
A Review on Herbal Cosmetic

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ABSTRACT

Considerable attention because of their good activity and having no side effects. Herbs and spices have been used in maintaining and enhancing human beauty. There is a huge variety of the herbal cosmetics that are produced and used for daily purposes like herbal oil, shampoos & conditioners for hair, herbal soaps for skin; herbal face wash and many more. The best thing about herbal cosmetics is that it is purely made by the herbs and shrubs. The natural content in the herbs does not have any reactions on the human body; rather enhances the body with supplements and other helpful minerals.

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

INTRODUCTION-

A “Cosmetics” are products that are formed for application on the body for the determination of laxative, beautifying or changing presence and attractive features [1].

Herbal Cosmeceuticals-

Cosmetics covering an active element found after herbal origin are normally known as herbal cosmetics. Cosmetic Preparation are divided into 3 groups.

- **Solid:** Face Powder, Talcum Powder, Compact Powder
- **Semisolid:** Cream, Ointment, Liniments
- **Liquid:** Lotion, Hair Oil, Shampoo, Mouthwashes, Sprays etc[2].

How to Use Herbs?

In previous time, herbs were used for both medicinal determination as well as for beautification .these had been used in both methods, i.e. fresh form & dry form .these can be used by crushing & right smearing to the build with or without using other constituents. In fact in previous times these were used this way individual. But currently, their abstracts, decoctions, infusion, tinctures, steam distillates etc. there are a few manufacturers of herbal in India. Herbs can be used in the form of following.

- 1) **Infusions:** these are basically strong teas of herbs and can be prepared either in china clay pots or stainless steel vessels. aluminium vessels should not be used as these can taint infusions.
- 2) **Decoctions:** these are prepared by boiling the herb with water.
- 3) **Extracts and tinctures:** extracts are generally prepared with hydro alcoholic solvents with high percentage of alcohol.
- 4) **Flower waters:** flower waters are made in the same way as infusions. the same proportions of herbs and water can be used [3,4].

Advantages of Herbal Cosmetic on Traditional Cosmetics [4]

- 1) They do not irritate allergic reactions and do not have any harmful side effects.

- 2) Safe And Active to Use. In evaluation with other attractiveness products flooded in the marketplace, ordinary cosmetics are safest to use and operative.
- 3) These are very physical than other cosmetics with small quantity.
- 4) Extract form of the plant's reductions the bulk properties of the faces and gives suitable pharmacological effects.
- 5) Easy to existing and found in large of variation of plants.
- 6) They have more constancy, concentration, effectiveness, with their herbal constituents.
- 7) Easy to production.
- 8) The storage and treatment of herbal cosmetics is easier and for prolong passé.
- 9) Economical in cost [5].

Raw Materials Generally Used in Herbal Cosmetics.

Oils, Waxes, Gums, Hydrophillic Colloids, Colours, Perfumes, Protective Agents, Bleaching Agents, Preservatives, Antioxidants And Other Auxillary Agents[6,7]

- 1) **Oils:** Oils are derivative from herbal and inorganic sources, and are used in cosmetics. Examples of vegetable oils are almond oil, arches oil, castor oil, olive oil and coconut oil. Examples of mineral oils are light and heavy paraffin.

- **Almond Oil:** It is a fixed oil obtained by expressing the seeds of Prunes amygdalus, Family Rosaceae, The oil is pale yellow in colour, with a characteristic odour. The active principles are mainly the mixture of glycoside with oleic acid, linoleic acid, myristic and palmitic acid. It has an emollient action, so it is used in the preparation of creams and lotions.
- **Coconut Oil:** This oil is obtained from the dried solid part of the endosperm of the coconut - Cocosnucifera, family Palmae. It is a white or pearl-white unctuous mass in winter and colourless in summer.
- **Heavy liquid paraffin:** It is composed of a mixture of hydrocarbons in the form of a colourless and odourless oily liquid. Due to its soothing effect on the skin, it is used in creams, lotions, brilliantines, hair oils and bath oils. Heavy liquid paraffin is obtained from petroleum.
- **Olive Oil:** This oil is found from the fruit of the Oleaeuropea, belonging to the family, Oleaceae. The oil is also pale yellow or greenish yellow in colour, it has a small odour. It consists of the glycerides of oleic acid, palmitic, linoleic, stearic and myristic acids. At a lower temperature, it is solid or partly solid. It has emollient, soothing properties. It is used in the manufacturing of creams, ointments and bath oils[8].

- 2) **Waxes:** Waxes are the esters resulting from the condensation of high molecular straight chain fatty acids with high molecular straight chain monohydric alcohol of the methanol series. They are used in cosmetics as a base, along with oils and fats. Example: lipsticks. Commonly used waxes are briefly discussed below.

