SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

A REVIEW ON HERBAL COSMETICS

Vaishnavi. S. Misal[1]*, Dr.Swati S.Rawat[2], Dr. Sunil S. Jaybhaye[3], MS.Komal D.Kangne[4] MS. Ashwini J.Bahir5

[1]*Student of Bachelor of Pharmacy, Institute of Pharmacy, Badnapur, Dist. Jalna.*
[2]*Faculty of Pharmaceutical Science, Institute of Pharmacy, Badnapur, Dist. Jalna.*
[3]*Faculty of Pharmaceutical Science, Institute of Pharmacy, Badnapur, Dist. Jalna.*
[4]*Faculty of Pharmaceutical Science, Institute of Pharmacy, Badnapur, Dist. Jalna.*
[5]*Faculty of Pharmaceutical Science, Institute of Pharmacy, Badnapur, Dist. Jalna.*

ABSTRACT

The growing demand for herbal cosmetics is a testament to a significant shift in consumer preferences toward natural, safer alternatives to traditional, chemical-laden beauty products. Many women today seek eco-friendly options that not only nourish and protect their skin but also align with their values of sustainability and wellness. The growing demand for herbal cosmetics is a testament to a significant shift in consumer preferences toward natural, safer alternatives to traditional, chemical-la of cosmetics, however, stretches back millennia and reflects the diverse uses humans have made of natural substances. In Prehistoric times, around 3000 BC, early humans used colours for practical and ritualistic purposes—either to attract animals for hunting or to protect themselves from enemies by invoking fear through body art. Over time, the uses of cosmetic expanded, incorporating medicinal and aesthetic purposes. Offered by plants. Many plants, like the onion Dayak bulb, kemuning leaf, pegagan, red betel, pecan, and sweet root, have been traditionally used in various cultures for their healing and beautifying properties. These plants serve as the foundation for modern herbal cosmetics, offering alternatives that are both effective and natural for enhancing beauty and well-being. Herbal cosmetics, which draw from these ancient traditions, have flourished due to the myriad benefits .

KEYWORD: *herbal cosmetic ,cosmetic, natural products, skin care*

INTRODUCTION

Cosmetics are designed to be applied to the body to cleanse, beautify, or alter appearance, enhancing attractive features. They encompass a wide range of products, including makeup, skincare, haircare, and fragrances.[1] the word cosmetic come from the Greek word “cosmikos “which means the skill of strength, arrangement, decorating. [2] herbal cosmetic referred to as product here, are made using various permitted cosmetic components to create a base to use one or more herbal ingredient provide only defined cosmetic benefits will be called “herbal cosmetic” .[3]

The definition of cosmetics under the Drugs and Cosmetics Act highlights that these products are intended for various applications on the human body for purposes like cleansing, beautifying, and altering appearance. Importantly, cosmetics do not require a drug license, distinguishing them from pharmaceuticals that are meant to treat or prevent diseases. This regulatory difference affects how cosmetics are marketed and monitored for safety and efficacy.[4]

The rising demand for herbal medicines is largely attributed to their compatibility with skin and minimal side effects. Herbal cosmetics, made from natural herbs and shrubs, are often considered safer alternatives to synthetic products. These natural ingredients not only avoid adverse reactions but also provide essential nutrients and minerals that can benefit the skin and overall health. This trend reflects a growing preference for products that align with natural and holistic wellness principles.[5]

Factors such as health, daily habits, work routines, climate, and maintenance practices significantly influence an individual’s skin and hair health. During summer, excessive heat can lead to dehydration, resulting in wrinkles, freckles, blemishes, pigmentation, and sunburn. Conversely, extreme winter conditions can cause skin and hair damage, manifesting as cracks, cuts, infections, and hair loss. Proper care and protection against these environmental factors are essential for maintaining skin and hair beauty.[6, 7]
Herbs are made from original ingredients in plant, leave, roots, fruits and flowers which have properties for healthy and beauty.[8]
Herbs are derived from various parts of plants, including leaves, roots, fruits, and flowers, and possess beneficial properties for health and beauty. Active chemical compounds found in these plants—such as alkaloids, flavonoids, terpenoids, steroids, tannins, and saponins—play crucial roles in their therapeutic effects. Phytochemical screening can identify and quantify these compounds, helping to understand their potential benefits in herbal formulations.[9]
Herbal cosmeceuticals.

