



# AN OVERVIEW ON HERBAL COSMETICS

1. Akash Sunil Bhagwat, SVNHT COP Rahuri, India
2. Ankur Machhindra Jadhav, SVNHT COP Rahuri, India
3. Akshay Changdev Vikhe, SVNHT COP Rahuri, India
4. Harshal Balasaheb Thorat, SVNHT COP Rahuri, India

## ABSTRACT

Cosmetics are commercially available products that are used to improve the appearance of the skin. Even though the cosmetic field is closely related to the pharmaceutical or food industry, the expectations of cosmetic product consumers and their needs are completely different. Compared to other beauty products, natural cosmetics are safe to use. Cosmeceuticals are cosmetic-pharmaceutical hybrid products intended to improve the health and beauty of the skin by providing a specific result, ranging from acne-control and anti-wrinkle effects, to sun protection. These products improve the functioning/texture of the skin by boosting collagen growth by eradicating harmful effects of free radicals, maintains keratin structure in good condition and making the skin healthier. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare, hair care and as antioxidants. There are numerous herbal plants available naturally; having different chemical constituents used in cosmetics preparations. Our traditional knowledge about the use of plant wealth as described in Ayurveda, Siddha, Unani and Tibetan system of medicine, is of great help to identify the phytochemicals for skin and body care preparations. Some of the plants commonly used as cosmeceuticals are Aloe vera, Turmeric, Multani mitti, Henna, Amla, Hibiscus, are the name of few.

**Keywords:** Herbal cosmetics, Skin care, Hair care, cosmetic, cosmeceutical.

## INTRODUCTION:

Cosmetics are commercially available products that are used to improve the appearance of the skin (Mary and Lupo, 2001). The skin is the largest organ; as our primary external barrier, it is on the forefront of the battle with external causes of damaging free radicals. Ultraviolet light and environmental pollutants are known initiators of free radicals. Free radicals are highly reactive molecules with an unpaired electron that result in damage to surrounding molecules and tissues. The most significant damage by free radicals is caused to bio-membranes and DNA. It is thought that additional, topical use of vitamins (A, B, C, E, K) and antioxidants in cosmetics can better protect and possibly correct the damage by neutralizing these free radicals. In addition, some vitamins may be beneficial to the skin because of other actions such as effects of suppression of pigmentation and bruising, stimulation of collagen production, refinement of keratinization, or anti-inflammatory effects.

The word cosmetic was derived from the Greek word "Kosmtikos" meaning "skilled in adornment or arrangement" -having the power and skill in arranging and decorating. The origin of cosmetics forms a continuous narrative throughout the history of man as they developed. The man in prehistoric times 3000 BC used colors for decoration to attract the animals that he wished to hunt and also the man survived attack from

the enemy by coloring his skin and adorned his body for protection to provoke fear in enemy. The origin of cosmetic was associated with hunting, fighting and superstition and later associated with medicine.

Indian herbs and its significance are popular worldwide. Herbal cosmetics have growing demand in the world market and are an invaluable gift of nature. Herbal formulations have always attracted considerable attention because of their good activity and comparatively lesser or nil side effects with synthetic drugs. Herbs and spices have been used in maintaining and enhancing human beauty since time immemorial. Indian women have long used herbs such as sandalwood and turmeric for skin care; henna to color the hair, palms and soles; and natural oils to perfume their bodies. Besides this, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene.

Herbal cosmetics are the preparations used to enhance and improve the human appearance. The bioactive ingredients from botanicals include vitamins, antioxidants, various oils, essential oils, dyes etc. which serve as cosmetics for care of body and its parts. The herbal cosmetics used for daily purposes include herbal face wash, herbal conditioner, herbal shampoo etc. herbal cosmetics are formulated using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin ailments associated with medicine.

**Herbal Cosmetics** Herbal cosmetics are the preparations, which represent cosmetics associated with active bioactive ingredients or pharmaceuticals. The use of phytochemicals from a variety of botanicals have dual function, (i) they serve as cosmetics for the care of body and its parts and (ii) the botanical ingredients present influence biological functions of skin and provide nutrients necessary for the healthy skin or hair. In general, botanicals provide different vitamins, antioxidants, various oils, essential oils, dyes, tannins, alkaloids, carbohydrates, proteins, terpenoids and other bioactive molecules. These are also topically applied and considered more preferred with compare to cosmetics. Personal care industry is now more concentrated on herbal based cosmetics as it is a fast growing segment with a vast scope of manifold expansion in coming years. Herbal cosmetics are not considered under the preview of Drugs and Regulations of Food and Drug Administrations. Like cosmetics, these are subjected for their safety according to the existing rules of the different countries. Generally, it is not mandatory for a manufacturer to claim that how bioactive ingredients penetrate the skin or that these ingredients cause drug-like or therapeutic effect.

#### **ADVANTAGES:**

1. Natural Products. As the name suggests that herbal cosmetics are natural.
2. Safe and Effective to Use. In comparison with other beauty products flooded in the market, natural cosmetics are safest to use and effective as well.
3. Suitable for All Skin Types.
4. Not Tested on Animals.
5. No Side Effects.
6. Wide Selection.
7. Budget-Friendly.

#### **DISADVANTAGES:**

1. Herbal Medicines may come with many advantages. But, it also comes with a set of disadvantages as well. For one, herbal medicines take a longer time to work compared to pharmaceutical drugs. If an individual decides to take the herbal alternative to pharmaceuticals, he or she must be very patient.
2. Herbal medicines are often self administered. As a result, there is no dosage or warnings specified. When Herbal medicines are consumed with pharmaceutical drugs, the two can interact with each other resulting in injuries to health.
3. It is also important to know that plants used as a herbal medicine may poison rather than cure someone. It may be the case where a certain part of a plant may be edible and another part may be poisonous. Take rhubarb

for example. The roots of rhubarb is used as a laxative and the stem is edible. However, its leaves are poisonous. An individual may not be able to identify a poisonous plant. This would put the individual at the risk of poisoning themselves or others.

