



An Overview on Herbal Cosmetics and Cosmeceuticals

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ABSTRACT

The herbal Cosmetics have been the first choice of the customers, For being more potent, easily available and thought to be less side effective. Herbal cosmetics is Fastest growing field of personal care products. Cosmeceuticals is the fastest growing segment of the personal care products these are cosmetic preparations which contain biologically active principles or ingredients of plant origin. In recent years there is an increased demand for the use of herbs in cosmetics due to their mild action and less toxic in nature and they are found to be more effective. The desire of good looking and to be beautiful gave a huge market for the herbal cosmetics. Now a days desire to be look younger than original age, to be look beautiful, fresh, charming and fair have directly increased the demand of herbal cosmetics as well as of the Cosmeceuticals in the market. Hence the review overlooks on the use of herbal cosmetics and cosmeceuticals. It also describes about herbs as cosmetics. Which may desire to be intended for beutifying as well as skin care purpose.

Keywords: Herbal cosmetics, cosmeceuticals, herbs, skin care.

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INTRODUCTION

Cosmeceuticals is the fastest growing segment of the personal care products, these are cosmetics products which contains biologically active principles and ingredients of plant origin. To study the functions and efficacy of naturally derived ingredients for the use in cosmetics, a new branch of science is developed known as "Cosmetic Phytognosy" which deals with biochemical properties of plant derived ingredients to be use in herbal cosmetics. According to Drug and Cosmetic Act 1940, describes as, Any Article or preparation intended to rubbed, poured, sprinkled or sprayed on or introduced to or applied to any part of human body for cleaning, perfuming, beautifying, promoting, attractiveness or altering the appearance and includes any article intended for use as component of cosmetics. The use of natural herbs ingredients in personal and health care product has been emerged for its better experiences. Recent researchers proves that herbs while being more effective as they mild and soothing. Potent synthetic preparation and chemicals, though effective, constitute a toxic burden to human body.

Herbal Cosmetics, referred as Products formulated by various natural herbal ingredients are used in as base in preparation of effective herbal cosmetic. Herbs do not

produce instant cures. They offer a way to put the body in proper tune with nature¹. 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. The natural content in the herbs does not have any side effects on the human body; instead provide the body with nutrients and other useful minerals². The term Cosmeceuticals was first used by Raymond Reed founding member of U.S Society of Cosmetics Chemist in 1961. He actually used the word to brief the active and science based cosmetics. The above term was further used by Dr Albert Kligman in the year 1984 to refer the substances that have both cosmetic and therapeutic benefits³. Cosmeceuticals are cosmetic-pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skin's biological texture and function⁴.

Advantages of Herbal Cosmetics over Synthetic⁵

1. Naturally available

Herbal cosmetics are made by herbs which is easily available from nature, they are free from all the harmful synthetic chemicals. Although herbal cosmetics prepared by naturally available plant parts and plant extracts, they may as effective as synthetic product. e.g. aloe-vera gel and coconut oil. They also consist of natural nutrients like Vitamin E, Vitamin C that beautify skin and provide nourishment to the skin. For example, *Aloe vera* is an herbal plant species belonging to liliaceae family and is naturally and easily available⁶. There are number of consumers concerned about toxic synthetic chemicals, mineral oils which is may use as ingredients in many cosmetics. They demand more natural products with



traceable and more natural ingredients, free from harmful chemicals and effectiveness⁷.

2. Safer to use

As compared to synthetic products, herbal cosmetics are safe to use. They are less allergenic, non toxic, tested and proven by dermatologists to be safe to use. Since they are made of natural ingredients.

3. Less side effects

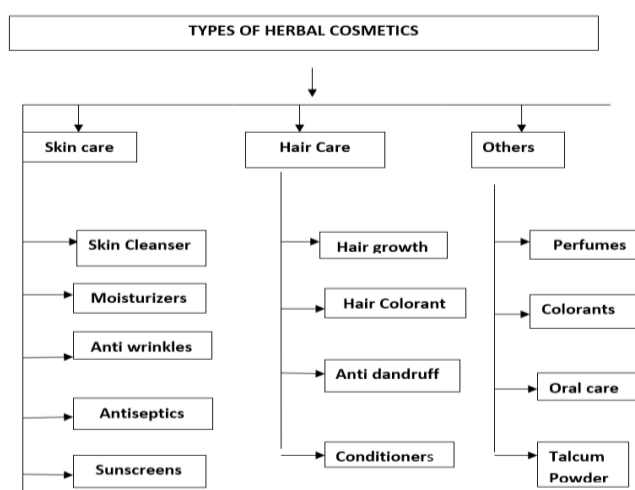
The synthetic beauty products can irritate your skin, and cause rash on skin. Sometime they might block skin pores and make skin dry or oily. With herbal cosmetics, we need not worry any adverse reactions. The natural ingredients used assure no side effects; it can apply on the skin assuredly. For example herbal cosmetics are free from parabens that are the most widely used preservative in cosmetics and can penetrate the skin⁸. And are suspected of interfering with hormone function (endocrine disruption)⁹.

