



INTERNATIONAL JOURNAL OF PHARMACEUTICAL RESEARCH AND BIO-SCIENCE

HERBAL COSMETIC: A SIMPLE AND NATURAL BEAUTY SECRET

ANTARA MONDAL, SUSMITA BASAK, SUPRODIP MONDAL, DR. DHRUBO JYOTI SEN, DR.
BEDUIN MAHANTI

Department of Pharmacognosy, School of Pharmacy, Techno India University, EM- 4/1, Sector- V, Salt Lake, Kolkata- 91, West Bengal, India.

Accepted Date: 18/06/2020; Published Date: 27/06/2020

Abstract: The concept of beauty and cosmetic is an ancient as mankind and civilization. The word 'COSMETIC' was derived from the Greek word "KOSM TIKAS" meaning having the power, arrange, skill in decorating. In starting with 1990, some cosmetic manufacturer company claims that addition of some plant based active ingredient, therapeutically benefit to describe the OTC skin care products, such as alpha – hydroxy acid, retinoic acid, ascorbic acid and coenzyme. The herbal cosmetic is the preparations containing phytochemical from a botanical source, which influence the function of skin and provide nutrients necessary for the healthy skin and hair. The beauty of skin and hair depends upon some facts such as – healthy habits, climatic conditions, routine job and maintenance. In front of mirror, we don't recognize ourselves, in compare to 10 years back. Dark circles under the eyes, pigmentation, wrinkles – all of these indicate our aging problems. There is some small basic step that you can follow everyday of your life – the 'CTM' process. This CTM process not only applicable for the one who has the aging problem, but also applicable for all the ages of public both man and woman. Like any other branch of science and technology, present scenario of herbal medicines has its own limitation arising out of its own technical constituents. Coconut oil is good for especially dry skin. Some common triggers for hair fall – genetic, hormonal, stress, medications, Immunity, Radiation, Tight Hairdos. Bhringraj; it promotes hair growth, prevents hair fall, treat damaged hair and strengthens hair follicles. An itchy scalp and flakiness are the hallmark signs of dandruff, but it may also cause other symptoms like greasy patches on the scalp and tingling skin. Neem; it stimulates hair growth, promotes scalp healthy and act as an anti-bacterial. Stop taking an herb if any side effect develops such as allergy, stomach upset, skin rash or headache.

Keywords: Cosmetic, Cosmeceutical, CTM Process, Antioxidant, Skin Type, Aloe Vera, Carrot, Hair Type, Bhringraj, Shikakai.

Corresponding Author: ANTARA MONDAL



PAPER-QR CODE

Access Online On:

www.ijprbs.com

How to Cite This Article:

Antara Mondal, IJPRBS, 2020; Volume 9(3): 58-79

INTRODUCTION

The concept of beauty and cosmetic is an ancient as mankind and civilization.[1] The cosmetic are the utility products for maintaining & improving general appearance of face and other parts of the body e.g.; mouth, hand finger, eye, hair etc.

The word '**COSMETIC**' was derived from the Greek word "**KOSM TIKAS** "meaning having the power, arrange, skill in decorating.[2] It includes creams, powders, face pack, tonner, lotions, moisturizers, shampoo, hair oil, conditioners, nail polish etc. Smooth and glowing skin and shinning hair always describe a beautiful woman and handsome man.

In starting with 1990, some cosmetic manufacturer company claims that addition of some plant based active ingredient, therapeutically benefit to describe the OTC skin care products, such as **alpha – hydroxy acid, retinoic acid, ascorbic acid and coenzyme**. These active ingredients use in many purpose – increases skin elasticity, delay in skin aging by reducing the wrinkles, protection against UV radiation by antioxidant property.

