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Herbal Drugs Used In Cosmetics

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Abstract :

Herbal drugs have been used in cosmetics from centuries. They are eventually used to treat skin disorders and to improve the skins external appearances. In 21st century the significant progress in herbal industry was begun. Herbal drugs preferred over chemical substances because of their easy availability and lesser or no side effects. Natural beauty is a boon and cosmetics help present and enhance the aesthetic and personality aspects of moral beings. Cosmetics alone are not able to take care of skin and other body corridors; it requires the association of active constituents to check skin damage and ageing. Herbal cosmetics gained great fashionability in population. Herbal plants have multifunctionality like antioxidant, anti-inflammatory, antiseptic and antimicrobial. The purpose of this review article is to improve herbal cosmetics knowledge in people and increase herbal cosmetics use to overcome skin conditions and they can clarify their skin by safe way.

Keywords : Herbal cosmetics, Antioxidants, Anti-inflammatory, antiseptic, antimicrobial.

Introduction :

Conception of beauty and cosmetics is as ancient as humanity and civilization. Women are obsessed with looking beautiful. So, they use colorful beauty products that have herbs to look fascinating and youthful. Indian herbs and their significance are popular worldwide. Herbal drugs have growing demand world-wide and are an inestimable gift of nature. Herbal drugs always have attracted considerable attention because of their good exertion and no side effects. Indian women have long used sandalwood and turmeric for skin care, henna to color the hair. Not too long ago herbal beauty treatments were carried out in royal places of India.

What are herbal cosmetics?

These are the cosmetics which are prepared by using plant products having cosmetic actions.

Definition :

Herbal products in cosmetics can also be referred as botanical origin products in cosmetics. According to Drug and Cosmetics Act 1940 cosmetics may be defined as any substance intended to be rubbed, poured, sprinkled, or otherwise applied to human beings for cleansing, beautifying, promoting attractiveness.

Classification of herbal cosmetics :

On the basis of dosage form :

Emulsions : Cold cream, vanishing cream, liquid cream

Powders: face powders, talcum powder, tooth powder

Oils: Hair oils

Jellies: Hand jellies, Wave set jellies

suspension: cosmetic stocking

Pastes : Tooth pastes, Deodorant pastes

Soap : Shampoo soap, shaving soap, toilet soap

History of medicinal herbs :

The medicinal condiment mentioned in ayurveda by educated pundits principally state that the function of ayurvedic herbs to purify blood and exclude vital doshas from the body as they are substantially responsible for skin diseases and other conditions. among the written information on ayurveda like Charak samhita, the savant Charak stated numerous medicinal plants in varanya kashaya. this herbs can be used to gain glowing complexion. Various herbs and its description and uses can be found in ayurvedas are nagkeshara, padmak, chandana, khus, yashtimadhu, manjistha, sariva, payasaya, seta, manjistha, lata. like charak samhita other sages like Sushrut contains tagar, ela, jatamansi, tvak, priyangu, jhus, shukti, turushka, kundaru, agaru, ushira, devdaru. These herbs helps in eliminate toxins from the body, yo clear complexion to glow on skin.

USE OF HERBAL DRUGS AS COSMETIC :**1 AMLA :**

Synonyms : Emblica, Indian goose berry, amla.

Biological source : This consist of dried fruits of plant *Emblica officinalis* gerath.

Chemical constituents : vitamin c, ellagic acid, quercetin.

Uses : Rich in antioxidants.

Good for skin, hair and eyes.

2 NEEM :

Biological source : Neem cinsists of fresh dry leaves of *Azadirchata indica*.

Family : Meliaceae.

Chemical constituents : triterpenoids, steroida, quercetin, nimbin.

Uses : Increases immunity, moisturizes skin, anitifungal.

3 ALOE :

Synonym : kumari, aloe.

Biological source : Aloe is a dried juice of transversly cut leaves pf barbendesis miller.

Chemical constituent : c-glucosides, resins.

Uses : anti ageing, heal wounds.

4 TURMERIC :

Synonym : Haldi, harida.

Biological source : Fresh Rhizomes of curcuma longa.

Chemical constituents : curcumin, curcuminoids.

Uses : moisturises dry skin, heal skin wounds.

5 COCONUT OIL:



Biological source : Dried parts of coconut, *cocos nicifera* L.

Family : Palmae.

Chemical constituents : saturated fatty acids, capric acid.

Uses : use as skin moisturizers,
natural lip balm,
body scrub.

ADVANTAGES OF HERBAL COSMETICS :

They do not provoke allergic reaction and do not have negative side effects.
They are easily incorporated with skin and hair.
With small quantity they are very effective than synthetic cosmetics.
Easily available and found in large variety and quantity

DISADVANTAGES OF HERBAL COSMETICS :

Herbal drugs have slower effects as compare to allopathic dosage forms and requires long term therapy.
difficult to hide taste and odor.
manufacturing process is time consuming.
No pharmacopoeia defines any specific procedure or ingredients to be used in any herbal cosmetics.

BENIFITS OF HERBS USED IN COSMETICS

Enhance physical and mental well being.
strengthen the immune system.
detoxification.
aid in sleeping,digestion.
increase stamina and reduce fatigue etc.

METHOD OF PREPARATION OF HERBAL COMETICS :**1 HERBAL CREAMS :**

For example : Aloe moisturising cream

This creams are applied on dry skin. They heal dry skin and Maintain softness of skin.

Herbal moisturizer cream contains,

BIOAQUA
泊泉雅



- 1 Aloe vera gel
- 2 Tocopherol
- 3 chamamil extract
- 4 beeswax
- 5 coconut oil.

Method :

Coconut oil is added to and melted with the heated beeswax.

This molten mixture is stirred continuously and allowed to cool slowly.

Aloe vera gel is added drop wise during stirring process. When mixture become thick stop the stirring.

Lastly chimomile oil extract and vitamin oil are added.

2 Herbal face packs



For example : Neem face packs.

This formulations are applied on face to stimulate blood circulations in facial region , provide muscle toning. Make the facial skin supple and elastic, and clean clogged skin pores by removing impurities.

Following are the ingredients for formulation of neem face pack.

COMPOSITION

Azadirchata indica

Fullers earth

Curcuma longa

ACTIONS

Antibacterial controls acne.

Anti-inflammatory

Antiseptic.

RAW MATERIAL USED OF HERBAL ORIGIN IN COSMETICS :**1 Fixed oil :**

Almond oil
Arachis oil
Castor oil
Olive oil
Coconut oil.

2 Waxes :

Beeswax
Carnauba wax
Paraffin wax
Spermaceti

3 Colours :

Cochineal
Saffron
Chlorophyll

4 Antioxidants :

Tamarind
Vitamin E
Liquorice
Ferulic acid

5 Surfactants :

Clove oil
Sandalwood oil

6 Preservative :

They are the products of oxidation of oils and fats.

CONCLUSION :

The usage of herbal cosmetics has been significantly increased in personal health care system.

The use of bioactive ingredients influences the biological functions of skin.

Herbal cosmetic products have efficacy and intrinsic acceptability because of daily use in life and herbal cosmetics avoids the side effects which are commonly seen in synthetic products.

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