

## Herbs for Derma Care

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**ABSTRACT:** As old as mankind and civilization, the idea of beauty and cosmetics exists. Women are preoccupied with maintaining their beauty. To seem attractive and youthful, they employ a variety of herbal-infused beauty products. The use of Indian plants is well known internationally. A priceless gift from nature, herbal cosmetics are in increasing demand on the global market. Natural cosmetics are risk-free to use when compared to other beauty products. Since ancient times, medicinal and cosmetic uses for herbal plants have existed. They have a well-known ability to soothe, cure, and improve a variety of skin conditions. Due of their widespread availability and milder side effects, herbal compounds are preferable to artificial ones. Cosmetics cannot adequately care for skin and other body parts on their own. Like humanity and civilization itself, the idea of beauty and cosmetics is very old. Beauty is a major obsession among women. In order to look attractive and youthful, people employ a variety of beauty products that contain herbs. Worldwide acclaim is enjoyed by Indian plants and their significance. A natural gift of immeasurable value, herbal cosmetics are in increasing demand on the global market. Natural cosmetics are risk-free to use in comparison to other cosmetics. For millennia, medicinal and cosmetic uses of herbal plants have been made. It is well known that they can relieve pain and improve the appearance of the skin in addition to treating numerous skin conditions. Due of their accessibility and lack of negative side effects, herbal components are chosen over chemical ones. It is impossible to care for skin and other body parts with just cosmetics.

**KEYWORDS:** Herbs, Herbal cosmetics, Advantages, Treatment- Anti-ageing, Anti-oxidant, Anti-inflammatory, Anti-bacterial, Marketed products, future perspective.

### I. INTRODUCTION:

The word "cosmetic" comes from the Greek word "kosmtikos," which signifies strength,

organisation, and decorating ability. As cosmetics develop throughout the history of man, a consistent narrative about their beginnings emerges. In prehistoric times (3000 BC), man utilised colour for ornamentation to entice the prey he wished to hunt. He also painted his skin to protect himself from hostile attack (be it man or animal). The development of cosmetics was influenced by religion, superstition, warfare, and subsequently, medicine. Due to its improved experiences, the usage of natural herb ingredients in personal and health care products has come to the forefront.

Herbs are more potent, gentle, and calming, according to recent studies. Despite being useful, potent synthetic preparations and chemicals are hazardous to the human body. Effective herbal cosmetics are made using herbal cosmetics, often known as products made from diverse natural herbal elements. Herbs don't provide quick fixes. They provide a means of realigning the body with nature.

Because of their compatibility with skin types and lack of adverse effects, herbal treatments are becoming more and more popular. The nicest part about herbal cosmetics is that there are no side effects because they are manufactured entirely from herbs and shrubs. The herbs' all-natural components don't have any negative effects on the body; rather, they give it nutrition and other beneficial minerals.

The ayurvedic knowledge of nature was the only thing on which they could rely. The ayurvedic science had used a variety of plants and herbs to create cosmetics for protection against the elements and attractiveness. The natural components of the botanicals do not have any negative effects on the human body; rather, they enrich it with vitamins, minerals, and other beneficial substances. The Drugs and Cosmetics Act defines cosmetics as substances that are meant to be rubbed, poured, sprinkled, sprayed, injected into, or otherwise applied to the human body or any portion of it for washing, beautifying, increasing

attractiveness, or changing the appearance. The cosmetic is not covered by a drug licence pre-approval.

The term "herbal cosmetics" refers to products made with phytochemicals derived from a variety of botanical sources that influence skin functions and supply nutrients for healthy skin or hair. Herbal cosmetics are products made from natural herbs that are utilised for their aromatic properties in the creation of cosmetics. Historians have noted the usage of plant ingredients in cosmetics and aromatic goods as far back as the Pre-Christian Hellenistic period. Aloe vera gel was a skin treatment lotion utilised by Queen Cleopatra, a symbol for the pinnacle of cosmetics and beauty.

