



A REVIEW ON HERBAL COSMETICS USED IN SKIN CARE

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Abstract: The use of herbal remedies was well-known in ancient societies. These were used for food, medicine, or cosmetics. Flower, leaf, fruit, root, bark, inner stem, wood, beans, rhizome, endosperm, bulb, seed or whole plant are used to produce bioactive ingredients. Demand for herbal products and cosmetics is growing day by day due to the high health risks of synthetic ingredients which also contribute to environmental damage. Besides cosmetic, cosmetic bioactive ingredients act as antioxidant, anti-inflammatory, antiseptic, antibacterial agents. These bioactive ingredients include vitamins, antioxidants, fats, dyes, tannins, alkaloids, carbohydrates, proteins, terpenoids and much more. The most important feature of herbal cosmetics is that they have no side effects.

Herbal cosmetic has a growing demand in the global market and is a valuable gift of nature. Herbal remedies always draw a lot of attention because of their good workmanship and side effects when they are compared or mean nothing to synthetic drugs. Herbs and spices are used to preserve and enhance human beauty. Indian women have long used herbs such as sandalwood and turmeric for skin care, Henna for hair color, palms, and feet; and natural oils for their bodies. The industry is now focused on a growing segment with a wide range of varied growth in the coming years. Herbal cosmetics are described as beauty products that have desirable physical properties such as healing, smooth appearance, enhancement and cooling properties due to the herbal ingredient. Here we have reported on the introduction, separation, common remedies used in cosmetics.

Index Terms - Herbal Cosmetics, Classification, Plant used in skin care, skin type, Marketing Products, Application.

I. INTRODUCTION

The word cosmetic is derived from the Greek word "kosm tikos" which means to have strength, order, or decorative ability. [1] The birth of cosmetics creates an ongoing narrative throughout human history as they grow older. A man in ancient times 3000BC used decorative colors to appeal to animals he wished to hunt and man survived an attack by a rival by dyeing his skin and embellishing his body for protection to cause fear of the enemy (whether human or animal.). [2] The origin of cosmetics was associated with hunting, fighting, religion and fascination and later associated with medicine. [3]

Herbal Cosmetics, here called Products, are formulated, using a variety of cosmetic ingredients that are allowed to form the basis where one or more herbal ingredients are used to provide only defined cosmetic benefits, they will be called "Herbal Cosmetics". [4] Since the 1990s the cosmetics manufacturer has coined the term 'cosmeceuticals' to describe OTC skin care products that seek therapeutic benefits by adding active plant-based ingredients such as alpha-hydroxy acid, retinoic acid, ascorbic acid and coenzyme [5] These active ingredients serve many purposes namely. increased skin elasticity, delayed skin aging by reducing wrinkles, protection from UV rays with antioxidant properties and detecting collagen degradation respectively. [6] Cosmetics, in terms of the Drug and Cosmeics Act, are defined as substances that are intended to be rubbed, poured, powdered or rubbed, introduced or otherwise used on the human body or any part of the body for purification, repair, enhancement. to attract or change appearance. [7] The cosmetic does not fall under the preview of a drug license. Herbal cosmetics are those where natural remedies and their products are used for their wonderful value in the preparation of cosmetics. Among consumers of herbal products created the need for natural products and natural extracts in the preparation of cosmetics. [8]

Definition of Cosmetics

“Cosmetics, according to the Drugs and Cosmetics Act, are defined as substances that are intended to be applied, sprayed, sprayed or sprayed, applied to the human body or otherwise applied to the human body or any part where it is cleansed, beautified, enhanced, or transformed. appearance. The cosmetic does not fall under the preview of a drug license "[9].

Definition of Herbal Cosmetics

These cosmetics are prepared using plant products that have cosmetic actions. Recently the use of botanicals in cones has increased mainly due to its soft action and non-toxic environment. In cosmetics, both natural and phyto-used ingredients. Natural Products Includes oils, extracts, secretions etc. Phyto ingredients include pureed ingredients obtained by various processes.

II. CLASSIFICATION OF COSMETICS**Cosmetics for the skin**

1. Creams
2. Lime night cream or emollient
3. Skin protection & hand cream
4. Vanishing cream -Foundation cream
5. Liquid cream
6. Mixed cream
7. Cosmetics
8. Hand rubbing
9. Skin toning lotions-new skin
10. Astringent lotions
11. Bleach bleaching & lotions
12. This is a machine made of wood
13. After shaving cosmetics
14. Fragrances
15. Sun protection
16. Outdoor heat treatment
17. Preparation of makeup
18. Variety of facial powders
19. Toilet powders
20. Lipstick
21. MASCARA-EYEBROW PENCIL-EYE SHADOW

III. ADVANTAGES OF HERBAL COSMETICS [11, 12, 13]

Essential remedies for disease prevention and health-promoting clothing have the following benefits outlined below:

Natural products

Herbal cosmetics are natural and do not contain all the harmful synthetic chemicals that can often be harmful to the skin.

