

A Review on Herbal Lotion

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Abstract: Herbal cosmetics use natural herbs and their products for their aromatic value, attracting demand for natural products and extracts. Lotions are liquid preparations for external application without friction, applied directly on the skin using absorbent materials like cotton wool or gauze. Formulations of aloe Vera, menthol, and arrow root powder are prepared using different compositions.

Research is now directed to isolate biologically active compounds from plants for use as herbal medicine. Aloe Barbadensis Miller (Aloe-vera) belongs to the Liliaceal family, it is a cactus like plant and grows readily in hot and arid climate. Aloe vera is oldest medicinal plant ever known and the most applied medicinal plant worldwide. This review highlights the importance of using Aloe-vera as a medicinal herb. The research focuses on formulating herbal lotions for moistening and nourishing the skin.

Keywords: Herbal Cosmetic, Herbal Lotion, Aloe Vera, honey, Neem, almond, , lemon, oats, sandalwood, turmeric, papaya

I. INTRODUCTION

A soothing Herbal lotions are products formulated using natural herbs and their products for their aromatic value in cosmetic preparation. These lotions are liquid preparations for external application without friction, applied directly to the skin using absorbent materials like cotton wool or gauze. They can be used for local actions such as cooling, soothing, or protective purposes. Herbal lotions are used to enhance beautification by washing the skin, removing oily secretions, increasing blood circulation, emolliency, astringency, skin freshness, bleaching, and other medicinal properties. They are usually applied without friction, and insoluble matter should be finely split to create more soothing particles for inflamed areas and effective in contact with infected surfaces. A wide variety of ingredients can be added to the preparation to produce greater dispersion or to accentuate cooling, soothing, drying, or protective properties. Cosmetics are developed to reduce wrinkles, fight acne, and control oil secretion. Formulations like skin protective, sunscreen, anti-acne, anti-wrinkle, and anti-aging are designed using various materials. The present study collects details of herbal plants used in herbal lotions and discusses and activities in cosmetics preparation. Ayurveda traditionally uses herbs and plants to treat various diseases, and a skin lotion serves to protect the skin against various environmental conditions and weather conditions, providing effect.

Ideal properties of Herbal Body Lotion

1. The product should offer a cooling effect upon application. The removal of the particles is recommended.
2. Seek out a potential emollient effect.
3. Eliminate oily secretions throughout the process of application.
4. Distribute them uniformly across the surface of the skin.
5. It is imperative that they do not possess any adverse effects on the skin.
6. It is vital to guarantee compatibility with the PH level of the skin.

Herbal Body Lotion Benefits:

- 1 Replenish dry skin with water.
- 2 Add some moisture back into your rough, dry skin.
- 3 Reduce the discomfort caused by calluses.
- 4 Fourth, make the tactile and olfactory senses happy.

- 5 Take time for yourself and practice self-care to help you unwind.
- 6 Reduce the roughness of your body in the places

Advantages of Herbal Body Lotion;

- 1 They do not provoke allergic reactions and do not have any negative side effects.
- 2 They are easily incorporated with skin and hair.
- 3 These are very effective than other cosmetics with small quantity
- 4 Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
5. herbal constituents.
- 6 The storage and handling of herbal cosmetics is easier and for prolong period.

HUMAN SKIN:

The skin, the largest body organ, covers approximately 20 square feet, protects us from germs and elements, regulates body temperature, and allows us to experience touch, heat, and cold sensations.

