

A Review on Herbal cosmetics

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ABSTRACT:

The concept of beauty and cosmetics is as ancient as mankind and civilization. Women are obsessed with looking beautiful. So, they use various beauty products that have herbs to look charming and young. Nature has offered the way to keep up that parity. Herbs! Yes herbs are one such means. An herb is a plant or plant extract, including leaves, bark, berries, roots, gums, seeds, stems and flowers which are bestowed with nourishing and healing elements. Cosmetics alone are not sufficient to take care of skin and others body parts, it requires association of active ingredients to check the damage and ageing of the skin. Indian herbs and its significance are popular worldwide. An herbal cosmetic have growing demand in the world market and is an invaluable gift of nature. Herbal formulations always have 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. 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. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash, herbal conditioner, herbal soap, herbal shampoo etc. The industry is now focusing on the growing segment with a vast scope of manifold expansion in coming years. Herbal cosmetics are defined as the beauty products which posses desirable physiological activity such as healing, smoothing appearance.

Keywords- Cosmetic, Herbal Cosmeceutical, Skin care, Oil

I. INTRODUCTION:-

Traditional use of plants for cosmetic purposes based on perfuming and skin care in the form of infusions, poultices and etc. In the last century, researchers have been focused on plants to investigate their efficacy and safety in cosmetics field. Generally herbal sources are rich with vitamins, antioxidants, oils, hydrocolloids, proteins, terpenoids and other bioactive compounds which

have functions in the scope of cosmetics such as anti-aging, anti-oxidant, emollient effect etc. Herbs can be utilized for cosmetics in different forms, such as a part of herb or total extract of the herb or extract of selective parts or specific molecules purified from extracts. According to the composition of herbal raw materials, herbal cosmetic contains one or more herbal ingredients present different activities or properties.

SKIN CARE

The skin is the largest organ of the human body and plays a crucial role in protecting the body from external factors such as UV radiation, pollution, and pathogens. The skin's primary function is to act as a barrier between the body and the environment. The skin has several layers, including the epidermis, dermis, and subcutaneous tissue. The epidermis is the outermost layer of the skin and is responsible for protecting the body from external factors. The dermis is the middle layer of the skin and contains blood vessels, hair follicles, and sweat glands.

The subcutaneous tissue is the innermost layer of the skin and contains fat cells that help regulate body temperature. Skin is a extraordinary protective barrier against the external environment. It helps in regulating temperature and fluid balance, keeping out harmful microbes and chemicals. It also protects skin against sunlight.

Oat (*Avena sativa*):

It is a species of cereal grain grown for its seed, Oat oil is rich in antioxidants and natural emollient property. Oat oil is used in many lotions, creams and facial oils. Oat straw is generated from the stems of the oat plants. The stem releases a sap that's milky in texture. This sap contains properties such as calcium and silica. Oat straw makes a perfect organic face wash and can be combined with essential oils or used alone as an herbal oil for skin.[1]

Marigold (*Calendula officinalis*):

It is most commonly used in cosmetics and personal care products and hair care products and in lipsticks.

Chicory (Cichoriumintybus):

Chicory is woody, perennial herbaceous plant usually with bright blue flowers, rarely white or pink. It was believed that the plant could purify the blood. Chicory is taken internally for loss of appetite, jaundice, gallstones, gout and rheumatism. In addition, the leaves of chicory may also be used as compresses to be applied externally to ease skin inflammations and swellings.

Ghritkumar (Aloe vera):

It is a most ingenious mixture of an antibiotic, an astringent coagulating agent, a pain inhibitor and a growth stimulator and wound healing. It is also used for sunburn, scratch and a cleansing purge for the body or skin.

Multani Mitts (Fullers Earth):-

It is Mother Nature's own baby powder. Clay was one of the earliest substances to be used as a beauty mask to draw oils from the skin, natural moisturizers for hairs teeth, gums and hair, To remove pimple marks, treating sunburn, helps unclog pores, to cleanse the skin of flakes and dirt. Chamomile (*Matricaria chamomilla*): It is an annual plant of the composite family Asteraceae Chamomile is also used cosmetically, primarily to make a rinse for blonde hair and as a yellow dye for fabrics.

Chandan:

It was used as scrubs and face packs that were applied on face and whole body to remove dead cells, regenerate growth of new cells and give a young look.

