ABSTRACT

Herbal cosmetic is also known as “natural cosmetics”. The demand of herbal medicines is increasing rapidly due to their lack of side effects. Many traditional medicines in use are derived from medicinal plants, minerals and organic matter. There is an extensive variety of the herbal cosmetics that are produced and commonly used for daily purposes. Herbal cosmetics like herbal conditioner, herbal soaps, herbal face wash, herbal shampoo, and many more are exceptionally acclaimed by the masses. The best thing of the herbal cosmetics is that it is purely made by the herbs and shrubs. The natural content in the herbs does not have any reactions on the human body; rather enhance the body with supplements and other helpful minerals. That’s why herbal cosmetic have growing demand in the world market and is an invaluable gift of nature. Herbal formulations always have attracted considerable attention because of their good activity and comparatively lesser or nil side effects with synthetic drugs. Herbs and spices have been used in maintaining and enhancing human beauty. 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. The current article deals with the introduction of herbal cosmetics, Applications of Herbal Products in Cosmetics and common herbs used in cosmetics.

Keywords: Natural cosmetics, Ayurveda, herbal drugs, medicinal plant, antioxidants

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. Herbal cosmetics are the products in which herbs are used in crude or extract form. Herbal Cosmetics, 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 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. 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.
OBJECTIVES OF THE STUDY
The specific objectives of the study are as follows:
1. To understand the concept about the term herbal cosmetics.
2. To point out the applications of herbal cosmetics products for various purposes.
3. To focus on numerous herbs used in cosmetic preparations

APPLICATIONS OF HERBAL PRODUCTS IN COSMETICS
Herbs play an important role in the field of cosmetics.

1. Herbal Skin Care Products: Lavender body powder and body soap, Silk Soaps and Care Creams.
2. Herbal Hair Care Cosmetics: Herbal hair care cosmetics have a several ingredient e.g. Shikakai (Acaciaconcinna), Henna (Lawsoniainermis), Guar Gum (Cyamopsistetragonolobus) Amla (Emblica officinalis), Brahmi (Bacopamonnieri).
5. Herbal Creams, Lotions, Gel: Creams: Rich Face and Hand Cream, Aloe Moisturizing Hand
6. Herbal Oils: Herbal oils are effective for baldness, falling of hair, thinning of hair, in treating irritation & itching of scalp
7. 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).

HERBS USED IN COSMETICS
There are numerous herbs available naturally having different uses in cosmetic preparations for skincare, hair care and as antioxidants, fragrant etc. Some of the important examples are as follows:

Skincare
1. Coconut oil: It is produced by crushing copra, the dried kernel, which contains about 60-65% of the oil. Coconut oil contains a high amount of glycerides of lower chain fatty acids. Coconut oil is derived from the fruit or seed of the coconut palm tree Coconut oil is excellent as a skin moisturizer and softener.
2. Sunflower oil: It is the non-volatile oil extracted from sunflower seeds obtained from Helianthus annuus, family Asteraceae. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. It has smoothing properties and is considered non-comedogenic.
3. Jojoba oil: It is a mixture of long chain, linear liquid wax esters extracted from the seeds of the desert shrub simmondsiachinensis, family simmondsiaceae. Jojoba oil is easily refined to remove any odor, color it is oxidatively stable, and is often used in cosmetics as a moisturizer and as carrier oil for exotic fragrances. Human sebum and jojoba oil are virtually identical. Sebum protects and moisturizes the skin and hair but is stripped away by chemicals, pollutants, sun and the aging process, resulting in dry skin and hair. Jojoba oil replenishes what skin and hair loss and restores them to their natural pH balance.
4. Olive oil: This oil is a fixed oil extracted from the fruits of oleaeuropaea, family oleaceae. The major constituents are triolein, tripalmitin, trilinolein, tristearate, monosterate, triarachidin,
squalene, β-sitosterol and tocopherol. It is used as skin and hair conditioner in cosmetics like lotions, shampoos etc. It is a potent fatty acid penetration enhancer.