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

Cosmetics containing an active ingredient obtained from plant origin are generally known as herbal cosmetics

Cosmetic Preparation Divided 3 categories-

1) **Solid** : face powder, talcum powder, compact powder.
2) **Semisolid** : cream, ointment, liniment.
3) **Liquid** : lotion, hair oil, shampoo, mouthwashes, spray etc. [10]

Classification of Cosmetic

1) **Skin cosmetics**
   -cream
   -scrub
   -lip balm
   -powder
   -lotion/liniment
   -face pack
   -deodorant and antiperspirant
   -bath preparation
2) **Hair Cosmetics**
   -shampoo
   -hair dressings
   -hair colorant
   -fixative
   - bleaching
3) **Tooth Cosmetics**
   -tooth powder
   -tooth paste
   -mouth wash
4) **Nail Preparation**
5) **Shaving Preparation**
6) **Foot Preparation**. [11]

Advantage of herbal cosmetic on traditional cosmetic

1. They do not provoke allergic reactions and do not have any negative side effects.
2 . They are easily incorporated with skin and hair.
3. These are very effective than other cosmetics with small quantity.
4. Easy to available and found in large of variety of plants.
5. They have more stability, purity, efficacy, with their herbal constituents.
6. Easy to manufacture.
7. The storage and handling of herbal cosmetics is easier and for prolong period.
8. Cheap in cost.[12]

Applications of Herbal Products in Cosmetics.

1. **Herbal Skin Care Products**: Lavender Silk , Lotions creams, Body powder, Lavender Herbal body powder, 7 Skin Care Creams.
2. **Herbal Hair Care Cosmetics** : Henna (LawsoniaInermis), Amla (EmblicaOfficinalis), Shikakai (Acacia Concinna), Brahmi (BacopaMonnieri), Bhringraj (Eclipta 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, EyeShadows, 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 and 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). [13-14]

Benefits of Herbal Cosmetic

1) **Use of herb cosmetics: Aloe Vera Benefits**

• Smooth and Supple Skin: Aloe vera helps maintain skin and hydration.
• Anti-Aging Properties: It can delay the appearance of fine lines and other signs of aging.

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

• Healing Cracked Heels: Aloe vera promotes healing and soothes cracked skin on the heels.
• Moisturization



2) Use of Herb Cosmetics: Sandalwood Benefits

• Tightens Skin: It has firming properties that tighten drooping skin tissues.
• Youthful Appearance: Regular use can contribute to a more youthful look.
• Antimicrobial Properties: Sandalwood is effective in combating bacteria and fungi, promoting overall skin health.



3) Use of herb cosmetic: Turmeric Benefit

• Lightens Stretch Marks: Turmeric can help reduce the visibility of stretch marks.
• Reduces Fine Lines and Wrinkles: It effectively diminishes the appearance of aging signs.
• Relief from Burns: Provides quick relief for minor burns and promotes healing.
• Antiseptic and Anti-Inflammatory: Its properties help protect against infections and reduce inflammation, making it beneficial for skin health



SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

4) Use of Herbal Cosmetics: Rose Benefits

• Natural Toner: Rose water acts as an effective toner, refreshing and balancing the skin.
• Prevents Dark Circles: It can help reduce the appearance of dark circles under the eyes.
• Moisture Lock: Rose water aids in retaining moisture in the skin, keeping it hydrated and supple.



5) Use of Herbal Cosmetics: Papaya Benefit

• Exfoliates Dead Skin Cells: Papaya contains enzymes that help remove dead skin, promoting a brighter complexion.
• Prevents Balding: It may strengthen hair follicles, potentially reducing hair loss.
• Treats Sore and Cracked Heels: Papaya can soothe and heal cracked skin on the feet.
• Skin Whitening



6) Use of Herbal Cosmetics: Cucumber Benefits

• Lightens Complexion: Cucumber can help reduce dark patches, promoting a brighter skin tone.
• Reduces Freckles: It may assist in diminishing the appearance of freckles.
• Eases Dark Circles: Cucumber is effective in alleviating dark circles under the eyes.
• Soothes and Softens Skin: Its hydrating properties help soothe and soften the skin, making it feel refreshed

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal



7) Use of Herbal Cosmetics: Tea Benefits

• Adds Shine to Dull Hair: Certain teas, especially green tea and black tea, contain antioxidants polyphenols that help improve scalp health and promote hair shine.

• Eliminates Darkness Around the Eye Area: The caffeine and antioxidants in tea can help reduce puffiness and dark circles.

