



A Review on Herbal Cosmetics in New Era of Cosmeceuticals

Sayeda Parveen Qureshi^{1*}, Aparna Yadav² and Chandan R.Sakaharkar³

P.G. Department of Botany, J.M. Patel College, Bhandara. (M.S.)

drsdprvnqureshi17@gmail.com

Abstracts

Cosmeceuticals is the ever-growing field of herbal cosmetics. Cosmeceuticals are Cosmetic substances intended to the beauty and health by providing a good result. The demand of herbal cosmetics is increasing rapidly in the global market due to lack of side effects. The best thing about herbal cosmetics is that they are purely of natural origin. Various herbal preparations in the form of cosmetics have been used from long time to maintain and enhance beauty in natural form. Herbal cosmetics like herbal face wash, sunscreen, conditioner, soaps shampoo, paste dye etc. are in high demand by the consumers worldwide. Generally, herbal extracts are rich in source of vitamins, Proteins, Carbohydrates, antioxidants, essential oils, hydrocolloids, alkaloids, coumarins, saponins, flavanoids and many other bio active compounds. Our traditional knowledge about the use of plant wealth is of great help to identify the phytochemicals for skin and body care. Herbal cosmetics comprise of floras like Pappaya, Jaswand, Aloe vera, lemon, Heena, Neem, Sandalwood, Tulsi, Amla, Shikakai etc.

Keywords: Antioxidants, cosmeceuticals, extracts, flavanoids, global market.

Introduction

Use of herbal derivatives was known from ancient time. There is common belief that chemical based cosmetics are harmful to the skin and health an increased awareness among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetics preparations (1). The phytochemicals extracted from a variety of botanicals have dual function as cosmetics. Firstly, as cosmetics they are part of beautification and secondly, active bioingredients provide nutrients to skin

hair dental and in many ways influence biological functions(2).These bioactive ingredients includes vitamins, antioxidants, oils, dyes tannins alkaloids, carbohydrates, proteins, terpenoids and many more (3). The term cosmaceuticals was first used by Raymond Reed founding member of US society of cosmetics in 1961.he actually used the word to brief the active and science based cosmetics. The above term was further used by Dr. Albert Kligmen in the year 1984 to refer the substances that have both cosmetics and therapeutic benefits (4). Cosmeceuticals are cosmetic pharmaceuticals hybrids intended to enhance health and beauty through ingredients that influence the skins biological texture and function(5).In herbal cosmetics products formed are formulated by using various permissible cosmetics biochemical to form the base in which one or many herbal biochemical are used to provide defined cosmetics benefits only, known as herbal cosmetics (6). Herbs include crude plant material, such as leaves, flowers fruits, seeds, stems, wood, bark, roots rhizome or other plant parts, which may be entire fragmented or powdered. Herbal materials include in addition to herbs, fresh juices, gums fixed oils, essentials oils, resins and dry powders of herbs. In some countries, these materials may be processed by various local procedures, such as steaming, roasting or stir baking with honey, alcoholic beverages or other materials (I).Cosmetic products contain mixture of natural substances or manufactured substances and presented to consumers for cleansing improving or altering the complexion, skin hair, and nail. Beauty preparations such as makeup and skin cream as well as grooming aids such as shampoo and deodorant come under cosmetics products. When herbs are used for their aromatic and medicinal value in cosmetics, they are known as herbal or green personal care products (7).

Materials and Methods: Information on indigenous knowledge and cosmetics values was collected through a questionnaire from local people and shopkeepers engaged in cosmetics business. Plants Specimens were photographed, collected, dried and preserved.

Plants used in herbal cosmetics/Cosmeceuticals: There are number of plants present in nature having different bioactive ingredients uses in cosmetic industry for skin care, hair care, dental care, antioxidants' and fragrance etc. list is prepared mentioning the use of plants in herbal cosmetics.

Use of plants in Herbal Cosmetics for skin care

(Coldcreams, cleansingcream, vanishingcreams, astringent, moisturizer, sunscreen, antiseptic and shaving lotion.)