The ancient texts on ayurveda such as Charaka Samhita and Varnya Kashaya described the use of herbs to achieve a radiant complexion. Chandana, nagkeshara, padmak, khus, yashtimadhu, manjistha, sariva, payasya, seta (sweta durva), and lata were among the herbs employed (shyama durva). Since vata, pitta, and kapha are mostly to blame for skin conditions and other illnesses, these ayurvedic herbs are used to cleanse the blood and get rid of vitiated doshas from the body. Khadira, abhaya, amalaki, haridra, bhallataka, saptaparna, karavira, vidanga, and jati are some of the herbs described in Khushtagna Mahakshaya as being beneficial in treating skin problems. Among the natural products employed in antiquity were indigo and raktachandan for bindis and tattoos, madder root for enhancing the lips and cheeks, and shoeflower for permanently darkening and maintaining hair colour, aloe as a skin protectant, and facial treatments with Chandan, vetiver, and haldi. The usage of ayurvedic herbs gives the goods an added layer of beauty.

Since ayurveda is known for its ability to permanently cure illnesses, it is probably clear from the current market trends that the herbal cosmetic product will be successful in gaining market share. The importance of herbal cosmetics will grow as more people become aware of their benefits and the basic anatomy, function, and care of the skin and its appendages. The skin's innate capacity for ongoing healing helps it to keep its ability to perform normally. Young people typically experience greasy skin and acne, and as they age, their skin gets dry. Understanding how our skin works and taking the necessary precautions to preserve it are crucial for having better skin.

The skin is classified into 4 groups and for each class appropriate ingredients should be used to

maintain its natural functionality. The requirements for the basic skin care

a) a cleansing agent that clears the dirt, dead skin cells, and dust from the skin's pores. Vegetable oils including coconut, sesame, and palm oil are some of the popular cleaners.

b) Use of Toners: Toners tighten the skin and protect it from exposure to various airborne poisons and other environmental pollutants. Witch hazel, geranium, sage, lemon, ivy burdock, and essential oils are a few of the herbs used as toners.

c) Moisturizing: Moisturizing makes the skin supple and velvety. Those who moisturise have a healthy glow and are less likely to age. Vegetable glycerine, sorbitol, rose water, jojoba oil, aloe vera, and iris are a few examples of herbal moisturisers.

## HERBAL COSMETICS

The usage of natural antioxidants in commercial skin care products is rising as a result of research into plant-derived products' antioxidant activity in the search for efficient topical photo-protective agents. Today, we examine the chemical makeup of herbal treatments to see what components and pharmacological mechanisms may be behind these results. Effective botanical antioxidants such as tocopherols, flavonoids, phenolic acids, nitrogen-containing chemicals (indoles, alkaloids, amines, and amino acids), and monoterpenes are frequently employed in traditional medicine. Applying aromatherapy formulations rich in antioxidants presents intriguing study opportunities because it has been demonstrated that topical antioxidant supplementation affects the skin's antioxidant network. The majority of the time, scientific literature-documented efficacy and safety facts are sufficient justification for these cosmetic uses. Numerous antioxidants utilised in cosmetics are among the more well-liked functional natural compounds, and research has shown that they have extra advantages for maintaining skin tone, texture, and look.

Plant components were typically crushed or dried and powdered in old cultures, but incorporating them into current cosmetic compositions poses special difficulties. Plant extracts that are highly pigmented or abrasive must be effortlessly incorporated into "milky" or transparent creams, lotions, and gels. Here is where a thoughtful blending of art and science is put into action. Due in large part to the negative reputation animal-derived extracts have developed over the past few years, plant extracts are becoming more

and more popular as components in cosmetic formulations. Up until the development of techniques for manufacturing substances with comparable qualities, plants were the primary source of cosmetic compounds. Despite the fact that many commercial cosmetic products presently contain natural compounds made from plant extract, this area of study is particularly exciting.