STRUCTURE OF SKIN

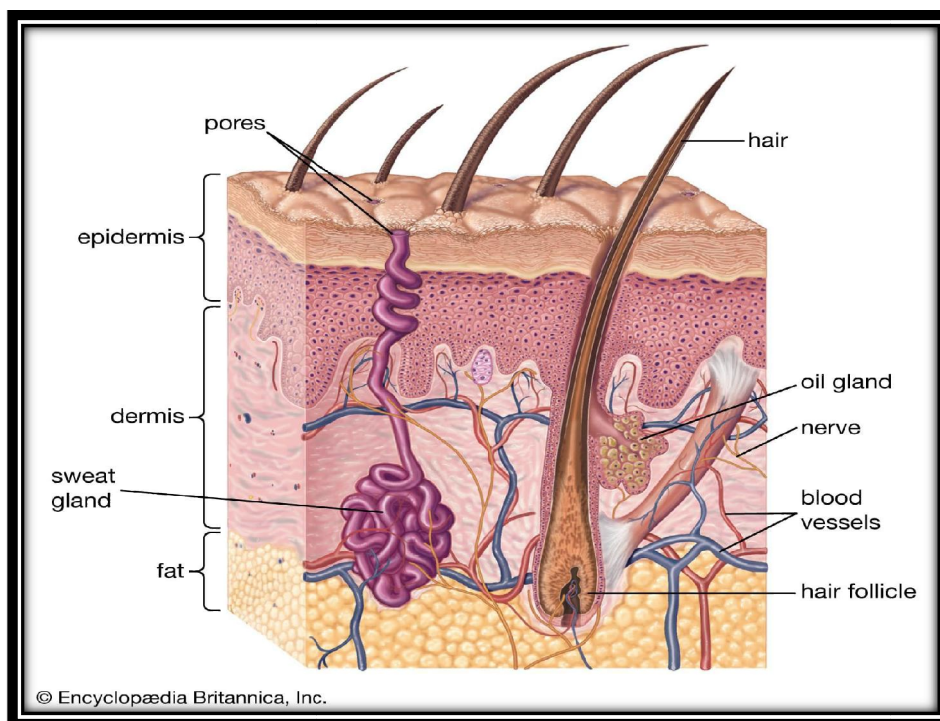


Fig No-1 Structure of Skin

Skin has three layers:

1. The epidermis, the outermost layer of skin, serves as a waterproof barrier and contributes to the formation of our skin tone.
2. The dermis, located beneath the epidermis, is composed of robust connective tissue, hair follicles, and sweat glands.
3. Melanocytes, located in the epidermis, produce melanin, a pigment that gives skin color, forming the deeper subcutaneous tissue (hypodermis) of fat and connective tissue.

USE OF INGREDIENTS IN LOTION:

1. Aloe Vera
2. Lemongrass
3. Oats
4. Almond
5. Honey
- 6 Sandalwood
7. Turmeric
8. Papaya

ALOEVERA:

Aloe Vera, a member of the Liliaceae family, stimulates fibroblasts, producing collagen and elastin fibers that make skin more elastic and less wrinkled. It also softens superficial flaking epidermal cells by binding them together. Aloe Vera is used in cosmetics for lotion and has healing effects on skin wounds. Its antimicrobial and hydrating properties protect skin from microbial degradation and prevent dryness. Its cooling action offers a cooling sensation and inhibits sunburn. Aloe Vera is used as a moisturizer to treat dry, rough, scaly, itchy, and minor skin irritations.

APPLICATIONS :

- 1.Treating sunburns
- 2.Treating dry, itchy skin
- 3.Preserving the skin's natural pH
- 4.Protecting the skin



Fig No 2- ALOEVERA:

Benefits of Aloe-Vera

- 1.Soothes Burns. (Anti-Cooling Agents)
2. Heals Wounds.
3. Eases Intestinal Problems.
4. Reduces Arthritic Swelling.
5. Heals Psoriasis Lesions [19].

6. Gum Infections.
7. Eye irritations and injuries.

Lemograss:



Fig No. 3-Lemograss

Skin care, particularly a smok Lemon grass is a large, perennial sedge with dense leaf clusters and y, sweet, herbaceous, and lemon fragrance. It is used for for dry skin. Lemongrass Lotion contains hydrating, moisturizing, healing, and vitamin-rich ingredients, making it suitable for normal, oily, or dry skin.

Application of lemongrass:

1. It helps to restore, nourish and replenish your beautiful skin.
2. It also helps to minimize your pores as well as balance the oil production in your skin
3. Lemongrass has the additional aromatherapy benefit of uplifting your mood and helping you focus throughout the day

Benefits of Lemograss:

1. Promoting weight loss.
2. Treating gastritis.
3. Relieving pain.
4. Reducing LDL cholesterol.
5. Managing blood pressure.
6. Preventing cancer.
7. Managing insomnia and anxiety.
8. Healing wounds.

Oats:



Fig No. 4-Oats

Oats have been used topically for centuries for their calm and anti-pruritic properties in baths. Gluten content in oatmeal turns into a sticky mass, providing soothing and moisturizing properties, useful for atopic dermatitis and idiopathic arthritis.

Benefits of Oats:

1. Remove Blackheads
2. Helps to soak up the excess oil from the skin
3. Remove dead skin cells
4. Protect from sunburns

Application of Oats:

1. Heart disease.
2. high cholesterol.
3. Diabetes.

Almond :



Fig No. 5-Almond :

Almonds are rich in antioxidants and vitamin E, which help protect the skin from free radicals and maintain its youthful appearance.

Benefits of almond:

- 1.Helps to achieve soft and smooth skin.
2. Gives you super-hydrating skin without feeling heavy.
- 3.Protect our skin form future damage and keeps it healthy.
- 4.Reduce the dry and rough skin, making it bright and clear.
5. Reduces puffiness and under-eye circles.
6. Improves complexion and skin tone.
7. Improves acne. Helps reverse sun damage Treats dry skin

Application of almond:

- 1.The skin. It is a safeguard for skin damage the skin.
2. by preventing free radicals which
3. Regular use of L alas Almond Milk Hand and Body Lotion effectively helps in rejuvenating the skin,
4. making it soft and glowing.

