

A Review On Herbal Cosmetics

Mr. Garje Mayur¹, Prerna Aurange², Prof. Santosh Waghmare³, Dr. H. V Kamble⁴
^{1,2,3,4} Loknete Shri Dadapatil pharate college of pharmacy, mandavgan pharata

Abstract- Nature has offered the way to keep up that parity. Herbs! Yes herbs are one such means. An herb is a plant or plant extract, including leaves, bark, berries, roots, gums, seeds, stems and flowers which are favour with nourishing and healing elements. Cosmetics alone are not competent to take care of skin and others body parts. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash, herbal conditioner, herbal soap, herbal shampoo etc. The industry is now focusing on the growing segment with a vast scope of manifold expansion in coming years.

Keywords- plant extract , cosmetics, herbal cosmetics etc.

I. INTRODUCTION

The word cosmetic was derived from the Greek word “kosm tikos” meaning having the power, arrange, skill in decorating. The herbal Cosmetics referred as product, are formulated using various cosmetic ingredients to form the base in which one or More herbal ingredients are used to provide cosmetic benefits called as “Herbal Cosmetics” The origin of cosmetics forms a Continuous narrative throughout the history of man As they developed. The man in prehistoric times 3000 BC used colours for decoration to attract the Animals that he wished to hunt and also the man Survived attack from the enemy by colouring his Skin and adorned his body for protection to provoke Fear in an enemy (whether man or animal). The Origin of cosmetics were associated with hunting, Fighting, religion and superstition and later Associated with medicine. Term Cosmeceuticals is adapted by cosmetic manufacturer in beginning of 1990’s to describe the OTC skin care product that Claims therapeutic benefits by addition of plant based active ingredients such as retinoic acid, ascorbic acid, coenzyme . These Active ingredients serve many purposes viz. Increase skin elasticity, delay skin aging. Advantages of Herbal Cosmetics : Herbs are important for prevention and health promotion properties having following advantages which are described below:

- Enhance their beauty as these products supply the Body with nutrients and enhance health and provide Satisfaction as these are free from synthetic Chemicals and have relatively less side-effects Compared to the synthetic cosmetics.
- Safe to use : Compared to other beauty products, natural cosmetics are safe to use. They are hypoallergenic and

tested and proven by dermatologists to be safe to use anytime. Example - BHA (Butylated Hydroxy-anisole) and BHT (Butylated Hydroxytoluene) are closely related synthetic antioxidants and are used as preservatives in lipsticks and moisturizers BHA and BHT can induce allergic reactions in the skin.

- Compatible with all skin types. You will find natural cosmetics like foundation, eye shadow, and lipstick which are Appropriate irrespective of your skin tone.
- Natural Products: The name itself suggests that Herbal cosmetics are natural and free from all the Harmful synthetic chemicals which otherwise may Prove to be toxic to the skin.
- No Side Effects: The synthetic beauty products can Irritate your skin, and cause pimples. They might Block your pores and make your skin dry or oily. With natural cosmetics, one need not worry about These. The natural ingredients used assure no side Effects; one can apply them anytime, anywhere. For Example herbal cosmetics are free from parabens That are the most widely used preservative in Cosmetics and can penetrate the skin.
- These products are more affordable than synthetic ones. They are offered at economical prices and are sold for a cheap Price during sales.
- The synthetic beauty products can irritate your skin, and cause pimples. They might block your pores and make your skin Dry or oily. The natural ingredients used assure no side effects.

II. COSMETIC PREPARATION

The physical states of cosmetics preparation are divided into following three categories:

1. Solids: Face powders, Talcum powders, Face packs, Masks, Compact powders, Cake make-up, etc.
2. Semi solids: Creams, Ointments, Liniments, Wax base creams, pastes, etc.
3. Liquids: Lotions, Moisturizers, Cleansing milk, Mouth washes, Deodorants, Liniments, Sprays, etc.

Herbal medicines for Treatment :

- Dry skin treatment : aloe vera, Coconut oil , sunflower oil , olive oil .
- Skin Protection: green tea , turmeric .

- Dandruff Treatment: Henna, Neem, Shikakai .
- Hair Care: Various oils derived from vegetable and mineral sources, and are used in cosmetics. Examples of vegetable oils are almond oil, arachis oil, castor oil, olive oil, and coconut oil. Examples of mineral oils are Light and Heavy paraffin.

III. CONCLUSION

The use of bioactive ingredients in cosmetics affects the biological functions of the skin and provides the necessary nutrients for healthy skin or hair. It is mandatory to carry out safety tests appropriate to the existing and well-documented standards together with the composition of the ingredients.

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