Cosmetic goods can be created for a variety of advanced uses, such as eliminating wrinkles, spots, cellulite, and other issues, or for personal cleansing and maintenance. Herbal cosmetics are typically created to moisturise dry skin, have an anti-aging effect, reduce wrinkles, brighten skin, remove dark spots, manage oil production, have an anti-dandruff effect, protect skin, care for hair, and have an anti-oxidative antipollution effect. Only certain functional active substances can efficiently accomplish the aforementioned tasks in some circumstances and under certain conditions. These particular active ingredients can be accepted as typical cosmeceuticals like hydroxy acids (alpha hydroxy acids or AHAs: citric acid, malic acid, glycolic acid, lactic acid, pyruvic acid, tartaric acid, and beta hydroxy acids or BHAs: salicylic acid, also known as fruit acids), antioxidants (alpha-lipoic acid or ALA, L-ascorbic acid or vitamin C, The following are some examples of plants that can be used in place of synthetic substances: Almond, sunflower, and cocoa butter can be used as substitutes for petrolatum and paraffinum liquidum. Emollients like cetyl/stearyl alcohol and stealkonium chloride can be substituted with aloe vera and calendula. Quillaja and Yucca saponins, coconut and palm oil soap, and cocamide DEA and triethanolamine can be employed as foaming agents in place of sodium lauryl sulphate, cocamide DEA, and triethanolamine. For its astringent qualities, hamamelis extract can be used in place of ethyl alcohol. There are several natural alternatives to commonly used preservatives like methylparaben, propylparaben, imidazolidine urea, and phenoxyethanol, such as citrus seeds/peel extract, eucalyptus, tea tree oil, green tea extract, and ginger. Many different plants are utilised as colourings, including curcumin, paprika, beetroot powder, carmine powder, saffron, carotenes, and paprika oleo-resin (yellow).

The effectiveness of herbal cosmetics is influenced by a variety of elements in addition to the active chemical components of the plants employed, including storage conditions, packaging, microbes, pesticide residue, the location and timing

of plant collection, and environmental factors. Standardization of herbal raw materials and finished products is crucial to ensuring that these elements are under control and that the plants' efficacy is maintained. 4,23 Cosmetics using herbal substances must be free of insecticides, pesticides, fungi, microorganisms, and insects. They must be devoid of heavy metals or, if that is not possible, contain just the authorised number of heavy metals. They must not exhibit any abnormalities in their appearance, flavour, or other indicators of decomposition. For natural raw herbs or herbal products, suitable washing, sterilisation, storage, and handling conditions as well as compatible packaging materials must be offered.

Natural materials must be protected against exposure to light, air, moisture, heat, and microorganisms in order to maintain their stability. 4 Stability studies must be created with these issues in mind and include tests for the physical, chemical, biological, and microbiological characteristics that have a tendency to change during storage and have an impact on the quality, safety, and efficacy of finished products. Testing should be done using approved techniques. 24 The bioactivity of the natural ingredients found in herbal cosmetics must be preserved throughout the shelf life, according to manufacturers.

#### **Advantages of Herbal Cosmetics over Synthetic:**

The most recent fashion and beauty trend is herbal cosmetics. These substances are becoming more and more popular since natural goods, which feed nutrients to the body, improve health, and offer satisfaction, are more preferred by women today over chemicals for personal care. since they don't contain artificial chemicals and have fewer side effects than artificial cosmetics.

#### **1. Natural products**

By virtue of their name, herbal cosmetics are supposed to be all-natural and free of any potentially dangerous synthetic chemicals that could hurt the skin. These products use various plant parts and plant extracts in place of conventional synthetic products, such as aloe-vera gel and coconut oil. They also include natural nutrients like Vitamin E, which maintains healthy, radiant skin. For instance, Aloe vera is a naturally occurring herbal plant species that is accessible and part of the Liliaceae family. A growing number of consumers are demanding more natural goods with traceable and more natural components, devoid of dangerous chemicals, and with an emphasis on the

qualities of botanicals because they are concerned about ingredients like synthetic chemicals and mineral oils.

