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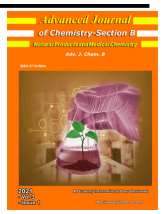

Short Communication

Utilization of Herbal Cosmetics: A brief overview

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ABSTRACT

The role of Indian herbs in herbal cosmetics is well-known throughout the world. Beauty and makeup are as old as humanity and society itself. As a result, women with herbs use various beauty items to appear attractive, and young women are fascinated with looking attractive. Herbal cosmetics are classified as beauty products containing herbal ingredients that have physiological benefits such as curing, smoothing, improving, and conditioning. Herbal cosmetics are a priceless gift from nature that is becoming increasingly common on the global market. There has been a lot of concern regarding herbal formulations, which have a high level of activity and virtually no side effects when compared to synthetic drugs. For thousands of years, spices and herbs have been used to keep the human body healthy and attractive. The above ingredients have been used by Indian women for centuries to care for their skin, hair, palms, and soles, and to perfume their bodies. The royal palaces in India used a variety of herbs to improve sensual appeal and maintain general hygiene. Shelf-stable herbal formulations, such as herbal face wash, shampoo, conditioner, soap, and the like, are frequently made and used daily. In the coming years, the industry is focusing on the growing market, which has a large range of possible growth.

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GRAPHICAL ABSTRACT

Introduction

The tale of cosmetics can be traced back through all of human history.Cosmetic comes from the Greek word "cosmtikos," which means "decorate, organise, and decorate" [1].Man used colours to attract the creatures he wanted to hunt in prehistoric times (3000BC), and he even survived an enemy attack by colouring his skin and adorning his body for protection, instilling fear in his foe (whether man or animal)[2].Hunting, combat, religion, and superstition all played a role in the development of cosmetics and, later, medicine[3].Herbal cosmetics products contain ingredients that are lawful cosmetic ingredients used in formulation to develop a distinct combination of beneficial cosmetic properties that are made up of one or more herbs [4].In the 1990s, the term "cosmeceuticals" was coined to describe skin care products with active ingredients, such as alphahydroxy acid, retinoic acid, ascorbic acid, and coenzyme Q10, that are also marketed as having medicinal benefits [3].In other words, those active ingredients perform a variety of functions. Increased skin elasticity, delayed skin ageing by reducing wrinkles, antioxidant resistance against UV radiation, and collagen degradation regulation, to name a few benefits [5].People's skin and hair appearance is determined by their fitness, habits, daily work, environmental conditions, as well as maintenance [6].Since the skin is dehydrated in the summer due to excessive heat exposure, wrinkles, freckles, blemishes, pigmentation, and sunburns are possible. During extremely harsh winters, the skin sustains damage like chapped lips, cuts, bruising, maceration, as well as infection [7].Even people of all ages are susceptible to skin diseases, which can be caused by bacteria, chemical agents, or biological toxins in the water [8-10]. Their only source of information was Ayurveda, which has preserved natural wisdom over thousands of years. Ayurveda relied on a wide range of herbs and floral floras when creating cosmetics that were both for beauty and for protection from the environment. Botanicals that are "naturally occurring" don't have any side effects on the human body, other with enhancing your health with vitamins and minerals. Cosmetics are products that are used to wash, beautify, or

improve one's health [11]. A provisional drug approval does not apply to cosmetics. Herbal cosmetics are phytochemical preparations derived from various botanical sources that influence skin functions and provide nutrients for healthy skin and hair [12].Herbal cosmetics are natural herbs and their extracts that are used in cosmetic preparations for their aromatic appeal [7].Demand for natural products and natural extracts in cosmetic formulations has increased due to consumer awareness of the skin-toxic nature of conventional chemical-based cosmetics [7].There has been a sharp increase in the demand for natural ingredients and new possibilities have emerged in the cosmetics industry. According to the Drug and Cosmetic Act, cosmetic herbs and essential oils must not penetrate into the skin's surface layers or have a medicinal effect [13].Herbal cosmetics and other chemical ingredients used in cosmetic formulations must follow the same legal requirements and regulatory procedures [7].