- 1. Aloe vera:** *Aloe vera*, Family *liliaceae* *Aloe vera* contains amino acid, Vitamins A, C, E, B, choline, folic acid. It is used in many cosmetics products such as cleansing, moisturizer the skin, delays visible signs of aging, sunburns, scratch, astringent, antibiotic and heal injured wound.
- 2. Pappaya:** *Carica papaya L*, Family-*Caricaceae*. Papaya contains papain, chymopapain, cystatin, tocopherol, flavonoids, saponins and proteins. It improves skin health by degrading dead cells, increase brightness; treat for sore and cracked heels.
- 3. Green tea:** Botanical name *Camellia sinensis*, Family-*Theaceae*. Green tea consist of polyphenolic catechins i.e. EC, EGC, Ec-3 gallate, EGCG .The catechin are 20 times stronger in their antioxidant power than vitamin E.
- 4. Neem:** Botanical name *Azadirachta indica*, Family *Meliaceae*. It contains alkaloids, flavonoids, carotenoids, steroids, tritetrpenoids and phenolic compounds. It has antiseptic and blood purifier properties, enhance beauty and also used as natural antioxidants.
- 5. Nimbu:** Botanical name *Citrus limon*, Family *Rutaceae*. It contains limonene, phenolic acids, flavanoids, synephrine and have good materials of nutraceuticals. It is potential source for vitamin C, moisturizer, cleansing, skin brighter and antibacterial.
- 6. Ashwagandha:** Botanical name *withania somnifera*, Family *Solanaceae*. It contains alkaloids, tannins, proteins, glycosides, carbohydrate, saponins, and vitamins. Ashwagandha moisturize, repair tissue damage, cleansing and serve as antioxidants’.
- 7. Sandal:** Botanical name *Santalum album*, Family-*Santalaceae*. Sandal consist of alpha and beta santalol, cedral, esters aldehydes, phytosteroides. Sandal used as face pack, its oil used in lotion and ointments for skin brightness and protection from sunburn.
- 8. Tulsi:** Botanical name *ocimumsanctum*, Family *lamiaceae*. It contains, tannin, flavanoids, eugenol, rosemarinic acid, apigenin, carnosic acid. Tulsi is used for skin protection and rejuvenation.
- 9. Anaar:** Botanical name *Punica granatumL.*, Family-*Punicaceae*. *Punica granatum* consist of anthocynins, chlorogenic acid, caffeic acid, ellagic acid, gallic acid, phenolic acids and p coumeric acids. Its seed has nourishing and moisturizing properties. Used for mature and aging skin, antioxidant, sunburnt.

10. Rose: Botanical name *Rosa damascene*, Family-*Rosaceae*. Rose consists of citronellol, eugenol, famesol, rosa oxide, humulene, eudesmol. Rose used for skin toning, lightening, soft and smoothening.

Use of plants in Herbal cosmetics for hair care

(Cleansing shampoo, conditioner, hair colourant, hair oil, antidandruff shampoo, growth regulator, strengthener)

1. Amla: Botanical name *Phyllanthus emblica*, Family-*Euphorbiaceae*. Amla consist of emblicans, ellagic acids, gallic acids, punigluconin. Amla has high vitamin C used for treatment for hair loss and scalp problems.

2. Shikaki : Botanical name *Acacia concina*, Family-*Mimosasaceae*. Shikakai contains lactone, hexacosanol, calyctomine, spinasterone, oleanolic acid. It is used for hair cleanser and for control of dandruff.

3. Brahmi: Botanical name *Bacopa monnieri L.*, Family-*Plantaginaceae*. Brahmi consist of alkaloids, saponins, glycosides and tannins. Brahmi improves hair growth.

4. Behera: Botanical name *Terminalia bellirica Roxb.*, Family *combretaceae*. Bahera consist of chebulic acid, ethyl gallate, glucose, mannitol, belleric acid, arjungenin. Bahera used as hair dye.