## 2.Safe to use

Natural cosmetics are safer to use than other cosmetics. They have been dermatologists-tested and dermatologist-proven hypoallergenic, making them safe to use anytime, anyplace. People don't have to worry about developing skin rashes or itching because they are made of natural substances. As an illustration, the synthetic antioxidants BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene), which are employed as preservatives in lipsticks and moisturisers [10], are closely related. BHA and BHT might cause adverse skin responses. BHA has been identified as a potential human carcinogen by the International Agency for Research on Cancer. Vitamin C and other natural antioxidants are present in herbal cosmetics.

## 3.Compatible with all skin types

All skin types can use natural cosmetics. You may discover natural cosmetics like foundation, eye shadow, and lipstick that are appropriate regardless of your skin tone, whether you are dark or fair. They can be used by women with sensitive or oily skin without compromising their skin's state. Coal tar is known to be a human carcinogen, hence the main worry with individual coal tar colours (whether made from coal tar or synthetically) is that they may cause cancer. Coal tar-derived colours are widely used in cosmetics. However, herbal-based natural colours are safer. a large selection is available Although natural cosmetics are still a relatively young category in the cosmetics business, they already provide a wide range of cosmetics for all make-up enthusiasts to choose from. There are various naturally formulated cosmetics available, including foundation, eye shadow, lipstick, blush, mascara, concealer, and many more. Additionally, one can get locally produced natural cosmetics or those created by well-known international designers. Numerous herbal extracts are available, including *Andrographis Paniculata* (Kalmegh), *Asparagus Racemosus* (Shatawari), *Boswellia Serrata* (Salai Guggul), *Asphalt* (Shilajit), and others.

## 4.Fits your budget

Natural cosmetics don't cost a lot. In some cases, these goods are less expensive than synthetic ones. During sales, they are presented at a reduced

price and are sold for a low cost. Just conduct enough research to hunt for excellent bargains. According to a WHO estimate, 80% of the world's population relies on natural goods for their healthcare due to the negative side effects and escalating costs of modern medicine. Due to their accessibility, affordability, and relative safety, traditional herbal remedies are being encouraged and recommended by the World Health Organization in natural health care programmes.

## 5. Not tested on animals –

To make sure they are suitable for human use, several cosmetics are initially tested on animals. However, it is not necessary to test natural cosmetics on animals. Experts evaluate these natural compositions in labs using cutting-edge machinery without involving any animals.\

## 6.No side effects

Your skin may become irritated and break out from using synthetic beauty products. Your skin may become dry or oily as a result of them clogging your pores. One need not be concerned about them with natural cosmetics. The use of natural components ensures no negative effects; they can be used anywhere, at any time. For instance, herbal cosmetics are free of parabens, the most common preservative used in cosmetics and a skin irritant. also thought to interfere with hormone function (endocrine disruption).

## 7.Cosmeceuticals

The fastest-growing sector of the beauty industry is cosmetics. Cosmeceuticals are cosmetic-pharmaceutical products with the goal of enhancing the health and beauty of the skin by achieving a particular goal, such as reducing the appearance of wrinkles or controlling acne. According to the theory put forth by Dr. Albert Klingman, "Cosmeceuticals are topical agents that are spread across a broad spectrum of materials, lying in the middle of pure cosmetics (lipstick and rouge) and pure drugs" (antibiotics, corticosteroids).