According to the Drug and Cosmetic Act, the Cosmetic is defined as articles intended to be rubbed, poured, sprinkled or sprayed on, introduce into or otherwise applied to the human body or any part therefore cleansing, beautifying, promoting attractiveness or altering the appearance. The herbal cosmetic is the preparations containing phytochemical from a botanical source, which influence the function of skin and provide nutrients necessary for the healthy skin and hair. **The natural herbs and their products when used for their aromatic value in cosmetic preparation are termed as Herbal Cosmetic.**

The beauty of skin and hair depends upon some facts such as – **healthy habits, climatic conditions, routine job and maintenance**.[1] In summer, the skin will dehydrate and causes wrinkles, freckles, blemishes, pigmentations, sun burns due to excessive heat and UV rays. This UV rays enter the skin and damage the collagen. In other hand, the season of winter causes skin damages in the form of cuts, maceration and infection. Now a days increased demand for herbal product in market because the natural content does not cause any side effects on the human body; instead the body enrich with nutrients and other useful minerals.

Types according to the site of application

- Skin.
- Hair.
- Denitrifies.
- Nail.

- Eyes.

The requirement for basic skin care:

In front of mirror, we don't recognize ourselves, in compare to 10 years back. [2] Dark circles under the eyes, pigmentation, wrinkles – all of these indicate our aging problems. Increasing age in human day by day is the natural fact and we could not stop this, but actually we do, take care of the skin. For this problem our skin natural moistures are decreasing and also lose the facial muscles in some other people. From the age of 25 years, our aging process is start. But if we think, when we are in 25 years, we must take care of the skin. No, this is not correct. We should take care from the very beginning. There is some small basic step that you can follow everyday of your life – the 'CTM' process. This CTM process not only applicable for the one who has the aging problem, but also applicable for all the ages of public both man and woman.

C → Cleansing.

T → Toning.

M → Moisturizing.

CTM PROCESS IN HERBAL COSMETIC:

1ST STEP: Cleansing In first, we are talking about cleansing process. Skin pores are blocked due to dirt, sweat, dead cell, dust etc. As a result, skin renewal and repairing process may not be done properly. So, cleansing is must for the oily, normal, dry or combination skin. Some of the common cleansers include vegetable oils like coconut, sesame and palm oil. Everyday life we should cleansing our face twice daily.



Fig 1: Cleansing Process

2ND STEP:

Toning

After cleansing our face, we should go to the toning process. A small amount of tonner takes into the cotton and applied our skin. Tonner helps to tighten our skin. Some of the herbs used as tonner are witch hazel, lemon, rose water and essential oils. [Fig 2]

**Fig 2: Toning Process****3RD STEP: Moisturizing**

In besides cleansing and toning, moisturizing is also necessary for getting healthy skin. Moisturizers helps the skin to become soft and supple. It shows a healthy glowing skin and are less prone to aging. Some of the herbal moisturizers include – aloe vera gel, jojoba oil, sorbitol etc. [Fig 3]

**Fig 3: Moisturizing Process****Skin types and their care:****1. NORMAL SKIN**

- It has even tone, soft, smooth texture.
- No visible pores and blemishes.
- No greasy patches or flaky areas.

SUITABLE SKIN CARE

HERBAL

- Pomegranate leaves juice.
- Herbal face pack.
- Gingili oil.

ESSENTIAL OIL

- Fennel
- Lavender.
- Lemon.
- Sandal wood



Fig 4: Normal Skin



Fig 5: Gingili Oil



Fig 6: Pomegranate Juice



Fig7: Lavender Oil



Fig 8: Fennel Oil

2. OILY SKIN

- Shiny, thick and dull colored chronically oily skin has coarse pores.
- It has more chances to pimples and other embarrassing blemishes.
- Prone to black heads.

SUITABLE SKIN CARE



Fig 9: Oily Skin

HERBAL

- Aloe vera.
- Lavender.
- Lemon Grass.
- Liquorice.

ESSENTIAL OIL

- Lavender.
- Lemon.
- Juniper.



Fig 10: Aloe Vera



Fig 11: Lemon Oil



Fig 12: Juniper Oil



Fig 13: Lavender Oil

3. DRY SKIN

- Low level of sebum and prone to sensitivity.
- It has a parched look, tight chapping and cracking are signs of extremely dry.
- Dehydrated skin.

SUITABLE SKIN CARE

HERBAL

- Aloe vera.
- Olive oil.
- Sunflower Oil.
- Cucumber.

