



## A REVIEW ON HERBAL LOTION

1Gudade Gayatri Ashok, 2Gaikwad Vishal Shivaji

1Students , 2Assistant Professor

1DBATU

### Abstract:

The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations that is for external application without friction. They are applied directly on the skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Formulation of aloe Vera lotion , formulation of menthol lotion and with arrow root powder is prepared using different composition. The focus of the present research was to formulate. the herbal lotion for the occasion of moistening and nourishing the skin.

**Keywords:** Herbal Cosmetic, Herbal Lotion, Aloe Vera, honey, comphor, Neem, almond, carrot, lemon, oats, sandalwood, termeric, papaya.

### Introduction

Herbal Lotion, here 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 advantages only, Shall be called as “Herbal Cosmetics”. The herbal lotion are those when natural herbs and their products Used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the Demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations that is for external application without friction. They are applied directly to skin ith the help of some absorbent material, such as, cotton wool or gauze soaked in it. Lotion may be used for Local action as cooling, soothing or protective purposes.(1)A herbal lotion is a liquid preparation, applied externally on the skin to produce or

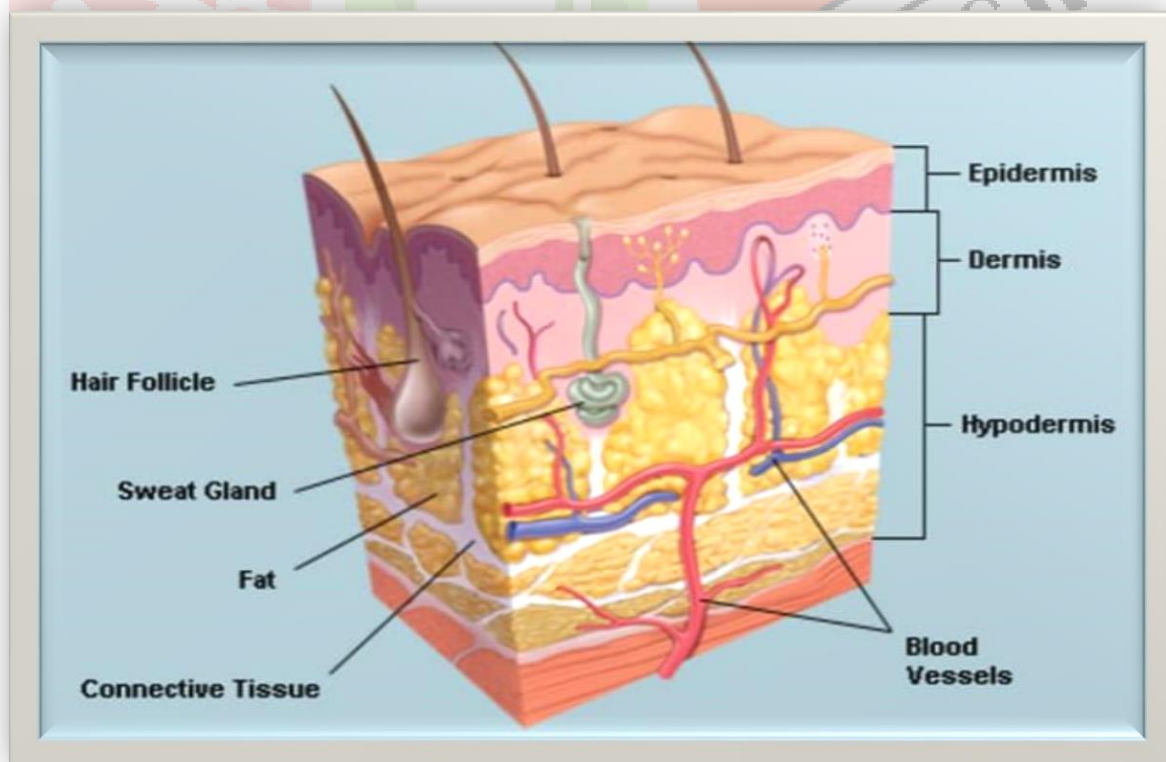
enhance a beautification. Lotions are used for washing the skin and to remove the oily secretions. It increases the blood circulation, emolliency, extended to astringency, skin freshness, bleaching and other medicinal properties.(14) Herbal Lotions are usually applied without friction. The insoluble matter should be finely split as particles approaching colloidal dimensions are more soothing to inflamed areas and are more effective in contact with infected surfaces. A wide variety of ingredients may be added to the preparation to produce greater dispersion or to accentuate the cooling, soothing, drying, or protective properties of the lotion. (15)Cosmetics are developed to reduce wrinkles, fight acne and to control oil secretion. For various types of skin ailments formulations like skin protective, sunscreen, anti-acne, anti-wrinkle and anti-aging are designed using varieties of materials.The present study collect the details of herbal plants were used in herbal lotion discusses the benefits and its activities in cosmetics preparation. (16)The ayurveda traditionally uses herbs and plants to treat various diseases. The function of a skin lotion is to opposed to skin against different environmental condition, weather and gives soothing effect to the skin.(29)