## Herbal Plants for Treatment of Various Ailments:

### 1. Tulsi





**Botanical name: - *Ocimum tenuiflorum*,**

**Family: - Lamiaceae**

Tulsi, often known as holy basil, is a fragrant perennial plant. Native to the Indian subcontinent, this plant is widely cultivated in Southeast Asia's tropical regions. Tulsi has been valued for its many therapeutic powers in ayurveda medicine for thousands of years. The core text of ayurvedic medicine, the Charaka Samhita, contains a reference to it. Tulsi is regarded as an adaptogen because it helps the body adapt to stress by harmonising several bodily systems. Its potent perfume and astringent flavour distinguish it as an ayurvedic "elixir of life" that is thought to lengthen life. Tulsi extracts are utilised in ayurvedic treatments for malaria, other types of poisoning, heart disease, inflammation, headaches, stomach disorders, and the common cold. Tulsi is traditionally consumed as a herbal tea, dried powder, fresh leaf, or blended with ghee and an essential oil derived from the Kapoor plant. Tulsi is mostly utilised in herbal cosmetics and medicine. Tulsi's dried leaves have been used with grains to deter insects for centuries due to its widespread use in skin preparation for its antibacterial properties. Due to the significant amount of eugenol in Tulsi, recent research suggest that it may be a COX-2 inhibitor, like many current painkillers (1-hydroxy-2-methoxy -4-allyl benzene). Studies have also demonstrated Tulsi's effectiveness in lowering blood glucose levels in those with diabetes. The same study also revealed a substantial decrease in total cholesterol levels when Tulsi was used. Another study found that the antioxidant qualities of Tulsi contribute to its positive effects on blood glucose levels. Tulsi also demonstrated some potential in terms of cataract and radiation poisoning defence.

## 2. Turmeric-



**Botanical name: - *Curcuma longa***

**Family: - zingiberaceae**

A rhizomatous herbaceous perennial plant related to ginger that is indigenous to tropical South Asia is turmeric. Turmeric is currently utilised in the creation of certain sunscreen, turmeric paste is administered to brides and grooms in some regions of India prior to marriage, and some Indian women use it to maintain their hair to a minimum. In Bangladesh and Pakistan, it is thought that turmeric makes skin glow and keeps some harmful bacteria off the body. Tetrahydrocurcuminoids (THCs), which should not be confused with tetrahydrocannabinol, also known as THC, are colourless compounds that may have antioxidant and skin-lightening properties, making these compounds useful in cosmetics formulations. The Thai government is funding a project to isolate and extract THC from turmeric. They have anti-inflammatory, anti-cancer, and antibacterial properties. Skin disorders such psoriasis, atopic dermatitis, face photoaging, alopecia, and acne. Due to its antibacterial properties, turmeric's antioxidants shield skin cells from free radical damage and hasten the healing of all types of wounds.

## 3. Sandalwood –



#### Botanical name - *Santalum album*

#### Family – *santalaceae*

The Indian sandalwood tree is a member of the *Santalum album* L. genus of woody flowering plants, the most well-known and highly prized of which is *S. album* trees or shrubs. The majority are parasitic roots that produce their own food but draw water and inorganic nutrients from the roots of other species. Several species, particularly *S. album*, produce extremely aromatic wood that is utilised in herbal medicine, scent, and perfume. In Ayurvedic medicine, it is also employed as a flavouring agent to control the inflammatory responses that cause a variety of skin problems. It has also been employed as an astringent. It can be used as a mask, face pack, etc.

#### 4. Henna-



#### Botanical name: - *Lawsonia inermis*

#### Family: - *Lythraceae*

*Lawsonia inermis*, often known as henna or henna, is the sole species of flowering plant in the genus *Lawsonia inermis*. It is indigenous to semi-arid tropical and subtropical areas of Africa, southern Asia, and northern Australia. Lawsone dye molecules are primarily concentrated in leaves and are most abundant in leaf petioles. Indigo (found in the plant *Indigofera tinctoria*) or *Cassia obovata* may be used to make products marketed as black henna or neutral henna; these products may also contain unlisted colours and chemicals. Since the Bronze Age, henna has been used for hair colouring and body painting.

