



A Review on Palnt Used In Herbal Skin care Cosmetics

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ABSTRACT

The concept of beauty and cosmetics dates back to the dawn of humanity and civilization. Women are obsessed with appearance. As a result, they use various beauty products containing herbs to appear charming and youthful. Indian herbs and their significance are well-known throughout the world. Herbal cosmetics are in high demand on the global market and are a priceless natural gift. Herbal formulations have always piqued the interest of researchers due to their high activity and low to no side effects when compared to synthetic drugs. Since time immemorial, herbs and spices have been used to maintain and enhance human beauty. For centuries, Indian women have used herbs such as Sandalwood and Turmeric to care for their skin, Henna to colour their hair, palms, and soles, and natural oils to perfume their bodies . Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene.

Key words :- cosmetoaceuticals , herbal cosmetics , skin care , hair care

Introduction:- The term "cosmeceutical" has no meaning under the law. While the Federal Food, Drug, and Cosmetic Act (FD&C Act) does not recognize the term "cosmeceutical," the cosmetic industry uses this word to refer to cosmetic products that have medicinal or drug-like benefits. A product can be a drug, a cosmetic or both.

Cosmeceuticals are compounds having medicinal benefits towards the improvement of physical appearance and overall beauty. These are cosmetic products used for beautification as well as for different skin ailments. Commercially they are available as cream, ointments, body lotions, face packs, skin cleansers, fairness formulation, hair shampoo, eye-liner, lipstick, face powder and beauty soap. These products improve functioning/texture of the skin, boost collagen growth, scavenge free radicals, and maintain keratin & skin healthier

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. Plants are highly used for development of new drug products for cosmeceuticals and pharmaceutical applications

Herbal cosmetics are natural products containing pure herbs or permissible cosmetic herbal ingredients in crude or extract form to offer beautification. The requirement of herbal cosmetic is increasing currently due to their compatibility with skin, extensive availability and lack of side effects. Large number of herbs are available

commercially as cosmetic for skincare, hair care and antioxidants effects. These herbal formulations when rubbed, poured, sprinkled or sprayed externally or applied to body parts produces cleansing & beautifying effects, promotes attractiveness and improves overall appearance.

Herbal Ingredients as Cosmeceuticals

Plant extracts and the use of plant parts such as leaves, fruits, flowers, stems, barks, buds and roots are known in cosmetic and pharmaceutical applications since ancient times. They are wide spread and where used for purposes such as moisturizing, whitening, tanning, color cosmetics, sunscreen, radical-scavenging, antioxidant, immune-stimulant, washings, preservatives, thickeners etc. Along with the growth in the use of advance scientific and pharmaceutical ingredients in skin care, there is an opposing trend that rejects synthetic chemicals in beauty products. This trend is reflected in the steady growth of natural/organic personal care products, which often avoid ingredients like parabens and other synthetic preservatives, phthalates (solvents often used in fragrances), silicones, petrochemical derivatives (like mineral oil), sulfates (like sodium lauryl sulfate), and chemical sunscreens (Goliath, 2009). Many cosmetic products have claimed biological functions such as anti-wrinkle, anti-aging, anti-acne, de-pigmentation, etc. To take real effect on the skin, the biologically active ingredients should be absorbed in to the skin. For that reason, topical delivery of active ingredients has gained considerable interest in cosmetic science (Zatz, 2000; Wiechers, 2000)

Some natural plants/herbs/ingredients used in cosmetic industry are as follows:

Coconut oil :- Coconut oil comes from the fruit or seed of the coconut palm tree *Cocos nucifera*, family Arecaceae. The melting point of coconut oil is 24 to 25 °C (75-76 °F) and thus it can be used easily in both liquid or solid forms and is often used in cooking and baking. Coconut oil is excellent as a skin moisturizer and softener. A study shows that extra virgin coconut oil is effective and safe when used as a moisturizer, with absence of adverse reactions. A study found that coconut oil helped prevent protein loss from the wet combing of hair when used for fourteen hours.

Aloe:- A native of southern Africa, the aloe vera plant has fleshy spiny-toothed leaves and red or yellow flowers. It is an ingredient in many cosmetics because it heals moisturizes, and softens skin. Simply cut one of the aloe vera leaves to easily extract the soothing gel.

Neem:- *Azadirachta indica*, commonly known as **margosa, neem, nimtree** is a tree in the family Meliaceae. It is one of two species in the genus *Azadirachta*. It is native to the northeast of the Indian subcontinent and to Indochina, but is naturalized and grown around the world in tropical and subtropical areas. Its fruits and seeds are the source of neem oil. Neem is known for its antibacterial, anti-inflammatory, antifungal, antiseptic properties. It is a miracle herbs that offers many beauty benefits as it helps in healing various skin problems like pimples, bacterial infection, inflammation, blemishes, rashes, itchiness, boils etc.