- **Human Skin**

The skin is the largest organ of the body, with a entire area of about 20 square feet. The skin protects us from germs and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.(3)

- **Structure of skin**

(3)



Skin has three layers:

- The epidermis, the outermost layer of skin, provides a waterproof barrier and creates our skin tone.
- The dermis, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands.
- The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue. The skin colour is created by special cells called melanocytes, which produce the pigment melanin. Melanocyte is located in the epidermis.(3)

- **Use of ingredients in lotion:**

1. Aloe Vera

2. Lemongrass

3. Lemon

4. Carrot

5. Oats

6. Almond

7. Honey

8. Neem

9. Sandalwood

10. Termeric

11. Comphor

12. Papaya



## 1. Aloe vera

Aloe stimulates fibroblast which produced the collagen and elastin fibers making the skin more elastic and less wrinkled. It also has cohesive effect on the superficial flaking epidermal cells by sticking them together, which softens the skin.(4) Aloe Vera is a belongs to the liliaceae family and is often used in cosmetics for lotion. It has a healing impact on Skin wounds and has the ability to moisturise and soften the skin. Aloevera's Antimicrobial and hydrating properties protect skin Against microbial degradation and keep it from Becoming dry and harsh. Aloe vera's cooling action Offers a cooling feeling and inhibits the onset of sunburn .This medication is use as a moisturizer to treat or prevent dry, rough, scaly, itchy skin and minor skin irritations .(5)

## Use of Alovera

- 1.Help out moisturize the skin.
- 2.Boosts healing of wounds.
- 3.Fight skin-ageing.
- 4.Reduces infection and acne.
- 5.Lighten blemishes on the face. (6)

## Formulation of Aloe Vera Lotion:

Sr. No	Ingredients	Uses
1.	Aloe vera gel	moisturizer
2.	Coconut oil	improve skin texture
3.	Rose water	reduce wrinkles
4.	Vitamin E	Lubricant
5.	Glycerin	humectant
6.	Essential oil	perfume
7.	Arrowroot Powder	thickener

(1)



(17)

## 2.Lemongrass

Lemon grass is large, perennial sedge, which is a Dense rhizome with dense leaf cluster. Lemon grass is a tall plant having enormous Stripy leaves with an uneven edge. It is known For it is smoky, sweet, herbaceous and lemony Fragrance.Treatment with moisturizer aims at Maintaining skin integrity and the well-being by providing a healthy appearance of the individual. Today's skin-care consumer is presented with a wide formation of available products to treat dry skin and the choices for the individual consumer seem endless.(32) Lemongrass Lotion is full of Hydrating, Moisturizing, Healing and Vitamin Rich Ingredients that instantly restores, balances, and soften your skin. It is excellent for normal skin, oily skin or dry skin.

