

Review on Herbal Cosmetics in Skin Care

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Abstract: *The concept of beauty and cosmetics is as ancient as mankind and civilization. Women are obsessed with looking beautiful. So, they use various beauty products that have herbs to look charming and young. Indian herbs and its significance are popular worldwide. An 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. Indian women have long used herbs such as Sandalwood and Turmeric for skin care, Henna to color the hair, palms and soles; and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash, herbal conditioner, herbal soap, herbal shampoo etc. The industry is now focusing on the growing segment with a vast scope of manifold expansion in coming years. Herbal cosmetics are defined as the beauty products which posses desirable physiological activity such as healing, smoothing appearance, enhancing and conditioning properties because of herbal ingredient. Here we reported the introduction, classification, common herbs used in cosmetics.*

Keywords: Herbal cosmetics, Skin care, Aloe vera, Coconut oil, Olive oil, Jojoba oil, Turmeric, etc

I. INTRODUCTION

Now-a-days the usefulness of herbs in the cosmeceutical production has been extensively increased in personal care system and there is a great demand for the herbal cosmetics. Cosmetics are the substances is to be applied to the human body for cleansing, beautifying, promoting attractiveness, and altering the appearance without affecting the body's structure or functions. The word cosmetic was derived from the Greek word "kosmtikos" meaning having the power, arrange, skill in decorating.

The origin of cosmetics was associated with hunting, fighting, religion and superstition and later associated with medicine. Various synthetic compounds, chemicals, dye are proved to cause various skin diseases having numerous side effects. Thus we are using herbal cosmetics as much as possible. The basic idea of skin care cosmetic lies deep in the, Ayurveda and unani and Homeopathic system of medicine. The herbs should have variety of properties like anti-oxidant, anti-inflammatory, antiseptic, emollient, anti-se borrhatic, anti-kerolytic activity and anti-bacterial etc Cosmetics are developed to reduce wrinkles, fight acne and to control oil secretion. for various types of skin ailments formulations like skin protective, sunscreen, anti-acne, anti-wrinkle and anti-aging are designed using varieties of materials, either natural or synthetic.

The skin and hair beauty of individuals depends on the health, habits, routine job, climatic conditions and maintenance. The skin due to excessive exposure to heat will dehydrate during summer and causes wrinkle, freckles, blemishes, pigmentation and sunburns. The extreme winter cause damages to the skin in the form of cracks, cuts, maceration and infections.

Cosmetics are an extremely various and diversified set of product including creams, powders, perfumes, lotions, washing products, and the wide sector of decorative cosmetics or makeup. Natural substances are extensively used in the preparations of cosmetics, and there is an ever growing interest in the understanding of their mechanisms of action, in order to achieve a more sophisticated targeted design of skin 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 compared to other beauty products, natural cosmetics are safe to use. They are hypo-allergenic and tested and proven by dermatologists to be safe to use anytime, anywhere. Since they are made of natural ingredients, people don't have to worry about getting skin rashes or experience skin itchiness. In the 21st century natural cosmetic is about developing "New skin care concept based on the perfect synergy between nature and technology, between the purest bioactive ingredients and premium performance innovation." Natural cosmetic philosophy is "Believe in the synergy of nature, in its simplest form, along with the most complex technology." Modern natural cosmetic products are free from potentially harmful substances and help promote our looks without damaging our skin..The present study collect the details of herbal plants were used in different cosmetics discusses the constituents and its activities in cosmetics preparations.^[1,2,3,4]

II. METHODS

NATURAL COSMECEUTICALS

Cosmeceuticals are future generation of skin care. They are the advances made within the world of dermatological products and the new backbone in skincare. Cosmeceutical are typically cosmetic-pharmaceutical hybrids intended to enhance the health and beauty of skin. Some cosmeceuticals are naturally-derived while others are synthetic, but all contain functional ingredients with therapeutic, disease-fighting or healing properties. Raymond Reed, Founder of U.S. Society of cosmetic chemist, created the concept of "cosmeceutical" was popularized by American dermatologist. The synthetic beauty products can irritate your skin, and cause pimples. They might block your pores and make your skin dry or oily. With natural cosmetics, one need not worry about these. The natural ingredients used assure no side effects; one can apply them anytime, anywhere. For example herbal cosmetics are free from parabens that are the most widely used preservative in cosmetics and can penetrate the skin.^[5,6,7,8]

