

# Review on Herbal Lotion

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**Abstract:** *The herbal cosmetics are those when natural herbs and their products used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations that is for external application without friction. They are applied directly on the skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Formulation of aloe Vera lotion, formulation of menthol lotion and with arrow root powder is prepared using different composition. The focus of the present research was to formulate. The herbal lotion for the occasion of moistening and nourishing the skin .<sup>[1,2]</sup>*

**Keywords:** Herbal Cosmetic, Herbal Lotion, Aloe Vera, Honey, Camphor, Neem, Carrot, Lemon, Turmeric, Papaya

## I. INTRODUCTION

Herbal Lotion, here 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 advantages only, shall be called as "Herbal Cosmetics". The herbal lotion is those when natural herbs and their products Used for their aromatic value in cosmetic preparation among consumers for herbal products triggered the Demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations that is for external application without friction. They are applied directly to skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Lotion may be used for Local action as cooling, soothing or protective purposes. A herbal lotion is a liquid preparation, applied externally on the skin to produce or enhance a beautification. Lotions are used for washing the skin and to remove the oily secretions. It increases the blood circulation, emollience, extended to astringency, skin freshness, bleaching and other medicinal properties. Herbal Lotions are usually applied without friction. The insoluble matter should be finely split as particles approaching colloidal dimensions are more soothing to inflamed areas and are more effective in contact with infected surfaces. A wide variety of ingredients may be added to the preparation to produce greater dispersion or to accentuate the cooling, soothing, drying, or protective properties of the lotion. 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. The present study collects the details of herbal plants were used in herbal lotion discusses the benefits and its activities in cosmetics preparation. The ayurveda traditionally uses herbs and plants to treat various diseases. The function of a skin lotion is to opposed to skin against different environmental condition, weather and gives soothing effect to the skin. <sup>[3,4,5,]</sup>

## HUMAN SKIN

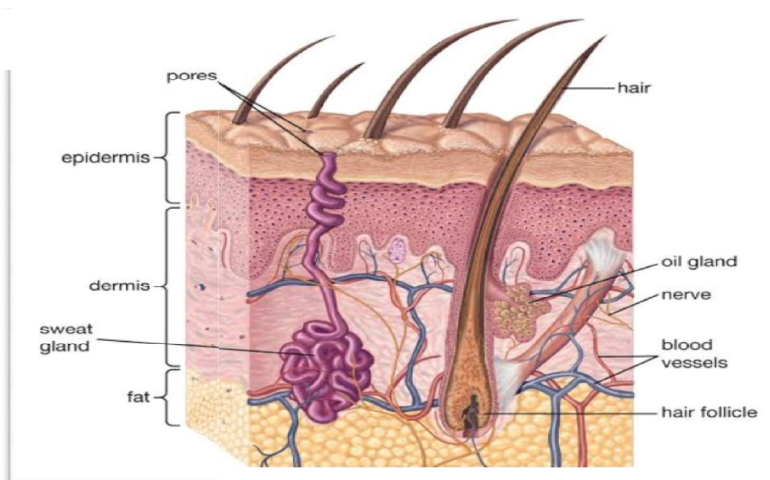
The skin is the largest organ of the body, with a entire area of about 20 square feet. The skin protects us from germs and the elements, helps regulate body temperature, and permits the sensations of touch, heat, and cold.

### Structure Of Skin :

The epidermis, the outermost layer of skin, provides a waterproof barrier and creates our skin tone.

The dermis, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands.

The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue. The skin colour is created by special cells called melanocytes, which produce the pigment melanin. Melanocyte is located in the epidermis. <sup>[6,7]</sup>



**Fig 1. Structure Of Skin**

#### **Use Of Ingredients in Lotion:**

1. Aloe Vera
2. Lemongrass
3. Lemon
4. Carrot
5. Honey
6. Neem
7. Termeric
8. Comphor

#### **Ideal Properties of Herbal Lotion:**

- They should give cooling effect on application.
- They should be free from particles.
- They should produce emollient effect.
- They should remove the oily secretion upon application.
- They should spread uniformly on the skin surface.
- They should not cause any skin toxicity.
- They should be compatible with skin ph.

#### **Lotion Benefits**

- Re-hydrate dried skin.
- Replenish extra dry or rough spots on the skin.
- Smooth calluses.
- Feel and smell good.
- Help yourself relax.
- Soften the roughest parts of your body.
- Make your skin glow.

Applying lotion is one of the few cheap ways that people can pamper themselves. Bath body lotion seal moisture into the skin to prevent drying, while body care lotion softens rough elbows and heels, along with other dry areas of the skin. A quality body skin lotion can work wonder on scaly, dehydrated skin that feels rough and looks unattractive, and

hand body lotion works especially well on the hands and feet, but can be applied all over the body. As millions of users will agree, body lotion provide many benefits to people who make time to use it on a regular basis. <sup>[12,13,14]</sup>

### **Advantages Of Herbal Lotion**

They do not provoke allergic reactions and do not have any negative side effects.