Major Categories of Herbal Cosmetics[14]:

- Cosmetics for improving facial skin appearance
- Cosmetics for hair growth and care
- Cosmetics for skin care, especially in teenager[14, 15](acne, pimples and sustaining)
- Shampoos, soaps, powders and perfumery, etc.
- Miscellaneous products

Medicinal Herbs used in Cosmetics:

An Ayurvedic herb practitioner who has a vast knowledge of Ayurveda claims that one of the Ayurvedic herbs' main functions is to purify blood and extract vitiated doshas (vata, pitta, and kapha) from the body, which are primarily responsible for skin disorders and other diseases [16].The CharakSamhita, a book about Ayurveda written by the Ayurvedic sage Charak, contains descriptions of various medicinal plants in Varnya Kashaya. To have a glowing complexion, you can use the herbs mentioned. Shwetadurva Lata, Shwetadurva Nagkeshara, Shwetadurva Padmak, Shwetadurva Khus, Shwetadurva Yashtimadhu, Shwetadurva Manjistha, Shwetadurva Sariva, Shwetadurva Payasya, Shwetadurva Seta (shyamadurva)[16]. Generally, these herbs help to remove toxins from the body, brighten the complexion, and treat boils.

Advantages of Herbal Cosmetics:

Herbal cosmetics or herbal cosmetics may also be referred to as products of botanical origin in the cosmetics industry. The Drugs and Cosmetics Act of 1940 defines cosmetics as "any material intended to be rubbed, poured, sprinkled, or applied to human beings for the purpose of bathing, beautifying, or promoting beauty"[16].Cosmetics comprising biologically active principles or plant-based ingredients that influence the consumer, or a combination of cosmetics and pharmaceuticals to improve the health and appearance of the skin, are known as cosmeceuticals[16, 17].Herbal cosmetics are beauty products that contain herbal ingredients that have healthful purposes, such as healing, improving the look of skin, improving its overall strength, and enhancing the user's appearance. Many benefits of herbal makeup include:

- There is a natural source of medicinal plants, which is our only hope for a safe supply of cheaper drugs for the world's growing population;
- Herbal cosmetics have a long history of usage and acceptance, as well as increased patient tolerance[7].
- Producing and processing medicinal plants and herbal products in a manner that is not harmful to the environment
- The availability of medicinal plants is not an issue in developing countries like India, which has a diverse agro-climatic, cultural, and ethnic biodiversity.
- Herbal medicines' safety and efficacy can be demonstrated by long-term, apparently unobtrusive use [18].

Table 1: name of plants used for care of skin

S. No.	Common name of plant	Family	Uses	Ref.
1	Aaraar	Cupressaceae	In skin creams, the whole plant extract is beneficial for controlling skin rejuvenation.	[19, 20]
2	Aam	Anacardiaceae	Plant extract has anti-oxidant features.	[21, 22]
3	Akashbel	Convolvulaceae	Dermatitis, scratching, and ringworm are all treated with it.	[23, 24]
4	Aswagandha	Solanaceae	The entire plant extract is used to cleanse the skin and has antioxidant properties.	[25, 26]
5	Amla	Euphorbiaceae	The fruit extract has anti-oxidant properties.	[27, 28]
6	Babuna	Asteraceae	The extract of the leaves is used in anti-acne creams.	[29-31]
7	Babchi	Fabaceae	The extract from seeds has the ability to treat skin diseases.	[32, 33]
8	Banaba Leaf	Lythraceae	It is said to increase the skin's suppleness and reduce the signs of ageing. It's a fantastic addition to gel and lotion formulations.	[34]
9	Badam	Rosaceae	Sun creams and other formulations containing kernel extract are used to make skin fairer and beautify creams.	[35, 36]
10	Burdock Root	Asteraceae	It is commonly used in personal care products to deeply clean pores and remove impurities from the skin's surface. Many have used this ingredient in topical preparations for a long time, and it is commonly thought to be an excellent addition to hair care products.	[34]
11	Bile	Rosaceae	Seed extract is used to improve the appearance and protect the skin.	[37, 38]
12	Chandan	Santalaceae	A few drops of an essential oil can be added to creams, ointments, and lotions to help beautify skin and protect against sunburn.	[39-42]
13	Chameli	Oleaceae	Essential oil extracted from flowers is used in skin creams and lotions to control skin diseases. Mixtures of plant-based essential oils are used to protect the skin from sunburn.	[43, 44]
14	Cheretta	Gentianaceae	Bark powder extract has anti-inflammatory and antioxidant effects.	[45, 46]
15	Cucumber Peel	Cucurbitaceae	The calming and cooling properties of cucumber peel extract make it an excellent addition to skin care products.	[34]
16	Chotidhudhi	Euphorbiaceae	Ringworm and skin	[47, 48]