Due to improvements in the diaspora of people brought about by the production, processing, and application of traditional henna, henna has recently had a revival in body art. The most popular traditional and commercial uses of henna are as a dye for hair, skin, and nails, as a dye and preservative for leather and cloth, and as an anti-fungal. Since ancient times, henna flowers

have also been used to make perfume, and henna perfume is currently experiencing a resurgence online. Around 400CE, henna was used as hair colour in Indian court records. It was also referenced as a medicinal in the Ebers papyrus (16th BCE Egypt) and by IBN Qayyim al Jawziyya (14th BCE (Syria and Egypt) during the Roman Empire and Spain. Around 400 CE, henna was mentioned in Indian court documents as a hair colour. It was also identified as a medicinal herb in the Ebers Papyrus (16th BCE Egypt) and by IBN Qayyim al Jawziyya (14th BCE (Syria and Egypt) under the Roman Empire and Spain.

#### 5. *Arnica Montana*-



#### Botanical name: - *Arnica montana*

#### Family: - *Asteraceae*

*Arnica montana*, often referred to as leopard Bane, wolf Bane, mountain tobacco, and mountain arnica, is a flowering plant native to Europe with enormous yellow capitula. *Arnica montana* is occasionally grown in herb gardens and has been used medicinally for a very long time. It contains the poison helenalin, which is lethal if ingested in significant quantities. Skin irritability might also result from contact with the plant. The roots include thymol compounds that are utilised as fungicides and preservatives as well as having potential anti-inflammatory properties. Arnica was discovered to work similarly to NSAIDs (ibuprofen) when applied topically to treat the signs and symptoms of hand osteoarthritis. According to a study, using tropical arnica to treat bruises on the skin had no more benefit than using a placebo. Currently, liniments and ointments for bruises, sprains, and strains contain arnica. Professional athletes frequently utilise commercial arnica preparation. Clinical studies have demonstrated that the concentrated thymol compounds in plant roots are powerful vasodilators of subcutaneous blood capillaries. When used topically, arnica preparation has been shown to have anti-

inflammatory properties and to aid in natural healing processes by allowing the movement of blood and fluid build-up through the dilation of subcutaneous blood capillaries. If enough of the toxin helenalin is consumed internally, it can cause severe gastroenteritis and internal digestive tract haemorrhage.

#### 6. Amla-



#### Botanical name - Indian gooseberry

#### Family – Phyllanthaceae

The Indian gooseberry (*Embolia Officinalis*) tree is a native of the Middle East and India. Fresh and dried fruits from the plant are frequently used as ingredients in Ayurveda recipes. The high tannin content of Indian gooseberry fruit, which is frequently used in inks, shampoos, and hair oils, acts as a mordant to fix colours in fabrics and is thought to nourish the hair and scalp and prevent premature greying of the hair. A variety of meals, including dal (a lentil preparation) and amla GSC Biological and Pharmaceutical Sciences, 2022, 19(02), 316-322 320, are made from the amla fruit. Murabbah is a dessert that is produced by letting berries soak in sugar syrup until they become candies. Be gone is typically consumed following a meal. In the Batak region of Sumatra, Indonesia, the inner bark is utilised to give the broth of a traditional fish soup called holat an astringent, bitter flavour.

#### 7. Aloe vera: -



#### Botanical name – aloe *Barbadensis miller*

#### Family - Asphodelaceae

A species of succulent plant belonging to the genus *Aloe* is *aloe vera*. *Aloe*, which has over 500 species, is widespread and is regarded as an invasive species in many parts of the world. Traditional medicine use *aloe vera* as a skin treatment. Its use is first documented in the fourth millennium BCE. Additionally, the *Juliana Anicia Codex* from 512 CE makes reference to it. However, there is little scientific evidence about the efficacy or safety of *Vera* extracts for cosmetic or medical uses, and the favourable evidence that is available is frequently refuted by other studies. Despite these drawbacks, some preliminary research suggests that *aloe vera* extracts may be effective in treating diabetes and an elevated blood count in people. There is little and frequently conflicting scientific data supporting *aloe vera*'s use in aesthetic and medicinal procedures. Despite this, advertisements for the beauty and alternative medicine sectors frequently tout the calming, hydrating, and healing benefits of *aloe vera*, particularly online. *Aloe vera* is an extremely bitter and disagreeable meal. However, yoghurt, drinks, and other sweets sold in stores contain *vera gel* as a component. Cosmetic businesses frequently add sap or other *Aloe vera* derivatives to items including makeup, tissues, moisturisers, soaps, sunscreens, incense, razors, and shampoos. *Aloe vera* seeds have also been considered as a potential source of biofuels. *Aloe vera* extracts are also used to artificially fertilise sheep, dilute semen, preserve fresh foods, and conserve water on small farms, among other things.