• increases Resistance Against Infections: Tea, especially green tea, is rich in catechins and polyphenols, compounds that have immune-boosting properties.



8) Use of Herbal Cosmetics: Coffee Benefits

• Regulates Cell Regrowth: Coffee stimulates cell turnover, promoting health skin regenerating
• Reduces Hair Fall: It can strengthen hair follicles, helping to minimize hair loss.
• Increases Skin Elasticity: Coffee enhances skin firmness and elasticity, contributing to a youthful appearance.
• UV Protection: Its antioxidant properties help protect the skin from harmful UV [4]

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal



Herbal Medicines for Treatment of Various ailments

Hair care :

1. Amla oil

Source: Emblica officinalis
Family:(Euphorbiaceae)
Benefits: Rich in Vitamin C, tannins, and minerals; nourishes hair, promotes darkening, and stimulates growth.[15]

2. Coconut Oil

Source: Cocos nnucifera
Family: (Palmea)
Benefits: Moisturizes and conditions hair; helps reduce protein loss and adds shine.

3. Almond oil

Source: Prunus dulcis
Benefits: Nourishes, softens, and strengthens hair; acts as a cleansing agent.

4. Arachis Oil

Source: Arachis hypogea
Family :(Leguminosae)
Benefits: Pale yellow oil with a nutty scent; used in hair oils and conditioners.

5. Castor Oil

Source: Ricinus communis
Family:(Euphorbiaceae)
Benefits: Acts as an emollient; promotes hair growth and moisture retention.

6. Eucalyptus Oil

Source: Eucalyptus species
Family: (Myrtaceae)
Benefits: Helps eliminate dandruff, promoting healthy hair growth.

7. Rose Oil

Source: Rosa damascena and Rosa centifolia
Family:(Rosaceae)
Benefits: Primarily used in perfumery; has a calming scent that can enhance overall hair care routines.

8. Citronella Oil

Source: Cymbopogon species
Family:(Cardiopteridaceae)

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

Benefits: Provides a fresh scent; used in deodorants but can cause skin irritation in large amounts.

9. Olive Oil

Source: Olea europaea
Family: (Oleaceae)
Benefits: Acts as a potent hair and skin conditioner; rich in fatty acids like triolein and squalene, enhancing moisture retention and penetration.

10.Sunflower Oil

Source: Helianthus annuus
Family:(Asteraceae)
Benefits: Contains lecithin and tocopherols; smoothing properties and non-comedogenic, making it suitable for various skincare products.[16]

11.Light Liquid Paraffin

Composition: Mixture of hydrocarbons.
Benefits: Odorless and colorless, used for its spreadability in bath oils, lotions, and hair oils.

12.Heavy Liquid Paraffin

Composition: Similar to light liquid paraffin.
Benefits: Soothing effect on skin, commonly found in creams and hair oils.

13.Waxes

Composition: Esters of fatty acids and high molecular weight alcohols.
Uses: Serves as a base in cosmetics, such as lipsticks.

14.Beeswax

Source: Produced by Apis mellifera (bees).
Benefits: Comprises myricyl palmitate; helps form emulsions by incorporating water.[17]

15.Antioxidants

Role: Combat free radicals and promote skin health.
Sources: Both synthetic and natural options are effective, with growing interest in herbal antioxidants. [17-18].

16.Tamarind

Source: Tamarindus indica
Family:(Fabaceae)
Benefits: Rich in amino acids, vitamins, and antioxidants; high phenolic content supports overall skin health.[19]

17.Vitamin c

Role: Essential for collagen production and repairing photo-damaged skin; helps counteract aging effects.

18.itamin E

Role: Major antioxidant in tissues; protects cell membranes from lipid peroxidation and supports skin health.[20]

Skin Protection

1. Green Tea

Source: Camellia sinensis
Family:(Theaceae)
Benefits: Rich in polyphenolic catechins, especially EGCG, which offer strong antioxidant properties—20 times more potent than Vitamin E. Green tea protects against chemical and UV-induced carcinogenesis, reduces inflammation, and guards against cellular damage.[21-22]

2.Calendula

Source: **Calendula officinalis**
Benefits: Known for its antioxidant, anti-inflammatory, and wound-healing properties. Calendula is effective in treating acne, soothing irritated skin, and has shown some efficacy in managing radiation dermatitis.[21, 23,24]