They are easily incorporated with skin and hair.

These are very effective than other cosmetics with small quantity.

Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.

Easy to available and found in large of variety of plants.

They have more stability, purity, efficacy, with their herbal constituents.

Easy to manufacture.

The storage and handling of herbal cosmetics is easier and for prolong period.

Cheap in cost .

### **1. Aloe Vera**

Aloe stimulates fibroblast which produced the collagen and elastin fibres making the skin more elastic and less wrinkled. It also has cohesive effect on the superficial flaking epidermal cells by sticking them together, which softens the skin. (4) Aloe Vera is a belongs to the Liliaceae family and is often used in cosmetics for lotion. It has a healing impact on Skin wounds and has the ability to moisturise and soften the skin. Aloe vera's Antimicrobial and hydrating properties protect skin Against microbial degradation and keep it from Becoming dry and harsh. Aloe vera's cooling action Offers a cooling feeling and inhibits the onset of sunburn. This medication is use as a moisturizer to treat or prevent dry, rough, scaly, itchy skin and minor skin irritations. <sup>[8,9]</sup>

**Kingdom** –Plantae

**Family** – Asparagales

**Genus** – Aloe

**Species** – Aloe barbadense

### **Use of Aloe Vera:**

- 1.Help out moisturize the skin.
- 2.Boosts healing of wounds.
- 3.Fight skin-ageing.
- 4.Reduces infection and acne.
- 5.Lighten blemishes on the face.



**Fig 2. Aloe Vera**

### **Lemongrass**

Lemon grass is large, perennial sedge, which is a Dense rhizome with dense leaf cluster. Lemon grass is a tall plant having enormous Stripy leaves with an uneven edge. It is known for it is smoky, sweet, herbaceous and lemony Fragrance. Treatment with moisturizer aims at Maintaining skin integrity and the well-being by providing a healthy appearance of the individual. Today's skin-care consumer is presented with a wide formation of available products to treat dry skin and the choices for the individual consumer seem endless. (32) Lemongrass Lotion is full of Hydrating, Moisturizing, Healing and Vitamin Rich Ingredients that instantly restores, balances, and soften your skin. It is excellent for normal skin, oily skin or dry skin.

**Kingdom** –Plantae

**Family** – Poaceae

**Genus** – Cymbopogon

**Species** · C. Citratus

### **Benefits :**

Lemongrass is full of vitamin A and C, It help to restore, nourish and replenish your beautiful skin with all the vitamins it needs the most. It also has astringent properties which help to minimize your pores as well as balance the oil production in your skin which reduces the appearance of those pesky pimples on your skin.

Lemongrass has the additional aromatherapy benefit of boost your mood and helping you focus throughout the day. [10,11]



**Fig 2. Lemongrass**

### **3. Lemon**

Lemon: Citrus lemon is too known as a lemon.

It belongs to the family Rutaceae.

**Kingdom** –Plantae

**Family** –Rutaceae

**Genus** –Citrus

**Species** · C. limon

### **Uses of Lemon**

It has a antifungal property

It helps in the skin lightening. [15,16]

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**Fig 4. lemon**

#### **4. Carrot**

It is commonly known as a carrot

**Kingdom** –Plantae

**Family** – Apiaceae

**Genus** – Daucus

**Species** – Daucus carota

#### **Uses:**

It is to increase the of vitamin A in the Body. It is used to prevent cancer because it various vitamins to the human body. It increases the nutritional deficiency of the body. It is good wound healing properties.

It comes from the plant Daucus carota, which has a Place with the Apiaceae family.

Because of its high Nutrient A substance and other significant nutrients, it Has been a helpful plant for some, years.

Carrot seed oil Is a reestablishing, invigorating, and hostile to maturing Substance. <sup>[17,18]</sup>



**Fig 5. Carrot**

## 5. Honey

**Kingdom:** Animalia

**Family:** Apidae

**Genus:** Apis

**Species:** Apis Mellifera

**Class:** Insecta

### Uses

Glowing Skin

Boosts Healing

May Help Other Skin Condition

Great Moisturizer

Scalp Cleanser

Antibacteria

Honey is an antibacterial product meaning that it fights bacteria. Honey prevents bacterial infection it can be so moisturizing.