### Benefits :

Lemongrass is full of vitamin A and C, It help to restore, nourish and replenish your beautiful skin with all the vitamins it needs the most. It also has astringent properties which help to minimize your pores as well as balance the oil production in your skin which reduces the appearance of those pesky pimples on your skin.

Lemongrass has the additional aromatherapy benefit of boost your mood and helping you focus throughout the day(33)



(31)

## Formulation of Lemongrass Lotion

Sr.No.	Ingredients	Uses
1.	Extract of Lemongrass	anti-inflammatory
2.	Stearic acid	Emulsifier,lubricant
3.	Cetyl alcohol	moisturizer
4.	Almond Oil	Dermatitis
5.	Glycerol	protect skin from irritant
6.	Methyl Paraben	Preservative
7.	Triethanolamine	Stabilizer
8.	Water	Vehicle

(33)

### 3 . Lemon

Lemon: Citrus lemon is too known as a lemon. It belong to the family Rutaceae.

Kingdom –Plantae

Family –Rutaceae

Genus –Citrus

Species ·C. limon

## Uses of Lemon

- It have a antifungal property
- It helps in the skin lightening(6)



## 4. Carrot

It is commonly known as a carrot.

Scientific Name- *Daucus carota*

Family:-Umbelliferae

Kingdom:- Plantae

Chemical constituents- Moisture

(18)



**Uses:-** It is to increase theof vitamin A in the Body.It is used to prevent cancer because it various vitamins to the human body . It increases the nutritional deficiency of The body .It is good wound healing properties.It comes from the plant *Daucus carota*, which has a Place with the *Apiaceae* family.Because of its high Nutrient A substance and other significant nutrients, it Has been a helpful plant for some, years.Carrot seed oil Is a reestablishing, invigorating, and hostile to maturing Substance.(27)



(19)

## 5. Oats

Oats have been used topically for several hundred years For their calm and antipruritic properties when placed In baths, and they are approved for this use by the German commission.. Colloidal oatmeal turns to A sticky mass when mixed with liquid, thereby coating . The skin is a sealing in moisture. This soothing and moisturizing property is attributed to the gluten content in he plant. This can be useful in atopic dermatitis as well As idiopathic pruritus of the elderly.(7)