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

3.Turmeric

Source: Curcuma longa

Benefits: Traditionally used in Hindu culture for its brightening effects, turmeric has anti-inflammatory properties. Studies indicate it can reduce UVB-induced skin damage and promote a natural glow.[15,25]

Anti-Aging Treatments

1. Carrot

Source: Daucus carota
Family: (Apiaceae)
Benefits: Rich in Vitamin A and carotenoids (especially β-carotene), which are essential for skin health. Carrot seed oil is known for its anti-aging, revitalizing, and rejuvenating properties.[26]

2. Ginkgo

Source: Ginkgo biloba
Family: (Ginkgoaceae)
Benefits: Known as a circulatory tonic, it enhances blood flow, particularly to the brain and eyes, helping to protect against degenerative diseases. Ginkgo extract contains flavone glycosides and terpenes, providing antioxidant and anti-inflammatory benefits.[21, 27]

3. Rhodiola Rosea

Common Names: Golden root, arctic root
Benefits: This adaptogen is known for its ability to combat fatigue and stress, potentially improving skin resilience. It supports overall skin health and vitality.[28]

Dandruff Treatment

1.Henna

Source: Lawsonia inermis
Family: (Lythraceae)
Benefits: Contains lawsone, which has dye properties, and other beneficial compounds like gallic acid and tannins. Henna is praised for its high Vitamin C content and can treat hair and scalp issues, promoting overall hair health. [29]

2.**Neem**

Source: Azadirachta indica
Family:(Meliaceae)
Benefits: Known for its blood-purifying, antifungal, and antibacterial properties, neem effectively treats dandruff and scalp infections, providing relief from itching and irritation.[30]

3.Shikakai

Source: Acacia concinna
Family:(Leguminosae)
Benefits: Traditionally used for washing hair, shikakai promotes hair growth and scalp health. It contains saponins and other compounds that help cleanse the scalp, improve hair texture, and combat dandruff.[31]

Dry Skin Treatments

1.Aloe Vera

Source: Native to southern Africa
Benefits: Known for its soothing gel, aloe vera moisturizes and heals the skin. It contains amino acids, vitamins (A, C, E, B), and antioxidant compounds that promote skin health.[32]

2.Coconut Oil

Source: Extracted from Cocos nucifera
Family: (Arecaceae)
Benefits: Rich in lower chain fatty acid glycerides, coconut oil serves as an excellent moisturizer and skin softener. It remains effective in both liquid and solid forms.[21]

3.Jojoba Oil

Source: Extracted from Simmondsia chinensis

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

Family: (Simmondsiaceae)
Benefits: Composed of liquid wax esters, jojoba oil mimics human sebum, replenishing lost moisture and restoring the skin's natural pH balance. It is stable and widely used in cosmetics.[33]

4.Olive Oil

Source: Extracted from Olea europaea
Family: (Oleaceae)
Benefits: Contains beneficial fatty acids such as triolein and squalene. Olive oil acts as a skin and hair conditioner, enhancing moisture retention in cosmetic formulations.[33]

5.Sunflower Oil

Source: Extracted from Helianthus annuus
Benefits: Non-volatile oil known for its moisturizing properties, sunflower oil is rich in vitamins and fatty acids, making it effective in lotions and creams for hydra. [21-22]

Herbal Cosmetic Use In Daily life

1) **Aloe vera**: Aloe vera is a versatile herb widely valued in the cosmetic industry for its moisturizing properties, which help soften the skin and promote a youthful appearance. Its healing abilities make it effective for treating various skin issues, including rashes, bruises, and sunburn.

2) **Avocado**

Avocado oil is rich in vitamin D, often referred to as the "sun-ray vitamin," which nourishes the skin. Its unique ability to penetrate both the dermis and epidermis makes it effective for rejuvenating skin from within. This property is especially beneficial for individuals who may have limited sun exposure due to health issues.

3) **Almond**:

Almond oil is known for its gentle nature, making it one of the safest oils for cosmetic use due to its lower acidity compared to other oils. Additionally, almond oil has properties that can promote skin brightening, which is often harnessed in fairness creams.

4) **Henna**

Henna has a long history of use for dyeing hair and decorating skin, particularly for women. It is considered a safe dye that not only enhances appearance but also imparts shine and health to the hair. Additionally, henna tattoos are known for being gentle on the skin, with minimal risk of side effects.

