



A Comprehensive Review on Herbal Cosmetics

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ABSTRACT

India is a center for the development of Ayurveda, Unani, Siddhas, Homeopathy and other Natural Herb-Based Health Sciences (AYUSH). The Ayush pharmaceutical industry has great opportunities and contingencies for the future development of the Saundarya Prasadka (Herbal Cosmetics) category. Natural beauty is a blessing and cosmetics help showcase and enhance aspects of human beauty and personality. The preparations that make up the base (references to which are readily available in Book 1 of the Drugs and Cosmetics Act 1940 and Regulation 1945). In traditional times, people were accustomed to different Repa, Arepa, Pralepa, Udhavarthan, Praksharan, etc. for soundlya prasadhan his karma. Nature has provided ways to maintain this equivalence. Herb! Yes, herbs are one such remedy. Herbs are plants or plant extracts, such as leaves, barks, fruits, roots, gums, seeds, stems, flowers, etc., that are infused with nourishing and healing elements. can't care. A combination of active ingredients is needed to slow down skin damage and aging. Herbal cosmetics have improved greatly among the population. Due to their daily use in everyday life, herbal cosmetics are intended to be effective, inherently acceptable, and avoid the side effects commonly found with synthetic products.

Keywords: Herbal extracts, Herbal drug, Cosmetic, Ayurveda

I. INTRODUCTION

The word cosmetics derived from the Greek "kosm tikos" means having the power to regulate, the power to govern decorate 1 The origin of cosmetics is A continuous story throughout human history how they evolved prehistoric man 3000 BC People used color in decoration to attract it The animals he wanted to hunt, and humans too.

Survived an enemy attack by coloring his body skinned and adorned his body for protection to provoke. Fear of an enemy (human or animal). or The origin of cosmetics is associated with hunting, Combat, religion, superstition and beyond Medical related 2 The term Cosmeceuticals was first used by . Raymond Reed founding member of US 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 K1984 to refer the substances that have both cosmetic and therapeutic benefits 3. Cosmeceuticals are cosmetic pharmaceutical hybrids intended to enhance health and beauty through ingredients that influence the skin's biological texture and function 4. The only factor they had to rely on was the knowledge of nature compiled in the Ayurveda. The science of Ayurveda had utilized many herbs and floras to make cosmetics for beautification and protection from external affects. The natural content in the botanicals does not cause any side

effects on the human body; instead enrich the body with nutrients and other useful minerals. The cosmetics, according to the Drugs and Cosmetics Act is defined as articles intended to be rubbed, pour, sprinkle or spray or incorporate When applied to the human body or parts thereof For cleansing, beautifying and promoting attractiveness Or change appearance. cosmetics are not Qualified for Regulatory Approval Preview 5 there is Common belief that cosmetics are based on chemicals Harmful to the skin, increasing awareness caused among consumers of herbal products demand for natural products and natural extracts in Preparation of cosmetics. increasing demand for Natural products have new pathways cosmetics market. medicine and cosmetics Legislation for the use of herbs and essential oils



