. Current applications and fresh advancements in anti-aging therapies are built on this understanding.

The skin is made up of three main layers:

1. Epidermis
2. Dermis,
3. Hypodermis (subcutaneous fat layer).

Langerhans cells and melanocytes are additional crucial epidermal cells with distinct roles.

Melanocytes:

These cells generate melanin, a dark pigment. Skin colour is influenced by melanin, which also offers UV protection.

Dendrites (Langerhans):

The epidermal immune system is a function of these cells. They ingest foreign chemicals, let them to pass through the skin's epidermis and trigger an immunological reaction.



NATURAL ANTI-AGING HERBS: In order to prevent and reverse skin ageing, herbal cosmetics are essential. Herbal cosmetics' ingredients affect how the skin behaves biologically and also supply it with the nutrients it needs to be healthy. According to estimates, natural products and their derivatives make up more than half of all medications in use today, and herbal treatments show promise.

Table no.1. Natural Anti-Aging Herbs

NATURAL HERBS	ROLE OF ANTI AGING
Aloe vera	Aloe vera components, such as aloin A and B, exhibit the property of suppressing collagenase activity in the treatment of ageing and wrinkles.
Amla	Amla, a fruit high in vitamin C, is regarded to be essential for reducing the ageing process.
TURMERIC	The major ingredient in turmeric is curcumin, which has anti-superoxide and anti-singlet oxygen properties.
HONEY	Because honey contains phenolic and flavonoid components, which prevent skin wrinkling, it has antioxidant effects.
GINSENG	The primary ginsenosides in ginseng are responsible for its anti-aging properties. enhances skin tone and blood circulation while hydrating the skin.
LIQUORICE	Phenyl flavonoids, which function as superoxide scavengers and minimize wrinkles, are what give licorice its anti-aging properties.
ARJUNA	Additionally, it improves skin moisture and lessens flaking. increases sebum production and strengthens the skin barrier to prevent damage from the environment and lessen the appearance of dry skin.

Effect of Anti-aging:

1. Elimination of the wrinkle and ageing impact.
2. Anti-aging chemicals aid in reducing wrinkles and boosting moisture levels.
3. Signs like as sagging, wrinkles, redness, and poor texture must be removed.

Benefits

1. Regularizes biological processes.
2. It is extremely nutrient-dense and abundant in vitamins and minerals.
3. Increases the body's energy output
4. Helps without causing negative effects to cleanse and beautify the body. Botanical substances of all kinds can be used.

Prevention and Treatment of Skin Aging: The following procedures can be used as skin anti-aging strategies to counteract the dermal and epidermal indications of photoaging and chronological ageing:

Table no.2. Prevention and Treatment of Skin Aging.

Cosmetological care	Daily skin care Correct sun protection Aesthetic non-invasive procedures
Topical medical agents or topical agents	Antioxidants Cell regulators

Systemic agents	Hormone replacement therapy Antioxidants
Avoiding of exogenous factors of aging, correction of life style and habits	Smoking Pollution Solar UV irradiation Stress Nutrition diet restriction and alimentary supplementation Physical activity Control of general health

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