5) **Sandalwood**

Sandalwood is valued in cosmetics for its ability to freshen and revitalize dull skin. Sandalwood paste is renowned for its healing properties, effectively addressing various skin issues while imparting a unique glow. It's commonly used in face packs and scrubs, making it a popular ingredient for enhancing skin radiance.

6) **Saffron**

Saffron has long been regarded as a powerful herb for treating skin ailments and promoting skin cleansing, as noted by the ancient Indian physician Charaka. It is commonly used in cosmetics, particularly in fairness creams, cleansers, and anti-blemish lotions, due to its skin-brightening and rejuvenating properties.

7) **Elder tree**

Every part of the elder tree is utilized in cosmetic products, including soothing lotions, beautifying creams, healing ointments, and skin-softening balms. Known for its pleasant scent, elder has remarkable healing properties for sunburn and effectively helps reduce blemishes, spots, and freckles caused by sun exposure.

8) **Neem**:

Neem is renowned for its antifungal, antibacterial, and detoxifying properties, making it a key ingredient in various cosmetic products such as lotions, creams, toothpastes, soaps, and shampoos. Its efficacy in treating itchy skin, eczema, and psoriasis has led to its inclusion in many medicinal dermatology products. Additionally, neem is often found in anti-aging formulations due to its skin-rejuvenating effects.

9) **Lavender**:

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

Lavender is widely used in cosmetics for its exotic scent, appearing in perfumes,oils, talcum powders, bath gels, soaps, and shampoos. Beyond its fragrance, lavender possesses excellent antiseptic and antifungal properties, making it effective in providing relief from acne and psoriasis.

10) Amla

Amla, or Emblica officinalis, is highly valued in the cosmetic industry for its rich vitamin C content, making it an excellent ingredient for skincare. Additionally, the oil extracted from amla is effective in addressing various hair and scalp issues, promoting overall hair health and vitality. [34]

For basic skin care, there are three key components essential for maintaining healthy skin:

1. **Cleansing Agent**: Cleansing helps to remove dust, dead skin cells, dirt, and other impurities that clog pores. Some common natural cleansers include vegetable oils such as coconut, sesame, and palm oil, which effectively cleanse the skin without stripping it of its natural oils.
2. **Toners**: Toners help to tighten and balance the skin, ensuring it is protected from environmental pollutants and toxins. Natural toners often include ingredients like witch hazel, geranium, sage, lemon, ivy burdock, and various essential oils, which work to refresh and invigorate the skin.
3. **Moisturizing**: Moisturizers are crucial for keeping the skin soft, hydrated, and supple. They help to lock in moisture and prevent dryness, ensuring the skin remains smooth and well-nourished.

Table 1: Hair Cosmetics

Latin Name	Common Name	Part Used	Uses
Aloe Vera	Aloe	Leaf	Moisturizer, shampoos
Azadirachtaindica	Neem	Leaf	Antif-atigue graying of hair, Alopecia
Bacopamonnei	Brahmi	Entire herb	Hair growth, Good for sleep, shampoos
Cerdus deodar	Deodar	Wood	Soap, shampoos
Centellaasiatica	Gotu Kola	Plant	Hair care, Darkeningofhair, hair oil
Citrus lemon	Lemon	peel	Prevent hair loss
Eclipta alba	Bhringraj	Plant	Promoting hair growth, Shampoos, Hair oil
Emblicaofficinalis	Amla	Fruits	Hair care, preventsgrayness, Anti stress
Hibiscus rosasinesis	China rose	Flower	Improves hair, prevents premature greyness
Lawsonia alba	Henna	Leaf	Hair growth, Naturalconditiour
Marticariachamomilla	Chamomile	Flower	Hair tonic
Moringaoleifera	Benjamin	seed	Hair oils
Sapindustrifoliatus	Soap wort	Fruit	Natural detergent, shampoos
Triticumsativum	Wheat germ	Germ	Natural source of Vit.E, shampoos
Wedeliacalendulaceae	Bhangra	Entire herb	Hair care, shampoos
Rosa centifolia	Gulab	Rose	Coolant, Antifatigue
Acacia concina	Shikakai	Pod	Natural cleansing agent, Detergent

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

Latin Name	Common Name	Part Used	Uses
Acacia Arabica	Babul	Bark	Teeth disorders
Azadirachitaindica	Neem	Leaf	Toothache, Antibacterial, Dental carries
BarleriaPrionitis	Vajradanti	Entire herb	Strengthens teeth, Tooth ache
Syzygiumaromaticum	Clove	Bud	Toothache, Antiseptic
SalvadoraPersica	PIlu	Twigs	Antimicrobial