ESSENTIAL OIL

- Lavender.
- Lemon.
- Rose.
- Avocado.
- Almond.



Fig 14: Dry Skin



Fig 15: Olive Oil



Fig 16: Avocado Oil



Fig 17: Almond Oil



Fig 18: Rose Oil



Fig 19: Sunflower Oil



Fig 20: Lemon Oil

4. COMBINATION SKIN

- An oily T-zone (forehead, chin and nose).
- Enlarged pores in this area with some impurities.
- Normal to dry cheeks.

SUITABLE SKIN CARE

HERBAL

- Witch Hazel.
- Menthol.
- Aloe Vera.
- Turmeric.
- Wheat Germ.

ESSENTIAL OIL

- Citrus Oil.
- Jasmine Oil.
- Sandal wood oil.

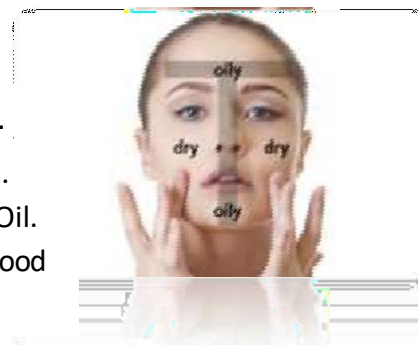


Fig 21: Combination Skin



Fig 22: Turmeric



Fig 23: Menthol



Fig 24: Jasmine



Fig 25: Aloe Vera



Fig 26: Citrus Oil



Fig 27: Wheat Germ

Plant Profile of some Herbal Plant helps in Skin Care:

1. ALOE VERA

❖ **Scientific name:** *Aloe barbadensis Mill*

❖ **Family:** Liliaceae.

❖ **Synonym:** Aloe, Musabber, Ghrat Kumari, aloe.

❖ **Parts use:** Aloe gel is the clear, jelly-like substance found in the inner part of the aloe vera leaf. Aloe latex comes from just under the plant skin and is yellow in the colour.

❖ **Chemical constituent and Uses:** It contains several potentially bioactive compounds like salicylates, lupeol, campesterol, sitosterol, linolenic acid, aloctin A and anthraquinones.[3] It



Fig 28: Aloe Vera

also contains amino acid like leucine, isoleucine, saponin glycosides that provide cleansing action, Vitamin A, C, E, B Choline, B12 and folic acid and provide antioxidant activity.

2. TURMERIC

❖ **Scientific Name:** *Curcuma longa*.

❖ **Family:** Zingiberaceae.[4]

❖ **Synonym:** Turmeric, Haldi, Halud.

❖ **Parts uses:** It is a deep yellow to orange powder that comes from the underground dried ryzomes.



Fig 29: Turmeric

❖ **Chemical Constituents and Uses:** It contains curcuminoids – non-volatile coloring matter and volatile oils such as zingiberene, turmerone, borneol, sabinene, cineole etc. It also contains sugars-arabinose, fructose and glucose, bitter substances, fixed oils and acids. It is used as antiseptic, antioxidant, aromatic and carminative, insect repellent.[3]

3. SANDALWOOD

❖ **Scientific Name:** *Santalum album*. [5]

❖ **Family:** Santalaceae.

❖ **Synonym:** Yellow sandalwood, Chandan, Santalilignum.

❖ **Parts Used:** The wood is used.



Fig 30: Sandalwood

❖ **Chemical Constituent and Uses:** The main odours and medicinal constituent of sandalwood is santalol. This primary sesquiterpene alcohol forms more than 90% of the oil and is present as a mixture of two isomers, α -santalol and β -santalol, the former predominating. The other constituents reported are hydracarbons santene, α and β - santalenes. Sandalwood is used to freshen and refresh dull skin. Sandalwood paste used to heal skin problems and provide glow to the skin. It also used in face pack and scrubs.

4. AVOCADO

❖ **Scientific Name:** *Persea americana*.