Jojoba Oil:- Jojoba oil is commonly used as a moisturizer for all skin types. It softens the skin and gets rid of flakiness. It also promotes the growth of new skin cells. It has anti-inflammatory properties that help soothe your skin. It acts as a skin barrier repairing agent. It promotes anti-aging and wound healing with its antioxidant effects. Argan oil is an excellent alternative for jojoba oil and can be used to treat dry skin problems.

Fennel:- Fennel (*Foeniculum vulgare*) is an herb with yellow flowers. The dried seeds are used in food. The dried seeds and oil are also used as medicine. Fennel is native to the Mediterranean, but is now found throughout the world. It has antiseptic as well as anti-inflammatory properties that make it a powerful remedy for skin problems like acne and pimples. It also has anti-aging properties that protect our skin from premature wrinkles and lines.

Olive Oil:- Olive oil has moisturizing properties that nourish your skin. The polyphenols in this oil have antioxidant properties and help counteract the damage caused by the sun. Studies also show that it helps promote dermal reconstruction and wound healing. A rat study shows that lavender helps promote wound healing, which may help with itchiness and skin breakage caused by dry skin.

Kumkumadi Tailam:- Kumkumadi tailam is an Ayurvedic herbal concoction that has saffron as the main ingredient. A study shows that saffron has high natural UV-absorbing ability. This may help protect your skin from skin damage and dryness. This potent mixture works on various levels to improve the skin's health. It reduces pigmentation and dullness and brightens your skin tone

Plant used in Anti aging :-

Basil:- Tulsi is a versatile plant with numerous benefits for the skin and whether you have dry, sensitive, acne-prone or ageing skin, incorporating Tulsi into your skincare routine can help transform your skin and give you a healthy, youthful glow. Hence, beauty and skincare experts often suggest to go ahead and try Tulsi, from holy basil to the holy grail, for your skin.

Tulsi is a plant that is rich in antioxidants, making it an excellent addition to any anti-ageing skincare routine. Tulsi can aid in preventing skin damage from free radicals, which speed up the ageing process. Its high antioxidant content also aids in the reduction of inflammation and redness, both of which contribute to the appearance of ageing. By using skincare products with Tulsi extract or oil, you can harness its anti-aging properties to keep your skin looking youthful and healthy.

Cinnamon:- Cinnamon is the name for several species of trees and the commercial spice products that some of them produce. All are members of the genus *Cinnamomum* in the family Lauraceae. Only a few *Cinnamomum* species are grown commercially for spice.

Cinnamon has anti-ageing properties that help prevent and reduce signs of ageing. It boosts collagen production and aids in the regeneration of cells. It also delivers a heavy dose of antioxidants to the skin so that the skin is protected from free radical damage.

Oragano:- *Origanum vulgare* L. has been used as a culinary ingredient worldwide. This study revealed the cosmeceutical potential of *O. vulgare* essential oil as a skin-ageing retardant. *Origanum vulgare* L., which belongs to the family Lamiaceae, is native to the highland area of the Mediterranean region of Europe and Asia.

Antioxidants are a powerful source of immunity for the human body. They protect the body from the damaging effects of free radicals present in the environment. Free radicals are shown to cause aging signs in the body, like dullness, fine lines, and wrinkles

Sveta Chandana (Santalum album) :- Sandalwood oil being rich in sesquiterpenoid alcohols (80-90%) (Burdock and Carabin, 2014) is mainly used in numerous skin fairness enhancing cosmetics and had shown low acute oral and dermal toxicity in lab animals. Recent studies have indicated that α -santalol, the major constituent of the sandalwood oil, is a potent inhibitor of tyrosinase ($IC_{50} = 171\mu g/mL$) as compared to kojic acid and arbutin ($IC_{50} = 149\mu g/mL$) showing great potential for use in skin-care

Nagakesara (Mesua ferrea):- Although it is not popular as a skin care herb but the scientific screening of this plant has confirmed its antioxidant, blood purifier effect along with its potential use in cosmetics. Phytochemically, phenyl coumarins, xanthenes, triterpenoids, flavanoids are mainly held responsible for its biological activity. A study has revealed its potent antioxidant activity comparable to that of standard ascorbic acid. In another study solvent extract

of chestnut flowers (*Naagkesara*) has shown to exhibit remarkable mushroom tyrosinase inhibitory activity as effectively as arbutin and protection against ultraviolet (UV) rays making it a strong candidate for use in cosmetics.

Manjistha (*Rubia cordifolia*) :- It holds the reputation of a very good skin care herb as is used to make the complexion even and lighten dark spots. Ayurvedic texts enumerate its qualities to be: *Varnya, rakta prasadaka, rakta sodhaka (blood purifier). Chemically, it contains glucosides known as Manjisthin and Purpurine, along with resins, lime salts and coloring agents. Methanolic extract of this herb has been reported to show 14.80% mean inhibition of tyrosinase activity thereby acting as skin whitening agent.

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