#### 8. Neem: -



#### Botanical name - *Azadirachta Indica*

#### Family – Meliaceae

It is a tree in the mahogany family *Meliaceae* and is also referred to as neem, neem tree, or Indian lilac. The tree is referred to as the "divine tree," "healer all," "nature's drugstore," "village pharmacy," and "panacea for all ailments"



in India. Neem is used to make a variety of products, including anti-helminthics. Neem also possesses sedative, antifungal, anti-diabetic, antibacterial, antiviral, and antiviral effects. It is regarded as a key component of Ayurvedic treatment and is particularly recommended for skin conditions. As a herbal cosmetic, neem oil is used to make cosmetics (soap, shampoo, balms, and lotions) and is good for maintaining skin suppleness and treating acne. Its applications in conventional Indian medicine are also very important because they may be effective carbon dioxide sinks and have anti-desertification capabilities. Traditional Indian medical practitioners advise chicken pox patients to lie on neem leaves. Numerous skin care products, body lotions, and facial packs for beauty care contain the seed and leaf oils. The mixture is being used along with other organic substances. Neem oil producers from all over the world are invited to create high grade neem oil because the herbal cosmetic sector is now experiencing a surge.

#### 9. Coconut oil-



**Botanical name – Cocos nucifera**

**Family – Arecaceae**

The dried kernel of copra, which contains 60–65% oil, is crushed to create it. Lower chain fatty acid glycerides are abundant in coconut oil. The coconut palm tree *Cocos nucifera* produces fruit or seeds that are used to make coconut oil. Since coconut oil is easily usable in liquid or solid form and has a melting point of 24 to 25°C (75-76°F), it is frequently used in baking and cooking. Coconut oil does wonders to soften and hydrate the skin. Oil of jojoba It is a blend of long-chain, linear liquid wax esters that were taken from the seeds of *Simmondsia chinensis*, a desert shrub in the *simmondsiaceae* family. Jojoba oil is frequently used in cosmetics as a moisturiser and as a carrier oil for exotic perfumes since it can be easily refined to remove any odour, colour, and oxidative instability. Jojoba oil and human sebum are quite similar. Sebum serves as a natural barrier and moisturiser for the skin and hair, but it is worn

away by toxins, pollutants, the sun, and the ageing process, leaving the skin and hair dry. Jojoba oil replenishes lost nutrients and returns the pH balance of skin and hair to its normal state.

#### 10. Carrot-



**Botanical name – Daucus carota**

**Family – Apiaceae**

It is derived from the *Apiaceae* plant species *Daucus carota*. Due to its abundance in vitamin A and other vital vitamins, it has been regarded as a useful herb for centuries. A renewing, regenerating, and anti-aging substance is carrot seed oil [33]. Carrots contain -carotene, as well as trace levels of -carotene and -carotene, which give them their distinctive bright orange colour. In humans, and -carotene are partially converted into vitamin A.

Skin that is consistently dry may be a sign of a potassium deficiency. Carrots, on the other hand, are a strong source of potassium, which aids in hydrating and moisturising the skin.

#### 11. Rhodiola-



**Botanical name – Rhodiola rosea**

**Family – Crassulaceae**



Rosea It is also referred to as roseroot, arctic root, king's crown, lignum rhodium, and orpin rose. It primarily grows in arid, sandy plains at high altitudes in arctic regions of Europe and Asia. It is used in traditional folk medicine to treat conditions like fatigue, depression, anaemia, impotence, gastrointestinal disorders, infections, and nervous system disorders as well as to increase physical stamina, productivity at work, longevity, and resistance to high altitude sickness [36]. Phenolic chemicals, which are known to have potent antioxidant capabilities, are abundant in rhodiola rosea.

