

A Review on Herbal Drugs Used in Cosmetics

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Abstract: Herbs have been used by humans for a variety of purposes, including food, medicine, and cosmetics. The Greek term "KOSM TIKOS," which means to have authority, expertise, and ability to arrange, is where the word "cosmetic" originated. The story of how cosmetics came to be Tells the annals of human history in a continuous fashion. In prehistoric times, around 3000 BC, man utilized color to attract the animals he wanted to hunt. He also used color to protect himself from enemy attacks by adorning his body and skin to make an adversary (whether human or animal) afraid. Cosmetics are used on the skin to improve features including tone, texture, color, complexity, personality, and beauty. A healthy body depends on maintaining a healthy epidermis. For both men and women, skin is both an appealing element of the body and a protective layer. It forms a significant aspect of personal appearance. There are different cosmetic preparations accessible on the market such creams, lotions, oils, soaps, gels, moisturizers, etc. These cosmetics can be used to improve skin tone and shield it from a variety of skin conditions, such as rashes, allergies, age spots, blackheads, and acne. Additional preparations include moisturizing creams, sunscreen lotions, anti-aging creams, skin-whitening agents, gels, and other products to shield the skin from UV rays .The term 'Herbal cosmetic' is as the natural cosmetic which is formulated, using different cosmetic ingredients, to form the base in which one or more herbs or their extracts are added to enhance the effect.

Keywords: Herbal cosmetics, skin cosmetics, tooth cosmetics, hair cosmetics

I. INTRODUCTION

Herbal cosmetics are in high demand these days due to the extensive expansion in the usage of herbs in the manufacturing of cosmeceuticals for personal care systems. Cosmetics are substances that are applied to the human body to promote beauty, cleanse, beautify, and change appearance without changing the functions or structure of the body. The Greek term "kosm tikos," which means to have the ability to organize, skillfully decorate, is where the word "cosmetic" originates [1].

Cosmetics have roots in superstition, religion, combat, and hunting. Later, they were linked to medicine. Numerous artificial substances, chemicals, and dyes have been shown to produce a wide range of skin conditions with a multitude of negative effects. As a result, we make extensive use of herbal cosmetics. 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 a 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. 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 cosmetic Preparation.

Herbal cosmeceuticals

The fastest-growing sector of the cosmetics industry is cosmeceuticals. Cosmeceuticals are pharmaceutical and cosmetic products designed to enhance the health and appearance of the skin by offering a particular outcome, such as sun protection, acne control, anti-aging, or wrinkle reduction. They are agents that both protect and brighten the skin.

The next generation of skin care is cosmetics. They are the new foundation of skincare and the developments in the field of dermatological products. All cosmeceuticals contain useful chemicals with therapeutic, disease-fighting, or healing qualities, however some are synthetic and others are sourced from natural sources. 16 American dermatologists popularized the term "cosmeceutical," which was coined by Raymond Reed, founder of the U.S. Society of Cosmetic Chemists. Synthetic cosmetics have the potential to aggravate your skin and result in acne. They may cause your skin to become dry or greasy by obstructing your pores. One need not be concerned about them when using natural cosmetics. One can utilize the natural components at any time and in any location without worrying about any negative consequences. For instance, the most common preservative in cosmetics, parabens, which can permeate the skin, are absent from herbal cosmetics. Cosmeceuticals are usually pharmaceutical-cosmetic hybrids designed to improve skin health and appearance. Cosmetics containing an active ingredient obtained from plant origin are generally known as herbal cosmetics. Cosmeceuticals are medicinal products designed to achieve specific goals, such as reducing general skin inflammation, protecting the skin from the sun, or providing advantages that are resistant to flaws and the aging process.

METHODS

NATURAL COSMECEUTICALS:

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Definition of Herbal Cosmetics :

These are cosmetics that are made from plant materials that offer cosmetic properties. Because of their non-toxic nature and mild effect, botanical extracts have recently gained popularity in cosmetics. Both synthetic and organic components are used in cosmetics. Goods manufactured with natural components include, among other things, oils, extracts, and secretions. Phyto-ingredients are pure substances obtained by various techniques.

SKIN CARE:

1. Coconut oil:



The fruit or seed of the *Cocos nucifera* palm tree, which is a member of the *Arecaceae* family, is the source of coconut oil. It is made by crushing the dried kernel of copra, which contains between 60 and 65 percent oil. Glycerides and lower chain fatty acids are abundant in coconut oil.

Because coconut oil has a melting point of 24 to 25°C (75 to 76°F), it may be utilized readily in both liquid and solid states and is frequently used in baking and cooking.