## 6. Almond

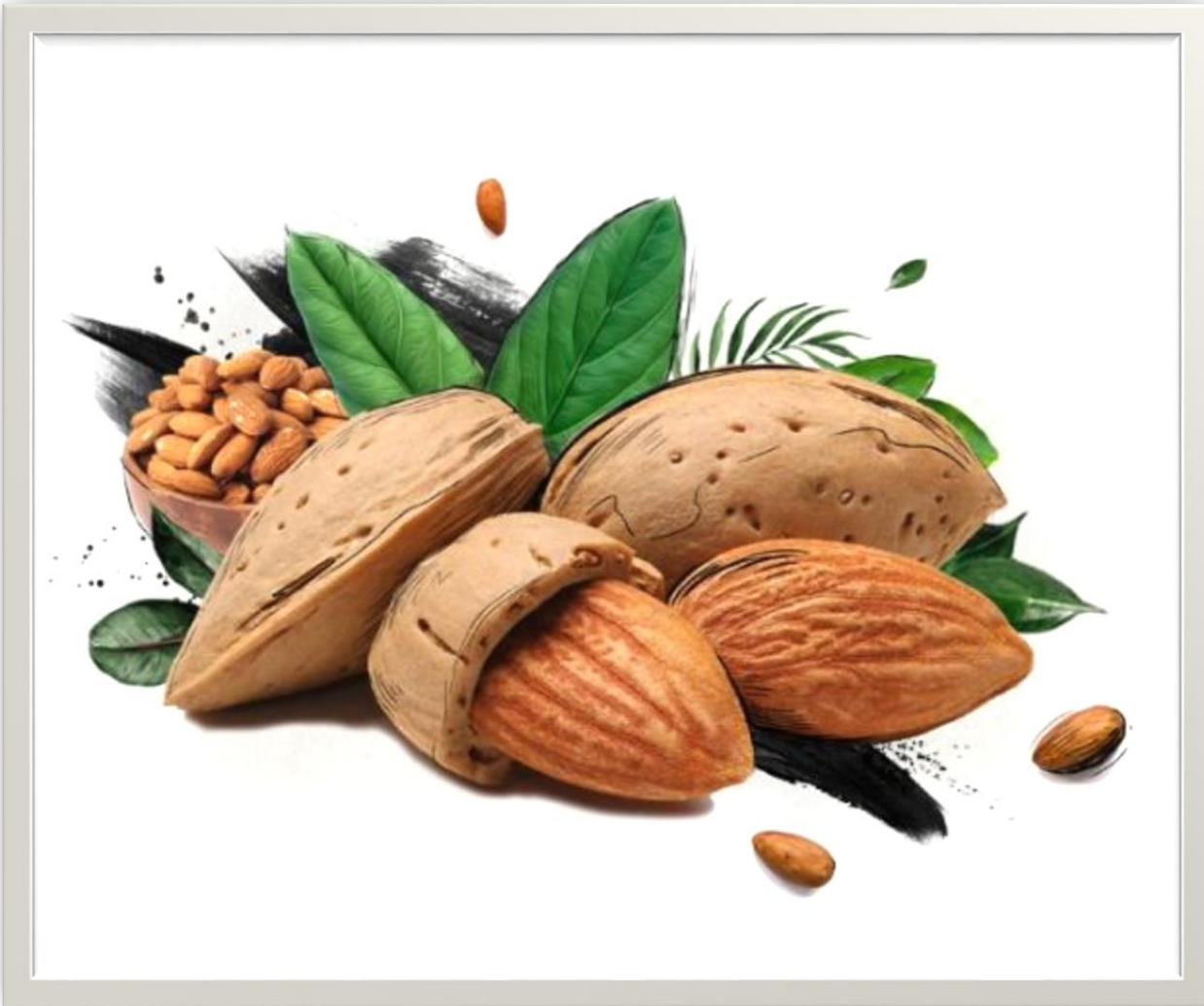
Helps to achieve soft and smooth skin.

Gives you super-hydrating skin without feeling heavy.

Protects our Skin from Future Damage and keeps it healthy.

Reduce the dry and rough skin, making it Bright and Clear.

(20)



(28)

## 7. Honey

### Uses

- Gloning skin
- Boosts healing
- May help other skin condiation
- Great moisturizer
- Scalp clenser
- Antibacteria(6)

Honey is an antibacterial product meaning that it fights bacteria. Honey prevent bacterial infection it can be so moisturizing .It minimizes pores, fights bacteria, and keeps your skin smooth and young.

(21)



## 8. Neem

Neem is a member of the Meliaceae family and has Antibacterial and moisturising properties, making it a Common ingredient in cosmetics for external use. Neem Soap is used to treat minor skin infections or as a Preventative measure against fungal infection. neem as the main component has anti-acne, Anti-wrinkles, anti-ageing, and anti-microbial properties, As well as hydrating and pimple-reducing properties The natives of India use Azadirachta indica or neem. Neem is respected by Ayurvedic practitioner for its ability to support healthy skin. Neem relieves Dry Skin , Psoriasis, Scabies, Itchy skin, Rashes, and Topical skin issues. Neem have Hydrating and nourishing the Skin .Neem is used in the treatment of acne and pigmentation of other.(8)



(22)

## 9. Sandalwood

is primarily used for skin care and beauty occasion.. It Is very effective in treating blemishes, rashes and acne. It also helps in the removal of tan and dullness because of its cooling properties Known by the Indian and Sanskrit name of Chandan.(6)It is astringent, cooling, deodorant, disinfectant, stimulant and tonic. Sandalwood is useful in cutaneous inflammation, where the chief uses are in skin care, to soothe cutaneous inflammation, as an antiseptic, a skin softener, and to invigorate peripheral blood circulation in the skin.It relieves itching and inflammation of the skin and antiseptic in acne . Good astringent for oily skin.(5)