- **Paraffin Wax:** It is derived by the distillation of petroleum. It is a mixture of solid hydrocarbons consisting mainly of n-paraffins and, to some extent, their isomers. So, it also called hard paraffin wax. Physically, the paraffin wax is colourless, odourless or a white, translucent, wax-like solid, which is slightly greasy to touch. Paraffin wax melts at 50°C-57°C.
- **Beeswax:** It is a purified wax separated from the honeycomb of bees, Apismellifera which belong to the Family, Apidae. Beeswax is composed of 70% ester

myricylpalmitate. It is yellowish brown in colour, solid, with a honey-like odour. Under cold conditions it becomes brittle; when bleached, it becomes yellowish-white solid with a faint characteristic odour. The melting point of beeswax is 62°C-65°C. Beeswax helps in the incorporation of water to form an emulsion.

- **Carnauba Wax:** This is obtained from the leaves of the Brazilian wax palm, *Copernicaciferera*, which belongs to the *Palmae* family. Carnauba wax is available in various grades. The highest grade is light-brown to pale-yellow in colour. It is in the form of moderately coarse powder or flakes, with a characteristic bland odour. The melting range of this wax is 81°C -86°C. It is a hard wax and is used in the manufacture of candles, wax varnishes, leather and furniture polishes.
- 3) **Color's:** Color's have been used in cosmetics, since time immemorial, by human existences. Basically, the craving to buy a cosmetic product is controlled by three senses, namely, sight, touch and smell. So color is one of the most important ingredients of cosmetic formulations. Color is a visual sensation which can be caused by a definite wavelength or a group of wavelengths by an object through one or more of the following phenomena - emission, reflection, refraction or transmission. Natural color's such as cochineal, saffron and chlorophyll are discussed in brief here[9].
- **Rose:** It is obtained by the steam distillation process from the flower petals of *Rosmarinasofficinalis* which belongs to the *Labiatae* family. For obtaining rose oil, the blossoms are collected before they open, a little before sunrise.
 - **Clove:** It contains essential oils, obtained from the buds of the *Eugincacarryophylus*, which belongs to the family, *Myrataceae*.
 - **Cinnamon:** Cinnamon oil is obtained from the different parts of the cinnamon tree - its leaves, bark and roots. *Cinnamon zeylanicum* belongs to the family, *Lauraceae*. The oil obtained from the bark is most valuable. The oil has a warm, spicy and sweet character.
 - **Sandalwood:** It is obtained by the steam distillation process from the hard wood of *Santalurn album* belonging the family, *Sundalaceae*. In most perfumes, it is used as a adhesive agent.
 - **Jasmine Essential Oil:** Obtained from the flowers of *Jasminumgrandiflorum* which belongs to the *Oleaceae* family, the oil is obtained by the solvent extraction method and its essence is used in the perfumery industry.
- 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.
- **Bleaching Agents:** The most commonly used bleaching agents are given below. Mercury Compounds: Mercuric chloride ($HgCl_2$), red mercuric oxide (HgO) and ammoniated mercury are examples of mercury compounds that can be used, for their skin bleaching effects. Currently, the use of mercury compounds is prohibited in cosmetics.
 - **Hydroquinones:** They are mostly used as bleaching agents for temporarily lighting skin at a concentration of 1.5%-2%. In the case of 5% concentration, redness and burning may be produced. Reverse action of hydroquinones takes place on exposure to sunlight. If the cosmetics containing hydroquinone are discontinued, then too, a similar effect can be observed.
 - **Catechol and its derivatives:** Catechol exhibits skin lighting effect to an extent. 4-Isopropy catechol has been found to be among the most potent de-pigmenting agents.

They can produce irritation and a sensitization reaction at concentrations of 3% or more.

- **Ascorbic Acid and its derivatives:** Ascorbic acid does not seem to be very effective as a de-pigmenting agent, but its use has been found to be safe. It is mostly used in skin bleaching creams, which contain hydroquinone as a stabilizer (antioxidant). Ascorbylolate used in skin bleaching cream for bleaching freckles in human skin is used at a concentration of 3% and 5%.
- 5) **Oxidising Agents:** Hydrogen peroxide has been used as an oxidizing agent in skin bleach creams. Sometimes, zinc peroxide is also used in anhydrous ointments such as bleaching agents, although the properties of zinc peroxide have been not proved.
 - 6) **Opaque Covering Agents:** Various cosmetic products which contain white or pale pigments like titanium dioxide, zinc oxide, talc, kaolin, bismuth etc. can provide a temporary but remarkable change in the color of the skin.
 - 7) **Preservatives:** These are the agents which are used to prevent spoilage of cosmetic products/They are products of the oxidation of oils and fats and also the growth of microorganisms. Most cosmetic preparations, especially those containing water are likely to deteriorate if preservatives are not added.