5. Aloevera: Aloevera is a herbal plant species belonging to liliaceae family that is found only in cultivation, having no naturally occurring populations, although closely related aloes do have presence in northern Africa. It is an ingredient in many cosmetics because it heals, moisturizes, and softens skin. Simply cut one of the aloe vera leaves to extract the soothing gel. Aloevera contains amino acids like leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A, C, E, B, choline, B12 and folic acid and provide antioxidant activity.

ANTI-AGING TREATMENT

1. Rhodiolarosea: It is commonly known as golden root, rosroot, Aaron's rod, arctic root, king's crown, lignum rhodium, orpin rose. It is a plant in the Crassulaceae family that habitats in cold regions of the world. It grows mainly in dry sandy ground at high altitudes in the arctic areas of Europe and Asia. Traditional folk medicine used R. rosea to increase physical endurance, work productivity, longevity, resistance to high altitude sickness, and to treat fatigue, depression, anemia, impotence, gastrointestinal ailments, infections, and nervous system disorders. Rhodiorosea is rich in phenolic compounds, known to have strong antioxidant properties.

2. Carrot: It is obtained from the plant Daucuscarotabelonging to family Apiaceae. Carrot seed oil is indicated foranti-aging, revitalizing and rejuvenating. As it promotes the formation of new cells and helps in reducing wrinkles. It acts as Natural toner and rejuvenator for the skin.

3. Ginkgo: Ginkgo comes from the ginkgo tree, Ginkgobiloba belongs to family Ginkgoaceae. It is best known, as acirculatory tonic, in particular for strengthening the tiny little capillaries to all the organs, but especially to the brain. The capillaries become more flexible and as a result more oxygen is delivered to the brain and eyes (to protect against degenerative eye diseases like macular degeneration), as important as we age.

DANDRUFF TREATMENT

1. Henna: Henna comes from the plant, Laws on iainermis family Lythraceae, which contain a dye molecule called Laws one, which when processed becomes Henna powder. Henna has a natural affinity with the proteins in our hair, making it able to “stain” the colour onto the hair shaft.

2. Neem: The herb, Azadirachtaindica, family Meliaceae has been found to have the properties of a Blood purifier, beauty enhancer. The common treatment for the dandruff is Neem as it produces antifungal, antibacterial, pain-relieving, and anti- compounds that would treat dandruff.

SKIN PROTECTION

1. Green Tea: Green tea is tea made solely with the leaves of Camelliasinensis is belonging to family the aceae. It is apremiere skin protectant. It protects against direct damage to the cell and moderates inflammation. The catechins in green tea are some 20 times stronger in their antioxidant powers than even vitamin E.

2. Calendula: Calendula in suspension or in tincture is used topically to treat acne, reducing inflammation, controlling bleeding and soothing irritated tissue. There is “limited evidence” that calendula cream or ointment is effective in treating radiation dermatitis.

3. Turmeric: Turmeric is used in many celebrations of Hindus. Especially in Hindu wedding brides would rub with turmeric on their bodies for glowing look. New born babies also rubbed
with turmeric on their forehead for good luck. Traditionally women rub turmeric on their cheeks to produce a natural golden glow.

**HAIR CARE**

Various oils derived from vegetable and mineral sources, and are used in cosmetics. Examples of vegetables oils are almond oil, arachis oil, castor oil, olive oil, and coconut oil. Examples of mineral oils are Light and Heavy paraffin.

1. **Amla:** Amla is obtained from the plant Emblica Officinalis, Family Euphorbiaceae. Amla is rich in vitamin C, vitamins and minerals such as phosphorus, iron and calcium which provides nutrition to hair and also causes darkening of hair. Hibiscus consists of calcium, phosphorus, iron, vitamin B1, riboflavin, niacin and vitamin C, used to stimulate thicker hair growth and prevents premature graying of hair.