❖ **Family:** Lauraceae.[6]

❖ **Synonym:** Avocado, avocado pear.[7]



Fig 31: Avocado

- ❖ **Parts used:** The main part used is fruit mesocarp. In Latin America use the leaves, epicarp and seeds are different uses.
- ❖ **Chemical Constituent and Uses:** The avocado oil has a rare vitamin D, which can nourish the skin. The oil can penetrate through the dermis and epidermis effectively to rejuvenate the skin from within.[3]

5. CARROT

❖ **Scientific Name:** *Daucus carota*.

❖ **Family:** Apiaceae.

❖ **Synonym:** Carrot.[3]



Fig 32: Carrot

- ❖ **Parts used:** The spindle shaped root of the wild carrot is dry and woody and only its smell is reminiscent of our root vegetable.
- ❖ **Chemical Constituent and Uses:** It is rich in vitamin A. Carrot seed oil is used as anti-aging, revitalizing and rejuvenating agent. [Fig 32]

6. NEEM

❖ **Scientific Name:** *Azadirachta indica*.

❖ **Family:** Meliaceae.[8]

❖ **Synonym:** Nimba, arishta, Neem.



Fig 33: Neem

- ❖ **Parts Used:** Whole plant of Neem are very useful.
- ❖ **Chemical Constituent and Uses:** Neem tree has numerous medicinal properties by virtue of its chemical compounds. Seeds of the neem tree has the highest concentration of Azadirachtin. [9] It has antifungal, antibacterial and pain-relieving properties.

Classification of Cosmetic

a. Cosmetic for the Skin Care:

1. Creams

Example: Rosehip Moisture-rich Face Cream

- Brand – **Good Vibes**.^[10]
- Skin Concern – Dull Skin, Uneven Skin Concern.
- Skin Type – Dry Skin.
- Specialty – Cruelty Free, Paraben Free, Sulfate Free.
- Active Ingredients – Rose Hip, Rose Hip Oil.
- Benefits – Moisturizing, Nourishing, Skin Radiance, Soften.
- Use – Apply the cream all over the face and neck using upward circular motion, twice a day.



Fig 34: Good Vibes Rosehip Moisture Rich Face Cream

2. Lubricating or emollient cream-night-cream

Example- Revitalizing Night Cream.

- Brand – **Himalaya Herbals**.^[10]
- Skin Concern – Damaged Skin, Dry Skin, Pigmentation.
- Skin Type – All Skin Types.
- Specialty – Mineral Oil Free, Natural, Paraben Free.
- Active Ingredients – Crab Apple, Lemon, Lemon Citrus Oil, Lemon Oil, Tomato, Wheat, White Lilly.
- Benefits – Hydrating, moisturizing, Nourishing, Rejuvenating, Repair Skin, Skin Lighting, Softening.
- Use – Massage gently over cleansed face at night before retiring to bed.



Fig 35: Himalaya Herbals Revitalizing Night Cream

3. Skin Protective and Hand Cream

Example: Nourishing Hand Cream.

- Brand – **Himalaya Herbals**.^[10]
- Skin Type – Dry Skin, All Types of Skin.
- Specialty – Mineral Oil Free, Natural, Paraben Free.
- Active Ingredients – Almond, Olive, Sunflower, Grape Seed, Apricot.
- Benefits - Regenerate Skin, soothe the Skin, Provide Long Lasting Hydration.
- Use – Firstly Clean your hand and then use it, twice daily.



Fig 36: Himalaya Herbals Hand Cream

4. Sunscreen

Example: Ultra-Light Indian Sunscreen.

- Brand – **mamaearth**.
- Skin Type – All Skin Type.^[10]
- Specialty – Dermatologically Tested, Paraben Free, Silicone Free.
- Active Ingredients – Carrot, Carrot Oil, Carrot Seed Oil, Orange, Orange Oil, Turmeric, Turmeric Oil.
- SPF Rating – SPF 50.
- Benefits – Absorbs Easily, Long Lasting, Non-Greasy, Sun Protection, Skin Glowing.
- Usage – Take a pea size amount of cream on your fingertip. Apply dots all over face and neck and massage in circular motion till completely absorbed. Reapply after 6 hours. Can be used under make up or alone.



Fig 37: mamaearth Ultra-Light Indian Sunscreen

5. Vanishing cream-foundation cream

Example: Silk Foundation.

