



HERBAL COSMETICS

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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. Herbal cosmetics having 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 effect with synthetic drugs. Herbs and spices have been used in maintaining and enhancing herbal beauty since time immemorial. Indian women have long used herbs such as sandal wood and and turmeric for skin care; Henna to colour the hair, palm, 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.

KEYWORDS: Cosmetics, Hair, Medicinal plant, Skin.

INTRODUCTION

The word cosmetic was derived from the Greek word “kosm tikos” means having the power. Arrange ‘skill in decorating. The origin of cosmetics forms a continuous narrative throughout the history of man as they developed. The man in prehistoric times 3000BC used colours for decoration to attract the animals that he Wished to hunt and also the man survived attack from the enemy by colouring his skin and adorned his body for protection to provoke fear in an enemy (whether man or animal). The origin of cosmetics were associated with hunting, fighting, religion and superstition and later associated with medicine. The knowledge finally dissociated from medicine and finally to pharmacy. The man from ancient time had the magic up towards impressing others with their looks; at the time there were no fairness creams or any cosmetics surgeries to modify the appearance. 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 sun burns. The extreme winter cause damages to the skin in the form of cracks, cuts, maceration and infections. The skin diseases are common among all age groups and can be due to exposure towards microbes, chemical agents, biological toxin present in the environment and

also to some extend due to malnutrition The only factor they had to rely on was the knowledge of nature compiled in the ayurveda. The science of ayurveda had utilized many herbs and floras to make cosmetics for beautification and protection from external affects. The natural content in the botanicals does not cause any side effects on the human body; instead enrich the body with nutrients and other useful minerals. The cosmetics according to the Drugs and Cosmeties Act is defined as articles intended to be rubbed, poured, sprinkled or sprayed on. Introduced into or otherwise applied to the human body or any part there of for cleansing, beautifying, promoting attractiveness or altering the appearance.^[1]



Figure 1: A. barbadensis.

Aloe (*A. barbadensis*)

Aloe is popularly known as aloe vera. It is a habitat of canary island. Aloe vera has thick juicy leaves. It is used in cosmetics for its anti-inflammatory and moisturizing effects. Several companies are making aloe vera gel, whole leaf extract and dry powders. Aloe vera can be used in skin and hair cosmetics.



Figure 2: *Amygdalus communis*.

Almond (*Amygdalus communis*)

Sweet almond oil is similar to other fruit kernel oils like apricot, peach. These oils are nondrying and therefore, are useful on dry skin. These are good emollient and can be included in cosmetic bases. Almond meal is used in scrubs for its cleansing and emollient quality.^[2]



Figure 3: *Ocimum minimum*.

Basil (*Ocimum minimum*, *O. basilicum*)

Basil contains an essential oil. It has antiseptic properties. Essential oil of basil has been used with lavender oil as expensive hair dressing.



Figure 4 : *Beta vulgaris*.

Beet (*Beta vulgaris*)

Its juice can be used as face wash. Mashed and cooked beet mixed with yogurt can be used as face mask.^[3]



Figure 5: *Theobroma cacao*.

Cacao (*Theobroma cacao*)

The fat obtained from seeds is known as cocoa butter. This fat smells like chocolate. Cocoa butter is used in ointments, creams and lotions as emollient. Mixed with other vegetable oils and coconut oil it makes a good skin softening and suntan lotions.



Figure 6: *Matricaria chamomilla* Species.

Camomile (*Matricaria chamomilla* Sp.)

Several species of camomile are used. Camomile flowers with henna can be used for highlighting hair dark red with yellowish highlights. Egyptians used it in massage oils to remove aches and pains. Its root is used for toothache.^[4]



Figure 7 : *Taraxacum* Species.

Dandelion (*Taraxacum* sp.)

Dandelion greens are very high in vitamin A content. In fact, they contain this substance more than carrots and apricot. They are useful in facial steams and packs.



Figure 8: Rumex alpinus.

Dock (Rumex alpinus, R. crispus and other sp.)

This herb is mild astringent and detergent. It can be used in bath herbs and facial washes. It contains vitamin A. Infusion of dock is also used as cleansing mouth wash. Dock root is also used as dentifrice.^[5]



Figure 9: Sambucus Canadensis.

