

**A REVIEW ON HERBAL COSMETICS.**Sushma Gaikwad^{1*}, Manoj Patil², Sunil Bakare³

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ABSTRACT:

Indian herbs and its significance are popular worldwide. Herbal Cosmetics 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 less side effects with. Synthetic drugs. The cosmetics are the utility products used extensively throughout the world for maintaining and improving general appearance of face and other parts of body. Cosmetics alone are not sufficient to take care of skin and body parts, it require association of active ingredients to check the damage and ageing of the skin. Herbal cosmetics are the preparations, which represent cosmetics associated with active bio-ingredients, neutraceuticals or pharmaceuticals. The use of bioactive 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 there in 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, hydrocolloids, proteins, terpenoids and other bioactive molecules. Our traditional knowledge about the use of plant wealth as described in Ayurveda of medicine, is of great help to identify the phytochemicals for skin and body care preparations.

KEY WORDS: Cosmetic, Hair, Medicinal plants, Skin.**INTRODUCTION:**

Now-a-days, in the whole world there is return towards the use of herbal products. People prefer herbal medicines and natural curing practices for healthy life. There is much craze for the vegetable products cultivated through biological/organic farming without using synthetic fertilizers and pesticides. A large number of cosmetic and toiletry formulations have been developed based on Indian Herbs recently. Apart from traditionally documented applications, some modern trials have also established the utility of Indian herbs in Personal Care products. Herbal Cosmetics, referred as Products, are formulated, using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic

benefits only, shall be called as "Herbal Cosmetics". The demand of herbal medicines is increasing rapidly due to their lack of side effects. The best thing of the herbal cosmetics is that it is purely made by the herbs and shrubs.

The beauty of skin basically depends on individual's health, diet, habits, job routine, climatic conditions and maintenance. In summer, excessive heat exposure dehydrates the skin and increases melanin content. It causes freckles, wrinkles, blemishes, sunburns, pigmentation and even body pain. Extreme cold in winters also damage skin as cuts, cracks, maceration and infection are generally observed. Skin disease is common ailments of all age groups because of the infection of a variety of microorganism, chemical

agents and biological toxin present in the atmosphere and also due to physical factors, malnutrition and environmental pollution. There is now, however, growing scientific evidence that plants possess a vast and complex arsenal of active ingredients (photochemical) able not only to calm or smooth the skin but actively restore, heal and protect the skin.

By the European Directives 93/35/EEC (European Commission), the „cosmetic products”, are defined as a any substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair system, nails, lips and external genital organs). 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. 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.

The main objective of the cosmetic application is –

- Decorative to enhance the general appearance of face and other body parts to minimize the skin defects to a considerable extent.
- It is applied to maintain or improve the status of skin.
- It greatly helps men and women to look more impressive, beautiful and smart to a considerably extent.

Herbal Cosmetics

Herbal cosmetics are the preparations, which represent cosmetics associated with active bioactive ingredients or pharmaceuticals. The use ingredients 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.

Advantages of Herbal Cosmetics

- The best thing of the herbal cosmetics is that it is purely made by the herbs and shrubs.
- The natural content in the herbs have less side effects on the human body; instead enrich the body with nutrients and other useful minerals.
- Herbal cosmetics are comprised of floras like Termeric(haridra), sandal (chandan), saffron (kesar) and many more that is augmented with healthy nutrients and all the other necessary components.

Cosmetic preparation

The physical states of cosmetics preparation are broadly divided into following three categories: 1) Solids: face powders, talcum powders, face packs, masks etc. 2) Semi solids: creams, ointments, liniments, wax base creams, pastes, etc. Liquids: lotions, moisturizers, cleansing milk etc.

Herbs for cosmetics:

1. Dry Skin Treatment

(a) Coconut oil: Coconut oil comes from the fruit or seed of the coconut palm tree *Cocos nucifera*, family *Arecaceae*. 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 to prevent protein loss from the wet combing of hair when used for fourteen hours.

(b) 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. In cosmetics, it has smoothing properties and is considered noncomedogenic.

(c) Aloe vera: 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.

2. Anti-Aging Treatment

(a) Golden Root: *Rhodiola rosea* (Roseroot, Aaron's rod), is a plant in the *Crassulaceae* family that grows in cold regions of the world. The

Rhodiola root has long been used in the traditional medical systems in Europe and Asia to increase an organism's resistance to physical stress, currently; it is widely thought to have antioxidative properties.

