Today’s requisite demand- Herbal Cosmetics-A Review

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Abstract:
Cosmetics are the products or the preparation used to enhance the appearance or beautify the person, but due to extensively use of chemicals in cosmetics products it cause harm to the skin which leads to the side effects that is why nowadays people are referring herbal cosmetic which not only provide beauty superficially but also helps to treat skin problems by their therapeutic efficacy with no side effects like Aloe vera gel act as primer in cosmetic it also act as emollient and maintain the hydration of the skin, moreover it maintain the moisture in dry skin. There are lot more examples in herbal cosmetics in this review we summarized the plants which is used to prepare herbal cosmetics or which are added as an ingredient in different cosmetic preparation.

Keywords: Herbal cosmetics, skin care, hair care

Introduction:
Herbal cosmetics consists two words herbal and cosmetic where cosmetics refer to any preparation, formulation or products which enhances the appearance or beauty of an individual by applying to body most specifically on face. Traditional and ancient knowledge were implemented in the preparation of herbal cosmetics, it is used since the ancient mankind and civilization. It is also termed as natural cosmetics, they are formulated by the help of cosmetic ingredients and as well as herbal ingredients in more quantity by which it provides beauty and treat various skin related disorders and problems, plants or natural ingredients used since prolonged period of time in the field of cosmeceutical and in pharmaceutical field. Mainly in herbal cosmetics crude form of drugs are used or it may be prepared by the help of various extracts.[1] Nowadays customers are referring natural cosmetics because of fewer side effects and less chemical ingredients used in formulations. Traditionally animal skin was also used for the colouration purposes. In ancient era people were using natural cosmetics in religious practice. It was usually followed by Indian, Chinese, Egyptian and much more countries. Like if we take an example of Indian Rituals so there is a lot use of flour, turmeric and vegetables oil before the marriage for enhancing the beauty, petals of rose and different flowers were used for lip colour, nail colour. Different aromatic oils and water were used in place of perfumes. [2] In Today’s era different plant parts are used for preparing herbal cosmetics like pulp of aloe vera leaves used to prepare creams, gels cleansing milk, etc, rhizome of turmeric used to formulate face pack, face creams, ointments etc, heartwood of sandal utilize to prepare face pack, aromatic water, etc, stigma and style of saffron are used to prepare lotions, serum, etc, walnut outer layer used to prepare body or face scrub and lot more example are there. [3]. In herbal cosmetics there are variety of cosmetic prepared like for skin care, hair care, nails care, for rejuvenation, for body care, etc. In today’s era skin and hairs get
affected by numerous causes like due to health issues, due to unhealthy lifestyle, unhealthy habits, improper diet and skin regime, environment pollution, etc.[4] Due to the direct radiation of sun which provides excessive heat to the skin may cause irritation to the skin which leads to form blemishes, wrinkles, produce pigmentation, sun burns and it also provides dryness by the dehydration of skin it also leads to hair falls and produces dandruff problems.[5] The skin diseases are not only occur in particular age group person it can affect to any age group person like small allergies on small babies, acne problems in teen agers, wrinkles, pigmentation in old persons, these things take place due to the exposure with microbes, due to continuous use of chemicals, due to unhealthy routine.[6] Mostly the benefits of herbal drugs or plants is referred from Ayurveda which is the ancient system of healthcare, the knowledge and the description mentioned is very vast and due to Ayurveda only most of the herbal cosmetics are prepared and utilize by people.[7]

### Table 1: Types of Herbal Cosmetics [8]

<table>
<thead>
<tr>
<th>Physical State of Cosmetics</th>
<th>Preparations Included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solid</td>
<td>Face powders, compact powders, talcum powders, toilet powers, Mascara-eyebrow pencils-eye Shadow</td>
</tr>
<tr>
<td>Semi Solid</td>
<td>Make-up preparation, Variations of face powders, Toilet powders, Lipstick, Various Creams (Lubricating or emollient cream-night cream, Skin protective &amp; hand cream, Vanishing Cream-Foundation cream, Liquid cream, Miscellaneous cream), Sunscreen, Sunburn external medicines.</td>
</tr>
<tr>
<td>Liquid</td>
<td>Various lotions (Cosmetics lotions, Hand lotion, Skin toning lotions-skin fresheners, Astringent lotions, Bleaching &amp; freckle lotions, Medicated lotion. After shaving lotions), moisturizers, hair oil, liquid conditioner, shampoo, cleansing milk or oil, face oil, face serum.</td>
</tr>
<tr>
<td>Gaseous</td>
<td>Deodorants, perfumes, body mist, face mist or spray.</td>
</tr>
</tbody>
</table>

### Table 2: Drugs Used for Skin Care Regime

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Drug used</th>
<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aloe vera</td>
<td><em>Aloe barbadensis</em> belongs to <em>liliaceae</em> family it is an ordinary herb used for the cosmetic purpose for hydration, moisturizer, it smoothen the skin by providing softness, also treat dryness, rashes, sun tanning.[9] It is also having cleansing action due to presence of glycoside, lucine and saponin, the drug is also having vitamin B-12 which poses anti-oxidant activity. [10]</td>
<td>Aloe vera gel, face wash, wax, hair oil, juice, body lotion, bathing bar, cleaning wipes,</td>
</tr>
</tbody>
</table>
2. Coconut