SKIN CARE:

Coconut Oil:

Coconut oil is derived from the fruit or seed of the coconut palm tree *Cocos nucifera*, belonging to the Family *Arecaceae*. 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 and lower chain fatty acids. The melting point of coconut oil is 24 to 25°C (75-76°F) and thus can be used easily in liquid or solid forms and is often used in cooking and baking.^[9,10,11,12,13]



Fig 1. Coconut Oil

Kingdom –Plantae
Family – Poaceae
Genus – Cymbopogon
Species -C. Citratus

Uses:

1. Skincare products (creams, lotions)
2. Haircare products (shampoos, conditioners)
3. Soaps
4. Lip balms

Sunflower oil:

It is the non-volatile oil extracted from sunflower seeds obtained from *Helianthus annuus*, belonging to the Family Asteraceae. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. It is suspected of interfering with hormone function (endocrine disruption), carotenoids and waxes.

It has smoothing properties and is considered non-comedogenic. Simple yet cost-effective oil, well tried and tested for generations in a wide variety of emulsions formulated for face and body product.^[14,15,16,17,18]



Fig 2. Sunflower Oil

Kingdom –Plantae
Family – Asteraceae
Genus – *Helianthus*
Species– *H.annuus*

Uses:

1. Food industry (edible oil, snacks)
2. Cosmetics (skin care, hair care)
3. Pharmaceuticals (antioxidant, anti-inflammatory)
4. Traditional medicine (fever, cough, wound healing).

Olive oil:

This oil is a fixed oil extracted from the fruits of *Olea europaea*, belonging to the Family Oleaceae. The major constituents are triolein, tripalmitin, trilinolein, tristearate, monoesterate, triarachidin, squalene, β - sitosterol and tocopherol. It is used as skin and hair conditioner in cosmetics like lotions, shampoos etc.^[19,20,21,22,23]



Fig 3. Olive oil.

Kingdom –Plantae

Family – Oleaceae

Genus – Olea

Species– Olea europaea (European Olive)

Uses:

Moisturizer

Anti-aging cream

Acne treatment

Hair mask

Lip balm

Makeup remover

Skin toner

Jjoba oil:

It is a mixture of long chain, linear liquid wax esters extracted from the seeds of the desert shrub *Simmondsia chinensis*, and belonging to the Family *Simmondsiaceae*. Jojoba oil is easily refined to remove any odour, colour it is oxidatively stable, and is often used in cosmetics as a moisturizer and as carrier oil for exotic fragrances .^[24,25,26]



Fig 4. Jojoba Oil

Kingdom –Plantae
Family – Simmondsiaceae
Genus – Simmondsia
Species- S. chinensis

Uses:

1. Face moisturizer
2. Body lotion
3. Facial serum
4. Eye cream
5. Lip balm

ANTIAGING

Aloe vera:

Aloevera is an herbal plant species belonging to the Family Liliaceae.. 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. Aloe vera contains amino acids like leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A,B,C,E, choline, B12 and folic acid and provide antioxidant activity.^[27,28,29]



Fig 5. Aloe Vera

Kingdom –Plantae
Family – Asphodelaceae
Genus – Aloe
Species- Aloe barbadensis

Uses:

1. Face moisturizer
2. After-sun care
3. Skin toner
4. Acne treatment
5. Dark spot correction
6. Anti-aging serum

Carrot:

It is obtained from the plant *Daucus carota* belonging to the Family Apiaceae. It is a valuable herb since ages as due to its richness in Vitamin A along with other essential vitamins. Carrot seed oil is used as anti-aging, revitalizing and rejuvenating agent. The carrot gets its characteristic and bright orange colour from β -carotene, and lesser amounts of α -carotene and γ -carotene. α and β -carotenes are partly metabolized into vitamin A in humans.