Elder (Sambucus canadensis, S. nigra)

Elder leaf water is used for cooling and softening skin. Elder berries boiled in wine or vinegar make a black hair dye. Elder flower can be added to bath water to ease irritable skin.



Figure 10: Eucalyptus Species.

Eucalyptus (Eucalyptus Sp.)

Leaves are used in bath herbs for their antiseptic action and good smell. Leaves are also useful in mixtures of herbs for dandruff. Aromatic oil, especially from lemon scented eucalyptus (E. citriodora) is used in soap making. Eucalyptus oil can also be added in massage and bath oils.^[6]



Figure 11: Foeniculum vulgare.

Fennel (Foeniculum vulgare)

Grounded seeds of fennel are used in facial steams. Fennel oil is used in perfumery and for scenting soaps.



Figure 12: Trigonella foenum-graecum.

Fenugreek (Trigonella foenum-graecum)

It is a traditional component of hair care. It is used for its cleansing and softening activity. It promotes the health of scalp. It can be used in hair care and skin care products.^[7]



Figure 13: Allium sativum.

Garlic (Allium sativum)

Mashed cloves can be applied externally for swellings, sores and on pimples and acne. However, its smell may be offending to some. Infusion of garlic in water or vinegar makes an excellent dandruff potion.



Figure 14: Geranium Species.

Geranium (Geranium Sp.)

Geranium leaves are astringent. The root of wild geranium is called alum root because of its astringent properties. Geranium flowers can be used in facial steams and masks and hair rinses. Geranium is obtained by distillation of the leaves and stems of various species of the pelargonium.^[8]



Figure 15: Lawsonia alba.

Henna (Lawsonia alba or L. inermis)

It is famous Egyptian herb and has been used thousand of years. The powdered leaves can be mixed with other herbs to make colour rinses for the hair. The leaves can also be used as a wash for cleaning up skin affections. Mixed with camomile and simmered in oil, henna makes a good massage oil. Flowers of henna can be used in massage oils.



Figure 16: Lonicera Caprifolium.

Honey suckle (Lonicera Caprifolium)

Distilled water of honey-suckle can be used as a wash for delicate skin. Flowers infused in oil make a good massage or body oil. Honeysuckle bark oil can be applied to wrinkles.^[9]



Figure 17: Indigofera tinctoria.

Indigo (Indigofera tinctoria)

A black blue dye is extracted from this plant by fermentation. This dye can be used as dye stuff for the hair. In dilute solution, it can be used as hair rinse.



Figure 18: Chondrus crispus.

Irish Moss (Chondrus crispus)

It is a sea plant. It contains a substance known as carrageen. Carrageens of different grades are available and are used as suspending agents in creams and pastes. It is a soothing emollient and is useful in dry or ageing skin problem.^[10]



Figure 19: Pilocarpus jaborandi.

Jaborandi (Pilocarpus jaborandi)

It has special reputation as a stimulant for hair growth. It contains pilocarpine and can be dangerous if ingested internally. It is used in shampoos and herbal hair rinses.



Figure 20: Juniperus communis.

Juniper (Juniperus communis)

Juniper berries are used in baths for aching muscles. Juniper oil is used in soap making. Juniper oil can also be used in massage or bath oils.^[11]



Figure 21: *Lavandula officinalis*.

Lavender (*Lavendula vera*, *Lavandula officinalis*)

It was used in earlier days as a condiment and to flavour dishes. Now it is used as aromatic and carminative. Lavender oil is distilled from flowers and leaf tops. Lavender oil can be used externally for stimulating sore, exhausted muscles. Lavender water can be applied to pimples, wounds and acne for its antiseptic proportion. Dried plant can be added to bath herbs and facial steams. Lavender oil is also used in perfumery.



Figure 22: *Citrus aurantifolia*.

Lime (*Citrus aurantifolia* or *C. limetta*)

Lime juice is used in the same way as lemon juice. The juice diluted with water makes a good skin freshener. The oil is used in perfumery and soaps.^[12]



Figure 23: *Calendula officinalis*.