2. Sunflower oil:



It is the non-volatile oil that is extracted from sunflower seeds, which are derived from *Helianthus annuus* and are a member of the *Asteraceae* family. Lecithin, tocopherols, carotenoids, and waxes are all present in sunflower oil. It is thought to alter hormone function, carotenoids, and waxes (endocrine disturbance). It is regarded as noncomedogenic and possesses smoothing qualities. A straightforward yet reasonably priced oil that has been tried and tested for centuries in a wide range of emulsions made for body and face products

3. Jojoba oil:



It is a blend of linear, long-chain liquid wax esters that were taken from the seeds of the desert plant *Simmondsia chinensis*, which is a member of the *Simmondsiaceae* family. Jojoba oil is frequently used in cosmetics as a moisturizer and as a carrier oil for exotic perfumes since it is oxidatively stable, easily refined to remove any odor, and color.

4. Olive oil



Aloevera is a type of herbal plant that is a member of the Liliaceae family. Because it softens, hydrates, and heals skin, it is a common element in cosmetics. To extract the calming gel, just cut off a leaf of aloe vera. Aloe vera includes vitamins A, B, C, E, choline, B12, folic acid, and amino acids like leucine and isoleucine, as well as saponin glycosides that have cleaning properties and antioxidant activity.

5. 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

DANDRUFF TREATMENT:

Ayurveda has numerous natural medications in dandruff treatment wherein the most common herbs include Neem, Kapoor (naphthalene), and Henna, Hirda, Behada, and Amalaki, Magic nut, Bringaraj, Rosary pea, sweet Flag, cashmere tree and Mandor.

1. Henna:



The plant Lawsonia inermis, which is a member of the Lythraceae family, is the source of henna. It contains a color molecule called Lawsone, which when processed yields henna powder. In addition to lawsone, there are amounts of an alkaloid, gallic acid, glucose, mannitol, lipids, resin (2%), and mucilage. Henna tannic acid and a green olive oil resin that dissolves in ether and alcohol are produced by leaves.

2. Neem:



Mahogany's botanical relative is neem, also known as margosa. It is a member of the Meliaceae family. Neem is a popular remedy for dandruff because it contains antifungal, antibacterial, analgesic, and anti-dandruff properties.

SKIN PROTECTION:

1. Shikakai



Southern Asian tropical rainforests are home to the medicinal shrub *Acacia concinna* Linn, which is a member of the Leguminosae family. The plant's fruits are used as a purgative, emetic, expectorant, and to wash hair and promote hair growth. Saponins, alkaloids, sugar, tannin, flavanoids, and anthraquinoneglycosides are all present in *Acacia Concinna* Linn powder.

2. Turmeric:



This powder, which ranges from deep yellow to orange, helps mice have fewer UVB-induced sunburn cells. Demetoxycurcumin, bisdemethoxycurcumin, zingiberene, curcumol, curcumenol, eugenol, tetrahydrocurcumin, triethylcurcumin, curcumin, turmerin, and turmerones are only a few of the many phytochemicals found in turmeric. Among its many uses, turmeric has antiseptic, analgesic, anti-inflammatory, antioxidant, antimalarial, and insect-repelling properties.

3. Rose oil:



Because of their wide variety of plant habitats, roses are frequently referred to as the most beloved flower in the world. There are primarily four types of roses used to produce oil. Rosa amascene mill is what these are. R. gallica, R. centifolia L., and R. moschataherrm. Rose water and oil have numerous medicinal benefits.

Hair care:**Amla:**

The fruit of the tiny, green *Emblica officinalis* tree, which grows all over India, is known as amla. Amla is high in tannins, vitamin C, and minerals like calcium, iron, and phosphorus, which nourish hair and also cause it to darken.

Eucalyptus leaves :

It is made from the leaves of the eucalyptus species *E. cinerea* F. Muell, *E. aueriana* F. Muell, *E. smithii* R. T. Baker, and *E. bridgesiana* by steam distillation. *E. pulverulenta* Sims, *E. propinqua* Deane and Maiden, *E. erythrocorys* F. Muell, *E. microtheca* F. Muell, *E. foecunda* Schau, and R. T. Baker, among others. They are frequently used to make toothpaste, ointments, cough syrups, liniments, inhalants, and pharmaceutical flavors. There is a chromatographic profile for eucalyptus oil in the European Pharmacopoeia monograph: Camphor (less than 0.1%), 1,8- cineole (eucalyptol; at least 70%), limonene (4–12%), α -pinene (2–8%), α -phellandrene (less than 1.5%), and β -pinene (less than 0.5%).

II. CONCLUSION

Many herbs are naturally occurring and have a variety of applications in skincare, hair care, and antioxidant cosmetic preparations. The significance of herbal cosmetics, the herbs they include, and their benefits over their synthetic equivalents are highlighted in the current review. Comparing herbal cosmetics to commercially available cosmetics, the current study found that they are extremely safe and do not cause any harmful or negative effects. In order to prevent skin issues in the future, we advise using herbal cosmetics.

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