4. Economical to use

Natural cosmetics are not that expensive. In fact, some of these products are more affordable than synthetic ones. They are offered at discounted prices and are sold for a cheap price during sales. Just need to survey enough to look for great deals. An estimate of WHO demonstrates about 80% of world population depends on natural products for their health care, because of side effects inflicted and rising cost of modern medicine. World Health Organization currently recommends and encourages traditional herbal cures in natural health care programs as these drugs are easily available at low cost and are comparatively safe¹⁰.

➤ Cosmeceuticals

'Cosmeceuticals' is fastest growing segment of the beauty industry. Cosmeceuticals are cosmetic-pharmaceutical products intended to improve the health and beauty of the skin by providing a specific result, ranging from acne-control, sun protection to anti-wrinkle, anti-aging effects. They are skin protecting as well as skin glowing agent.



Herbs Used in Cosmetics/Cosmeceuticals

There are numerous herbs available naturally having different uses in cosmetic preparations for skincare, hair care and as antioxidants, Perfumes as follows.

1. Skin Care

- **Coconut oil:** Coconut oil is excellent as a skin moisturizer and softener. Coconut oil is derived from the fruit or seed of the coconut palm tree *Cocos nucifera*, family *Arecaceae* which contains about 60-65% of the oil. Coconut oil contains a high amount of glycerides of lower chain fatty acids. The melting point of coconut oil is 24 to 25°C (75-76°F) and thus can be used easily in liquid or solid forms and is often used in cooking and baking.
- **Olive oil:** This oil is a fixed oil extracted from the fruits of *olea europaea*, family *oleaceae*. The major constituents are triolein, tripalmitin, trilinolein, tristearate, monostearate, triarachidin, squalene, β -sitosterol and tocopherol. It is used as skin and hair conditioner in cosmetics like lotions, shampoos etc. It is a potent fatty acid penetration enhancer.
- **Aloe vera:** *Aloe vera* is an herbal plant species belonging to 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 gel². Aloe vera contains amino acids like leucine, isoleucine, saponin glycosides that provide cleansing action, vitamins A,C,E,B, choline, B12 and folic acid and provide antioxidant activity.
- **Green tea:** The tea plant (*Camellia sinensis*) has been cultivated in Asia for thousands of years¹¹. The 4 major polyphenolic catechins present in green tea leaves are (2)-epicatechin (EC), EGC, (2)-EC-3-gallate, and EGCG, which is the most abundant. It was found that green tea extracts or an individual green tea polyphenol (GTPP), especially epigallocatechin (EGC)-3-gallate (EGCG), inhibited two-stage chemical carcinogenesis (eg, induced by 7,12-di-methylbenz(a)anthracene [DMBA] and 12-O-tetradecanoylphorbol 13-acetate [TPA]), and photocarcinogenesis (induced by UVB).
- **Calendula:** *Calendula officinalis* is reported to have a remarkable antioxidant activity, anti-inflammatory activity and wound healing activity¹². A previous study demonstrated that the essential oil of *Calendula* consists mainly of α -thujene, α -pinene, 1,8-Cineole, dihydrotagetone and T-muurolol.
- **Turmeric:** It is a deep yellow-to-orange powder that comes reduce the number of ultraviolet B (UVB)-induced sunburn. It is skin protecting agent as well as antiseptic in nature.
- **Multani mitts (Fullers earth) :** It is mother natures own baby powder. Clay was one of the earliest substance to be used as a beauty mask to draw oils from the skin, natural moisturizers for hairs, teeth, gums, and hairs, to

remove pimple marks, treatment on sunburn, helps unclog pores, to cleans the skin of flakes and dirt.

- **Oat (*Avena sativa*)** : Oat oil is rich in antioxidants and natural emollient property. It also use in many lotions, creams and facial oils.
- **Chandan:** It was used as scrubs and face packs that were applied on face to remove dead cells. Regenerate growth of new cells and gives a young look. It also use as detanning agent in sunburn treatment.

2. Hair Care:

- **Henna:** Henna comes from the plant *Lawsonia inermis* family Lythraceae, which contain a dye molecule called Lawsone, which when processed produces Henna powder. Besides lawsone other constituents present are gallic acid, glucose, mannitol, fats, resin (2%), mucilage and traces of an alkaloid. Leaves yield hennatannic acid and an olive oil green resin, soluble in ether and alcohol. Lawsone edible fruit. It is highly praised both for its high vitamin C content and for the precious oil, which is extracted from its seeds and pulp and used as a treatment for hair and scalp problems. It is used in eye syndromes, hair loss, and children ailments etc.
- **Shikakai:** *Acacia concinna* Linn. (Leguminosae) is a medicinal plant that grows in tropical rainforests of southern Asia. The fruits of this plant are used for washing hair, for improving hair growth, as an expectorant, emetic, and purgative. The powder of *Acacia Concinna* Linn shows the presence of saponins, alkaloid, sugar, tannin, flavanoids, anthraquinone glycosides.
- **Amla:** Amla is the fruit of a small leafy tree (*Emblica officinalis*), which grows throughout India and yields an characteristics. There are mainly four species of roses for oil production. These are *Rosa damascena* Mill., *R. gallica* L., *R. moschata* Herrm. and *R. centifolia* L. Rose oil and rose water have many therapeutic effects. Rose oil helps soothe the mind and heals depression, grief, nervous stress and tension. It also helps to heal wound and skin health.
- **Hibiscus:** A Red colour obtained from the extract of *Hibiscus sabdariffa* family Malvaceae. Hibiscus consist of calcium, phosphorus, iron Vitamin B1 used to stimulate thicker hair growth and prevent premature greying of hair.
- **Walnut:** Juglance regia family Juglandaceae, leaves are used in traditional medicine for external applications such as eczema, loss of hair, scalp itching, peeling and dandruff.