Fig 6. Carrot

Kingdom –Plantae

Family – Apiaceae

Genus – Daucus

Species– Daucus carrot

Uses:

1. Anti-aging: reduces fine lines, wrinkles, and age spots
2. Brightens complexion
3. Hydrates and moisturizes
4. Protects against sun damage (UV protection)
5. Soothes and calms irritated skin

Neem:

Neem or Margosa is a botanical relative of mahogany. It is belonging to the Family Meliaceae. The common treatment for the dandruff is neem as it produces antifungal, antibacterial, pain-relieving, and anti- compounds that would treat dandruff.^[33,34,35]



Fig 7. Neem

Kingdom –Plantae
Family – Meliaceae
Genus – Azadirachta
Species- Azadirachta indica

Uses:

1. Face masks
2. Moisturizers
3. Serums
4. Soaps
5. Shampoos
6. Body washes
7. Lotions
8. Creams

Turmeric:

It is a deep yellow-to-orange powder that comes reduce the number of ultraviolet B (UVB)-induced sunburn cells in mice .Turmeric contains a wide range of phytochemicals including, demethoxycurcumin, bisdemethoxycurcumin, zingiberene, curcamol, curcumenol, eugenol,m tetrahydrocurcumin, triethylcurcumin, curcumin, turmerin, turmerones.. It is used as anti-septic, analgesic, anti-inflammatory, anti-oxidant, anti-malarial, insect-repellant, and other activities associated to turmeric.^[36,37,38]



Kingdom –Plantae
Family – Zingibraceae
Genus – Curcuma
Species- Curcuma longa

Uses:

1. Face masks
2. Moisturizers
3. Serums
4. Spot treatments
5. Exfoliants
6. Body scrubs
7. Soaps
8. Creams

Rose oil:

Roses are widely referred to as the world's favorite flower in part due to their vast diversity in plant habitat. There are mainly four species of roses for oil production. These are *Rosa amascene* mill.R. Gallical, *R. moschata*herrm, and *R. centifolia*L. Rose oil and rose water have many therapeutic effects.^[39,40,41]



Fig. 9 Rose Oil

Kingdom –Plantae

Family – Rosaceae

Genus – Rosa

Species- Rosa spp. (many species)

Uses:

1. Face moisturizers
2. Serums
3. Eye creams
4. Face masks
5. Body oils
6. Lip balms
7. Soaps

III. RESULTS & DISCUSSION

Skin care:

In this study prove effective and safe, when used as a moisturizer with absence of adverse reaction. Theherbal plants like coconut oil, sunflower oil, jojoba oil, olive oil, aloe vera. Coconut oil is excellent as a skin moisturizer and softener. A study shows that extra virgin coconut oil is effective and safe when used as a moisturizer, with absence of adverse reactions. A study found that coconut oil helped prevent protein loss from the wet combing of hair when used for fourteen hours. 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. Carrot seed oil is used as anti-aging, revitalizing and rejuvenating agent.^[42,43,44]

Skin protection:

The plants produce anti-septic, anti-inflammatory, anti-oxidant, insect repellent, help in wound healing and skin protection. Green tea, calendula, turmeric, shikakai, rose oil. It was found that green tea extracts or an individual green tea polyphenol (GTPP), especially epigallo catechin (EGC)-3-gallate (EGCG), inhibited two-stage chemical

carcinogenesis (e.g., induced by 7,12-dimethylbenz(a) anthracene [DMBA] and 12-O-tetra-decanoylphorbol 13- acetate [TPA]), and photo carcinogenesis (induced by UVB). Rose oil helps soothe the mind and heals depression, grief, nervous stress and tension. It also helps to heal wound and skin health.^[45,46,47]

IV. CONCLUSION

There are numerous herbs available naturally having different uses in cosmetic preparations for skincare, hair care and as antioxidants. The current review highlights importance of herbal cosmetics, the herbs used in them and their advantages over the synthetic counterparts. The present study revealed that herbal cosmetics are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. We suggest that, we use herbal cosmetics in future, we will avoid skin problems.

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