Haldi (Turmeric):

It was used as a face pack and also as an antiseptic. Turmeric (*Curcuma longa*) is a rhizomatous herb perennial plant of the ginger family Zingiberaceae. Turmeric is used in many celebrations of Hindus. Especially in Hindu wedding brides would rub with turmeric on their bodies for glowing look. New born babies also rubbed with turmeric on their forehead for good luck.

ANTIAGING SKIN TREATMENT**Green tea: Camellia sinensis (Theaceae)**

yields both black (red) and green tea, while to produce green tea, the leaves are steamed immediately after harvest and then dried. Tea contains more than 500 phyto constituents, including tannins, flavonoids, amino acids,

vitamins, caffeine and polysaccharides. Tea flavonoids (polyphenols) have proven anti-inflammatory, antioxidant, antiallergic, antibacterial and antiviral effects, while the tea tannins have antiseptic and antioxidant effects.

Black tea:

Black tea extracts contain polyphenols in a lower amount, and show a rather weaker protective effect against free radicals than green tea, but are still considered to be a good antioxidant. Using both oral and topically applied, standardized black tea extracts showed a decrease in photochemical damage to the skin. Studies indicate that when green tea is oxidized to black tea, the extracts remain beneficial in preventing the early signs of UV B-induced phototoxic effects, namely, sun burn and skin thickness.

Ginkgo:

Ginkgo biloba belongs to the family Ginkgoaceae, which grows to a huge size. It is best known, as a circulatory tonic, in particular for strengthening the tiny little capillaries to all the organs. Ginkgo also protects the nervous system and fights oxidation.

DRY SKIN TREATMENT**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 24-25° C and thus it can be used easily in both liquid and solid forms. Coconut oil is excellent skin moisturizer and softener.

Castor oil:

This is obtained from the Castor bean, *Ricinus communis* family Euphorbiaceae. The seeds contain 50% of the fixed oil, which is a viscous fluid. The oil acts as a barrier agent to protect against harsh climate, and is soothing to the skin. Castor oil forms a clean, light-coloured, transparent soap, which dries and hardens well and is free from odour. Ricinoleic acid and its many derivatives have skin smoothing and moisturizing qualities and improve various skin conditions such as rough skin and acne. Hydrogenated castor oil and/or its esters, are useful as vehicles or carriers, emollients or solubilizers for toiletry, cosmetic, hair and skin care formulations, and are useful for cleansing and conditioning the skin.

Cocoa butter:-

Cocoa butter is obtained from *Theobroma cacao* family Sterculiaceae. It is particularly soothing after wind burn or sun burn. It is used medicinally as a vehicle in suppositories and pessaries. Cocoa butter contains triglycerides consisting mainly of oleic, stearic and palmitic acids. Cocoa butter is used widely as an emollient and in various topical cosmetic preparations, and has been reported to be a source of natural antioxidants.

Mango:-

A part from its popular edible fruit, *Mangifera indica* family Anacardiaceae also contains kernels that yield a valuable emollient oil rich in oleic, stearic acids and triglycerides, and is used in cosmetics. The unripe fruit is claimed to help heal a wide variety of skin eruptions, ranging from leprosy and sore to boils.

Sunflower Oil:

It is the non-volatile oil expressed from sunflower seeds obtained from *Helianthus annuus*, family Asteraceae. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. It has smoothing properties.

HAIR CARE

HAIR GROWTH STIMULANTS

Various plant extracts have been patented for use in hair- tonic products and for the prevention of alopecia. The patents claim that the effects are due to stimulation of the hair follicle or scalp metabolism, possibly due to an acceleration of blood circulation, activation of dermal papilla, anti-testosterone action, or increased nutrition to the hair follicles through accelerated blood flow, but the mechanisms are not yet clear.

DANDRUFF TREATMENT

Dandruff is a major problem, Dandruff is a common condition that causes the skin on the scalp to flake. It isn't contagious or serious. But it can be embarrassing and difficult to treat.

Cause:-

Irritated, oily skin, Dry skin, yeast like fungus (*malassezia*) that feeds on oils on the scalps of most adults, Sensitivity to hair care products (contact dermatitis), Other skin conditions, such as psoriasis and eczema.

Thyme:

Thymus vulgaris family Labiatae is also claimed to inhibit dandruff. It is used to prevent hair loss. The rinses containing rosemary and thyme promote natural hair health. Garlic or *Allium sativum* family Liliaceae, lotion containing garlic can help to control dandruff having antiseptic, tonic, antioxidant, anti-inflammatory, anti bacterial and antifungal effects. Walnut *Juglans regia* family Juglandaceae, leaves are used in traditional medicine for dermatological applications such as eczema, acne, loss of hair, scalp itching, peeling and dandruff and as an adjunctive emollient...