(23)

## 10 .Termeric

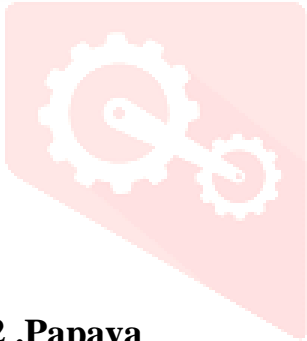
Curcumin from turmeric is an active ingredient In skin care and cosmetic industries as a natural Colorant.It is commonly used together With milk internally and lotion topically as a skin Beautifier in Indian tribes, races, creeds, and beliefs. Turmeric extract is administered to the bride and Groom’s skin prior to wedding ceremony in various Parts of India, Bangladesh, and Pakistan, with the belief That it will make the skin glow and keep harmful microorganisms.It Is also proven to inhibit unwanted hair From growing on female skin and limit growth of Feminine facial hair.(7)



(24)

## 11 . Comphor

Camphor or *Cinnamomum camphora* has an aroma that is fresh, clean and very piercing. The action on the skin is cooling, therefore reduces inflammatory conditions. Oily skins seem to benefit most and it has been used in cases of acne, burns and ulcers. Cold compresses for bruises and sprains are usually effective



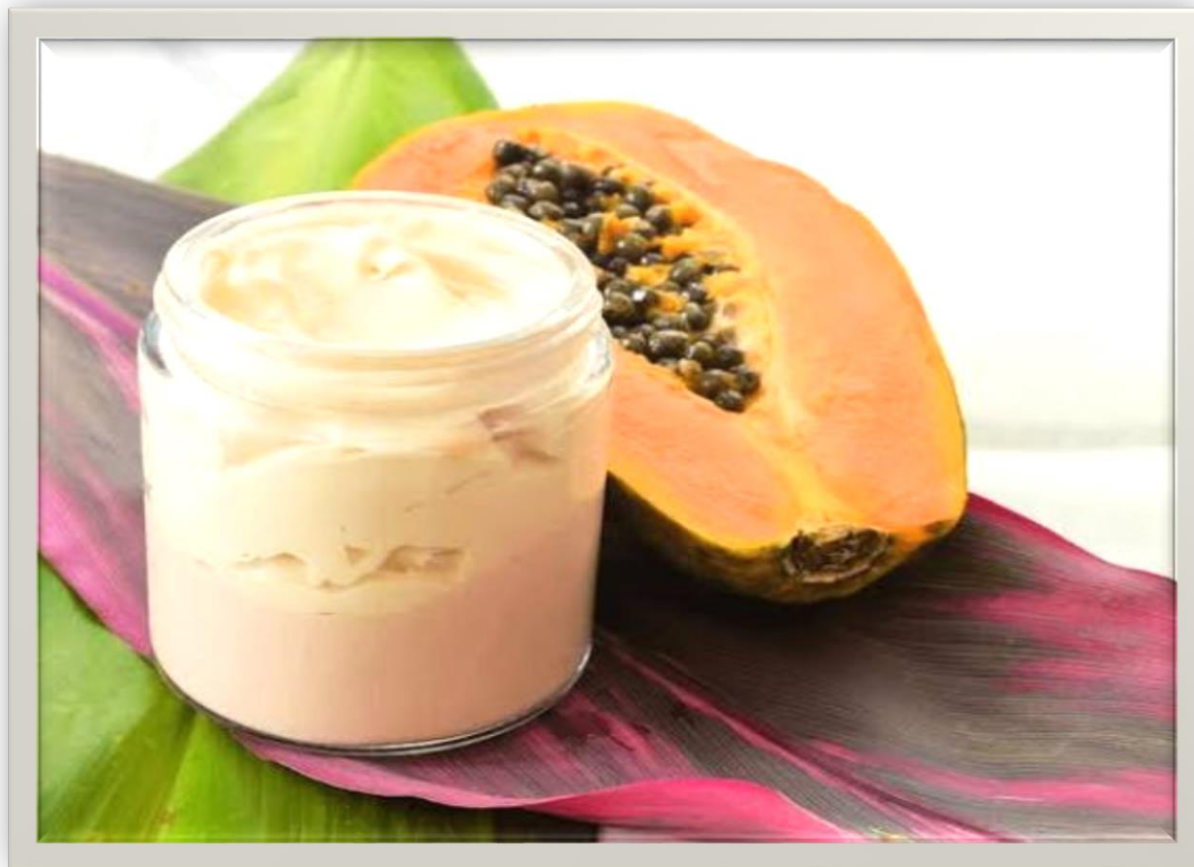
(25)

