



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## HERBAL COSMECEUTICALS

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### ABSTRACT:-

Herbal cosmetics are formulated, using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin ailments. The name itself suggests that herbal cosmetics are natural and free from all the harmful synthetic chemicals which otherwise may prove to be toxic to the skin. Compared to other beauty products, natural cosmetics are safe to use. Cosmeceuticals are cosmetic-pharmaceutical hybrid products intended to improve the health and beauty of the skin by providing a specific result, ranging from acne-control and anti-wrinkle effects, to sun protection. Cosmeceuticals have medicinal benefits which affect the biological functioning of skin depending upon the type of functional ingredients they contain. These are cosmetic products that are not just used for beautification but for different skin ailments. These products improve the functioning/texture of the skin by boosting collagen growth by eradicating harmful effects of free radicals, maintaining keratin structure in good condition and making the skin healthier. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare, hair care and as antioxidants. The current review highlights the importance of herbal cosmetics, the herbs used in them and their advantages over the synthetic counterparts.

### INTRODUCTION:-

The concept of beauty and cosmetics dates back to ancient mankind and civilization. Generally herbal cosmetics are also referred to as natural cosmetics. Herbal cosmetics are formulated, using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin ailments. Plants are highly used for development of new drug products for cosmeceuticals and pharmaceutical applications [1]. Herbal cosmetics are the products in which herbs are used in crude or extract form [2]. Herbal Cosmetics, referred to 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. Herbs do not produce instant cures. They offer a way to put the body in proper tune with nature [3]. A huge number of cosmetic and toiletry formulations have been designed and developed based upon Indian Herbs recently. Other than traditionally documented applications, some modern trials have also been using the utility of Indian herbs in Personal Care products. The demand of herbal medicines is increasing rapidly due to their skin friendliness and lack of side effects. The best thing of the herbal cosmetics is that it is purely made by the herbs and shrubs and thus is side-effects free. The natural content in the herbs does not have any side effects on the human body; instead provide the body with nutrients and other useful minerals [4]. The term Cosmeceuticals was first used by Raymond Reed founding member of U.S Society of Cosmetics Chemist in 1961. He actually used the word to brief the active and science based cosmetics. The above term was further used by Dr Albert Kligman in the year 1984 to refer the substances that have both cosmetic and therapeutic benefits [5]. Cosmeceuticals are cosmetic-pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skin's biological texture and function [6]

**KEY WORDS:-** Introduction, Cosmeceuticals, Safe of use, Herbal cosmeceuticals..

### **COSMECEUTICALS**

Cosmeceuticals is the fastest growing segment of the beauty industry. Cosmeceuticals are cosmetic-pharmaceutical products intended to improve the health and beauty of the skin by providing a specific result, ranging from acne-control and anti-wrinkle effects, to sun protection. The concept discovered by Dr. Albert Kligman states that The Cosmeceuticals are topical agents that are distributed across broad spectrum of materials, lying somewhere between pure cosmetics (lipstick and rouge) and pure drug (antibiotics, corticosteroids) [4].

### **PREFERENCE OF HERBAL COSMETICS OVER THE SYNTHETICS:-**

Herbal cosmetics are the modern trend in the field of beauty and fashion. These agents are gaining popularity as nowadays most women prefer natural products over chemicals for their personal care to enhance their beauty as these products supply the body with nutrients and enhance health and provide satisfaction as these are free from synthetic chemicals and have relatively less side-effects compared to the synthetic cosmetics. Following are some of the advantages of using natural cosmetics which make them a better choice over the synthetic ones: Natural products The name itself suggests that herbal cosmetics are natural and free from all the harmful synthetic chemicals which otherwise may prove to be toxic to the skin. Instead of traditional synthetic products different plant parts and plant extracts are used in these products, e.g. aloe-vera gel and coconut oil. They also consist of natural

nutrients like Vitamin E that keeps skin healthy, glowing and beautiful. For example, Aloe vera is a herbal plant species belonging to liliaceae family and is naturally and easily available [7]. There are a rising number of consumers concerned about ingredients such as synthetic chemicals, mineral oils who demand more natural products with traceable and more natural ingredients, free from harmful chemicals and with an emphasis on the properties of botanicals [8].

#### **SAFE OF USE:-**

Compared to other beauty products, natural cosmetics are safe to use. They are hypo-allergenic and tested and proven by dermatologists to be safe to use anytime, anywhere. Since they are made of natural ingredients, people don't have to worry about getting skin rashes or experience skin itchiness. Example - BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene) are closely related synthetic antioxidants and are used as preservatives in lipsticks and moisturizers [9]. BHA and BHT can induce allergic reactions in the skin [10]. The international Agency for Research on Cancer classifies BHA a possible human carcinogen [12]. Herbal cosmetics contain natural antioxidants like vitamin C [13].

