

## A REVIEW ON HERBAL COSMETICS

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### ABSTRACT

Herbal cosmetics are formulated with botanical ingredients aimed at addressing various health issues while enhancing skin appearance without causing harm. A wide array of naturally occurring herbs is utilized in cosmetic formulations, each serving distinct purposes. This review emphasizes the significance of herbal cosmetics, the specific herbs incorporated, and their benefits in comparison to synthetic alternatives. The adoption of herbal cosmetics in personal care has risen, reflecting a growing consumer preference for natural products. The findings of this review suggest that herbal cosmetics are generally safe and do not elicit toxic or adverse reactions when compared to conventional cosmetic products.

**Keywords:** Natural Herbs, Herbal Product, Care, Skin & Hair.

### 1. INTRODUCTION

Herbal cosmetics are distinguished by their formulation, which is exclusively derived from herbs and shrubs, rendering them free from adverse side effects. The inherent properties of these natural ingredients do not negatively impact the human body; rather, they supply essential nutrients and beneficial minerals. When natural herbs and their derivatives are utilized for their aromatic properties in cosmetic formulations, they are classified as herbal cosmetics. These products are specifically designed for application on the body to cleanse, beautify, modify appearance, and enhance appealing features.

### 2. HERBAL COSMECEUTICALS

Cosmetics that incorporate an active ingredient derived from plant sources are commonly referred to as herbal cosmetics. Cosmetic Preparation are divided into 3 categories-

Solid: Face Powder, Talcum Powder, Compact Powder

Semisolid: Cream, Ointment, Liniments

Liquid: Lotion, Hair Oil, Shampoo, Mouthwashes, Sprays etc.

Advantages of Herbal Cosmetic on Traditional Cosmetics-

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. Cosmetics that contain active components sourced from plants are typically known as herbal cosmetics.
5. Easy to available and found in large of variety of plants.
6. They have more stability, purity, efficacy, with their herbal constituents.

Application of Herbal Products in-

- Herbal skin care products : Lavender silk soaps, Lotion creams, Body powder, Lavender herbal body powder , 7 skin care creams.
- Herbal hair care cosmetics : Henna ( LawsoniaInermis), Amla ( Emblica Officinalis), Shikakai ( Acacia Concinna), Brahmi ( Bacopa Monnieri), Bhringraj etc.
- Herbal Lip Care Cosmetics : Herbal Lipsticks , Herbal Lip Gloss , Herbal Lip Balm , Herbal Lip Plumper.
- Herbal Eye Care Cosmetics : Eye makeup ,Eye Shadows, Eye Gloss , Liquid Eye Liners.
- Creams : Aloe Moisturizing Hand Cream , Rich Face and Hand Cream, Herbal Moisturizers.
- Herbal Oils : These are effective for Baldness, falling of hair , thinning of hair , dandruff , irritation and itching of scalp , patchy baldness and maintenance of fine head of hair.
- Herbal perfumes & Fragrances : Citrus Fragrance : The light , fresh character of citrus notes ( bergamot, orange, lemon, petitgrain, mandarin etc.) is often combined with more feminine scents (flower, fruits and chypre).
- Chypre Fragrance : Based on a woody , mossy and flowery complex, sometimes with aspects. Chypre fragrances smell slightly dry , not very sweet.

### 3. MATERIALS

Raw Materials Generally Used in Herbal Cosmetics -

1. Oils: Oils, sourced from both plant and mineral origins, are utilized in the formulation of cosmetic products. Examples of vegetable oils are almond oil, argan oil, castor oil, olive oil and coconut oil. Examples of mineral oils are light and heavy paraffin.
2. Waxes: Waxes are esters formed through the condensation reaction between high molecular weight straight-chain fatty acids and high molecular weight straight-chain monohydric alcohols belonging to the methanol series. Example- Beeswax, Carnauba wax, Spermaceti & Paraffin wax.
3. Colours: The utilization of colors in cosmetics has a long-standing history, dating back to ancient times. Various natural pigments, including cochineal, saffron, and chlorophyll, have been employed, alongside essential oils derived from flowers such as rose, jasmine, lavender, and geranium. Additionally, other aromatic substances like champa, cinnamon, neroli, clove, ambrette, and sandalwood have also contributed to the palette of cosmetic formulations.
4. Protective Agents: In the formulation of creams, silicones act as protective agents; a combination of silicones with other barrier agents like petroleum jelly, beeswax, paraffin etc can produce excellent barrier creams. Examples- Bleaching Agents, Hydroquinones, Catechol and its derivatives and Ascorbic Acid and its derivatives
5. Oxidizing Agents : Hydrogen peroxide is commonly employed as an oxidizing agent in skin bleaching formulations. Additionally, zinc peroxide is occasionally utilized in anhydrous ointments as a bleaching agent, although the efficacy of zinc peroxide remains unverified.
6. Opaque Covering Agents : Numerous cosmetic formulations that incorporate white or light-colored pigments such as titanium dioxide, zinc oxide, talc, kaolin, and bismuth can effect a significant yet transient alteration in skin tone.
7. Preservatives : These agents are employed to inhibit the deterioration of cosmetic products. They result from the oxidation processes of oils and fats, as well as the proliferation of microorganisms. Examples- Organic acids, Alcohols, Aldehydes, Phenolics, Esters, Mercury, Surface active agents and Miscellaneous compounds.
8. Antioxidants: Natural antioxidants, such as tocopherols found in fats and oils, are eliminated during the refining process. Examples- Amines, Phenol, Quinones, Esters, Organic acids, and Alcohols.