Honey:



Fig No. 6- Honey

Benefits of honey:

- 1.honey Deeply Moisturizes and Hydrates the Skin.
2. Honey Diminishes the Signs of Premature Aging.
3. Honey is an Effective Pore Cleanser and Gentle Exfoliator.
- 4.Honey Lightens Scars and Hyperpigmentation.
- 5.Honey Fights Acne and Breakouts.
- 6.Honey Relieves Sunburn.
- 7.Honey Face Oil.

Application of honey:

1. Brightens: Honey can brighten the face and remove tan.
2. Fades dark spots: Honey can fade away dark spots to reveal brighter skin.
3. Lightens scars: Honey can help lighten scars.

Sandalwood:



Fig No .7- Sandalwood:

Sandalwood, also known as Chandan, is a popular beauty product for skin care and beauty purposes. It effectively treats blemishes, rashes, acne, and removes tan and dullness due to it.

Benefits of sandalwood:

1. Help maintain the buoyancy and structure of the skin cells.
2. Help in managing the liver and gallbladder problem due to its hepatoprotective property.
3. anti-inflammatory antiseptic and astringent properties that may help soothe the skin and reduce inflammation.

Turmeric:



Fig No.8- Turmeric

Curcumin, a natural colorant in skin care and cosmetic industries, is used in Indian tribes and beliefs for skin beautification and is administered to brides and grooms before weddings to make skin glow and inhibit unwanted hair growth.

gives your skin the nourishment it requires to stay supple and purifies your skin.

Benefits of turmeric:

- 1.Skin tone improvement.
- 2.Anti- inflammatory
- 3.Moisturizing.
- 4.Antioxidant protection.
- 5.Anti -again

Papaya :



Fig no.8- Papaya

Papaya, rich in vitamin A, may help treat acne and improve skin elasticity. It may also reduce aging-related skin damage and wrinkling due to excessive free radical activity, highlighting its potential health benefits.

Benefits of papaya :

- 1.it helps in removing dead skin cells
- 2.it helps prevent balding
- 3.it is used to treat sore and cracked heels
- 4.used for skin whitening.

General Method For Preparation Of Herbal Lotion:

Sr No	Common Name Biological Source and Family	Part Used	Uses
1	Papaya Carica papaya caricaceae.	Fruit pulp	Cleansing Enzyme action
2	Turmeric curcuma labiatae	rhizomes	Colouring agent and antiseptic antimicrobial
3	Aloe Aloe barbadensis liliaceae	Leaf	Moisturizer cleansing soothing enzyme action

1. Lotions are liquid preparation for external use without fiction.
- ↓
2. They are applied directly to the skin with the help of some absorbent material, such as cotton wool, gauze soaked in it.
- ↓
3. Lotions are not applied to broken skin it may cause excessive irritation. The insoluble matter should be divided very finely for preparing lotions. Bentonite as a suspending agent is added to it.
- ↓
4. It is applied for antiseptic action, astringent action, germicidal action eg, Aloe Vera lotion
- ↓
5. Alcohol is sometimes included in aqueous lotions for its cooling and soothing effect
- ↓
6. Lotions are prepared by triturating the ingredients to a smooth paste and then adding the remaining liquid phase with trituration. (30)

Evaluation Parameter:

Spreadability refers to the extent to which a formulation easily spreads on skin or affected parts, influencing its therapeutic efficacy. It is calculated using the formula $S = M \cdot L / T$.

The pH of a 1% aqueous solution of the formulation was determined using a calibrated digital pH meter at constant temperature, resulting in a pH value of 5.5.

All gels were visually inspected for homogeneity after being set in the container and for any aggregates.

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The lotion formulation's smoothness was assessed by rubbing between fingers and observing whether the gel is smooth, clumped, homogenous, or rough.

The product's absorbency is measured by its perceived ability to penetrate the skin surface. The aloe vera lotion formulations all exhibited a light green appearance, with varying ratings from slow to fast surface under running water. The patient was monitored for irritancy, redness, and edema up to 24 hours, but no irritation or redness was observed on the skin.

For external use only

Apply lotion to dry skin, rub palms together, and massage into body in small circular motions.

II. CONCLUSION

The study explores the potential of herbal extracts in cosmetics, highlighting their potential in personal care and influencing skin biological functions. It highlights the safety and effectiveness of herbal cosmetics, suggesting they can help prevent skin problems.

The present work focuses on the potential of herbal extracts for cosmetic purposes. The uses of cosmetics have been increased in many folds in the personal care system. The use of bioactive ingredients in cosmetics influences biological functions of skins and provides nutrients necessary for healthy skin. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare as antioxidants.

The present study revealed that herbal cosmetics are very safe and do not produce any toxic and adverse reactions compared to marketed cosmetics products. Herbal lotion will avoid skin problems. The process of formulating herbal lotions involves a blend of ancient botanical wisdom and modern scientific methodologies. It involves ingredient selection, compatibility testing, and refinement to create effective, safe products. Batch F3 demonstrates superior performance. Regulatory compliance and market research optimize product success.

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