Safe to use

Natural cosmetics are safe to use. They are hypoallergenic and have been tested and proven by dermatologists that they are safe to use anytime, anywhere. Made with natural ingredients, people do not have to worry about getting a rash or feeling a skin rash.

Compatible with all skin types

Whether black or fair; you will find natural makeup as a foundation, eye shadow, and lipstick suitable regardless of your skin tone. Women with oily or sensitive skin can also use them and never worry about degrading their skin condition.

Wide selection of options

These products are more affordable than they can be made. They are offered at economic prices and are sold at a lower price at the time of sale. The WHO estimate shows that about 80% of the world's population depends on natural products for their health care, due to the side effects created and the rising cost of modern medicine.

No side effects

Artificial beauty products can irritate your skin, and cause acne. They may clog your pores and make your skin dry or oily. With natural cosmetics, one should not worry about these. The natural ingredients used do not guarantee side effects; one can use them anytime, anywhere.

Cosmeceutical

Cosmeceuticals is a fast-growing part of the beauty industry. Cosmeceuticals are cosmetic products that are intended to enhance the health and beauty of the skin by providing a specific effect, ranging from acne control and anti-wrinkle effects, to sun protection.

IV. METHODS:**NATURAL COSMECEUTICALS:**

Cosmeceuticals is the next generation of skin care. They are advances made in the world of dermatological products and a new backbone for skin care. Cosmeceutical is usually a combination of cosmetics that are designed to improve the health and beauty of the skin. Some cosmetics are natural while others are made, but they all contain active ingredients that have medicinal, anti-inflammatory or healing properties⁵ Raymond Reed, U.S. Founder. Society of cosmetic chemist, has created the idea that "cosmeceutical" was favored by an American dermatologist [14]. Artificial beauty products can irritate your skin, and cause acne. They may clog your pores and make your skin dry or oily. With natural cosmetics, one should not worry about these. The natural ingredients used do not guarantee side effects; one can use them anytime, anywhere. For examples medicinal cosmetics do not contain parabens which are the most commonly used preservatives in cosmetics and can penetrate the skin [15].

V. PLANT USED IN SKIN CARE:**COCONUT OIL:**

Coconut oil is extracted from the fruit or seeds of tree *Cocos nucifera*, belonging to the Family *Arecaceae*. It is produced by crushing copra, a dry kernel, which contains about 60-65% fat. Coconut oil contains high amounts of glycerides and low chain acids. The melting point of coconut oil is 24 to 25°C (75-76°F) and thus can be easily applied to liquid or solid forms and is often used for cooking and baking [16].

SUNFLOWER OIL:

It is the non-volatile oil extracted from sunflower seeds obtained from *Helianthus annuus*, belonging to the Family *Asteraceae*. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. It is suspected to interfere with the functioning of hormones (endocrine disorders), carotenoids and waxes. It has smooth properties and is considered non-comedogenic. The oil is simple but inexpensive, thoroughly tested and tested for generations on a variety of emulsions designed for face and body products [17].

JOJOJO Oil:

It is a combination of a long chain, a line of liquid ester extracted from the desert seeds of the *Simmondsia chinensis*, and belonging to the Family *Simmondsiaceae*. Jojoba oil is refined easily to remove any odor, has an oxidative color, and is often used in rituals as a drying and as an aromatic oil.

OLIVE OIL:

These essential oils are extracted from the fruits of the *Olea europaea*, which is part of the *Oleaceae* Family. The main ingredients are triolein, tripalmitin, trilinolein, tristearate, monostearate, triarachidin, squalene, β -sitosterol and tocopherol. It is used as a skin and hair conditioner for cosmetics such as cosmetics, shampoos etc. It is a powerful booster for fatty acid infiltration.

ALOE VERA:

Aloevera is a genus of plants that are part of the *Liliaceae* Family. It is an ingredient in many cosmetics because it heals, softens and softens the skin. Just cut one of the Aloe vera leaves to remove the cooling gel. Aloe vera contains amino acids such as leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A, B, C, E, choline, B12 and folic acid and provide antioxidant activity [18].