## 12 .Papaya

- It helps in removing dead skin cells.
- It help prevent balding.
- It is used to treat sore and cracked heels.
- Used for skin whitening.

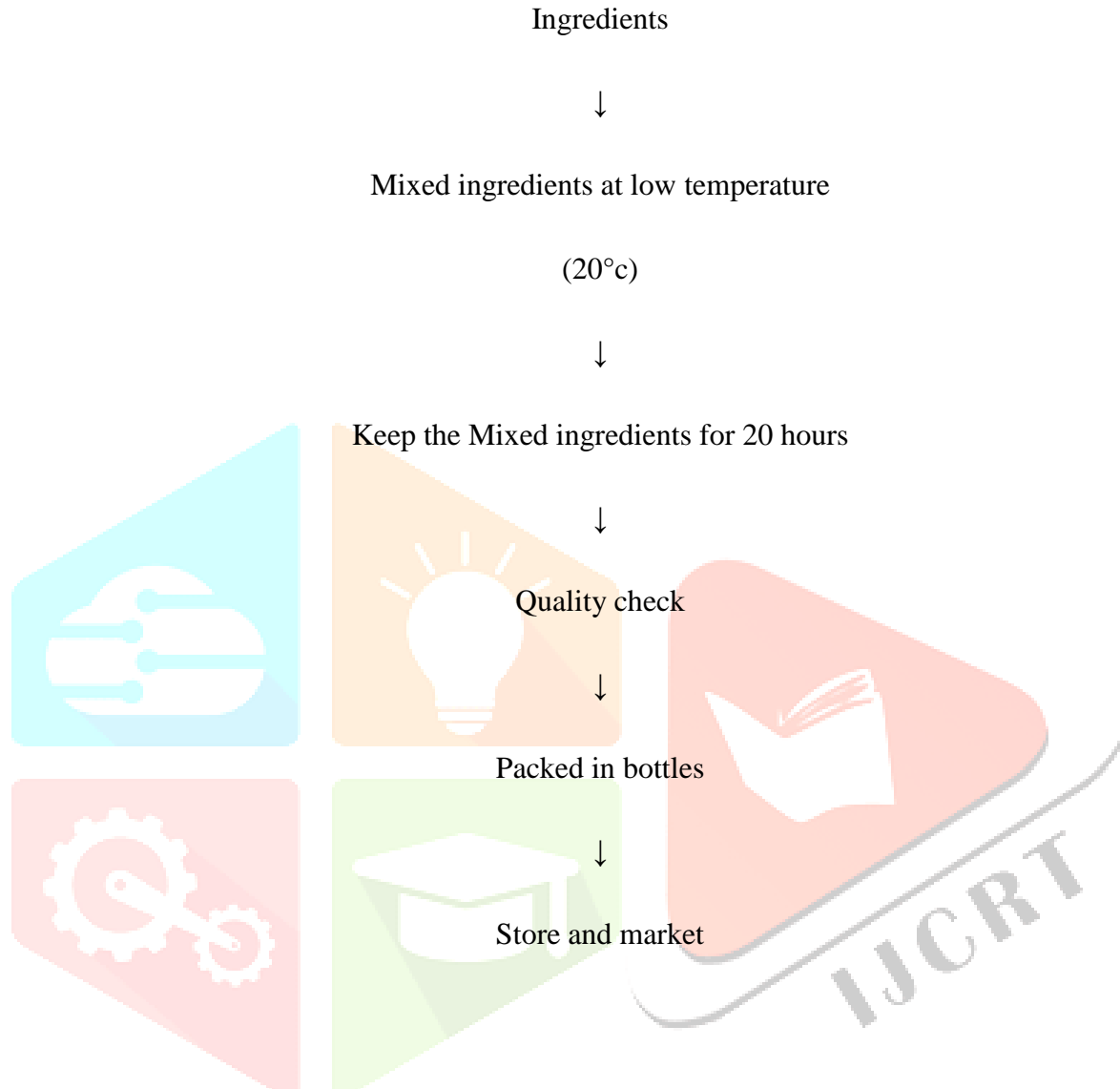


Papaya is a Source of nutrient with a number of health benefits. Papaya is also well of in vitamin A. Although it is believed that vitamin A might play a role in the development and treatment of acne, the impact of diet on acne remains unclear.papaya is indicated that much of the skin damage and wrinkling that occurs with aging can be attributed to excessive free radical activity. Papaya may also help improve the elasticity of skin and minimize the appearance of wrinkles. (9)



(26)

- **General method for preparation of herbal lotion:**



- **Pharmaceutical Preparation of Lotions:**

Lotions are liquid preparations meant for external use without friction.

- They are applied directly to the skin with the help of some absorbent material, such as cotton wool, gauze soaked in it.
- Lotions are not applied to broken skin it may cause excessive irritation. The insoluble matter should be divided very finely for preparing lotions. Bentonite as a suspending agent is added to it.
- It is applied for antiseptic action, astringent action, germicidal action

eg, Aloe Vera lotion

Alcohol is sometimes included in aqueous lotions for its cooling and soothing effect

Lotions are prepared by triturating the ingredients to a smooth paste and then adding the remaining liquid phase with trituration.(30)

- **Ideal properties of Herbal Lotion:**

1. They should give cooling effect on application
2. They should be free from particles.
3. They should produce emollient effect.
4. They should remove the oily secretion upon application.
5. They should spread uniformly on the skin surface.
6. They should not cause any skin toxicity.
7. They should be compatible with skin pH.(14)

- **Lotion Benefits**

1. Re-hydrate dried skin..
