

A REVIEW ON HERBAL COSMECEUTICALS

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Abstract:

Herbal cosmeceuticals are formulated using different cosmetic ingredients to form the base. In which one or more herbal ingredients play the important role in the treatment of various skin ailments. Suggest the name of herbal cosmeceuticals are the natural and free from the harmful synthetic formulations which may prove to be toxic to the skin compare to other beauty products, natural cosmetics are safe to use. The concept of beauty and cosmetic is an ancient as mankind civilization. Herbal cosmetics have growing demand in the world market and are invaluable gift of nature. Cosmeceuticals unit cosmetic-pharmaceutical hybrids product meant to boost the health and sweetness of the skin by providing a specific result, ranging from acne-control and anti-wrinkle effects to sun protection. Cosmeceuticals have meditative edges that have an effect on the biological functioning of skin relying upon variety of purposeful ingredients. These are cosmetic products that are not used for beautification but for different skin ailments. There are various herbs available naturally having different cosmetic preparation for skincare, hair care and antioxidant. The current review article represents the importance of herbal cosmetics, the herbs used in the cosmetic formulation.

Index Terms: Cosmetic, Cosmeceuticals, anti-oxidant, Hair and Skin Ailments, Drugs; Herbs

I. INTRODUCTION

The idea of beauty and cosmetics dates back to ancient humanity and civilization. generally the word herbal cosmetics are referred as natural 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 benefit only shall be called as herbal cosmetics. ⁽¹⁾ The natural herbs and their products when used for their aromatic value in cosmetic preparation are termed as herbal cosmetics. Herbs do not produce instant care they offer away to put the body in proper tune with nature. ⁽¹⁾

Herbal cosmetics area unit the merchandise during which herbs area unit utilized in crude or extract type. ⁽²⁾ 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 with in the herbs doesn't have any aspect effects on the physical structure instead give the body with nutrients and alternative helpful minerals. ⁽³⁾ COSMECEUTICALS are refers to the combination of cosmetics and pharmaceutical product intended to improve the health and beauty of the skin by proving a specific results, ranging from acne control, anti-wrinkle effects, to sun protection.

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 brief the active and science based cosmetics. The above term was further used by Dr. Albert kligmann in the year 1984 to refer the substance that have both cosmetic and therapeutic benefits.⁽³⁾ Cosmeceuticals are cosmetic-pharmaceutical hybrid intended to enhance health and beauty through ingredients that influence the skin biological texture and function.⁽⁴⁾

ADVANTAGES OF THE HERBAL COSMETICS

- They do not provide allergic reactions. And do not have negative side effects.
- They are easily incorporated with skin and hair.
- Extract of the plant decreases the bulk property of the cosmetics and gives appropriate pharmacological effects.

THE BENEFITS OF THE HERBS

- Strengthen the immune system
- Detoxification
- Enhance physical and mental well-being
- Aid in sleeping and digestion
- Increase stamina and reduce fatigue

SAFE TO USE

Compare to other beauty products natural cosmetics are safe to use. They are hypo-allergenic and tested and proven by dermatologist to be safe to use. Any time anywhere since they are made of natural ingredients people do not have to worry about getting skin rashes or experience itchiness.

For Example: BHA, BHT are closely related to synthetic anti-oxidants and used a Preservatives in lipsticks and moisturizer. ⁽⁵⁾ It induces the allergic reaction in the skin.

NO SIDE-EFFECTS

There are various synthetic beauty products that can irritate your skin and cause pimples. Block your pores and build your skin dry or oily with natural cosmetics you ought not to worry regarding these. The natural ingredients used assure no aspect effects one will apply them anytime, anywhere.

For Example: Herbal cosmetics are free from paraben that are the most widely used preservative in cosmetics and can penetrate the skin. ⁽⁶⁾

II. COSMECEUTICALS

Cosmeceuticals are cosmetic – pharmaceutical products intended to improve the health and beauty of the skin by providing a specific results ranging from acne control and anti-wrinkle effects to sun protection.

Regulatory status of herbal cosmetics:

Cosmeceuticals = cosmetics or drugs?

The legal difference between the cosmetic and drugs is determined by a products intended use. Under gift idea ,the boundary at which a cosmetic product becomes drug is not well defined and different laws and different regulation apply to any type of product. ⁽¹⁾ The word cosmetic was derived from the Greek word “kosm-tokos” that means having the facility, arrange, skill in decorating. Tracing of the origin of the word cosmetics the first recorded use of cosmetic is attributed to Egyptians circa 4000BC. In other cases such as European cosmetic known as ceruse was used from the second century to the 19th century. ⁽⁷⁾

Drugs and cosmetic act 1940 defines a drug and cosmetic as drug all medicines are internal or external use of human beings or animals and all substances intended to be used for in the diagnosis, treatment, mitigation, or prevention of any disease or disorder in humans or animals. ⁽⁵⁾

Cosmetic any article intended to be rubbed, poured, sprinkled, or sprayed on introduced in to any part of the human body for cleansing, beautifying, promoting attractiveness or altering the appearance and includes any article intend for use as a component of cosmetic. ⁽⁸⁾