3. Antioxidants

- **Tamarind:** Tamarind or *Tamarindus indica* L. of the Fabaceae, subfamily Caesalpinioideae consists of amino acids, fatty acids and minerals of tamarind plant parts. The most distinguished characteristic of

tamarind is its sweet acidic taste due to tartaric acid. Besides being a rich source of sugars, tamarind fruit is also an excellent source of vitamin B and contain minerals, exhibit high antioxidant capacity that appear to be associated with a high phenolic content, and thus can be an important food source.

- **Vitamin C:** Vitamin C is necessary for the hydroxylation of proline, procollagen, and lysine. Vitamin C improves the changes caused by photo damage. Vitamin C has been used effectively to stimulate collagen repair, thus removing some of the effects of photo-aging on skin.
- **Vitamin E:** (Alpha-tocopherol) is the major lipophilic antioxidant in plasma membranes and tissues. The term vitamin E collectively refers to 30 naturally occurring molecules (4 tocopherols and 4 tocotrienols), all of which exhibit vitamin E activity. Its major role is generally considered to be the arrest of chain propagation and lipid peroxidation by scavenging lipid peroxy radicals, hence protecting the cell membrane from destruction.

4. Essential oils

- **Rose oil:** Roses are widely referred to as the world's favorite flower in part due to their vast diversity in plant habitat and floral characteristics. There are mainly four species of roses for oil production. These are *Rosa damascena* Mill., *R. gallica* L., *R. moschata* Herrm. and *R. centifolia* L. Rose oil and rose water have many therapeutic effects. Rose oil helps soothe the mind and heals depression, grief, nervous stress and tension. It also helps to heal wound and skin health.
- **Eucalyptus oil:** There are around 700 different species of Eucalyptus in the world, of which at least 500 produce a type of essential oil. It is produced by steam distillation from the leaves of Eucalyptus species (*E. cinerea* F. Muell., *E. baueriana* F. Muell., *E. smithii* R. T. Baker, *E. bridgesiana* R. T. Baker, *E. microtheca* F. Muell., *E. foecunda* Schau., *E. pulverulenta* Sims, *E. propinqua* Deane and Maiden, *E. erythrocorys* F. Muell.) etc. They are widely used in the preparation of liniments, inhalants, cough syrups, ointments, toothpaste and also as pharmaceutical flavors.

5. Oral care

- **Meswak (*Salvadora persica*):** Chewing stick have been widely used in the Indian subcontinent, Meswak, a derivative from Arak tree, is used by many people in different cultures as a traditional toothbrush for oral hygiene. It is suitable for cleansing teeth, comparatively cheap, its also found its way into the dentifrices in the recent years as antiplaque and antigingivitis agent. It is believed that chewing on these stem facilitate salivary secretions which possibly help in oral cleaning and plaque.
- **Red Clover (*Trifolium pratense*):** Red clover mouthwash is healing for irritated and diseased gums. After making red clover tea, prepare an ointment from



the strained blossoms and leaves. Rub the ointment, which has antibiotic properties, on gums that are abscessed from sore or root canal therapy or other dental procedure.

- **Peppermint Oil:** Peppermint contain menthol as a volatile oil, methyl acetate, tannic acid, and Vitamin C. Peppermint oil is used to relieve toothache by soaking a cotton ball in the oil and placing it in cavity or rubbing it on the tooth. Peppermint mouthwash can be used to relieve gum inflammation.

CONCLUSION

Herbal cosmetics are the preparations containing phytochemical from a variety of botanical sources, which influences the functions of skin and provide nutrients necessary for the healthy skin or hair. There is common belief that chemical based cosmetics are harmful to the skin which increase the awareness among consumers for herbal products. Herbal cosmetics are prepared, using one or more herbal ingredients to treat different skin ailments and for the beautification. The Cosmeceuticals are the agent that protects skin and gives nourishment to the skin which may produce from the herbal drug which are stated in present review. The cosmetic products are the best option to reduce skin problems such as hyper pigmentation, skin wrinkling, skin ageing and rough skin texture etc. The demand of herbal cosmetic is rapidly expanding. Hence the herbal cosmetics have the most advantageous over the synthetic cosmeceuticals due to its effectiveness.

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