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HERBAL SKINCARE CREAMS

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Abstract

- Skin is the largest organ of the human body which has been outlined to have more than 20 vital physiological functions. Skin acts as a protective barrier against pressure and trauma. It also acts as a barrier for external environments including pollution, sunlight, radiation, harmful microbes, and chemical. Skincare products are medicinal formulations prepared to be used on external parts of the human body to produce therapeutic topical effects and shield the deteriorated skin. Herbal skincare creams have been widely used by many generations for centuries for the purpose of skincare. Nowadays, these herbal skincare creams are becoming more popular and prevalent among people due to their mindset and concerns about synthetic or chemical substances that may lead to adverse effects. The main factors that lead to the usage of herbal ingredients in skincare creams are their outstanding antioxidant, antimicrobial, and tyrosinase inhibition properties. The studies on the potential pharmacologically active herbs for skincare creams allow us to understand their importance. In this review, several examples of herbs being used and still undergoing clinical studies were identified according to different skin conditions includes hyperpigmentation, skin aging, and acne. This detailed work might contribute to accomplishing consumer demand.

- **Keywords:** Antimicrobial activity, acne ,herbal

- INTRODUCTION

1. Ayurvedic skincare is derived from medicinal practices that began over 5,000-years ago in India. Ayurvedic medicine and healing practices are based on Indian philosophical, psychological, conventional, and medicinal understandings. Most of the ayurvedic skincare products contain the following herbs aloe vera, almond, avocado, carrot, castor, clay, cocoa, coconut oil, cornmeal, cucumber, cutch tree, emu oil, ginkgo biloba, ginseng, grape seed oil, ground almond and walnut shell, horse chestnut, witch hazel, and honey.

- 2. The herbal cream is basically water in oil type of emulsion. The natural ingredients chosen for preparation of herbal cream are turmeric, papaya, aloe-vera and neem. The choice of these ingredients is based on their individual properties.

- 3. 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.

- 4. They can also protect sensitive skin, improve skin tone and texture, and mask imperfections. Herbal medicines or their extracts have been available as topical formulations and cosmetics. Arctium (Asteraceae) has been used to treat inflammatory disorders and various skin problems.

Various Herbs Used In Herbal Skincare Cream

- 1. Amla
- Amla or Amalaki is a wealthy supply of anti-oxidants and diet C. Its anti-aging houses can sell healthful skin with the aid of toning it, lowering symptoms of aging and make your skin
- **Biological Source -** Phyllanthus emblica Linn
- **Family-** Phyllanthaceae
- **Chemical Constituents** - It specifically encompass following chemical constituents as follow • Ellagic acid • Gallic acid • Emblicanin A and B • Phyllembein • Quercetin • Ascorbic acid
- **Uses:** High quantities of collagen contents for your skin help in pores and skin firmness and make your skin seem smooth. regular consumption of amla juice boosts diet C levels and facilitates growth the manufacturing of collagen degree on your pores and skin. This will make your skin look soft and younger.

2 . Turmeric

- Turmeric contains antibacterial and anti-inflammatory properties, which assist to vanish away the wrinkles and first-class lines at the face. It enables to give you smooth skin. within the case of blemishes, normal use of turmeric anti-getting old cream facilitates to vanish them short
- **Biological Source**-Curcuma longa
- **Family**-Zingiberaceae
- **Chemical Constituents**- It specifically encompasses following chemical constituents as follows ,(Volatile oil , Resin , Curcuminoids ,curcumin