Mainly used for the preparation of oil which is collected from the solid endosperm of fruit and from the seeds, it is having more than 60% oil in it. The plant botanically known as *Cocos nucifera* belongs to family *Arecaceae*. The plant is mainly utilized for massage purpose, it provides softness to the skin and act as emollient. It is also used for cooking purpose in variant places.[11]

<table>
<thead>
<tr>
<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lipsticks, face mask, spray body lotion, shampoo, foot cream, body polish, invisible oil, self-tanning moisturizer</td>
<td></td>
</tr>
</tbody>
</table>

3. Olives

This plant is also used for the preparation of fixed oil and further utilized for preparing secondary formulations. The plant botanical name is *Olea europaea* comes from family *Oleaceae*, the plant is having such constituents like triolein, tripalmitin, trilinolein which are very beneficial for relieving dryness, act as conditioners and the penetration of this plant is so good that it acts as penetration enhancer. [12]

<table>
<thead>
<tr>
<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extracts, Waxes, shampoos, creams, eye mask, toner, hydration spray,</td>
<td></td>
</tr>
</tbody>
</table>

4. Sunflower

This plant is also used to collect the oil from it. *Helianthus annuus* having family *Asteraceae* which is most commonly used plant in cosmetics it is having wax in it which provides calming effect to the body. the oil is non sticky which is also good for the cooking purpose especially good for the heart.[13]

<table>
<thead>
<tr>
<th>Uses</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Conditioner, clarifier, shampoo, creams, sunscreen, hair paste, dry oil spray, skin serum, etc.</td>
<td></td>
</tr>
</tbody>
</table>

**Table 3: Drugs Used for Skin Rejuvenation**

<table>
<thead>
<tr>
<th>S. No.</th>
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<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Neem Tree</td>
<td>This drug is used since ancient period of time it is having multiple benefits for the skin it is very good blood purifier, antifungal, antimicrobial, it is also used in the diabetes. The drug biological name <em>Azadirachta indica</em>, allied to family <em>Meliaceae</em>. Plant is also used for reducing</td>
<td>Face wash, face pack, neem oil, soap, cleansing wipes, neem gel, toner, scrub, neem clay mask, etc.</td>
</tr>
</tbody>
</table>
2. Golden Root

The plant is *Rhodiola rosea* having family *Crassulaceae*, the plant is used in many types of alternative system of medicine, mainly in cosmetics it is used for having anti-oxidant property. Moreover, plant is very useful in disorders related to brain like beneficial for stress, anxiety, depression, etc. [15]

Extracts for face, serum, creams, calming serum, shampoo, etc.

3. Maidenhair Tree

The plant is *Ginkgo biloba* belongs to family *Ginkgoaceae*. The plant is used in cosmetics for its antifungal activity, anti-oxidant activity, anti-biotic activity and for anti-inflammatory activity. The drug is very ordinarily used in Chinese and Ayurvedic healthcare system for treating heart and brain diseases most preferably. [16]

Face creams, face serum, eye gel, polishing mask, cream mask, face extract, foot scrub, etc.

4. Carrots

The seed oil of the plant is very effective in the skin problems. As the plant is rich in vitamin A, β-carotene, etc this plant is having revitalizing as well as anti-aging activity. Plant botanical name is *Dacus carota subsp. sativus* family *Apiaceae*. [17]

Carrot lotion, face wash, seed oil, carrot gel, carrot water, skin toner, etc.

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**Table 4: Drugs Used as Anti-Oxidants**

<table>
<thead>
<tr>
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<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Plants having Vit. C like orange, lemon, etc.</td>
<td>Vitamin C helps to fight against sun burns, provides hydration to the skin, improves complexion, also reduce dark spots, blemishes, and provides smoothness to skin.[18]</td>
<td>Vitamin-C serum, face wash, toner, skin mist, toner, day cream, night cream, lotions, etc.</td>
</tr>
<tr>
<td>2.</td>
<td>Plants having Vit. E like peanuts, almonds, etc.</td>
<td>Vitamin-E acts as a cleansing agent, it helps to reduce wrinkles, provides moisturization to skin, also cures dry skin problems.[18]</td>
<td>Moisturizer, Gel oil, face wash, toner, cream, oil, etc.</td>
</tr>
<tr>
<td>3.</td>
<td>Tamarind</td>
<td>The plant botanical name is <em>Tamarindus indica</em> L. Belongs to the family</td>
<td>Herbal scrub, scrub mask, creams, body</td>
</tr>
</tbody>
</table>
Fabaceae, the plant is mainly having constituent like sugars and phenols which is good for the health, due to the anti-oxidant property and rich in Vitamin-B. Thus, plant useful in herbal cosmetics.[19]