Herbs for skin cosmetics

Latin Name	Common Name	Part used	Uses
Acorus calamus	Sweet flag	Rhizome	Aromatic, Dusting powder, Skin Lotion
Allium Sativum	Garlic	Bulb	Promote skin healing , Antibacterial
Aloe Vera	Aloe	Leaf	Moisturizer, Sun Screen Emollient
Alpinia Galangal	Galangal	Rhizome	Aromatic, Dusting powder
Avena Sativa	Oat	Fruit	Moisturizer , skin tonic
Azadirachta indica	Neem	Leaf	Antiseptic ,dark spots, antibacterial
Centella asiatica	Gotu cola	Plant	Wound healing, reduce stretch marks creams
Cichorium intybus	Chicory	Seed	Clear skin of blemishes
Citrus aurantium	Orange	Peel	Skin cream, anti – acne , antibacterial
Curcuma longa	Turmeric	Rhizome	Antibacterial, antimicrobial skin creams

#### Herbs for Hair

Latin Name	Common Name	Parts used	Uses
Aloevera	Aloe	Leaf	Moisturizer, shampoos
Azadirachta indica	Neem	Leaf	Antif-atigue graying of hair, Alopecia
Bacopamonnei	Brahmi	Entire herb	Hair growth, Good for sleep, shampoos
Citrus Lemon	Lemon	Peel	Prevent hair loss
Eclipta alba	Bhringraj	Plant	Promoting hair growth, Shampoos, Hair oil
Embllica officinalis	Amla	Fruits	Hair care, prevents grayness, Anti stress
Lawsonia alba	Heena	Leaf	Hair growth, Natural conditioner
Triticum sativum	Wheat germ	Germ	Natural source of Vit.E, shampoos
Rosa centifolia	Gulab	Rose	Coolant , antifatigue
Acacia concina	Shikakai	Pod	Natural cleansing agent Detergent
Cedrus Deodar	Deodar	Wood	Soap, Shampoo

#### 4. METHOD

In earlier time, herbs were used for both medicinal purpose as well as for beautification. These had been used in both forms, i.e. freshly & in dried form these can be used by mashing & directly applying to the body with or without using other ingredients. Herbs can be used in the form of following.

- Infusions: these are basically strong teas of herbs and can be prepared either in china clay pots or stainless steel vessels.
- Decoction: these are prepared by boiling the herb with water.
- Extracts and tinctures: extract are generally prepared with hydro alcoholic solvents with high percentage of alcohol.
- Flower waters: flower waters are made in the same way as infusions. The same proportion of herbs and water can be used.

#### EVALUATION PARAMETER

- Physical Appearance
- PH Determination
- % Free Alkali Contents
- Foamability
- Foam Stability
- Moisture Content
- Alcohol Insoluble Matter

#### 5. SUMMARY AND CONCLUSION

Herbal cosmetics are formulated with botanical ingredients aimed at addressing various health issues while enhancing skin appearance without causing harm. A wide array of naturally occurring herbs is utilized in cosmetic formulations, each serving distinct purposes. This review emphasizes the significance of herbal cosmetics, the specific herbs incorporated, and their benefits in comparison to synthetic alternatives. The adoption of herbal cosmetics in personal care has risen, reflecting a growing consumer preference for natural products. The findings of this review suggest that herbal cosmetics are generally safe and do not elicit toxic or adverse reactions when compared to conventional cosmetic products.

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