



COSMETIC ASPECTS OF SOME INDIGENOUS HERBS OF HAJIPUR (VAISHALI)

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Herbal Cosmetic is also called as “natural cosmetics” with the beginning of the civilization, mankind had the magnetic diptowards impressing others with their looks .At the time, there were no fancy fairness creams(Singh HP, 2001).The only thing they had the knowledge of nature, compiled in the ayurveda. Ayurvedic cosmetics not only beautified the skin but acted as the shield against any kind of external affects for the body (Chopra et al. 1956). The best thing of the herbal cosmetics is that it is purely made by the herbs. The natural content in the herbs does not have any side effects on our body, instead enrich the body with nutrients and other useful minerals (Sadangi et al. 2005)

Keywords: Ayurvedic , natural cosmetics

INTRODUCTION

Herbal cosmetics are formulated , using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to more herbal ingredients are used to provide defined cosmetics bear very dark chapters in European and Western countries. Mixtures and pastes were then used to whiten the face. The only mixtures that were used in Europe for this purpose were so potent that they Often led to paralysis , strokes or death. In that era, the herbal cosmetics was changing annually, It was around this time that eyebrow shaping also became popular. With their unending health benefits,it is expected that herbal extracts will soon revive the era of healthy mind and body. Herbalists to-day, believe to help people build their good health with the help of natural sources.

Herbs are considered to be food rather than medicine because they are complete all –natural and pure as nature intended(Lewis et al.1977).When herbs are taken, the body starts to get cleansed, gets purifying itself. Unlike chemically synthesized, highly concentrated drugs that may produce many side effects, herbs can effectively realign the body 's defenses. Herbs do not produce instant cures, but rather offer a way to put the body in proper tune with nature.

Herbal extract are an ancient methodology as its reference hare been discovered in Vedas and Unani scriptures.

MATERIALS AND METHODS

Herbal extract are processed for curing several remedies and serve other health prospective. In the extraction process of cosmetics, the herbs are smashed in a bowl to squeeze out the juice. Later on the liquefied juice is mixed with essential substances to prepare the herbal extract (Kirtikar et. al. 1975). There exists a gigantic vaiety of herbal extracts, eg.-kalmegh (*Andrographis paniculata*- ACANTHACEAE); Satawari (*Asparagus racemosus*); Neem (*Azadirachta indica*); Brahmi (*Centella asiatica*); Green tea (*Thea sinensis*); Shikakai(*Acacia cancellata*) ;Amla (*Emblica officinalis*) ; Safed musli (*Chlorophytum borivilianum*) , Pudina (*Mentha spicata*), Tulsi (*Ocimum sanctum*); Reetha(*Sapindus trilobatus*).

RESULTS AND DISCUSSIONS

Herbs play a significant role , especially in modern time, when the damaging effects of food processing and overmedication have assumed alarming proportion. They are now being cosmetics, foods andieas, as well as alternative medicines. The growing interest in change in life-styles (Kirtikar et al. 1975; Lewis et al.1977).

Amla (*Emblica officinalis* – EUPHORBIACEAE) –Its fruit is highly prized both for its high Vitamin – C content and for the precious oil , which is extracted from its seeds and pulp. It is used as a treatment for hair and scalp problem . It is used in eye syndromes, hair loss and children ointments.

Reetha (*Sapindus trilobatus*- SAPINDACEAE) – Its powder is prepared from dried fruit . It is used as a face pack to improve facial complexion. It is also used as a hair application to make hair shiny and their beautification. It removes dandruff and lice in hair. It is widely used as herbal shampoos.

Shikakai (*Acacia cancellata*- MIMOSACEAE) – Its lomentum fruit is used to clean hair which is considered as a superior cleanser for lustrous long hair and has been reported as promoting hair growth and preventing dandruff. It also helps in removing lice and is very effective in removing dirt from hair.

Neem (*Azadirachta indica*- MELIACEAE) – The paste of fresh leaves are applied externally to cure cutaneous infections and healing of wounds. It is very effective in rashes and pimples.

Aloevera (*Aloe barbadensis*-LILIACEAE) – It is an indigenous mixture of antibiotic, an astringent coagulating agent, a pain inhibitor and a growth stimulator. It is also called a wound hormone whose function is to accelerate the healing of the injured surface of our body skin due to cut or burns. It helps in the growth of new tissues and alleviating the advance of skin cancer caused by the Sun (Chopra et.al., 1956; S.K. Jain, 1982).

Herbal cosmetic products were once the sole domain of the film personalities and stage actors. The use of cosmetics were made to create a dramatic effect. Some common cosmetics include – lipsticks, blush-ons or rouge as it is sometimes known as eyeliners, mascaras, foundation, eye shadows (Dagar H.S. et.al., 1989). Lipsticks are made of colour pigments, oils, waxes and often fragrances as well. Perfume is another popular cosmetic product, which is a fragrant mixture made of various oils and aromatic compounds. Eyeliner is used to emphasize the shape of the eyes. Other herbal products in cosmetics are as follows-

- Herbal skin care products : Soaps, lotions, creams, body powders, skin care creams, herbal moisturizers.
- Herbal oils: They are effective in treatment of baldness, falling of hair, thinning of hair, dandruff and itching of scalp.
- Creams : Aloe moisturizing hand cream, rich face and hand cream.

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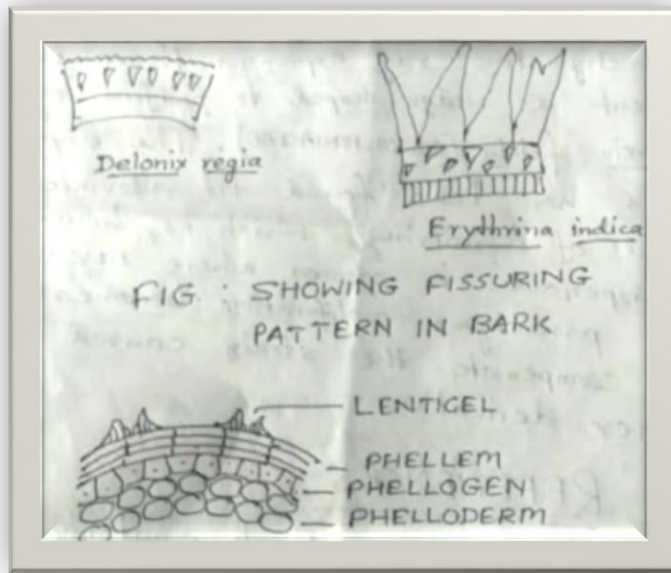


Fig : Different layers of periderm