			infections can be treated with a plant extract.	
17	Dhak	Fabaceae	Pimples benefit from leaf extract, while fungal infection and bruises benefit from seed extract.	[49, 50]
18	Grape Seed	Genus Vitis	Grape seed extract has components that can help prevent skin from losing its suppleness, making it soft and youthful-looking. Grape seed extract is a main ingredient in a number of facial moisturizers and can help skin remain supple.	[34]
19	Garlic	Alliaceae	It has been suggested that garlic oil can help with skin issues like boils, pimples, and acne. It is suitable for skin care formulations like lotions and creams.	[51]
20	HulKhusa	Lamiaceae	All kinds of skin disorders, from scabies to skin psoriasis to chronic skin to skin eruption to eczema, are treated using the juice of this plant.	[52]
21	Haldi	Zingiberaceae	Rhizome powder is beneficial to the skin because of its anti-inflammatory and anti-oxidant properties.	[53]
22	Kuth	Asteraceae	Ointments containing root extract are used to treat chronic skin diseases.	[54, 55]
23	Karela	Cucurbitaceae	Antioxidant properties are contained in plant extracts.	[56-58]
24	Kamala	Euphorbiaceae	Flower powder can be used to treat scabies, ringworm, and leprosy eruptions, among other things.	[21, 59]
25	Lavender	Lamiaceae	Essential oils are used to treat acne on the skin.	[60, 61]
26	Lalgulab	Rosaceae	A beauty product often contains a natural extract of flowers, used to harvest natural oils that can be used in various beauty products, such as lotions, creams, and sunburn balms.	[60, 62]
27	Lajwanti	Mimosaceae	To help control itching, herbal extracts are used in skin creams and lotions.	[63]

28	Maharukh	Simaroubaceae	In skin creams and lotions, the extract from the leaves helps to prevent skin eruptions.	[64]
29	Nimbu	Rutaceae	To alleviate skin itching and nourish the skin, various oils are used. The resulting pulp, after juicing, can be used as a facial ingredient.	[65, 66]
30	Nariyal	Arecaceae	Coconut oil may be used to relieve itching and rashes on the skin.	[67]
31	Neem	Meliaceae	Diterpenes and strongly oxidisedtetraner warmer parts triterpenoids like azadirachtin are found in the bark, seed, fruits, and leaves; antiseptic agent; useful in the treatment of wounds, skin diseases, leprosy, and ulcers.	[68]
32	Papaya	Caricaceae	The juice from unripe fruit is great for facial and face cream.	[69, 70]
33	Panwa r	Caesalpiniaceae	Skin infections, ringworm, eruptions, and other skin problems may be treated with the leaves and seed extract.	[71, 72]
34	Sunflower	Genus Helianthus	Additional benefits can be found in skin and hair care products by using it. It helps prevent split ends, resulting in thicker, shinier hair.	[34]
35	Sea Bucktho rn	Genus Hippophae	Sea Buckthorn extract is a one-of-a-kind ingredient that contains a natural reservoir of skin-friendly nutrients. It's a great addition to a variety of topical skin care items, particularly for mature skin.	[9]
36	Tulsi	Lamiaceae	The extract from the leaves can help with skin infection and rejuvenation.	[73-75]
37	Water lettuce	Araceae	The extract of the leaves is used to treat chronic skin conditions.	[71, 76, 77]

