



REVIEW ARTICLE ON HERBAL COSMETICS FOR SKIN CARE :

Ghavate Siddhi Ashok, Vaibhav Tambe
Students

Shanakrrao Ursal College Of Pharmaceutical Sciences And Research Centre Kharadi.

Abstract :

Good skin care is very important. It help you skin stay in good condition. Skin care help to prevent acne , pimples. There are many skin care products available in market.

Herbal skin products are natural product they don't have any adverse effect. Natural products is better than chemical based products. Chemical based products have toxic effect on your skin. (1,13)

Keywords :

- 1) Protective skin
- 2) Acne, pimple
- 3) Oils
- 4) skin care

Introduction :

Skin is the largest organ of human body. It protect against external environment, sunlight, chemicals etc. Taking care of skin is very important. There are many chemical and herbal cosmetic are available for skin care. Herbal cosmetics are mostly preferred than chemical cosmetics.

Skin become dehydrated during summer, in winter skin is damaged. So skin care is very important. Herbal cosmetics are formulated with the purpose to protect the skin against endogenous and exogenous harmful agents. Herbal cosmetics preparation containing phytochemicals from variety of botanical source. The natural content in the herb do not have any side effects.

Skin care concept based on the perfect synergy between nature and technology. Basic requirements for herbal cosmetics are collect from plants, animal etc. (2to4)

Basic requirements for skin care :

1) Cleansing Agents:

These agent remove dust and dead cells .

E.g : coconut oil
Palm oil

2) Moisturising Agents:

Moisturiser keep the skin soft.

E.g : Rose water
Aloevera (4)

Treatment for dry skin :

1) coconut oil:

It is also known as copra oil. Coconut oil obtain from fruit or seed of coconut palm tree *cocos nucifera* , family Areaceae. Coconut oil is used in both form soild and liquid. The melting point of coconut oil is 24 to 25 C. Coconut oil is commonly used as a skin moisturiser. It help to prevent protein loss.

Coconut oil consists of Lauric acid (41.8%), Myristic acid (16.7%),Palmitic acid(8.6%),Caprylic acid(6.8%). (4)

Product obtain from coconut oil:

- 1) Avimee herbal cold pressed extra virgin coconut oil.
- 2) Jeevdhaan Ayurvedic skin care oil.(5)

2) castor oil :

Castor oil obtain from castor seeds *Ricinus communis* of family Euphorbiaceae. Castor oil is viscous, colourless to very pale yellow liquid. Boiling point is 313 C .

Ricinoleic acid is important in castor oil. It is used as moisturiser and used to treat rough skin and acne. It hydrate the skin. It promote an even skin tone. It can be used as a cleanser. (4)

Product obtain from castor oil:

- 1) Mama earth castor oil for skin.
- 2) Khadi cold pressed castor oil for skin.(6)

Skin protecting agents :**1) Aloe vera :**

It is obtain from leaves of aloe Vera, *Aloe barbadensis* Miller family Liliaceae. Aloe is a most commonly used for skin treatment. There are many benefits of Aloe vera.

It is used as moisturiser, skin softener, antioxidant. It contain various constituent such as amino acid, saponin, glycosides, carbohydrate, protein, minerals, folic acid. It consists 99% of water. It act as. antibacterial, antifungal, antiviral. It asking act as cleanser, antiseptic. (4)

Product obtain from aloe vera:

- 1) Herbal aloe vera face gel
- 2) Aloe vera herbal face pack (7)

2) Turmeric :

It obtain from stem of herb *Curcuma longa* of the family Zingiberaceae . It contain curcumin, demethoxycurcumin, turmerin, curcumol, zingiberene, eugenol.

It is used as antiseptic, analgesic, anti inflammatory, antioxidant, anti malarial, natural colourant. It is used for treatment of acne, wounds, burns, ulcer to the skin.(4)

Product obtain from turmeric:

- 1) Herbal turmeric face cream
- 2) Kasturi Haldi face care powder (8)

Protection against acne and pimples:**1) Tulsi :**

It is obtain from *Ocimum sanctum* of family Lamiaceae . It consist of olé olive acid, ursolic acid, rosmarinic acid, eugenol, carvacol.

It act as anti inflammatory agent. It help to skin brightening. Help to curing acne. (4)

Product obtain from tulsi:

- 1) Tulsi herbal face wash
- 2) Kapiva tulsi anti acne serum(9)

2) pumpkin :

It is obtain from *cucurbita Pepsi* of family Cucurbitaceae. It contain linoleum, oleic, stearic acid, vitamin A and C, carbohydrate, fats, protein.