2. Replenish extra dry or rough spots on the skin.
3. Smooth calluses.
4. Feel and smell good.
5. Help yourself relax.
6. Soften the roughest parts of your body.
7. Make your skin glow.

Applying lotion is one of the few cheap ways that people can pamper themselves. Bath body lotion seal moisture into the skin to prevent drying, while body care lotion softens rough elbows and heels, along with other dry areas of the skin. A quality body skin lotion can work wonder on scaly, dehydrated skin that feels rough and looks unattractive, and hand body lotion works especially well on the hands and feet, but can be applied all over the body. As millions of users will agree, body lotion provide many benefits to people who make time to use it on a regular basis.(12)

## • Advantages of herbal lotion

1. They do not provoke allergic reactions and do not have any negative side effects.
2. They are easily incorporated with skin and hair.
3. These are very effective than other cosmetics with small quantity
4. Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
5. Easy to available and found in large of variety of plants.
6. They have more stability, purity, efficacy, with their herbal constituents.
7. Easy to manufacture
8. The storage and handling of herbal cosmetics is easier and for prolong period.
9. Cheap in cost.(13)

## • Conclusion

The present work focus on the potential of herbal extracts from cosmetic purposes. The uses of cosmetic have been increased in many folds in personal care system. The Use of bioactive ingredient in cosmetic influence biological functions of skins and Provide nutrients necessary for the healthy skin. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare as antioxidants. The present study revealed that herbal cosmetic are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. Herbal Lotion we will avoid skin problems.

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