- Brand: **Jovees**.
- Skin Type: All Skin Type.[11]
- Form – Cream.
- Skin Protection – SPF 15.
- Ingredients – Argan Oil, Olive Oil, Almond Oil, Beet Root Extracts, Carrot Extracts, Glycerin.
- Benefits – Help Improving Skin Radiance, create an even, uniform tone to the complexion without clogging pores all through the day. A hydrating formula that will also function as a moisturizer and protect the skin from harmful pollutant substance in the environment.



Fig 38: Jovees Silk Foundation

6. Astringent lotion

Example: Bio Cucumber Pore Tightening Toner with Himalayan Water.[10]

- Brand – **Biotique**.
- Skin Concern – Clogged Pores, Dead Skin Cell, Skin Impurities, Uneven Skin Tone.
- Skin Type - All Skin Type.
- Active Ingredients – Cucumber, Neem, Peach, Plum.
- Benefits – Deep pore cleansing, Easy Layering, Moisturizing, Nourishing, Purifying, Skin Cleansing, Skin Tightening, Tones Skin.



Fig 39: Biotique Bio Cucumber Pore Tightening Toner with Himalayan Water

7. After shaving Lotion

Example: Bio Wild Grass Soothing After Shave Gel.[10]

- Brand – **Biotique**.
- Skin Concern – Inflamed Skin, Irritation.
- Skin Types – All Skin Types.



Fig 40: Biotique Bio Wild Grass Soothing After Shave Gel

- Active Ingredients – Aloe Vera, Aloe Vera Oil, Turmeric, Turmeric Oil.
- Benefits – Hydrating, Moisturizing, Nourishing, Reduces Irritation, Refreshing, Soothing.

8. Variations of face powders

Example: White Glow Flawless Complexion.

- Brand – **Lotus Herbals**.^[11]
- Benefits – Treats pimples and acne remove excess oil, opens and clears clogged pores, enhance blood circulation of the skin, removes skin rashes, pimples and pimple marks, eliminate hyperpigmentation, helpful for dark spots, scars, blemishes.
- Ingredients - Green Tree Extracts, Corn Starch.
- Usages – Apply evenly with sponge all over face and neck. Suitable for everyday use.



Fig 41: Lotus Herbals White Glow Flawless Complexion

9. Lipstick

Example: Starkissed Moist Matte Lipstick.

- Brand – **Biotique**.^[11]
- Speciality – 100% organic, Paraben free, cruelty Free.
- Benefits – Natural ingredients keep your lips moisturized, plump and soft naturally.
- Availability – It is available in 30 pigmented shades; ranging from red to brown.



Fig 42: Biotique Starkissed Moist Matte Lipstick

10. Skin toning lotion

Example: Morning Nectar Visibly Flawless Skin Moisturizer.^[10]

- Brand – **Biotique**.
- Skin Type – All Types of Skin.
- Active Ingredients – Aloe Vera, Honey, Wheat Germ Oil, Wheatgerm.
- Benefits – Anti Aging, Moisturizing, Nourishing, Skin Brightening, Softening.



Fig 43: Biotique Morning Nectar Moisturizer

Special Skin Problems and Herbal Remedies:

S. No	Skin Problem	Features	Remedies
1	Chapped Skin	Rough texture which sometimes causes the skin to crack.	Applications of olive oils or mashed avocado after bathing or massaging with warm olive oil, mustard oil or coconut oil half an hour before bathing
2	Withered Skin	Very rough texture, full of wrinkles.	Carrot juice along with a mixture of egg white and honey.
3	Sallow Skin	No color look, skin becomes lusterless and shows lack of vitality.	Inclusion of Vitamin B in diet.
4	Sensitive Skin	React quickly to both heat and cold. Sunburns and wind burns occur easily. Skin become dry delicate and prone to allergic reaction	Use of essential oil of chamomile, Lavender, neroli, rose and sandalwood oil.
5	Acne	Pockets of infection that manifest as red sores, boils and pimples.	Usage of red sandalwood oil

b. Cosmetic for the Hair Care

1. Shampoo.
2. Hair Preparation.
3. Rinses and Conditioners.
4. Oily Scalp Hair Tonics.
5. Hair Dressings.
6. Fixatives.

7. Bleaches.

8. Depilatories.

Some of the important examples of raw materials of herbal origin used in hair care products are

1. Shikakai

❖ **Scientific Name:** *Acacia concinna* Linn.[3]

❖ **Family:** Leguminosae.[3]

❖ **Synonym:** Shikakai, Soap-pod.