HAIR COLOURING

The use of natural dyes on the hair has not made great progress and this is due to the fact firstly, natural dyes are not very stable in solution and are prone to oxidation, discolouration, pH colour shift and fading. Secondly, a single natural dye may not give the right colour, and henna or walnut seem to be suitable to colour the hair. However, many shades can be obtained in mixing with the leaves of other plants

Henna:

Henna comes from the plant, *Lawsonia inermis* family Lythraceae, which contains a dye molecule called Lawsonone, which when processed becomes Henna powder. Henna has a natural affinity with the proteins in our hair, making it able to "stain" the colour onto the hair shaft. It is used as a staining agent, due to the strong binding of the dye to the hair.

Colour

Hibiscus:

A red colour is obtained from the extract of *Hibiscus sabdariffa* family Malvaceae. Coloured components, anthocyanidins known as delphinidin or cyanidin, can be used, but intensity of the red colour is a function of pH of the solution. Hibiscus consists of calcium, phosphorus, iron, vitamin B1, riboflavin, niacin and vitamin C, used to stimulate thicker hair growth and prevents premature graying of hair.

Amla:-

Amla is obtained from the plant *Emblica officinalis*, Family Euphorbiaceae. Amla contains vitamin C, tannins and minerals such as phosphorus, iron and calcium which provides hair and also causes darkening of hair.

Almond Oil:

The almond oil is obtained from *Prunus dulcis*. Almond oil contains very amounts of super-unsaturated Omega-3 essential fatty acids. It proves to be very nourishing softens and strengthens the hair. The almond oil also proves to be a very good cleansing agent

ORAL CARE

The majority of the orodental diseases are due to bacterial infections, it has been well documented that medicinal plants provide significant antibacterial action against various micro-organisms.

Clove Oil (*Syzygium aromaticum*):

Ancient Hindu texts have described the use of clove oil in dentistry. The main components of this herb are eugenol and p-caryophyllene. It has got excellent analgesic and antiseptic properties which inhibit growth of all disease causing bacteria while leaving the beneficial bacteria unharmed. It is frequently used by dentists to relieve toothache, patients having periodontitis and also in treating bleeding gums. Due to its topical analgesic action, it is being incorporated in dental cements and restorative materials. The formulations of clove oil are available as tincture, lozenges, and mouthwash.

Tea Tree Oil (*Melaleuca alternifolia*):

This particular plant is a native of Australia having antiseptic and antifungal properties and a mild solvent. It is useful for treating throat irritation, stings, burns, wounds, and skin infections of all kinds. Orally, rub the tree tea oil directly on sore, inflamed gum for temporary relief. Use tree tea mouth wash to soothe oral inflammation. It also has mild solvent action, and hence could hold potential applications in root canal treatment for dissolving the necrotic pulp tissue. Mouthwash containing tea tree oil has proved effective for patients suffering from oral candidiasis.

Chamomile (*Matricaria recutita*):-

Chamomile has got a significant anti-inflammatory, antispasmodic, smooth muscle relaxation, antibacterial, and antiviral property. Orally, major uses of chamomile are in gingivitis, periodontal disease and in oral ulcers when used as a mouthwash. However, some allergic skin reactions with topical use and bronchial constriction with systemic use have been noted in persons, therefore, it should be used cautiously

Garlic (*Allium sativum*);

It is one of the most extensively researched medicinal plants with a typical odor. Its antibacterial activity depends on allicin produced by enzymatic activity of allinase (a cysteine sulfoxidelyase) on allicin after crushing or cutting garlic clove, Garlic extract inhibits the growth of *Streptococcus mutans*, and therefore, can be used as an effective remedy in the prevention of dental caries when used it is used as a constituent in toothpaste or mouthwash

Evening Primrose (*Oleum Oenotherabiennis*):

The main constituent of primrose is linoleic acid (65-80%). It has antiallergic and antiulcer activity. It is used during orthodontic tooth movement and dental caries. Some adverse effects were noted such as headaches, nausea, loose stools, and diarrhoea in some individuals.

Myrrh (*Commiphora molmol*):

Myrrh is best known as one of the gifts the Wise Men brought the Infant Jesus. The main constituents of this herb are the resin, gum, and volatile oil. It helps promote healing in cases of pyorrhoea. It can be applied topically for the treatment of and of local application as an anodyne to treat infections of the oral cavity. Rinse the mouth with myrrh tea and brush with the powder when gum disease exists.