## CLASSIFICATION OF HERBAL COSMATICS

### 1.Skin care :

**Skin cleansers :** Milk, cucumber, citrus peels,

**Moisturizers:** Aloe-vera, almond oil, rose

**Nourishers:** Honey, carrot peach wheat germ oil.

**Antiseptics:** Neem, turmeric, tulsi, lavender oil.

**Soothing agents :** Sesame oil, almond oil, aloe vera  
**Sunscreens:** Aloe-vera, chamomile, calendula, cucumber

**Anti-Wrinkle & anti-Aging:** peach, liquorice, papaya, aloe-vera, apricot, turmeric

**Anti-acne:** cucumber gel, vetiver

**Aloe vera:** Aloe vera is an herbal plant species belonging to family liliaceae. It is an ingredient in many cosmetics because it heals, moisturizes, and softens skin. Simply cut one of the aloe vera leaves to extract the soothing gel. Aloe vera contains amino acids like leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A,C,E,B, choline, B12 and folic acid and provide antioxidant activity.



**Turmeric:** It is a deep yellow-to-orange powder that comes reduce the number of ultraviolet B (UVB)-induced sunburn. It is skin protecting agent as well as antiseptic in nature.



**Multani mitts (Fullers earth)** : It is mother natures own baby powder. Clay was one of the earliest substance to be used as a beauty mask to draw oils from the skin, natural moisturizers for hairs, teeth, gums, and hairs, to remove pimple marks, treatment on sunburn, helps unclog pores, to clean the skin of flakes and dirt.



## 2. Hair care products

**Detergents:** Soap nut, shikakai, reetha.

**Conditioners:** Henna, amla, hibiscus, rosemary, tea

**Nourishers:** brahmi, bringraj, eggs, coconut oil, sesame oil

**Hair colorants:** Henna

**Hair growth promoters:** Brahmi, hibiscus, coconut oil, amla, sesame oil

**Anti dandruff:** Soap nut, shikakai, lemon, thyme, Aloe-vera

**Henna:** Henna comes from the plant *Lawsonia inermis* family Lythraceae, which contain a dye molecule called Lawsone, which when processed produces Henna powder. Besides lawsone other constituents present are gallic acid, glucose, mannitol, fats, resin (2%), mucilage and traces of an alkaloid. Leaves yield hennatannic acid and an olive green resin, soluble in ether and alcohol. Lawsone edible fruit. It is highly praised both for its high vitamin C content and for the precious oil, which is extracted from its seeds and pulp and used as a treatment for hair and scalp problems. It is used in eye syndromes, hair loss, and children ailments etc.



**Amla:** Amla is the fruit of a small leafy tree (*Emblica officinalis*), which grows throughout India and yields an characteristics. There are mainly four species of roses for oil production. These are *Rosa damascena* Mill., *R. gallica* L., *R. moschata* Herrm. and *R. centifolia* L. Rose oil and rose water have many therapeutic effects. Rose oil helps soothe the mind and heals depression, grief, nervous stress and tension. It also helps to heal wound and skin health.



**Hibiscus:** A Red colour obtained from the extract of *Hibiscus sabdariffa* family Malvaceae. Hibiscus consist of calcium, phosphorus, iron Vitamin B1 used to stimulate thicker hair growth and prevent premature greying of hair.



### 3.other product

Anthocyanins, saffron, turmeric, carotenoids, indigo, capsicum, chlorophyll. Perfumes: Volatile oils of plants like rose , lavender, jasmine, sandalwood Talcum powders: It contains talc with added plant extracts to impart the desired flavour and odours. sandalwood, rose, jasmine, lavender, etc..

Oral care (Hygiene) products: Oral care products like tooth pastes, powder, mouth wash, mouth freshners etc. Various herbs and their extracts are incorporated into these preparations in order to achieve antimicrobial, antiseptic, anti-plaque, anti- inflammatory and mouth freshening properties. Eg: Neem, mentha, chamomile, sage, myrrh, nutmeg, chitosan, calendula, rosemary, etc.

**Neem:** Neem is a natural herb that comes from the neem tree, other names for which include *Azadirachta indica* and Indian lilac. The extract comes from the seeds of the tree and has many different traditional uses. Neem is known for its pesticidal and insecticidal properties, but people also use it in hair and dental products. Some manufacturers add neem to animal shampoos to repel ticks and fleas. They may also add it to cattle feed or grain to repel pests and parasites. Neem is a strong antioxidant, neutralizing free radicals that may influence the development of some conditions. It is also a strong anti-inflammatory agent.



**CONCLUSION:** Herbal cosmetics are the preparations containing phytochemical from a variety of plants. Which influences the functions of skin and provide nutrients necessary for the healthy skin, hair and oral care. The use of bioactive ingredients in cosmetics influence biological functions of skin and provide nutrients necessary for the healthy skin or hair. Herbal cosmetics are prepared, using one or more herbal ingredients to treat different skin ailments and for the beautification. The Cosmeceuticals are the agent that protects skin and gives nourishment to the skin which may produce from the herbal drug which are stated in present review. The cosmetic products are the best option to reduce skin problems such as hyper pigmentation, skin wrinkling, skin ageing and rough skin texture etc. The demand of herbal cosmetic is expanding. Personal care industry is currently more concentrated on these herbal-based cosmetics as now- a-days it is a fast growing segment with a vast scope of manifold expansion in coming years. Hence the herbal cosmetics have the most advantageous over the synthetic cosmetics due to its effectiveness.

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