❖ **Parts used:** Bark, Leaves or Pod.

❖ **Chemical Constituent:** In commercial extracts, when the plant is hydrolyzed it yields lupeol, spinasterol, acacic acid, lactone and the natural sugars glucose, arabinose and rhamnose.[12] It also contains hexacosanol, spinasterone, oxalic acid, tartaric acid, citric acid, succinic acid, ascorbic acid and the alkaloids calyctomine and nicotine.

❖ **Uses:** The fruits of this plant are used for washing hair, for improving hair growth and also as an expectorant, emetic and purgative.



Fig 44: Shikakai

2. Bhringraj

❖ **Scientific Name:** *Eclipta alba* Linn.

❖ **Family:** Asteraceae.

❖ **Synonym:** Bhringraj

❖ **Parts Used:** Whole Plant.

❖ **Chemical Constituents:** Bhringraj mainly contains alkaloid(ecliptine), Glycosides(β -amyrin), Triterpenic Acid and steroids (eclipsanins).[3]

❖ **Uses:** It is used in the management of hair loss due to its antibacterial, anti-inflammatory and anti-allergic properties. It also helps fight hair fall and greying of hair.



Fig 45: Bhringraj

3. Amla

❖ **Scientific Name:** *Emblica officinalis*.

❖ **Family:** Euphobiaceae.

❖ **Synonym:** Amalaki, Amla.

❖ **Parts used:** Fruit.

❖ **Chemical Constituents:** Amla is rich in Vit C, tannins and minerals such as phosphorus, iron and calcium.[3]

❖ **Uses:** It provides nutrition to hair and also causes darkening of hair



Fig 46: Amla

4. Methi

❖ **Scientific Name:** *Trigonella foenum-graecum*.

❖ **Family:** Fabaceae.

❖ **Parts Used:** Dried ripe seeds.

❖ **Chemical Constituents:** Methi contains essential amino acids, proteins, starch, sugars, mucilage, mineral matters, volatile oil, fixed oil, vitamins and enzymes.[3]

❖ **Uses:** It is used as hair care agent



Fig 47: Methi

5. Almond oil

❖ **Scientific Name:** *Prunus dulcis*.

❖ **Family:** Rosaceae.

❖ **Parts Used:** Fruit.

❖ **Chemical Constituents:** The almond oil contains 78% of fat. It also contains very small amounts super-unsaturated Omega-3 essential fatty acid.[3]

❖ **Uses:** It stimulates thicker hair growth and prevents premature greying of hair.



Fig 48: Almond Oil

Hair Preparation in Herbal cosmetic.[2]

Name	Important Herbal Cosmetic	Uses
Herbal Hair Rinse	Mint, Brahmi and other herbal extracts.	Promote hair growth used in combination with henna/amlam shampoo.
Herbal Hair Conditioner	Amla, sandal wood, Brahmi and precious herbs.	Prevent hair loss and act as scalp deep cleaner.
Herbal Hair Oil	Arnica, Henna, Shikakai and other herbal extracts.	Specially created to prevent hair loss and promote luxurious hair growth.
Hair Amlam Shampoo	Extracts of Amla dates Arnica and rose herbal extracts.	For normal to dry hairs, cleansing the scalp while retaining and stimulating hair growth.