Table 2: Skin Cosmetics

Latin Name	Common Name	Part Used	Uses
Acoruscalamus	Sweet flag	Rhizome	Aromatic, Dusting Powder, skin Lotions
Allium sativum	Garlic	Bulb	Promote Skin healing, Antibacterial
Aloe vera	Aloe	Leaf	Moisturizer, sun screen Emollient
Alpinia galangal	Galangal	Rhizome	Aromatic, Dusting powder
Avena sativa	Oat	Fruit	Moisturizer, skin tonic
Azadirachtaindica	Neem	Leaf	Antiseptic, reduce dark spots, antibacterial
Calendula officinalis	Marigold	Flower	Skin care, anti-inflammatory, antiseptic
Centellaasiatica	Gotu cola	Plant	Bound healing, reduce stretch marks creams
Cichoriumintybus	Chicory	Seed	Clear skin of blemishes
Citrus aurantium	Orange	Peel	Skin creams, anti-acne, antibacterial
Curcuma longa	Turmeric	Rhizome	Antibacterial, antimicrobial skin creams
Cyperusrotundus	Nagarmotha	Roots	Suntan, astringent, anti-inflammatory
Daucuscarota	Carrot	Seed	Natural source of Vit. A, creams
Euphorbia hirta	Spurge herbs	Entire	Skin diseases, cracked lips
Rubiacordifolia	Manjistha	root	Wound healing, Lighten pigmentation marks

Table 3: Tooth Preparation

CONCLUSION

Herbal cosmetics are crafted using safe, permissible cosmetic ingredients combined with herbal components aimed at treating and enhancing the skin.In conclusion, effective hair care involves a holistic approach that combines proper hygiene, suitable products, and healthy lifestyle choices. Natural ingredients can enhance hair health by providing nourishment, hydration, and protection. Regular trimming, scalp care, and protection from environmental damage also play vital roles. Ultimately, personalized hair care routines tailored to individual hair types and concerns can lead to healthier, more vibrant hair. Emphasizing quality ingredients and consistent practices is key to achieving and maintaining optimal hair health.

This movement is based on the belief that the plants have a vast potential for their use As a curative medicines. Some of plants were found to have dual use, Both as curative and cosmetic. Quality control test must be safe for longer period of time.

REFERENCE

1. *Kokate C.K., "Book of Pharmacognosy" Edn. 45th Published by Nirali Prakashan.*
2. *Calabrese EJ. Principles of animal extrapolation. CRC press; 2017 Nov 22.*
3. *laser DA, Anti-ageing products and cosmeceuticals. Facial Plast Surg, Clin N Am, 2004; (4): 363-372.*
4. *https://www.slideshare.net/rahimbrave/herbal-cosmetic-69811712*
5. *Gediya sk. Mistry RB, patel UK, Blessy, M, Jain HM Herbal plant; used as a cosmetic,J Net prod plant Resour, 2011;1:224-32.*
6. *Prashant L Kole, Hemant R Jadhav, Prasad Thakurdesai and Anantha Naik Nagappa, Cosmetics potential of herbal extracts, Indian Journal of Natural Products and Resources (IJNPR) [Formerly Natural Product Radiance (NPR)], 2005; 4(4): 315-321.*
7. *Cosmetics [online], Available from: http://en.wikipedia.org/ wiki/Cosmetics*

SJIF Impact Factor (2024): 8.675| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 9 | Issue: 11 | November 2024 - Peer Reviewed Journal