(b) Carrot: It is obtained from the plant *Daucus carota* belonging to family Apiaceae. It is a valuable herb since ages as it is rich natural source of Vitamin A along with other essential vitamins. Carrot seed oil is indicated for anti-aging, revitalizing and rejuvenating. As it promotes the formation of new cells and helps in reducing wrinkles. It acts as Natural toner and rejuvenator for the skin.

(c) Ginkgo: Ginkgo comes from the Ginkgo tree, *Ginkgo biloba* belongs to 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, but especially to the brain. The capillaries become more flexible and as a result more oxygen is delivered to the brain and eyes (to protect against degenerative eye diseases like macular degeneration), so important as we age. Ginkgo also protects the nervous system and fights oxidation.

3. Skin Protection

(a) Green Tea: Green tea is tea made solely with the leaves of *Camellia sinensis* belonging to family Theaceae. Whether applied topically or consumed as a beverage or dietary supplement, green tea is a premiere skin protectant. It protects against direct damage to the cell and moderates inflammation. According to research from the Department of Dermatology, Columbia University, New York, studies suggest that the catechins in green tea are some 20 times stronger in their antioxidant powers than even vitamin E. Men, women and children need to position this super shield on their side against the ravaging effects of the sun.

(b) Calendula: *Calendula*, pot marigold, is a genus of about 12–20 species of annual or perennial herbs are essential oils plants in the daisy family Asteraceae. *Calendula* in suspension or in tincture is used topically to treat acne, reducing inflammation, controlling bleeding and soothing

irritated tissue. There is "limited evidence" that calendula cream or ointment is effective in treating radiation dermatitis. In a randomized study of 254 radiation patients, topical application of 4% calendula ointment resulted in far fewer occurrences of Grade 2 or higher dermatitis than occurred in the group using trolamine. *Calendula* users also experienced less radiation-induced pain and fewer breaks in treatment.

(c) Turmeric: Turmeric, *Curcuma longa* is a rhizomatous herbs are essential oils 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. Traditionally women rub turmeric on their cheeks to produce a natural golden glow.

(d) Neem: The herb, *Azadirachta indica*, family Meliaceae has been found to have the properties of a Blood purifier, beauty enhancer. It is used for a number of medicinal purposes.

Face pack

Multani Mittis (Fullers Earth): It is Mother Nature's own baby powder. Clay was one of the early 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.

Essential Oils :

Essential oils are natural fragrances extracted from virtually every part of a plant. Essential oils are volatile and liquid aroma compounds from natural sources, usually plants. Essential oils are not oils in a strict sense, but often share with oils a poor solubility in water. Essential oils contain mainly volatiles as terpenoids, benzenoids, fatty acid derivatives and alcohols. The FDA and other authorities recognize essential oils generally as safe. Although essential oils are widely used in cosmetics their actual mode of action is not fully understood. The uses of essential oils are determined by their chemical, physical, and sensory properties, which differ greatly from oil to oil. Each of the individual chemical compounds that can be found in oil contributes to the overall character. Essential oils

can be used in several ways for cosmetic purpose like Inhalation, Baths, Massage, Compresses, Steam treatments, Room Fragrance etc.

Most often essential oils are used as:

- Co-preservatives: many essential oils have antibacterial activity and are added as supportive agents to synthetic preservatives.
- Fragrance: perfumery is the main use of essential oils in cosmetics although synthetic fragrances are more stable and have better longevity.
- Hair care: essential oils are used as conditioning
- Anti-dandruff & permanent waving agents.
- Skin care: essential oils are the ideal to topical active ingredients for any skin care product since they can penetrate the skin and bind the membranes of skin cells. Essential oils can thus have sustained effects in the skin.

(a) Rose oil: The well-known essential oil is probably rose oil, produced from the petals of *Rosa damascena* and *Rosa centifolia*, family Rosaceae. Steam-distilled rose oil is known as "rose otto" while the solvent extracted product is known as "rose absolute". It is used more commonly in perfumery. The key flavor compounds that contribute to the distinctive scent of rose oil are beta-damascenone, beta-damascone, beta-ionone, and oxide.