It minimizes pores, fights bacteria, and keeps your skin smooth and young. <sup>[19,20]</sup>



**Fig 6. Honey**

## 6. Neem

Neem is a member of the Meliaceae family and has Antibacterial and moisturising properties, making it a Common ingredient in cosmetics for external use. Neem Soap is used to treat minor skin infections or as a Preventative measure against fungal infection. neem as the main component has anti-acne, Anti-wrinkles, anti-ageing, and anti-microbial properties, as well as hydrating and pimple-reducing properties The natives of India use Azadirachta indica or neem. Neem is respected by Ayurvedic practitioner for its ability to support healthy skin. Neem relieves Dry Skin, Psoriasis, Scabies, Itchy skin, Rashes, and Topical skin issues. Neem have Hydrating and nourishing the Skin. Neem is used in the treatment of acne and pigmentation of other. <sup>[21,22]</sup>

**Kingdom:** Plantae

**Family:** Meliaceae

**Genus:** Azadirachta

**Species:** A. Indica

**Class:** Magnoliopsida



**Fig 7. Neem**

### 7. Turmeric

Curcumin from turmeric is an active ingredient In skin care and cosmetic industries as a natural Colorant. It is commonly used together with milk internally and lotion topically as a skin Beautifier in Indian tribes, races, creeds, and beliefs. Turmeric extract is administered to the bride and Groom's skin prior to wedding ceremony in various Parts of India, Bangladesh, and Pakistan, with the belief That it will make the skin glow and keep harmful microorganisms. It Is also proven to inhibit unwanted hair from growing on female skin and limit growth of Feminine facial hair. <sup>[23,24]</sup>

**Kingdom:** plantea

**Family:** zingiberaceae

**Genus:** curcuma

**Species:** C.longa

**Class:** Liliopsi



**Fig 8. Turmeric**

### 8. Camphor

Camphor or *Cinnamomum camphora* has an aroma that is fresh, clean and very piercing. The action on the skin is cooling, therefore reduces inflammatory conditions.

Oily skins seem to benefit most and it has been used in cases of acne, burns and ulcers. Cold compresses for bruises and sprains are usually effective<sup>[25,26]</sup>

**Kingdom:** Plantae

**Family:** Lauraceae

**Genus:** *Cinnamomum*

**Species:** *C. Camphora*

**Class:** Magnoliopsida



**Fig 9. Camphor**

### 9 . Papaya

It helps in removing dead skin cells.

It help prevent balding.

It is used to treat sore and cracked heels.

Used for skin whitening.

Papaya is a Source of nutrient with a number of health benefits. Papaya is also well of in vitamin A. Although it is believed that vitamin A might play a role in the development and treatment of acne, the impact of diet on acne remains unclear. Papaya is indicated that much of the skin damage and wrinkling that occurs with aging can be attributed to excessive free radical activity. Papaya may also help improve the elasticity of skin and minimize the appearance of wrinkles<sup>[27,28]</sup>

**Kingdom:** Plantae

**Family:** Caricaceae

**Genus:** *Carica*

**Species:** *C. Papaya*

**Class:** Magnoliopsida





**Fig 10. Papaya**

**General method for preparation of herbal lotion:**

**• Pharmaceutical Preparation of Lotions:**

Lotions are liquid preparations meant for external use without friction.

They are applied directly to the skin with the help of some absorbent material, such as cotton wool, gauze soaked in it.

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.

It is applied for antiseptic action, astringent action, germicidal action eg, Aloe Vera lotion Alcohol is sometimes included in aqueous lotions for its cooling and soothing effect.

Lotions are prepared by triturating the ingredients to a smooth paste and then adding the remaining liquid phase with trituration.

**Evaluation Parameters**

**Spread ability:-** It is the term expressed to denote the extent of area to which formulation Readily spreads on application to skin or affected part. The therapeutic efficacy of a formulation Also depends upon its spreading value.

**It is calculated by using the formula:**

$$S = M. L / T$$

Where, M = weight tied to upper slide

L = length of glass slides

T = time taken to separate the slides

**Determination of pH:-** pH of 1% aqueous solution of the formulation was measured by Using a calibrated digital pH meter at constant temperature. pH value of the formulation is 5.5.

**Homogeneity:-** All developed gels were tested for homogeneity by visual inspection after the gels have been set in the container. They were tested for their appearance and presence of any Aggregates.

**Viscosity:-** The measurement of viscosity of the prepared gel was done with a Brookfield viscometer spindle no.7 and speed 60rpm at 25. C.

**Smoothness:-** The smoothness of the lotion formulation was tested by rubbing between the fingers and observes whether the gel is smooth, clumped, homogenous or rough.

**Absorbency:** - Rated at which product is perceived to be absorbed into skin. Evaluated by noting changes in skin surface. Rated slow-moderated-fast.

**Consistency and Gressiness:** They both was checked by applying on skin.

**Appearance:** - All the formulations of aloe vera lotion were light green.

**Washability:** - The product was applied on hand was observed under running water.

**Irritancy test:** - The lotion was applied on left hand dorsal side surface of 1sq.cm and observed in equal intervals up to 24hrs for irritancy, redness and edema. The did not produce any Irritation or redness on skin. <sup>[29,30,31]</sup>

## II. CONCLUSION

The present work focus on the potential of herbal extracts from cosmetic purposes. The uses of cosmetic have been increased in many folds in personal care system. The Use of bioactive ingredient in cosmetic influence biological functions of skins and Provide nutrients necessary for the healthy skin. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare as antioxidants. The present study revealed that herbal cosmetic are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. Herbal Lotion we will avoid skin problems.

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