Limitation of Herbal cosmetics:

Like any other branch of science and technology, present scenario of herbal medicines has its own limitation arising out of its own technical constituents. The prominent limitations of herbal medicines can be listed follow:

1. Dry Skin Treatment:

Coconut Oil:

Coconut oil comes from the fruit or seed of the coconut palm tree *Cocos nucifera*, family *Aceraceae* [13]. Coconut oil is good for especially dry skin. It is highly saturated oil. At room temperature it's solid, but when heated [14] it can soften or even melt. The melting point of coconut is 24 - 25°C (75-76°F). It is frequently used in cooking or applied directly to the skin or hair. Coconut oil is excellent as a skin softener and moisturizer. A study shown that virgin coconut oil is safe and effective when used as a moisturizer. [13]

Aloe:

A native of southern Africa, the aloe vera plant has fleshy spiny-toothed leaves and red or yellow flowers. It is an ingredient in many cosmetic because it heals moisturizer and softens skin. Simply cut one of the aloe vera leaves to easily extract the soothing gel.[13]

2. Anti-Hair Fall Treatment:

From hair clinging to your pillow covers to clogged up drains, hair fall is a messy problem that affects us all. While it is absolutely normal to lose 80 – 100 strands a day, the crisis begins when they fall a lot more or when they refuse to grow back.[15]

Why does this happen? Well, there are way too many triggers from nutrition to hereditary issues. But once you know the root cause of your hair fall, it gets simpler to tackle the problem!

Some common triggers for hair fall – genetic, hormonal, stress, medications, Immunity, Radiation, Tight Hairdos.

Here are some common herbs that are helps to prevent hair fall.

- Bhringraj: It promotes hair growth, prevents hair fall, treat damaged hair and strengthens hair follicles.
- Rose Petal: It stimulates hair growth, helps reduce hair fall, keeps hair health in check.
- Aritha: It helps reduce hair fall and adds volume and shine, keep scalp healthy and fresh.
- Methi: It prevents breakage, strengthens, softening and refreshing.
- Curry Leaves: It prevents hair loss and thinning, rich in Vit B, assists in scalp restoration.



Fig 49: Hairfall Problem

3. Anti-Dandruff treatment:

An itchy scalp and flakiness are the hallmark signs of this condition, but it may also cause other symptoms like greasy patches on the scalp and tingling skin. [16] Underlying causes of dandruffs include dry skin, seborrheic dermatitis, sensitivity to hair products and the growth of a specific type of fungus that lives on the scalp.

Here are some herbs that helps to get rid of dandruff naturally –



Fig 50: Dandruff Problem

- Liquorice: It keeps scalp hydrated and nourished, soothes and calms.
- Neem: It stimulates hair growth, promotes scalp healthy and act as a anti-bacterial.

- Lemon: It treats itchy scalp, prevents dandruff.
- Ginger: Boosts hair growth and treats dandruff.
- Brahmi: Controls dandruff, rich in anti-oxidants

4. Anti-Aging Treatment:

Many things cause our skin to age. Some things we cannot do anything about; others we can influence.[17] One thing that we cannot change is the natural aging process. It plays a key role. With time, we all get visible lines on our face to lose some of its youthful fullness. We notice our skin becoming thinner and drier. Our genes largely control when these changes occur. The medical term for this type of aging is “Intrinsic Aging”.

Here are some ways to reduce premature skin aging –

- Green Tea: Anti-oxidant rich green tea helps reduce signs of aging and appearance of wrinkles.
- Pomegranate: Gentle on skin, hydrating, rejuvenating.
- Wine: It helps in anti-aging, skin firming, skin radiance and softening.
- Coffee: Anti-aging, rejuvenating, cell regeneration, skin radiance, moisturizing.
- Peach: Filled with antioxidant vit C, it helps cleanse skin and reduce wrinkles.



Fig 51: Aging Problem

5. Acne-Prone Skin Treatment:

Acne is one of the most common skin conditions in the world, affecting an estimated 85% of people skin cells.[18] Each pore is connected to a sebaceous gland, which produce an oily substance called sebum. Extra sebum can plug up pores, causing the growth of a bacteria known as *Propionibacterium acnes*, or *P. acnes*. Your white blood cells attack *P. acnes*, leading to skin inflammation and acne. Some cases of acne are more severe than others, but common symptoms whiteheads, blackheads and pimples.

Here are some ways to get rid of acne prone skin –

- Green Tea: It is suitable for acne prone skin, with goodness of glycolic acid and green tea to keep acne at bay.