(b) Eucalyptus Oil: Eucalyptus oil is the generic name for distilled oil from the leaf of Eucalyptus, a genus of the plant family Myrtaceae. Eucalyptus oil can help to get rid of dandruff, which in turn can help to promote healthy growth of hair. Just mix about 9 to 10 drops of Eucalyptus oil with shampoo and then gently massages scalp for a few minutes, after which rinse it off with water. Massaging scalp with Eucalyptus oil can stimulate blood circulation and thereby, making hair healthy and beautiful.

(c) Citronella oil: It is one of the essential oils obtained from the leaves and stems of different species of *Cymbopogon* family *Cardiophyllaceae*. The crisp, rich citrus or lemon like aroma of this oil drives away body odour and is used deodorants

and body sprays, although in very small quantities, since it heavy doses it may give skin irritations. It can also be mixed with the bathing water to have a refreshing, body odour ending bath. Other essential oils which are used in cosmetics include Anise oil, Coriander oil, Grapefruit oil, Jasmine oil, Palma Rose oil, Sandalwood oil.

4. Antioxidants

Antioxidants, either exogenous or endogenous, whether synthetic or natural, can be effective in preventing free radical formation by scavenging them or promoting their decomposition and suppressing such disorders. Currently, there is a growing interest toward natural antioxidants of herbal resources. Epidemiological and in vitro studies on medicinal plants and vegetables strongly supported this idea that plant constituents with antioxidant activity are capable of exerting protective effects against oxidative stress in biological systems. Free radical formation is controlled naturally by various beneficial compounds known as antioxidants. In addition to fruits and vegetables, herbs of no particular nutritional value can also constitute an important source of antioxidants. The leaves from black and green tea (*Camellia sinensis*), long used amongst western and Asian populations, respectively, constitute an important source of potentially health-protecting antioxidants and world-wide represent the most popular form of daily herb consumption.

(a) Tamarind:

Tamarind or *Tamarindus indica*, family Fabaceae, is widely grows in tropical regions and has long been supplied as an important nutrition source and traditional medication. Tamarind seed has activity of radical scavenging, lipid peroxidation reducing and anti-microbial activities. Its antioxidant activity is appropriate for anti-wrinkle cosmetics.

(b) Vitamin C

It prevents free radical damage due to its property of donating free radicals. It is beneficial in boosting immune system. The main source of Vitamin-C is carrots, peaches, sweet potatoes, oranges, broccolis, etc. the ravaging effects of the sun.

Herbal plant for cosmetics

Latin name	Common name	Part used	Uses
Acorus calamus	Sweet flag	Rhizome	Aromatic, Dusting powders, Skin lotions
Allium sativum	Garlic	Bulb	Promotes skin healing, Antibacterial
Aloe vera	Aloe	Leaf	Moisturizer, Sun screen, Emollient
Alpinia galangal	Galanga	Rhizome	Aromatic, Dusting powders,
Avena sativa	Oat	Fruit	Moisturizer, Skin tonic
Azadirachta indica	Neem	Leaf	Antiseptic, Reduce dark spots, Antibacterial
Echinacea purpurea	Echinacea	roots, stem, and leaves	Skin regeneration
Centella asiatica	Manduk parni	Whole Plant	Wound healing, Reduce
Symphytum officinale	Comfrey	leaves	cell regeneration, stimulates the growth of new cells, rejuvenate the skin
Crocus sativus	Kesar	Flowering top	Skin cleansing lotion

CONCLUSION:

Herbal cosmetics are in existence from when the men started to use the cosmetic products. So they are oldest products used by mankind. Some common cosmetics include creams, face packs, scrubs, hair oils, hair colors, shampoos, hair conditioners, lipsticks, blush-on or rouge as it is sometimes known, eyeliners, mascaras, foundations and eye shadow, perfumes and fragrance, soaps, etc. The formulation of all these cosmetic products includes addition of various natural additives like oils, waxes, natural colour, natural fragrances and parts of plants like leaves, flowers etc by specific formulation methods. In general, botanicals provide different vitamins, antioxidants, various oils, essential oils, hydrocolloids, proteins, terpenoids and other bioactive molecules. Under current scenario, Indian market contribution is very less, which could be enhanced through systematic R&D efforts but it requires active collaboration amongst scientists, technologists, cosmetic industries and Government organizations.

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