It act as anti-inflammatory. It is used in treatment of acne, pimples, blackheads. It is suitable for all skin type. (4)

Product obtain from pumpkin:

- 1) pumpkin 60 vegan capsules
- 2) Pumpkin seed oil for skin care (10)

Natural colourants in skin care:

1) Beet root:

It is obtain from *Beta Bulgaria* belonging family to Amaranthaceae. It is used as natural colourant. It is hydrophilic compound. It produce red colour shade. (4)

Product obtain from beet root:

- 1) Aegte organic beet root lip
- 2) Anti pigmentation beet root gel.(11)

2) Carrot :

It is obtain from roots of *Daucus carotasativa* belonging to family Apiaceae. It contain lipopholic colourant. It produce orange colour shade. (4)

Product obtain from carrot:

- 1) Herbal carrot face cream
- 2) Carrot sunscreen lotion (12)

Different plant use for skin care :

Plant	Uses
1) Mango	Antioxidant
2) Aswagandha	Skin cleansing
3) Almond	Sunscreen
4) Chameli	Protection from sun burn
5) Sandal	Antioxidant, perfume
5) Palas	Antifungal
6) Lemon	To treat skin itching
7) Papaya	Remove blemishes
8) Sunflower	Healthy skin

(4)

Reference:

- 1) prof. Dhanpal Venkatachalam, Samuel Tharamani B, Vinci Varghese, Vinod K. A review on herbal cosmetics in skin care.
- 2) Nisha Devi, Arvind Kumar, Ayush Gargi, Abid Hussain, Rajesh Khathuriya. A review on herbal cosmetics.
- 3). Rathore Kamal Singh, Nema.R.K.
A textbook of cosmetics , 1st edition , CBS Publisher, 257_290.
- 4) Dr.V.M.Shinde, Mrs. K.S.Yadav. A textbook of Herbal drug technology , Nirali Prakashan , 1st edition , 6.3-6.11.
- 5) <https://www.prevention.com/beauty/a20428276/coconut-oil-cures-for-your-skin-and-hair/>
- 6) <https://www.healthline.com/health/castor-oil-for-face>
- 7) https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwje3cCM-p_-AhVRWmAKHUigABcYABAAGgJ0bQ&ae=2&ohost=www.google.co.in&cid=CAESauD2_Y7QUAh96-JdcZIVhtSC5zeqiDvn6gVqmd-maUIJ0EUM9vcxM0nhK6FJRXjPaMzBtyyS-jl7WpMx-B_QJuuvG78ySp9k-yjnSpli9LltChGS3Y9LSjFG4dJD1Hkoz2z61TcJQnCVXc&sig=AO D64_3057DMn6t3STvmuFfnXjxjs-aHMQ&q&adurl&ved=2ahUKEwiKwrqM-p_-AhVJslYBHREPA s8Q0Qx6BAgGEAE
- 8) Skin
100% MATUDAT
DERSFACE & SKINCARE POWDER 1009m
- 9) <https://www.nykaa.com/editor-s-choice/best-tulsi-products-online-sale/c/1178>
- 10) <https://www.allure.com/gallery/pumpkin-skin-care-products/amp>
- 11) <https://www.purp1le.com/collections/beetroot-face-pack>
- 12) https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwi4oICj-5_-

[AhXXMCsKHXmMDJoYABAKGgJzZg&ae=2&ohost=www.google.co.in&cid=CAESauD2IRz_AMdiOu8gOZtvd1IhF61bkInGBsvjgW6-MKQj5gMx0h4aUFNJ4ckrqMjfW-ORFCY3WwJ1NihWA5Tg6X32eZ5YJ1TRZMiLv0Mi0fS3PcMSRlbnr66uCa--Z6FgOBh8rWl0NikXWCQ&sig=AOD64_2stbTEJCCq3sC_mCLnR9P2Dj5otQ&ctype=5&q=&ved=2ahUKEwjG5fqi-5_-AhWSSmwGHfLLBicQwg8oAHoECAUQEA&adurl=13\) https://www.colorescience.com/blogs/blog/importance-skin-care](https://www.google.co.in/&cid=CAESauD2IRz_AMdiOu8gOZtvd1IhF61bkInGBsvjgW6-MKQj5gMx0h4aUFNJ4ckrqMjfW-ORFCY3WwJ1NihWA5Tg6X32eZ5YJ1TRZMiLv0Mi0fS3PcMSRlbnr66uCa--Z6FgOBh8rWl0NikXWCQ&sig=AOD64_2stbTEJCCq3sC_mCLnR9P2Dj5otQ&ctype=5&q=&ved=2ahUKEwjG5fqi-5_-AhWSSmwGHfLLBicQwg8oAHoECAUQEA&adurl=13) https://www.colorescience.com/blogs/blog/importance-skin-care)