Properties of Preservatives

An ideal preservative must possess the following attributes;

- 1) It should be compatible with the formulation.
- 2) Soluble to the extent needed to achieve an effective concentration.
- 3) Stable enough to provide a sustained antimicrobial effect.
- 4) Colorless and odorless or nearly so.
- 5) Non-irritant and non affected in the concentrations used.

Examples

- **Organic acids:** Benzoic acid, Formic acid
 - **Alcohols:** Ethyl alcohol, Isopropyl alcohol
 - **Aldehydes:** Formaldehyde, Cinnamic aldehyde
 - **Phenolics:** Cresol, Phenol
 - **Esters:** Methyl p-hydroxy benzoate, Ethyl p-hydroxy benzoate
 - **Mercury:** Thiomersol, Nitromersol
 - **Surface active agents:** Benzalkonium chloride, Cetylpyridinium chloride
 - **Miscellaneous compounds:** Ethyl Vanillin and Vanillin
- 8) **Antioxidants:** Natural antioxidants like tocopherols present in fats and oils are destroyed during therefining process. Hence, the addition of antioxidants is essential to avoid the rancidity of fatsand oils in cosmetics due to oxidative deterioration. Some of the common antioxidants usedin cosmetic preparation are.
 - **Amines:** Purins and lecithin
 - **Phenols:** Gallic acid, Methyl gallate
 - **Quinones:** Tocopherols, Hydroxychromans
 - **Esters:** Di-lauryl thiopropionate
 - **Organic acids:** Ascorbic acid
 - **Alcohols:** Sorbitol and Mannitol[10]

CLASSIFICATION OF HERBAL COSMETICS [11,12] -

1) Skin cosmetics

- Cream
- Scrub
- Lip balm
- Powder
- Lotion & Liniment
- Face pack
- Deodorant & antiperspirant
- Bath preparation

2) Hair cosmetics

- Shampoo
- Hair Oil
- Hair colorant

3) Tooth cosmetics

- Tooth powder
- Tooth paste
- Mouth wash

4) Nail preparations

5) Shaving preparations

6) Foot preparations

APPLICATIONS OF HERBAL PRODUCTS IN COSMETICS -

- 1) **Herbal Skin Care Products:** Lavender Silk Soaps, Lotions creams, Body powder, Lavender Herbal body powder, 7 Skin Care Creams [13].
- 2) **Herbal Hair Care Cosmetics:** Henna (*Lawsonia inermis*), Amla (*Embllica officinalis*), Shikakai (*Acacia concinna*), Brahmi (*Bacopa monnieri*), Bhringraj (*Eclipse Alba*), Guar Gum (*Cyamopsistetragonolobus*).
- 3) **Herbal Lip Care Cosmetics:** Herbal Lipsticks, Herbal Lip Gloss, Herbal Lip Balm, Herbal Lip plumper
- 4) **Herbal Eye Care Cosmetics:** Eye Make Up, Eye Shadows, Eye Gloss, Liquid Eye Liners
- 5) **Creams:** Aloe Moisturizing Hand Cream, Rich Face and Hand Cream, Herbal Moisturizers
- 6) **Herbal Oils:** Herbal oils are Effective for Baldness, Falling of Hair, Thinning of Hair, Dandruff, and Irritation & Itching of Scalp, Patchy Baldness, and Maintenance of fine head of Hair
- 7) **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 (flowers, fruits and chypre).
- 8) **Chypre Fragrance:** Based on a woody, mossy and flowery complex, sometimes with aspects. Chypre fragrances smell slightly dry, not very sweet [14,15].

SUMMARY AND CONCLUSION

There are also a number of Institutes Universities in India carrying our Research work on herbal drugs and medicinal plants for lesser side effects and rich sources of beneficial

Compounds including antioxidants, anti-Inflammatory, antiseptic and antimicrobial Properties. In India more than 70% of the Populations use herbal cosmetics for their health Care. Now a day's herbal cosmetics has been Increased in personal care system and there is a Great demand for the herbal cosmetics in daily life. Healthy teeth, shiny hair and glowing skin are fundamental for the good looking of the human body.

In allopathy, the treatment of all the problems is Expensive and cannot be afforded by poor people. So, these types of herbal medicines, which are Almost free, are a great help. Although, cosmetic Preparations have rarely been related with serious Health hazards, this does not mean that cosmetics Are always safe to use.

Cosmetics and personal-care products may contain Ingredients whose safety is unknown or which are Known to create health risks. The present review Focuses on the potential of herbal extracts for Cosmetic purposes.

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