Fig 52: Acne Problem

- Avocado: It nourish the skin and helps lift off excess oil and impurities so that the skin can breathe.
- Papaya: It loaded with antioxidant properties and enriched with the goodness of vit A, C and E that is effective in acne prone skin.

Advantages of Herbal Cosmetic [19]

- They do not provoke allergic reaction and 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 decreases the bulk properties of cosmetics and gives appropriate pharmacological effects.
- Easily available and found in large variety and quantity.
- Easy to manufactures and chief in cost.

The benefits of herbs may include the following:[1]

- Enhance physical and mental well-being.
- Strengthen the immune system.
- Detoxification.
- Aid in sleeping, digestion.
- Increase stamina and reduce fatigue.

Storage of Herbs [2]:

- ❖ Herbs should be stored in cool and dry place.
- ❖ Moisture can damage the herbs.
- ❖ Also, moisture promotes bacterial and fungal growth.
- ❖ Dried herbs should be stored in air tight container.
- ❖ Herbs should not be stored in direct sunlight.

Guidelines for Using herbs [20]

- Stop taking an herb if any side effect develops such as allergy, stomach upset, skin rash or headache.
- Purchase standardized herbal products.
- Herbal products are not recommended for:
 - ✓ Pregnant or lactating women.
 - ✓ Infants or children under 5 years of age.

CONCLUSION

In India more than 70% of the populations use herbal cosmetic for their health care. A present time herbal cosmetic has been marked up in personal care system and there is a great requirement for the herbal cosmetic in daily life. Glowing skin, shiny hair is significant for the good looking of the human body. Herbal cosmetic is prepared using cosmetic ingredients to form the base in which one and other herbal ingredients are used to treat different skin ailments and for the beautification. The knowledge of medicinal plants used by people of seems to be well known to its culture and tradition. In the present study we identified many plants used by the people to cure dermatological disorders and as cosmetic. Some of the plants were found to have dual use, both as curative and cosmetic. Quality control test must be carried out for herbal cosmetics. It is assumed to be safe for longer period of time.

REFERENCES

1. Bhuwan Chandra J., Ankush S., Healing Acne with Medicinal Plants (An Overview), Inventi Journals (P) Ltd, 2017, 1-13.
2. <https://www.slideshare.net/mobile/SudheerKandibanda/herbal-cosmetics-59780830>
3. A Text book of herbal drug technology by Dr. Pragi Arora and Dr. Varun Arora
4. <https://www.yourarticlelibrary.com/biology/resins/turmeric-sources-cultivation-and-uses/49786>
5. https://en.m.wikipedia.org/wiki/Santalum_album
6. Mahammad Y., Swttwik D. and M. D. Kharya., The Phytochemical and Pharmacological Profile of *Persea americana* Mill., Pharmacognosy Review. 2014 Jan-Jun; 4(7): 77-84
7. <https://www.synonym.com/synonyms/avocado>
8. Venugopalan S. K. and Visweswaran N., Neem (*Azadirachta indica*): Prehistory to contemporary medicinal use to humankind., Asian pacific Journal of Tropical Biomedicine. 2013, July; 3(7): 505 -

514

9. <http://www.pharmatips.in/Articles/Pharmacognosy/Herbal-Drug/Neem-Pharmacognosy-Uses.aspx>
10. www.purpille.com
11. www.nykaa.com
12. https://en.m.wikipedia.org/wiki/Acacia_concinna
13. https://www.researchgate.net/publication/235944029_Herbal_Cosmetics_Used_for_Skin_and_Hair
14. <https://www.healthline.com/nutrition/coconut-oil-and-skin>
15. <https://www.nykaa.com/beauty-blog/effective-home-remedies-for-hair-fall/>
16. <https://www.healthline.com/nutrition/ways-to-treat-dandruff>
17. <https://www.aad.org/public/everyday-care/skin-care-secrets/anti-aging/reduce-premature-aging-skin>
18. <https://www.healthline.com/nutrition/13-acne-remedies>
19. <https://images.app.goo.gl/5ukfd5jDwKvYW4ov8>
20. <https://www.slideshare.net/mobile/tonykannala/herbal-cosmetics-42357442>