Federal food drug and cosmetic act do not recognise the term itself. It is also often difficult for consumers to determine whether claims about the action or efficiency of cosmeceuticals are valid unless the product has been approved by the FDA or equivalent agency. Some countries have the categories of merchandise that fall between the 2classes of cosmetics and medicines. For example Japan has similar medication kingdom of Thailand has controlled cosmetics and urban centre has cosmetic and kind medication. The regulations of cosmeceuticals have not been harmonized between the USA, European, Asian and other countries. ⁽⁹⁾

III. HERBS USED IN THE COSMETICS:

Demand for the herbal cosmetics is growing all over the world .they are considered to be highly effective in beauty treatments with no side effects. Some of the plants may be consumed while others may only be used for external applications.

1. SKIN CARE

The following ailments used for the protection of the skin care

1.1 Coconut oil:

It's created by crushing coconut, the dried kernel, which contains about 60-65% of the oil. The name "*Coccus nucifera*" happiness to the family arecaceae. Coconut oil contains a high quantity of glycerides of lower chain fatty acids. Coconut oil is derives from the fruit or seed of the coconut palm tree. The melting point of coconut oil is 24-250c and thus can be used easily in liquid or solid forms and is often used cooking and baking. Coconut oil is excellent as a skin moisture and softener. ⁽¹⁰⁾ A study shows that extra virgin coconut oil is effective and safe when used as a moisturizer with absence of adverse reaction. ⁽¹¹⁾



1.1 Coconut oil

1.2 Aloe Vera:

Aloe Vera is a herbal plant species belonging to Liliaceae family. It is associate in nursing ingredient in several cosmetics as a result of it heals, moisturizes and softens skin. Simply cut one among the burn plant leaves to extract the soothing gel. *Aloe Vera* contains 75 potentially active constituents like vitamin, sugars, enzymes, minerals, lignin, leucine, iso leucine, saponin glycosides that provide cleansing action, vitamins A, B, C, E, choline, B12, and folic acid, provide anti-oxidant activity, anti-bacterial, anti-oxidant, hypo glycaemic and lipidamic properties. ⁽¹²⁾



1.2 Aloe Vera

TABLE1.1: Herbal plant used for skin care

Latin name	Common name	Part used	Uses
<i>Centella asiatica</i>	Gotu kola	Plant	Reduce wound healing
<i>Acorus calamus</i>	Sweet flag	Rhizome	Aromatic, Dusting powders, Skin lotions.
<i>lilium sativum</i>	Garlic	Bulb	Promotes skin healing, Anti-bacterial.
<i>Aloe vera</i>	Aloe	Leaf	Moisturizer, emollient.
<i>Azadirachta indica</i>	Neem	Leaf	Anti-septic, reduce dark spots, anti-bacterial
<i>Alpinia galangal</i>	Galanga	Rhizome	Aromatic, dusting powders

2. ANTI-OXIDANTS

Here some of the anti-oxidants are listed below.

2.1 Vitamin-C:

Vitamin-C is a critical for the hydroxylation of pro collagen, amino acid and essential amino acid. Vitamin-C improves and normalizes the changes caused by icon injury. Vitamin-C has been used effectively to stimulate collagen repair, thus diminishing some of the effects of photo aging on skin ⁽⁷⁾

2.2 Vitamin-E:

Vitamin E is the major lipophilic Anti-oxidant in plasma, membranes, and tissues. The term vitamin-E jointly refers to eight present molecules (4-tocopherols and 4-tocotrienols) all of that exhibit vitamin-E activity. Its major role is usually thought of to be the arrest of chain propagation in super molecule peroxidation by scavenging super molecule peroxy radicals, hence protecting the cell membrane from destruction. Vitamin-E topically applied before UV irradiation has been shown to reduce erythema, Edema, sunburn cells. ⁽⁷⁾

3. ANTI-AGING

3.1 Carrot:

It is obtain from the plant "*Daucus carota*" belonging to family "apiaceae". It is a valuable herb since ages as thanks to its richness in vitamin-A at the side of alternative essential vitamins. Carrot seed oil is used as Anti-aging, revitalizing agent. ⁽¹⁰⁾ The carrot gets its characteristic and bright orange colour from B-carotene, and lesser amount of alpha-carotene and gamma-carotene. Alpha and beta carotene are partly are metabolized into vitamin-A in humans.



3.1 Carrot

3.2 Ginkgo:

In china and japan, the leaves and nuts of the *Ginkgo biloba* (*G.biloba*) tree have been used for thousands of years to treat various medical condition including poor blood circulation, hypertension, poor memory and

depression, particularly among the early age. In addition it is gaining a similar reputation as an antioxidant and anti-inflammatory agent. it belongs to the family ginkgoaceae. ⁽¹⁾



3.2 Ginkgo

4. DANDRUFF TREATMENT

The following natural medications of the herbs used for the dandruff treatment.