Table 2: name of plants used for care of hair

S. No.	Common name of plant	Family	Uses	Ref.
1	Aloe	Liliaceae	Aloe vera contains enzymes that are known to help break down dead skin cells and excess sebum, which can cause blockages in hair follicles.	[34, 78]
2	Amla	Euphorbiaceae	Oils containing fruit extract are used to promote hair growth.	[79, 80]
3	Akroot	Juglandaceae	Hair dye is made from the leaves and hulls of fruits.	[81, 82]
4	Bhringraj	Asteraceae	One of the most effective natural ways to promote hair growth is to use an Ayurvedic herb.	[9, 34]
5	Basil	Lamiaceae	Basil has anti-inflammatory, hair-preventing, and circulatory benefits, and it also helps to promote hair growth when used as a herbal rinse on the hair and scalp.	[24, 34, 83]
6	Behera	Combretaceae	Hair dyeing preparation may benefit from seed extract and oil.	[84, 85]
7	Banajwain	Lamiaceae	Hair tonics can be made with whole herb extract.	[86, 87]
8	Bargad	Moraceae	Aerial root powder is combined with coconut oil and massaged into the scalp to prevent hair loss.	[88, 89]
9	Brahmi	Apiaceae	Massage brahmi extract into the scalp with olive oil to improve circulation and encourage stronger hair growth.	[34]
10	Ginger	Zingiberaceae	Ginger root oil promotes better and faster hair growth by increasing circulation in hair follicles.	[34]
11	Henna	Lythraceae	The paste made from the leaves is used to colour and nourish hair.	[90-92]
12	Harra	Combretaceae	Hair care products include seed extract.	[93]
13	Jatamansi	Valerianaceae	Hair tonics often use rhizome extract to promote hair growth.	[94, 95]
14	Lavender	*Lavandulaaugustifolia*	It can benefit people of all skin types since it enhances blood flow in the scalp, encourages new hair growth, and regulates the scalp's natural oil production.	[34]
15	Mustard	Brassicaceae	Hair oil made from seeds is used to nourish hair.	[96, 97]
16	Marigold	Asteraceae	For a smoothing effect, flowers extract is used in hair creams.	[98, 99]
17	Peppermint	Lamiaceae	Peppermint oil can be used to treat a rash on the scalp.	[34]

18	Ritha	Sapindaceae	Fruit coat extract is a natural shampoo that is used as a hair cleanser in herbal shampoos	[84, 100]
19	Shikakai	Mimosaceae	Pods extract is often used as a hair cleanser as well as a dandruff treatment.	[101, 102]
20	Safflower	Asteracea	Hair tonics contain alcoholic extract.	[34, 103]
21	Til	Pedaliaceae	A commonly used hair oil source is seed oil which is used in either its unrefined form or as a starting point for making specific hair oils.	[104, 105]

Conclusion

The public is embracing herbal cosmetics. According to Herbal cosmetics' proponents, their intrinsic acceptability and efficacy are guaranteed, along with their relative lack of side effects when compared to synthetic cosmetics. Approximately 70% of the Indian population uses herbal cosmetics for health care. In daily use, commonly-formulated herbal cosmetics include herbal face wash, conditioner, soap, and shampoo. In the coming years, the industry will shift their focus towards a large segment with the opportunity for great manifold expansion.

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Conflict of interest

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