ANTIAGING: [19, 20, 21, 22]**RHODIOLA ROSEA:**

Commonly known as the golden root, the roseroot, the rod of Aaron, the arctic root, the royal crown, the Lignum rhodium, which is part of the *crassulaceae* family. Traditional medicine used *R. rosea* to increase physical endurance, productivity, longevity, resistance to advanced disease, and treatment of fatigue, depression, anemia, weakness, stomach ailments, diseases, and nervous system disorders.

CARROT:

It is found in the *Daucus carota* plant of the *Apiaceae* family. It is an important medicine from time immemorial because of its richness in Vitamin A and other essential vitamins. Carrot seed oil is used as an anti-aging, rejuvenating and rejuvenating agent. The carrot acquires its characteristic bright orange color from β -carotene, and small amounts of α -carotene and β -carotene. A and β -carotene partially metabolized into vitamin A in humans¹¹

GINKGO

The leaves and nuts of the *Ginkgo biloba* (*G. biloba*) family of the *Ginkgoaceae* family, have been used for thousands of years to treat a variety of medical conditions, including anemia; high blood pressure; poor memory, and depression, especially in the elderly; male impotence. Additionally, it receives the same reputation as an antioxidant and anti-inflammatory agent. *G. biloba* extract EGB 761, derived from tree leaves, a natural mixture containing flavone glycosides (33%), especially quercetin and kaempferol derivatives, as well as terpenes (6%), have been shown to reduce the number of ultraviolet B solar cells (UVB) in mice¹².

Table: 1 Botanicals used for Skin Care [23, 24, 25]

| S. No | Botanicals/Common name/Family/Distribution | Uses |
|-------|--|--|
| 1. | <i>Adhoda vasica</i> Nees (<i>Vasaca</i>): Acanthaceae, throughout India | Fresh leaves juice / extract is used for skin affection and control of scabies |
| 2. | <i>Allium sativum</i> Linn. (Garlic), Alliceae, through India | Garlic oil is a source of sulphur and useful to control sores, pimples and acne. It may be used in skin lotion and creams. |
| 3. | <i>Aloe vera</i> Linn. (Ghikanwar) Liliaceae, India | Leaves juice its pulp or extracted material is applied on skin burn, sun burn and injury. Used in moisturizers, lotions, creams. |
| 4. | <i>Azadirachta indica</i> A. Juss. (Neem) Meliaceae, India | Bark, seeds, fruits and leaves contain diterpenes and highly oxidized tetranortriterpenoid including azadirachitin antiseptic agent useful in curing wounds skin diseases, leprosy ulcers etc. |
| 5. | <i>Buchanania lanzan</i> Spreng. (Chironnji), Anacardiaceae, India. | Kernel powder is useful in skin ointment to cure itch, blemishes, rashes and bruises. |
| 6. | <i>Carica papaya</i> Linn. (Papaya), Caricaceae, India | Milky juice of unripe fruit is a good ingredient for facial and face creams, fruit pulp make skin soft and remove blemishes. |
| 7. | <i>Cucumis sativum</i> Linn. (Khira), Cucurbitaceae, India | Water extract of fruits and seeds protect skin from sunburn. |
| 8. | <i>Curcuma longa</i> Linn. (Haldi) Zingiberaceae, India. | Rhizomes powder possesses anti-inflammatory and anti-oxidant properties, used extensively in facial, face creams, and ointments. |
| 9. | <i>Cydonia oblonga</i> Mill. (Bile), Rosaceae, North West Himalayas. | Seed extract is used for beautification and protection of skin. |
| 10. | <i>Eclipta alba</i> Linn. Hassk (Bhringraj) Asteraceae, India. | Paste of herbs is useful to control ringworm and skin infections. |
| 11. | <i>Mimosa pudica</i> Linn. (Lajwanti) Mimosaceae, India. | Herb extract applied in skin cream and lotions to control itching. |
| 12. | <i>Momordica charantia</i> Linn. (Karela), Cucurbitaceae, India | Plant extract possesses anti-oxidant properties. |
| 13. | <i>Rosa damascene</i> Mill. (Lal Gulab), Rosaceae, India | Essential oil extracted from flower is used in skin creams, lotions and ointments for beautification, smoothness and protection from sunburns. |
| 14. | <i>Swertia chirayita</i> Karst. (Cheretta), Gentianaceae, Himalayas | Bark powder extract control skin affections, possesses anti-oxidant properties. |
| 15. | <i>Withania somnifera</i> Dunal (Ashwagandha), Sloanaceae, Himalayas. | Whole plant extract is used in skin cleansing formulations and possesses anti-oxidant properties. |
| 16. | <i>Zea mays</i> Linn. (Makka), Poaceae, India. | Stigma extract is used in creams and lotions for skin rejuvenation. |