Neem (*Azadirachta indica*):

This tree occupies a special place in the Indian community as far as medicinal value is concerned. The leaves of this special tree are high in fibers, carbohydrate calcium, fluoride, and many amino acid proteins. Preparations of neem are used to improve general health but are widely known for its marvellous powers of preventing and healing dental diseases and other dental problems.

Thyme (*Thymus vulgaris*):

It is mainly composed of volatile oils namely phenol, thymol, and carvacrol. A lotion made of thyme, myrrh, and goldenseal is used to treat oral herpes. Thym vulgaris extract is effective against *S. mutans*. However, it should be used with caution in you children, pregnant and lactating mothers and in persons allergic to thyme oil.

Cranberry (*Vaccinium macrocarpon*):

It is composed of various biologically active compound such as antioxidant flavonoid and phenolic acids having antimicrobial property. Some

researches found that many of these substances can not only inhibit the enzymes associated with formation of the dental plaque polysaccharide matrix film but can stop the bacteria sticking surfaces thereby, inhibiting plaque formation. They also have anti-caries properties as the prevent acid formation.

Meswak (Salvadorapersica):

Chewing sticks have been widely used in the Indian subcontinent, the Middle East and Africa since ancient times. Meswak, a derivative from Arak tree, is used by many people in different cultures and in many developing nations as a traditional toothbrush for oral hygiene. It is suitable for cleansing teeth, comparatively cheap, possesses various medicinal properties and is easily available in rural areas of developing countries. The Meswak extra also found its way into the dentifrices in the recent years as antiplaque and anti-gingivitis.

Red Clover (Trifolium pratense):

Red clover is a very versatile herb with uses in blood health, hormone health, digestive health and even protecting against certain types of cancer. Red clover mouthwash is healing for irritated and diseased gums. After making red clover tea, prepare an ointment from the strained blossoms and leaves. Rub the ointment, which has antibiotic properties, on gums that are abscessed from disease or sore and inflamed from root canal therapy or other dental procedures.

Propolis:-

It is a mixture of plant-derived and bee released compounds. It has got a wide range of activities such as antibacterial, esthetic, and antifungal. It has been used in dental caries, gingivitis, storage medium, intracanal medicament, dentinal hypersensitivity, relief from denture ulceration, stomatitis, halitosis, mouth freshener, periodontal pocket/abscess, dentinal sensitivity, lichen planus, candidal infections, angular cheilitis, and xerostomia.

Sesame:

The sesame plant (*Sesamum indicum*) has been considered a gift of nature to mankind for its nutritional qualities and desirable health effects. Oil pulling is an ayurvedic practice that involves swishing of oil in the mouth for oral and systemic health benefits. Sesame seed oil is used most commonly because of several medicinal properties and desirable health benefits. Oil pulling therapy

with sesame oil has many advantages over chlorhexidine like no staining, no prolonged after taste, and no allergy. Sesame oil is 5-6 times more cost-effective than chlorhexidine and is readily available in most households.

Peppermint (Mentha piperita):

This particular mint grows in moist, green leaves and has dark green, lance-shaped leaves and purple flowers. Peppermint leaves yield approximately 0.1-1.0% volatile oil. Peppermint contains menthol, methyl acetate, tannic acid, and Vitamin C. Peppermint oil is used to relieve toothache by soaking a cotton ball in the oil and placing it in the cavity or rubbing it on the tooth. Peppermint mouthwash can be used to relieve gum inflammation.

Lavender Oil:

It is obtained from the flowers of *Lavandula angustifolia*. It is reported to reduce stress, anxiety, and improve mood when inhaled or orally administered but is not very effective in cases of high anxiety. It can be used in dental clinics to reduce patients' anxiety. It is found to be useful as an analgesic, as it has been shown to reduce the pain of needle insertion. Anxiolytic agent when used in waiting area. It is also helpful during surgical

II. CONCLUSION:-

Over 70% of the population in India uses herbal cosmetics for personal care. The need for herbal cosmetics has increased in the personal care industry nowadays, and they are widely used in daily life. The appearance of the human body depends on having strong teeth, glossy hair, and radiant skin. Hence the herbal cosmetics have the most advantageous over the synthetic cosmeceuticals due to its effectiveness. The present study revealed that herbal cosmetics are very safe and does not produce any toxic and adverse reactions compared to marketed cosmetics products. We suggest that, we use herbal cosmetics in future, we will avoid skin problems.

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