4.1 Henna:

Henna comes from the plant "*Lawsonia inermis*", Lythraceae, which contain a dye molecule referred to as Lawsone, which when processed produces Henna powder. Besides Lawsone other constituents present are Gallic acid, glucose, mannitol, fats, resin (2%), mucilage and traces of an alkaloid. Leaves yield henna phenol and an oil inexperienced soluble in ether and alcohol ⁽¹³⁾ lawsone isolated from the leaves of *L.inermis* has shown vital antifungal antibiotic effect. ⁽¹⁴⁾



4.1 Henna

4.2 Neem:

Neem or margosa. It belongs to the family Meliaceae. The Latinised name of *Neem-Azadirachta indica* is derived from the Persian. Azad = free, dirakth=tree, I-hind=of Indian origin. The common treatment for the dandruff is neem as it produce anti-fungal, anti-bacterial, pain relieving, and anti-compounds that would dandruff treatment. ⁽¹⁵⁾



4.2 Neem leaves

5. HAIR CARE

5.1 Amla:

Amla is the name given to the fruit of a small leafy tree (*Emblica officinalis*), belonging to the family Euphorbiaceae. Which grows throughout the India and yields an edible fruit.

It is extremely praised each for its high vitamin-C content and for the valuable oil, which is extracted from its seeds and pulp and used as a treatment for hair and scalp problems. It is used in eye syndromes, hair loss etc. ⁽¹⁶⁾



5.1 Amla fruit

5.2 Shikakai:

Acacia concinna Linn. (Leguminosae) could be a healthful 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 concinna* Linn shows the presence of saponins, alkaloid, sugar, tannin, flavanoids, and Anthra Quinones glycosides. ⁽¹⁷⁾



5.2 Shikakai fruit

Table 5.1: Herbal plants used for Hair Care

6. SKIN PROTECTION

Latin name	Common name	Part used	Uses
<i>Aloe vera</i>	Aloe	Leaf	Moisturizer, shampoos.
<i>Bacopa monneri</i>	Brahmi	Entire herb	Hair growth, good for sleep, shampoo.
<i>Citrus limon</i>	Lemon	Peel	Prevent hair loss
<i>Acacia concinna</i>	Shikakai	Pods	Promote hair growth and preventing dandruff
<i>Citrus aurantium</i>	Orange	Peel	Soaps, shampoos

6.1 Turmeric:

It's a deep yellow-to-orange powder that comes from the underground stems of the tropical perennial herb herbaceous plant of the family Zingiberaceae. Turmeric contains an outsize of phytochemicals at the side of demethoxycurcumin, bisdemethoxycurcumin, zingiberene, curcumol, curcumenol, eugenol, characin fish hydro curcumin, triethylcurcumin, curcumin, turmerin, turmerones, and turmeronols. Curcumin is the phytochemical that gives a yellow colour to turmeric and is now recognized as being responsible for most of the therapeutic effects. Uses of turmeric embody antiseptic, analgesic, anti-inflammatory, antioxidant, antimalarial, insect-repellent, and other activities associated to turmeric. ⁽¹⁸⁾



6.1 Turmeric powder

6.2

Green tea:

Green tea is a tea made with the leaves of *Camellia sinensis* belonging to family theaceae. Whether applied topically or consumed as a beverage or dietary supplement, green tea is a premier skin protectant. It protects against direct damage to the and moderates inflammation in keeping with analysis from the department of medical speciality, Columbia University, New York. Studies suggest

that the catechin in green tea are some 20 times stronger in their anti-oxidant power than even vitamin E. ⁽¹⁰⁾



6.2 Green tea

7. ESSENTIAL OIL

7.1 Rose oil:

Damask rose, the national flower of Iran, is native to the Middle East, it has a long history. It is one of the most popular plant in Iran. ⁽¹⁹⁾ Roses are widely referred to as the world favourite flower in part due to their vast diversity in plant habitat and floral characteristics. Rose oil and perfume have several therapeutic effects. Rose oil helps soothe the mind and heals depression, nervous stress and tension.

Conjointly helps to heal wound and skin health.



7.1 Rose oil

IV. STORAGE

Storage of herbs should be in cool and dry places. Moisture can damage the herbs and also moisture promotes some bacterial and fungal growth. Dried herbs should be stored in airtight container. It should not be stored in Direct Sunlight.

V. CONCLUSION

Herbal cosmeceuticals are recognising as beneficial in curing of various ailments in dandruff treatment, skin protection, anti-oxidants, skin care, anti-aging, hair care, essential oil. These cosmetic products include various natural ingredients like oil, natural colour and various parts of the plants. The cosmetic products are the best option to reduce various skin problems like skin texture, pigmentation etc. the main advantage of the herbal cosmeceuticals are lower cost, safe to use and side effects free. It also have a great future to compare with synthetic formulations of cosmetics. Some of the plants were found to have dual use both a curative and cosmetics. Further intensive Study of Ethnobotanical and Ethanopharmacological study could lead the invention of plants and compounds for skin care and cure.

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