#### Uses of herbs in cosmetics:

1. Spices and herbs have been used to preserve and improve human beauty.
2. For centuries, Indian women have used herbs like sandalwood and turmeric to treat their skin.
3. Natural oils are used to perfume their bodies and henna is used to dye their hair, palms, and soles.

4. Due to its numerous related qualities, such as antioxidant, anti-inflammatory, antibacterial, and antimicrobial capabilities, herbal extracts are primarily used to cosmetic compositions.

5. The oligopeptides, amino acids, and antioxidants found in hibiscus plants work as an anti-aging agent by removing wrinkles and fine lines from the skin.

6. Calendula is a medicinal plant that works wonders for oily skin.

7. The calming herb chamomile softens and whitens the skin.

8. Lavender is a gentle cleanser and tonic plant that is suitable for all skin tones. We advise utilising only sweet lavenders (*Lavendula angustifolia*).

9. Rather than being used to treat conditions that are life-threatening, herbal remedies are primarily used to promote health and treat chronic conditions.

#### Marketed products:





### Future Perspective:

Policy-makers, healthcare professionals, and the general public are increasingly voicing concerns about the safety, efficacy, quality, availability, preservation, and future development issues of these herbal products in light of the expanding use and rapidly expanding market of herbal medicines and other herbal healthcare products in both developing and developed countries of the world.

Evidence on the quality, safety, and efficacy of herbal products and TM/CAM procedures are also in higher demand among the general public.

Extensive research on herbal medicines is required to be done in order to allay these worries and satisfy public desires, not only for their excellent medicinal value but also for the financial benefits.

Fortunately, quite thorough phytochemical and pharmacological studies on medicinal plants, herbal remedies, and cosmetics are already underway all over the world. Efforts are being made to isolate and identify these studies' active chemical components as well as to support the efficacy and safety claims made about these products.

Since most herbal remedies possess the necessary chemical constituents and exhibit the stated effects, it has been demonstrated that they do not entirely lack scientific support. Additionally, the use of many herbal medicines is supported by strong scientific evidence from randomised clinical trials.

It is clear from the current situation that no matter how important the policymakers', healthcare providers', and public's worries and requests may be, they in no way halt the rising trend of using herbal medications. As a result, Traditional Medicine (TM) based on herbal remedies is still widely practised in underdeveloped nations, while Complementary and Alternative Medicine (CAM) is quickly growing in affluent nations.

With more and more scientific evidence of their high quality, efficacy, and safety coming from the researchers, it is likely that this trend of expanding and widespread usage of herbal medicines will continue around the world in the years to come. However, just like with allopathic medicines, the production, sale, and use of herbal medicines should be formally and legally governed by established laws and regulations in order to guarantee its quality and safety. The quality of herbal goods supplied is rarely guaranteed, and most nations lack well-developed legislation and

licencing procedures for herbal medications. Therefore, in all nations where they are used for medical and therapeutic purposes, herbal medicines should be subject to legal regulation. Additionally, efforts should be made to increase public awareness of the risks and advantages of using medications.

The proper application of herbal medications of "guaranteed quality" will undoubtedly have positive therapeutic effects on the users and lessen the hazards involved. However, it should be emphasised that, just like allopathic medications, herbs and herbal products might have negative effects. With this word of caution, it is reasonable to say that herbal medicines have a bright future and could become a viable alternative in the future.

## II. CONCLUSION:

The importance of herbal cosmetics, the herbs utilized in them, and their advantages over synthetic alternatives are highlighted in the current review. The current investigation showed that, in comparison to commercially available cosmetics, herbal cosmetics are extremely safe and do not cause any hazardous or unfavorable effects.

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