5. Heena: Botanical name *Lawsonia inermis L.*, Family-*Lythraceae*. Heena contains lawsoniaside, lalioside, vomifolial. Heena used for hair dye, conditioner and nourishment.

6. Sage: Botanical name *salvia officinalis*, Family *Lamiaceae*. Sage contains camosol, rosmanol, camphor, galdosol. Sage aqueous extract used in hair conditioner.

7. Marigold: Botanical name *calendula officinalis*, Family-*Asteraceae* Marigold consist of d-cadinene, a-thugene, T-murolol. Marigold used as hair creams for smoothening.

8. Lavandor: Botanical name *lavandula angustifolia*. Family-*Lamiaceae*. Lavendor oil stimulates circulation, strengthens new hair growth.

9. Jaswand: Botanical name *Hibiscus rosa-sinensis*, Family- *Malvaceae*. Jaswand (China rose) contains cyclopropanoids, methyl stercolate, beta- sitosterol and malvate. Jaswand used in hair care as hair growth stimulants, hair colorants, aroma, anti dandruff, conditioning.

10. Barghad: Botanical name *Ficus racemosa L*, Family -*Moraceae*. Barghad contains B sitosterol, lupiol acetate. Barghad root powder check hair fall.

Use of plants in Herbal cosmetics as Dentifrice

(Toothpaste, tooth powder, tooth brush, mouth wash bad breath, tooth sensitivity)

1. Babool: Botanical name *Accacia nilotica*, Family-*Mimosoideae*. Babool contains galactose, al dobio, polysaccharides, glycoprotiens, calcium magnesium and potassium salts. Babool use in oral treatment in the form of tooth paste and tooth brush (datun). Babul have antibacterial, inflammatory, astringent properties.

2. Clove: Botanical name *Eugenia officinale*, Family *Myrataceae*. Clove consist of eugenol, caryophyllene. Clove used in toothache, oral diseases or any dental problems due to its antibacterial and antiseptic properties.

3. Mint: Botanical names *Mentha piperata*, Family: *Lamiaceae*. Mint consists of menthol, piperitenoneoxide, lindyl acetate, limonene. Mint used in tooth decay, control bad breath, sensitivity.

4. Nilgiri: Botanical name *Eucalyptus globules*. Family; *Myrataceae*. Nilgiri contain eucalyptol and alpha terpineol limonene. Nilgiri extract used in dental plaque and stain, reduces gingivitis bleeding.

5. Apamarga. Botanical name *Achyranthus aspera*, Family: *Amaranthaceae*. Apamarga contains oleanolic acid, saponin, ecdysterone. Apamarga have antibacterial properties, Plaque removal used in dental cosmetics.

6. Guava: Botanical name *Psidium guava*, Family; *Myratacea*. Guava consists of carbohydrates, glycosides, flavonoids, tritepinoides, alkaloids, saponins. Guava has antibacterial, antioxidants and anti inflammatory properties, used in mouth rinse and toothpaste.

Conclusions

Globally consumers are going green and this is especially true in cosmaseuticals Industry.

In India majority of population rely on herbal cosmetics. Herbal cosmetics are widely used for glowing skin, Shining teeth, Silky and healthy hair etc. The chemicals of these herbal products are not yet standardized. Lots of cosmetics products are available in the market in form of wax, cream, lotion,

moisturizer, oils, natural color, conditioner, paste, fragrance etc. The present paper incorporates the survey of herbal products used in cosmetics for the care of skin hairs and teeth. These plants were identified from botanical point of view. The local peoples were contacted and enquiry was held to know the usage of these plants. The present review mainly emphasis on compilation of information of herbal cosmetics plants. This data will be useful to researchers working in the field of cosmetology. It is urgent need of time to compile information on herbal cosmetics their proper regulation and standardization.

Application of review: Review understands the organic cosmetics are natural and free from all the harmful synthetic chemicals, the natural ingredients used in herbal cosmetics assures no side effects.

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