Marigold (*Calendula officinalis* and often *Tagetes* spp.)

Water infusion of flowers can be used as a wash for sore, irritated skin. It can also be used as lightening rinse for the hair. It is stimulant and diaphoretic. For babies bath, a mixture of camomile, marigold and comfrey can be used.



Figure 24: Various sp. of *Mentha*.

Mints (various sp. of *Mentha*)

Mints are aromatic stimulants, somewhat astringent. They produce wonderfully fragrant oils. Spearmint can be used in bath herbs. Mint with rosemary and vinegar forms a wash for dandruff. Peppermint oil obtained from mint plants is used in medicines, foods and cosmetics.^[13]



Figure 25: *Urtica dioica*.

Nettles (*Urtica dioica*)

This herb can be used in herbal baths to stimulate the skin and to improve circulation. It can also be used in herbal hair rinses. It stimulates growth of hair and improves the condition of scalp. An infusion of nettle and rosemary can be brushed into the hair and rubbed on to scalp every day.



Figure 26: *Myristica fragrance*.

Nutmeg (*Myristica fragrance*)

Extract of nutmeg is used in perfumery generally with other essential oils such as sandalwood lavender, patchouli and vetiver. Nutmeg is also used as massage oil to stimulate circulation.^[14]



Figure 27: Avena sativa.

Oats (Avena sativa)

Gruel resulted from cooked oats can be preserved in a loose cheese cloth bag and can be added to bath water to make a soothing liquid for itchy skin or for insect bites. Oat meal water is also good for soothing effect on baby's diaper rash. Oats coarsely powdered and mixed with honey makes a good facial scrub. Oat meal can be added in face and body scrubs.



Figure 28: Olea europaea.

Olive (Olea europaea)

Olive oil can be used in body and massage oils. It can also be used in creams and lotions. Soap made from olive oil is hard but is very mild on the skin. Olive oil infused with chamomile flowers make a good massage oil for babies. A mixture of rosemary oil and olive oil is a good tonic for dry hair or as massage oil for sluggish scalp. It is used as cuticle oil. It has been stated to be useful in stretch marks for pregnant stomach and breasts.^[15]



Figure 29: Carica papaya.

Papaya (Carica papaya)

The ripe fruit of papaya is mashed and used in masks to decrease an oily complexion. Mixed with oat meal mashed seeds make cleansing grains. "Milk" from the stalk of papaya plant is used as an exfoliant. Dried leaves mixed with cornmeal make a good mask for normal to oily skin for removing scaly, crusty skin.



Figure 30: Primula vulgaris.

Primrose (Primula vulgaris)

Decoction of primrose makes a good face wash. Its flowers are used in the same way as that of cowslip. The evening primrose is very aromatic, astringent and sedative. For these properties, it is used in bath herb mixtures. Some species of primrose can cause skin irritation.^[16]



Figure 31: Chips of quassia.

Quassia (Picraena excelsa, Quassia amara)

Chips of quassia can be added to hair rinse mixtures for cleansing the scalp and dandruff. They are light coloured wood. It will be useful to use them on light coloured hair.



Figure 32: Quince seeds.

Quince (Pyrus cydonia, Cydonia oblonga)

Quince seeds soaked in water form a soothing emollient gel. The gel made with rose water or witch hazel is an

excellent after shave gel. The gel can also be used in lotions.^[17]



Figure 33: Oryzasativa.

Rice (Oryzasativa)

White powdered rice makes a good non-irritating powder. Rice water can be applied to sun burnt or sore skin.



Figure 34: Rosmarinsofficialis

Rosemary (Rosmarinsofficialis)

It is used in baths as diaphoretic and astringent. It is also used in facial herbal mixtures. A decoction with comfrey is good for all kinds of bruises and sores. An infusion with nettle is a good hair conditioner Rosemary oil is used in perfumery.^[18]



Figure 35: Fragerziavesca.

Strawberry (Fragerziavesca and other sp.)

Leaves of strawberry can be used in bath herbs and facial herbal mixtures. They are astringent. They are especially useful for oily skin.



Figure 36: Salvia sclarea.