#### **COMPATIBLE WITH ALL TYPE SKIN:-**

Natural cosmetics are suitable for all skin types. No matter if you are dark or fair, you will find natural cosmetics like foundation, eye shadow, and lipstick which are appropriate irrespective of your skin tone. Women with oily or sensitive skin can also use them and never have to worry about degrading their skin condition. Coal tar-derived colors are used extensively in cosmetics, Coal tar is recognized as a human carcinogen and the main concern with individual coal tar a color (whether produced from coal tar or synthetically) is they can cause cancer [14]. But natural colors that are obtained from herbs are safer. Wide selection to choose from Natural cosmetics may still be a new type in the beauty industry but they already offer a variety of beauty products for all makeup crazy people out there to choose from. One will find a variety of foundation, eye shadow, lipstick, blush, mascara, concealer and many more which are all naturally formulated. Furthermore, one will find locally made natural cosmetics or those made by famous designers worldwide. There exist a large variety of herbal extracts, to name a few Andrographis Paniculata (Kalmegh), Asparagus Racemosus (Shatawari), Boswellia Serrata (Salai Guggal), Asphalt (Shilajit) etc [15]

#### **FITS YOUR BUDGETS:-**

Natural cosmetics are not that expensive. In fact, some of these products are more affordable than synthetic ones. They are offered at discounted prices and are sold for a cheap price during sales. Just need to survey enough to look for great deals. An estimate of WHO demonstrates about 80% of world population depends on natural products for their health care, because of side effects inflicted and the rising cost of modern medicine. World Health Organization currently recommends and encourages

traditional herbal cures in natural health care programs as these drugs are easily available at low cost and are comparatively safe [16]. Not tested on animals Some cosmetics are initially tested on animals to ensure that they are safe and effective to use for humans. However, natural cosmetics need not be tested on animals. These natural formulations are tested by experts in laboratories using state of the art equipment with no animals involved [7].

### **NO SIDE EFFECT:-**

The synthetic beauty products can irritate your skin, and cause pimples. They might block your pores and make your skin dry or oily. With natural cosmetics, one need not worry about these. The natural ingredients used assure no side effects; one can apply them anytime, anywhere. For example herbal cosmetics are free from parabens that are the most widely used preservative in cosmetics and can penetrate the skin [16]. And are suspected of interfering with hormone function (endocrine disruption) [10]. Some natural plants/herbs/ingredients used in cosmetic industry are as follows:[17]

- Aloe vera
- Henna
- Neem
- Turmeric
- Shikakai
- Rose oil
- Coconut oil
- Sunflower oil
- Jojoba oil
- Olive oil

### **ALOE VERA:-**

**Aloe vera** is a plant belonging to liliaceae family and extensively employed for cosmetic purpose. It offers healing effect to skin wound; having moisturizes and softening potential towards skin. The amino acids present in Aloe vera like; leucine & isoleucine, glycosidessaponin possessing cleansing action while other ingredient such as vitamins and folic acid provides antioxidant activity thus delayed symptoms of early ageing. Antimicrobial and moisturizing effect of Aloe vera help skin to remain free from microbial deterioration and prevent skin to become dry and rough. Shooting effect of Aloe vera provides cooling sensation and prevents initial manifestation of sun burn.

### **HENNA:-**

Henna comes from Lythraceae family and mainly employed as dye in cosmetic industry in the form of powder or paste. It is employed extensively as coloring dye and as per Indian tradition its use considered as sign of prosperity during festive or marriage season. Many hair care products containing Henna since its significantly improves hair pigmentation and hides symptoms of ageing.

**NEEM:-**

Neem belongs to the family Meliaceae, offers antimicrobial and moisturizing effects therefore present in many cosmetic products used for external application. Soap containing Neem used to manage minor skin infection or as prophylactic agent to prevent fungal infection. Face wash having neem as chief ingredient possessing anti-acne, anti-wrinkles, anti-ageing and anti-microbial effects, it also offers moisturizing and help to reduces pimples.[18]

**TURMERIC:-**

Turmeric is a yellow-to-orange powder obtained from herb named *Curcuma longa* belongs to family Zingiberaceae. Turmeric contains phytochemicals such as; demethoxycurcumin, curcumol, eugenol, curcumin and turmeronols. Curcumin is responsible for yellow color and having many cosmetic values. Turmeric offers antiseptic effects therefore employed to cure small cuts of skin, it possesses antioxidant potential therefore help to scavenge free radicals and delayed symptoms of ageing. Turmeric helps improve complexion therefore many fairness cream containing turmeric as chief ingredient. Turmeric also offers anti-microbial properties therefore help to manage skin infection when applied topically. Its continuous use improves skin texture and colour therefore employed traditionally during the time of marriage. Turmeric present in majority of cosmeceuticals due to its immense cosmetic value.[19]