8. 8. Heyne K. Useful plants. In: Indonesia. Vol. I. Sana Wana Jaya Foundation. Jakarta; 1987. P. 586-7
9. Tarigan JB. Phytochemical screening of plants used by tradersJamu Gendong to maintain skin face in medan baru district.Sumatra Biology; 2008
10. 10.Rathore Kamal Singh, Nema R.K., "A Text Book of Cosmetics" Edi. Ist, CBS Publisher, 257-290.
11. 11.Chatterjee A., Prakashi C.S., "The Treatse of Indian Medicinal Plants", Vol.5, National Institue of Science Communication, New Delhi, 1997; 36
12. 12. M. Vimladevi; Text book of Cosmetics ; Edition (2005); CBS Publishers & Distributor ; Page No. 29, 67, 88, 101, 253.
13. 13. Taylor V.E., Brady R.L, Robbers E.J., Pharmacognosy", 8Th Edition, lea Febiger, USA, 1981; 57-77.
14. 14.Pandey Shivanand, Meshya Nilam, D. viral. Herbs play an important role in field of Cosmetics, International journal of pharm Tech Research.
15. 15.Itami S, Kurata S, Sonoda T and Takayasu S: Charac-Terization of 5 alpha-reductase in cultured human dermal Papilla cells from beard and occipital scalp hair. J. Dermato Dermatol. 1991; 96(1): 57-60.http:/www.ayurvedic-herbal products.com/herbalextracts. Html
16. 16.. Aslam MN, Lansky EP and Varani J: Pomegranate as a Cosmeceutical source: pomegranate fractions promoteproliferation and procollagen synthesis and inhibit matrix Metalloproteinase-1 production in human skin cells. J. Ethnopharmacol. 2006; 103: 311-
17. 17.Craig WJ: Health-promoting properties of common herbs. Am J Clin Nutria. 1999; 70: 491S-499S
18. 18. Tourna's JA, Lin FH, Burch JA, et al., Ubiquinone, Idebenone, and kinetin provide ineffective photoprotection To skin when compared to a topical antioxidant Combination of Vitamins C and E with ferulic acid. J Invest Dermatol. 2006; 126: 1185-1187.
19. 19. Bonte F, Dumas M and Maybeck A: Cosmetic or Dermatologic composition containing at least one saponine Of the ginsenoside type, and its applications particularly to Hair care, 1994. WO1994006402 A2.
20. 20. Kadam VS, Chintale AG, Deshmukh KP and Nalwad DN: Cosmeceuticals an emerging concept: A comprehensive Review. International Journal of Research in Pharmacy And Chemistry, 2013; 3: 308-316.
21. 21. Gediya SK, Mistry RB, Patel UK, Blessy M, Jain HN: Herbal plants: used as cosmetics. J. Nat Prod Plant Resour. 2001; 1: 24-32.
22. 22. Mukhtar H, Katiyar SK and Agarwal R: Green tea and Skin anti-carcinogenic effects. J Invest Dermatol, 1994;102: 3-7.
23. 23. Muley BP, Khadabadi SS and Banaase NB: Phytochemical Constituents and pharmacological activities of Calendula Officinalis Linn. (Asteraceae): A review. Trop J pharma Res, 2009; 8: 455-465.
24. 24. Athar M and Syed MN: Taxonomic perspective of plant Species yielding vegetable oils used in cosmetics and skin Care products African. Journal of Biotechnology, 2005; 4: 36-44.
25. 25. Ozkur MK, Bozkurt MS, Balabanli B, Aricioglu A, Ilter N, Et al., The effects of EGB 761 on lipid peroxide leaves and Superoxide dismutase activity in sunburn. Photodermatol Photoimmunol photomd 2002; 18: 117-120.
26. 26. Strube M and Dragsted OL: Naturally occuring anti- Tumourigens. Iv. Carotenoids except β-carotene, 1999
27. 27. Jain A, Dubey S, Gupta A, Kannojia P and Tomar V: Potential of erbs as cosmeceuticals. IJRAP, 2010; 1: 71-77.
28. 28.Furmanowa M, Skopinska RE, Rogala E and Malgorzata H: Rhodiola rosea in-vitro culture: phytochemical analysis And antioxidant action. Acta Societis Botanicorum Poloniae, 1998; 67: 69-73.
29. 29. Shuster S, Black MM and Mcvitie E: The influence of age And sex on skin thickness, skin collagen and density, Br. J. Dermatol. 1975; 93: 639-643.
30. 30. Granstrom, A, Seed viability in fourteen species during five years of storage in forest soil, J. Ecology, 1987; 75(3): 321-331.
31. 31. Khanpara K, Renuka V, Shukla J and Harsha CR: A Detailed Investigation of shikakai (Acacia concinna Linn.) Fruit. Journal of Current Pharmaceutical Research, 2012; 9: 06-10.
32. 32. Gediya SK, Mistry RB, Patel UK, Blessy M and Jain HN: Herbal plants: used as cosmetics. J Nat Prod Plant Resource, 2011; 1: 24-32.
33. 33.Rabasco AAM and Gonzalez RML: Lipids in pharma-Ceutical and cosmetic preparations. Grasasy Aceites, 2000; 51:74-96.