Sage (Salvia sclarea, S. officianalis, S. lavandulaefolia)

Sage oil of commerce is steam distilled from these herbs. Sage oil is used in perfumery and soaps. Sage decoction can be used as hair rinse. Infusion of sage can be used as face wash.^[19]



Figure 37: Astralagus gummifer.

Tragacanth (Astralagusgummifer)

Gum tragacanth yields a thick mucilage combined with water. The gum can be used in emulsions and suspensions.



Figure 38: Polyanthes tuberosae.

Tuberose (Polyanthes tuberosae)

Its Flowers yield a fragrant oil. This oil is used in perfumery. This oil can also be used in massage and body oils.^[20]



Figure 39: *Vanilla planifolia*

Vanilla (*Vanilla planifolia*, *V. aromatica*)

Vanilla beans are used in dry potpourris. These beans can be infused in oils as a body or massage oil. Vanilla extract is used in flavours, baking, chocolate making and in medicines.



Figure 40: *Vetiveria zizanioides*.

Vetivert (*Vetiveria zizanioides*, *Andropogon zizanioides*)

Its root is used in bath herb mixtures to cleanse and soothe the skin. It is usually combined With herbs such as patchouli, sandalwood and comfrey. Its oil is obtained by steam distillation and is used in perfumery.^[21]



Figure 41: *Juglans nigra*-Black walnut.

Walnut (*Juglans nigra*-Black walnut)

Hulls can be used as a black or dark brown body or hair dye. Decoction of leaves can be added to shampoos. Leaves can also be added to bath herbs.



Figure 42: *Asperula odorata*.

Woodruff (*Asperula odorata*)

It does not acquire its odor until dried. But it can be used either fresh or dried. It is beneficial in superficial cuts and sores and is used in bath herbs and facial herb mixtures.^[22]

Yarrow (*Achillea millefolium*)

It is an astringent and mildly aromatic herb. It is stated to stimulate hair growth and therefore, is used in shampoos and hair preparations. It is used in bath herbs for its diaphoretic property. It is also used in facial herb mixtures for its cleansing and astringent properties. It can also be used as a mouth wash for toothache.



Figure 43: *Achillea millefolium*.



Figure 44: *Cananga odorata*.

Ylang-ylang (*Cananga odorata*, *Canangium odoratum*)

Its oil is obtained from the flowers. Oil is used in perfumery and soap making. Flowers can be infused in

oil to make a good body or massage oil, flowers can be directly rubbed on the hair as a hair dressing.^[23]

CONCLUSION

Herbal cosmetics are prepared, using cosmetic ingredients to form the base in which one or more herbal ingredients are used to treat different skin ailments and for the beautification. The chemical formulation of all these cosmetic products includes addition of various natural additives like waxes, oils natural color, natural fragrances and parts of plants like leaves, etc. The Cosmeceuticals are agents that lie somewhere between pure cosmetics (lipstick and rouge) and pure drug (antibiotics, corticosteroids) methods. The cosmetic products are the best option to reduce skin problems such as hyper pigmentation, skin wrinkling, skin aging and rough skin texture etc. The demand of herbal cosmetic is rapidly expanding. The advantages of herbal cosmetics are lower cost, side effects free, environmental friendly, safe to use etc. Also has a great future ahead as compared to the synthetic cosmetics. Proper regulation of these herbs and standardization will lead to tremendous and significant growth in herbal cosmetics field. Herbal cosmetics are prepared, using cosmetic ingredients to form the base in which one or more herbal ingredients are used to treat different skin ailments and for the beautification. The chemical formulation of all these cosmetic products includes addition of various natural additives like waxes, oils natural color, natural fragrances and parts of plants like leaves, etc. The Cosmeceuticals are agents that lie somewhere between pure cosmetics (lipstick and rouge) and pure drug (antibiotics, corticosteroids) methods. The cosmetic products are the best option to reduce skin problems such as hyper pigmentation, skin wrinkling, skin aging and rough skin texture etc. The demand of herbal cosmetic is rapidly expanding. The advantages of herbal cosmetics are lower cost, side effects free, environmental friendly, safe to use etc. Also has a great future ahead as compared to the synthetic cosmetics. Proper regulation of these herbs and standardization will lead to

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