**COCONUT OIL:-**

Coconut oil contains glycerides derived from the fruit or seed of the coconut tree *Cocos nucifera*, family Arecaceae. Coconut oil is used in cosmetic industry as skin moisturizer and softener to prevent dryness of skin especially in winter season. Coconut oil nourishes hair, maintain hair pigmentation and strengthen hair root. It enhances muscle tone and relaxes muscles therefore also utilized for massage purpose. Other than cosmetic value it is also employed for cooking purpose. Sunflower oil Sunflower oil is non-volatile oil obtained from seeds of *Helianthus annuus*, family Asteraceae. Sunflower oil contains tocopherols, carotenoids and waxes therefore offer beneficial effects for skin maintenance. It has smoothing properties and many face and body products containing sunflower oil used extensively for cooling and moisturizing effects. It help to nourishes skin and improves complexion.

**JOJBA OIL:-**

Jajoba oil extracted from the seeds of desert shrub *Simmondsia chinensis*, family Simmondsiaceae. Jojoba oil help to remove bad odor, color and is stable therefore used in cosmetics industry as a moisturizer and ingredient of exotic fragrances. Olive oil Olive oil is a fixed oil obtained from the fruits of *Olea europaea*, family Oleaceae. The major constituents are tripalmitin, tristearate, monooleate, squalene,  $\beta$ -



sitosterol and tocopherol. It is used as skin and hair conditioner in the form of lotions &shampoos. It also employed in cooking industry

#### **.AMALA:-**

Amla is a fruit of tree *Emblica Officinalis* containing high amount of vitamin C and oil. Amla used as in the treatment of hair and scalp problems. It is also used in hair loss and for the management of skin ailments in children. *Shikakai* is *Acacia concinna* Linn. an medicinal plant found in southern Asia. The fruits of plant used for hair cleansing purpose, it is also employed to enhance growth of hair and presence of saponins make this plant very good cleansing agent. Many commercial shampoos available for hair nourishment purpose containing *Shikakai* as chief constituent.

#### **ROSE OIL:-**

Rose oil obtained from *Rosa* plant and rose water available commercially having many therapeutic benefits. Rose oil used in perfume industry due to its pleasant odour, it boost muscle tone and skin texture, help to clean eye and maintain skin health when applied topically.

#### **EUCALYPTUS OIL:-**

-Eucalyptus oil produced by steam distillation from the plant of *Eucalyptus* species, this oil used in the preparation of liniments, ointments, toothpaste and in preparation of pharmaceutical flavors. It is essential oil therefore used for its pleasant odour and as cosmetic purpose exclusively employed in dentifrices/ toothpaste.[20]

#### **TAMARIND:-**

Tamarind or *Tamarindus indica* L. of the Fabaceae, subfamily *Caesalpinioideae* consists of amino acids, fatty acids and minerals of tamarind plant parts. The most distinguished characteristic of tamarind is its sweet acidic taste due to tartaric acid. Besides being a rich source of sugars, tamarind fruit is also an excellent source of vitamin B and contain minerals, exhibit high antioxidant capacity that appear to be associated with a high phenolic content, and thus can be an important food source [21]

#### **CALENDULA:-:**

*Calendula officinalis* is reported to have a remarkable antioxidant activity, anti-inflammatory activity and wound healing activity [22]. A previous study demonstrated that the essential oil of *Calendula* consists mainly of  $\alpha$ -thujene,  $\alpha$ -pinene, 1,8-Cineole, dihydrotageone and T-muurolol [23]

#### **CONCLUSION:-**

Herbal cosmetics are prepared, using permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to treat different skin ailments and for the beautification. The chemical formulation of all these cosmetic products includes addition of various natural additives like waxes, oils natural color, natural fragrances and parts of plants like leaves, etc. The Cosmeceuticals are agents that lie

somewhere between pure cosmetics (lipstick and rouge) and pure drug (antibiotics, corticosteroids) methods. The cosmetic products are the best option to reduce skin problems such as hyper pigmentation, skin wrinkling, skin aging and rough skin texture etc. The demand of herbal cosmetic is rapidly expanding. The advantages.

#### **ACKNOWLEDGEMENT:-**

We would like to thanks all my teacher who gave me a wonder knowledge about the topic "Herbal cosmeceuticals" this make possible to completion of this review paper within limited time period. We also like ro special thanks to my friend priyanshu maurya who are directly involve in the completion of this review.

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