



Role of Various Herbs Use in Cosmetic- A Review

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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 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 since time immemorial. 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.

Keywords Cosmetic, Hair, Medicinal plants, Herbal formulation

Introduction

Cosmetics can be defined as the materials of various sources, technically compounded substances which can be used to cleanse, nourish, and moisturizes the skin of the face and other parts of the body. They can be used in various forms to alleviate skin problems, modify imperfections, and beautify the skin. The word cosmetic was obtained from "Kosm tikos," a Greek word, means having the influence, arrange, and ability in decorating cosmetics are the effective products used broadly all over the world for sustaining and brushing general outlook of the face and other body parts, for example, hand, mouth, finger, hair, lip, and eye. Cosmetics are available in numerous formulations which include creams, face pack, lotions, powder, shampoos, conditioners, and hair oils for radiating, smooth and nourished skin and hair, positively count for an attractive woman and good looking man. In spite of this, cosmetics contain numerous chemical toxins, chemicals, toxic matter, chemical dyes, and their derived products, which can cause human health troubles and side effects directing to countless diseases. Therefore, the allopathic system is not sufficient for healthy benefits and there is a need to opt herbal cosmetics. Nowadays, herbal cosmetics have emerged as the appropriate way out to the ongoing issues.

Herbal cosmetics are the composition incorporating phytochemicals from various botanical sources, impacting the skin functions, and allocate nutrients which are beneficial for the healthy and glowing skin or hairs. These phytochemicals of various sources have dual functions,

(i) they can be utilized as a cosmetic product for the skincare purpose, and (ii) the botanical components imparting biological activity to the skin and furnish nutrients beneficial for the nourished skin or hair.

The need for herbal cosmetics is increasing rapidly in comparison to conventional cosmetics due to lesser side effects. Herbal cosmetics are favorable because they are produced by the herbs and shrubs. Natural components in



the herbs do not possess any unwanted or side effect on the skin of the human body but supplement the skin with nourishment and other favorable nutrients.

Role of herbal ingredients in skin care

Carrot

It is obtained from the plant *Daucus carota* belonging to 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 color from β -carotene, and lesser amounts of α -carotene and γ -carotene.

A and β -carotenes are partly metabolized into vitamin A in humans.

Ginkgo

In China and Japan, the leaves and nuts of the Ginkgo biloba (*G. biloba*) tree have been used for thousands of years to treat various medical conditions, including poor blood circulation; hypertension; poor memory, and depression, particularly among the elderly; male impotence. In addition, It is gaining a similar reputation as an antioxidant and anti-inflammatory agent. Ginkgo biloba belongs to family Ginkgoaceae, which grows to a huge size. Ginkgo biloba is a popular herb used in cosmetics and skin care products due to its potential benefits for the skin and hair. Here are some examples of how ginkgo biloba is used in cosmetics:

Anti-aging products: Ginkgo biloba's antioxidant properties can help to protect the skin from free radical damage, which can contribute to premature aging. It is often used in anti-aging products such as serums and creams.

Hair care products: Ginkgo biloba's ability to improve circulation can promote healthy hair growth, making it a popular ingredient in shampoos and conditioners designed to promote hair health and vitality.

Sensitive skin products: Ginkgo biloba's soothing properties make it a popular ingredient in products designed for sensitive skin, such as facial toners and creams.

Moisturizers: Ginkgo biloba contains natural emollients and humectants that can help to keep the skin hydrated and moisturized, making it a popular ingredient in moisturizing creams and lotions.

Clove oil

Cloves are the aromatic flower buds of a tree in the Myrtaceae family, *Syzygium aromaticum*. In the past cloves were used as a remedy to ease the pain of tooth ache. Clove Oils has a local anesthetic effect and temporarily numbs and relieves pain. It is used in the preparation of some tooth pastes and in Clovaine solution a local anesthetic used in oral ulceration and inflammation. Eugenol, which is extracted from essential oils including clove oil. It is also mixed with zinc oxide to form temporary tooth restorations. Eucalyptus saligna mouthwash gargle is used in Cameroon to treat mainly tooth ache, sore throat and halitosis. It has been shown that the essential oil of the leaves of eucalyptus globules has antimicrobial activity against gram-negative bacteria (*E. coli*) as well as gram-positive bacteria (*S. aureus*) which are found in the oral cavity.

Advantage

- They do not provoke allergic reaction & do not have negative side effects.
- They are easily incorporated with skin and hair.
- With small quantity they are very effective as compared to synthetic cosmetics.
- Extracts of plant decrease the bulk property of cosmetics and give appropriate pharmacological effects.
- Easily available & found in large variety & quantity. Easy to manufacture and cheap in cost.
- Anti-inflammatory properties: Herbs have natural anti-inflammatory properties that can help to reduce inflammation and redness in the skin, making them a good option for those with sensitive or acne-prone skin.
- Moisturizing properties: Herbs can help to moisturize the skin and hair, keeping them soft and hydrated.
- Enhance physical and mental well-being



- Strengthen the immune system
- Detoxification
- Aid in sleeping, digestion
- Increase stamina and reduce fatigue etc

Disadvantage

- Modern medicine treats sudden and serious illnesses and accidents much more effectively than herbal or alternative treatments. An herbalist would not be able to treat serious trauma, such as a broken leg, nor would he be able to heal an appendicitis or a heart attack as effectively as a conventional doctor using modern diagnostic tests, surgery, and drugs.
- Herbal remedies and medicine for certain disorders may have negative side effects, which often takes a long time to reveal. Herbal medications often interact with regular medicines. Herbs harvested in the wild are risky. Incorrect identification of the required herb can even lead to poisoning.
- Herbal drugs have slower effects as compare to Allopathic dosage form. Also it requires long term therapy.
- They are difficult to hide taste and odor.
- Most of the herbal drugs are not easily available. Manufacturing process are time consuming and complicated.
- No pharmacopoeia defines any specific procedure or ingredients to be used in any of herbal cosmetics.

Conclusion

There are numerous herbs available naturally having different uses in cosmetic preparations for skin care, hair care and as antioxidants. The current review highlights importance of herbal cosmetics, the herbs used in them and their advantages over the synthetic counter parts. The present study revealed that herbal cosmetics are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. Suggest that, we use herbal cosmetics in future we will avoid skin problems. Plants and their extracts, by-products and products, have been efficiently utilized as a part of herbal cosmeceuticals in Sri Lanka for curing ailments for more than 1000 years. More than 1400 plants are utilized in the native flora of Sri Lanka as a part of indigenous medication, and there view of literature demonstrates that ample numbers of plants are extensively used for the treatment of different dermatological conditions and also to improve or lighten the skin complexion.

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