Uses: • Turmeric For pores and skin Whitening

• Turmeric For sparkling skin

• Turmeric To treat zits

• Turmeric to Banish darkish Circles

• Turmeric For preventing Early symptoms of aging

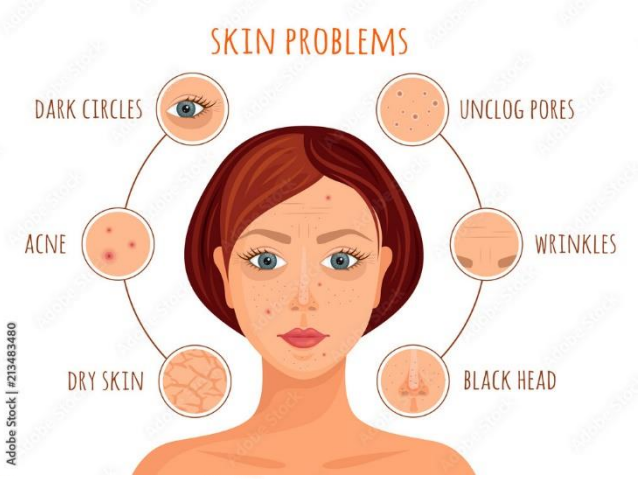
- Gotu-kola

- Gotu-kola is another extremely critical and powerful anti-growing herb. It is rich in flavonoids and antioxidants that nourish the pores and skin and decorate collagen production to fight visible signs and symptoms of aging.
- **Biological Source-** Centella asiatica
- **Family**- Apiaceae
- **Chemical Constituents-** It specifically encompasses the following chemical constituents as follows • Risky oil • Resin • Curcuminoids • Curcumin
- **Uses:** • It has cleaning residences. • It may brighten, tighten, and smooth pores and skin. • It's an extraordinary soother. • It's a majorly green hydration station.
- These are some herbs that are used in the preparation of the herbal skincare creams

- Various herbs such as aloe vera , neem , meth , cucumber, beet, oranges, rice extract are also used in the herbal skincare crems
- They are collected and cultivated from natural resources for this purpose of medication
- Among them some crude drugs also consumed by the humans for better skin results such as beet and cucumber

Advantages and limitations of herbal skincare creams

- *You'll Look Younger*
- *Reduction of Wrinkles*
- *Increased Self Confidence*
- *Protects Against Flaking*
- *Promotes Health in other Aspects of Your Life*



Limitatations.

- Herbal cosmetic creams are generally more tolerable and have multiple beneficial effects on the skin due to the presence of various phytochemicals that work synergistically. If the source of the herb is available in abundance then the cost of the final product will also be lower. However, they also come with some limitations due to the technical components
- Standardization of a herbal extract is a system to ensure that every component of the medicinal plant, is finger printed to contain the correct amount/ratio/ percentage and will induce its therapeutic effect. These process although is very good quality assurance tool can also be quite tedious depending on the type of major therapeutic component present. The identification, extraction and quantification of herbs are challenging and time consuming. For instance, standardization and quality control of herbs should be conducted through High Performance Liquid Chromatography (HPLC), Gas Chromatography (GC), Thin Layer Chromatography (TLC), Mass Spectrometry (MS) or combination of both GC and MS(104, 105).However, this is restricted by the availability of analytical instruments and standard references.
- Despite having natural plant-derived ingredients which are of the best quality, microbial contamination might be one of the biggest challenges faced by the manufacturers. The herbal

skin care creams usually will have shorter life span/expiry as compared to chemically-derived creams if more natural preservatives are selected instead of the chemical ones(109).This is most likely due to the unavailability of broad spectrum natural preservatives in the market which is able to protect the herbal cosmetics against the contamination by a wide range of bacteria, viruses and fungi(110).Of late trend, for herbal cosmetics creams is going organic and natural, they excludes many skin irritants such as phthalates, SLS, parabens, synthetic colorings/fragrance and etc. The more natural options being selected which are skin- friendly and such the preservation dates will be slightly lower than synthetic creams. However, this seems unimportant as compared to immense benefits gained by going natural and skin friendly

- In addition, clinical evidence from randomized clinical trials for the present herbal cosmetics is scarce since clinical trial data is not a requirement in the application for notification of cosmetic products(97). The safety and efficacy of herbal cosmetics on human remained questionable even with favorable results obtained through in-vitro and pre-clinical animal studies(98, 99).Hence, manufacturers of herbal cosmetics are encouraged to conduct well-designed randomized control trials for their newly developed products in order to ensure its effectiveness and safety before they are being introduced to the market to the society.

Conclusion

- The herbal products are much safer than the allopathic medication drugs . they did not give side effect in longer term
- The market demand for quality skincare products is increasing. Although there were few limitations identified, the positive aspects and the advantages of herbal skin care creams overweighed chemical-based products
- For the safety of this symptom of growing older herbal beauty is used as a remedy, even though the wealth from nature is to be had in abundance, this complete evaluation changed into confined to 5 herbs in every category which play a pivotal role based on their efficacy and their chemical parts responsible for their therapeutic action on the skin
- The industry is increasing day by day of herbal products and herbal medication skin creams

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