2. **Shikakai:** Acacia concinna Linn. (Leguminosae) is a medicinal plant that grows in tropical rainforests of southern Asia. The fruits of this plant are used for washing hair, for improving hair growth, as an expectorant, emetic, and purgative. The powder of Acacia Concina Linn shows the presence of saponins, alkaloid, sugar, tannin, flavanoids, anthraquinone glycosides.

3. **Coconut oil:** This oil obtained from the dried solid part of the endospasm of the coconut - Cocos nucifera, family Palmea. It is white or pearl- white unctuous mass in winter and colourless in summer.

4. **Almond oil:** The almond oil is obtained from Prunus dulcis. It proves to be very nourishing, and softens and strengthens the hair. The almond oil also proves to be a very good cleansing agent.

5. **Arachis Oil:** This is also a fixed oil obtained from the seeds of the Arachis hypogea belonging to the family Leguminosae. The oil is pale yellow in colour, with a faint nutty odour. It is used in the preparation of hair oils and Brilliantines.

6. **Castor oil:** This oil is obtained from the seeds of Ricinus communis belonging to the family, Euphorbiaceae. It is used as an emollient, in the preparation of lipstick, hair oils, creams and lotions.

7. **Eucalyptus Oil:** Eucalyptus oil is the generic name for distilled oil from the leaf of *Eucalyptus*, a genus of the Plant family Myrtaceae. Eucalyptus oil can help to get rid of dandruff, which in turn can help to promote healthy growth of hair.

8. **Light liquid paraffin:** It consists of a mixture of hydrocarbons in the form of an oily liquid which has no colour or odour. It is used in the manufacture of bath oils, hair oils, lotions and creams, due to its better spreadability.

9. **Heavy liquid paraffin:** It is composed of a mixture of hydrocarbons in the form of a colourless and odorless oily liquid. Due to its soothing effect on the skin, it is used in the creams, lotions, and in hair oil.

**HERBAL AS AN ANTIOXIDANT**

Antioxidants either synthetic or natural can be effective in preventing free radical formation by scavenging them or promoting their decomposition and suppressing such disorders. Currently, there is a growing interest toward natural antioxidants of herbal resources. Free radical formation is controlled naturally by various beneficial compounds known as antioxidants. In addition to fruits and vegetables, herbs of no particular nutritional value can also constitute an important source of antioxidants. Various example showing antioxidant activities are:
1. Tamarind: Tamarindus indica, family Fabaceae, is widely grown in tropical regions. Tamarind seed has activity of radical scavenging, anti-microbial activities and a lipid peroxidation reducing. Its antioxidant activity is appropriate for anti-wrinkle cosmetics.

2. Vitamin C: It prevents free radical damage due to its property of donating free radicals. It is beneficial in boosting immune system. The main source of Vitamin-C is carrots, peaches, sweet potatoes, oranges, broccolis, etc.

3. Vitamin E: It has been found beneficial against certain types of cancer & cardiac problems. It is known as “scavenger of free radicals” Vitamin E is mainly present in almonds, nuts, whole cereal grains, vegetable oils etc.

4. Pomegranate: The pomegranate plant (Punica granatum) extract has antioxidant and antiviral properties and is said to enhance the effectiveness of topical sunscreens. Pomegranate seed oil has been demonstrated to exhibit chemo preventive activity against skin cancer. In addition, pomegranate peel fractions may foster dermal regeneration and pomegranate seed oil fractions may facilitate epidermal regeneration.

5. Resveratrol: This polyphenolic phytoalexin compound, present in the skin and seeds of grapes, berries, peanuts, and other foods, is considered a potent antioxidant, anti-inflammatory and anti-proliferative agent. Resveratrol has been intended to prevent skin cancer and other conditions thought to be generated by the sun.

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 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 of herbal cosmetics are lower cost, side effects free, environmental friendly, safe to use etc. Also has a great future ahead as compared to the synthetic cosmetics. Proper regulation of these herbs and standardization will lead to tremendous and significant growth in herbal cosmetics field.

REFERENCES