Table: 2 Skin Types and Their Care [26]

| Skin type | Features | Suitable skin care | |
|--------------------|--|---|--|
| | | Herbal | Essential |
| Normal | Has even tone, soft, smooth texture, no visible pores or blemishes and no greasy patches or flaky areas. | Pomegranate leaves juice, Herbal Face Pack, Gingili Oil | Chamomile, Fennel, Geranium, Lavender, Lemon, Rose, Sandal Wood, Patchouli. |
| Dry | Low level of sebum and prone to sensitivity. Has a parched look, feels tight Chapping and cracking are signs of extremely dry, dehydrated skin | Aloe Vera, Olive Oil, Calendula Comfrey | Chamomile, Fennel, Geranium, Lavender, Lemon, Rose, Sandal Wood Patchouli, Almond, Avocado |
| Oily | Shiny, thick and dull coloured Chronically oily skin has coarse pores and pimples and other embarrassing blemishes. Prone to black heads | Aloe Vera, Burdock Root chamomile Horsetail, Oat Straw, Thyme, Lavender, Lemon Grass, Liquorice, Rose Buds, Witch Hazel | Bergamot, Cypress Frankincense Geranium, juniper, Lavender, Lemon, Sage Evening Primrose |
| Combination | Some parts of your face are dry or flaky, while the center part of your face, nose, chin, and forehead (called the T- zone) is oily. | Witch Hazel, Menthol, Aloe Vera, Turmeric, Wheat Germ, Sweet Flag | Citrus Oils, Jasmine Oil, Sandal Wood Oil |

Table: 3 Marketed products of Herbal Cosmetics [27]

| Product | Brand name |
|-------------|--|
| Face pack | Amazine Herbal Scars Face Pack |
| Massage gel | Amazine herbal fruit massage gel |
| Gel | Dr. Jain's forest cucumber |
| Face wash | Combi neem Face wash |
| Cream | Vicco turmeric cream |
| Face scrub | Aloe indica face scrub |
| Cold cream | Gayatri papaya & strawberry cold cream |

VI. APPLICATIONS OF HERBAL PRODUCTS IN COSMETICS [25, 28]

Herbs play an important role in the field of cosmetic

i) Herbal Skin Care Products: Lavender body powder and body soap, Silk Soaps and Care Creams.

ii) Herbal Hair Care Cosmetics: Herbal hair care cosmetics have a several Ingredients e.g. Shikakai (*Acacia concinna*), Henna (*Lawsonia inermis*), Guar Gum (*Cyamopsis tetragonolobus*) Amla (*Embllica officinalis*), Brahmi (*Bacopa monnieri*).

iii) Herbal Lip Care Cosmetics: Herbal Lip plumper, Herbal Lipsticks, Herbal Lip Balm and Herbal Lip Gloss.

iv). Herbal Eye Care Cosmetics: Eye Shadow, Eye Gloss, Eye Make Up, Liquid Eye Liners

v). Herbal Creams, Lotions, Gel: Creams: Rich Face and Hand Cream, Aloe Moisturizing Hand

vi). Herbal Oils: Herbal oils are effective for baldness, falling of hair, thinning of hair, in treating irritation & Itching of scalp

vii) Herbal Perfumes & fragrances: Citrus Fragrance: The light, fresh character of citrus notes (bergamot, orange, lemon, petitgrain, mandarin etc.) is often combined with more feminine scents (flowers, fruits and chypre).

VII. CONCLUSION

Herbal cosmetics are prepared, using cosmetic ingredients to form a foundation where one or more herbal ingredients are used to treat various skin ailments and to do well. The chemical composition of all these cosmetic products includes the addition of various natural additives such as waxes, oils of natural color, natural fragrances and plant components such as leaves, etc. Cosmeceuticals agents lie somewhere between clean cosmetics (lipstick and rouge) and pure drugs. (antibiotics, corticosteroids) methods. Cosmetic products are the best way to reduce skin problems such as hyper pigmentation, skin wrinkles, skin aging and rough skin texture etc. The need for herbal cosmetics is growing rapidly. The benefits of herbal cosmetics are low cost, free side effects, environment, safe to use etc. And it has a better future ahead compared to synthetic cosmetics. Proper management of these plants and the suspension will lead to significant and significant growth in the field of herbal cosmetics.

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