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<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Turmeric</td>
<td>Plant botanical name is <em>Curcuma longa</em> belongs to family Zingiberaceae. The plant is used many rituals in India for enhancing the appearance of an individual. The drug is having anti-oxidant, anti-inflammatory, anti-microbial activities and many more due to the presence of chemical constituent curcumin which is having yellow colour the plant provides glow after application.[20]</td>
<td>Body bleach, pore tightening soap, face mask, cleansing oil, massage cream, face wash, healing mask, micellar water, tincture, etc.</td>
</tr>
<tr>
<td>2.</td>
<td>Green Tea</td>
<td>The plant <em>Camellia sinensis</em> its leaves are mainly used; family of a plant is Theaceae. It is used as topical application or used as dietary supplement, the drug has numerous benefits.[21] The drug helpful to cure rashes or burning due to its anti-oxidant property which is much higher than vitamin E in comparison.[22]</td>
<td>Body scrub, seed serum, sheet mask, skin clarifying concentrate, deodorant, moisturiser, cleansing water, etc.</td>
</tr>
<tr>
<td>3.</td>
<td>Calendula</td>
<td>The plant botanical name is <em>Calendula officinalis</em> belongs to family calendulaceae. The drug is very essential in herbal cosmetics because of the presence of essential oil which is having numerous activities like anti-inflammatory activity, antioxidant activity and wound healing activity, which is very favourable in skin problems.[23]</td>
<td>Moisturizing lotion, cream, eye cream, sunscreen, etc.</td>
</tr>
</tbody>
</table>
Table 6: Drugs Used in Haircare Regime

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Drug used</th>
<th>Uses</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Gooseberry</td>
<td>Commonly named as Amla, botanically known as <em>Emblica officinalis</em> or <em>Phyllanthus emblica</em> belongs to family Euphorbiaceae and phyllanthaceae accordingly, most commonly used plant in all around different countries, the plant fruit pulp is the richest source of vitamin c which is very healthy for skin or for health it is also helpful to increase the vision of eyes. Due to the presence of oil the plant is used in hair care regime like condition the hair, removes dandruff and provide strength to hairs.[24]</td>
<td>Powder, hair oil, shampoo, repair cream, hair pack, hair mask, vitamin-C serum, etc.</td>
</tr>
<tr>
<td>2.</td>
<td>Henna</td>
<td>Plant botanical name is <em>Lawsonia inermis</em> belongs to Lythraceae family; the drug is having constituent named Lawsole. It is a type of a dye which is gives or provides red colouration, this constituent is maximally found in leaves of plant and after proper processing of leaves of plant is prepared into powder. The plant is not only used as a colorant but also act as conditioner and helps to increase the volume and provide shine to the hairs.[25]</td>
<td>Henna powder, body lotion, creams, hair oil, shampoo, lotion, beauty soap, etc.</td>
</tr>
<tr>
<td>3.</td>
<td>Shikakai</td>
<td>The plant botanical name is <em>Acacia concinna Linn.</em> Belongs to family (Leguminosae), it is the plant which is used since pre historic period of time. The fruits of this plant are utilized for washing hair due to the presence of saponins in it, for providing strength, for conditioning. The plant having constituent other than saponins are alkaloid, glycosides, sugar, tannin, flavonoids. [26]</td>
<td>Powder, oil, hair pack, shampoo, etc.</td>
</tr>
</tbody>
</table>

**Few More Drugs Used in Herbal Cosmetics [27]**

1. **Rose**- used to prepare rose water, face pack, body mist, etc.
2. **Walnuts**- used to prepare body scrub, foot scrub, face scrub, etc.
3. **Almonds**- used to prepare lotions, creams, oils, etc.
4. Honey - used in lotions, creams, etc.
5. Lavender - used in mask, oil, serum, etc.
6. Saffron - used in creams, serum, lotions, etc.
7. Sandalwood - used in face pack, creams, etc.
8. Coffee - used in scrubs, eye creams, creams, etc.
9. Cucumber - used in face spray, creams, lotions, etc.
10. Papaya - used in creams, face pack, lotions, etc.
11. Jasmine - used in serum, oil, face mask, etc.

Conclusion

The herbal cosmetics are the most essential part of the today's era. The herbal cosmetics are having more results and fewer side effects, the drugs are used are not only for providing beauty but also treat skin problems, which leads to more demands and marketing of herbal cosmetics. Not only above-mentioned formulations are there in herbal cosmetics but there are far more preparations which is prepared or formulate by the herbs. Due to the high demands or the marketing, plants and herbs are depleting so we have to do the conservation of plants or we should perform plantation in the regular basis.

Herbal Cosmetics do have numerous advantages over there synthetic cosmetics as follows:

• They are having less cost or mostly not expensive.
• Availability of the products are easy.
• Products are having fewer side effects.
• More significant result compares to synthetic cosmetics.
• Reliable, easy and safe to use.
• Paraben free cosmetics.
• Can be use by any age of person.
• Can prepare easily.
• Extracts which are used, it decreases the bulk properties of herbal cosmetics.
• Easy application and effective in fewer doses.

So, from all the study of Herbal Cosmetics we can conclude that “The Herbal Cosmetics are having innumerable usefulness compare to synthetic cosmetics”

Reference