Cosmetics must not claim to exceed the surface layer of the skin should still be empty therapeutic effect. 6. Herbal cosmetics, hereinafter referred to as products. Formulated using a variety of approved cosmetic products. Ingredients Forming One or More Bases Herbal ingredients are used to provide defined Only Cosmetic Benefits Are Called "Herb" cosmetics? 7. History of Herbal Cosmetics The industry contains a very dark chapter in Europe Western countries from about the 6th century back. Mixtures and pastes were then used for whitening face, a popular practice to this day More than 400 years later. early mix The ones used in Europe for this purpose were such often cause paralysis and stroke death. The history of herbal cosmetics started here The 1940s Shows How Fashion and Trends Changed Although the standards for lipstick colors change every year, getting darker and redder year by year 8. Wide variety of herbs Cosmetics that are made and commonly used for everyday purposes. Herbal cosmetics like herbs Conditioner, herbal soap, herbal cleanser, herbal Shampoo is exceptional. celebrated by the crowd. the best Herbal cosmetics are that they are made purely by nature herbs and shrubs. herbal natural ingredients There is no reaction to the human body. I want to improve my body with supplements Other useful minerals. herbal cosmetics Consists of plants such as saffron (kesar), Ashwagandha, Sandals (Chandan) and many more More and More Rich in Healthy Nutrients and all the various required components. that is It is determined that about 400 flavors are currently in use. There are only about 70 types of spices, but the range is wide. Officially recognized. Herbs come in many varieties Function of food fragrance, cosmetics, etc. tea, tablets, capsules, Tinctures, creams, syrups, liquids. The global herb industry is currently estimated at over US\$10 billion Growing at a rate of 3-4% each year due to increased consumption in Demand for processed foods and ethnic foods, Innovation in Natural Flavors and Beverages product. The largest market is Produced and consumed in Europe, followed by Asia 9. Herbal medicine includes herbs, herbal ingredients, Herbal preparation and finished herbal products. in the Herbal medicines in some countries include traditional, natural organic or inorganic active ingredients Ingredients not derived from plants (e.g. and minerals). Herbs include plant materials such as leaves, flowers, fruits, seeds, stems, trees, bark, roots, a rhizome or other part of a plant (sometimes whole) Fragmented or powdered. Herb ingredients are not only herbs but

also raw ones Juices, gums, fatty oils, essential oils, resins, etc. Dry powder of herbs. In some countries these are Materials can be processed by different local Steaming, frying, stirring, etc. Bake with honey or alcoholic beverages material. Herbal preparation is the foundation of ready-to-eat meals Herbs, products, can be crushed or contained powdered herbal materials or extracts, tinctures Fatty oils from vegetable matter. they are Produced by extraction, fractionation and purification, concentration or other physical or biological process. This includes preparations manufactured by Soak or heat the herb in alcohol Beverages and/or honey, or other ingredients. A finished herbal product consists of herbs A preparation made from one or more herbs. if more When more than one herb is used, it is called an "herb mixture." product can also be used. finished herbal product Mixed herbal products may contain excipients In addition to active ingredients.

Present Status:

Herbalists believe they can help today People build good health with the help of natural source. Herbs are considered food They are complete, so not drugs, but all-Natural and pure, just as nature intended. with herbs When ingested, the body begins to cleanse itself, clean yourself. Unlike chemically synthesized Highly concentrated drug that many people can produce Side effects, herbs can effectively rebalance the body defense. Herbs are not quick fixes, but But offer a way to mess with the body For thousands of years, along with nature, people have Herbs used. Herbs were used in Possibilities - as a seasoning for cooking, as a perfume, As a disinfectant to protect us from germs, medicine to cure disease 10, 11

Advantages of Herbal Cosmetics over Synthetic:

Herbal cosmetics are a modern trend in this sector of beauty and fashion. these agents win Popularity that most women prefer natural thing recently Products for Personal Care Chemicals Enhance your beauty as these products offer Improve your body, provide nutrients and health Satisfied because it is non-synthetic Chemical and relatively few side effects Comparison with synthetic cosmetics 12.

Natural Products:

The name itself suggests Herbal cosmetics are natural and all free Hazardous synthetic chemicals that might otherwise result Proven to be toxic to skin. instead of conventional Various plant parts and plants in synthetic products Extracts such



as Aloe Vera are used in these products gel and coconut oil. they are made from nature Nutrients such as vitamin E that keep the skin healthy, Shine and beautiful. For example, aloe vera a species of herbaceous plant belonging to the family Liliaceae Natural and readily available 13. More and more consumers are concerned Synthetic chemicals, mineral oils and other ingredients that require more natural products with traceable and more natural ingredients, Focus on harmful chemicals and plant properties 14.

Safe to Use:

Compared to other beauty products Natural cosmetics are safe to use. you are hypo Allergenic, Dermatologist Tested & Confirmed Safe to use anytime, anywhere. They are Made with Natural Ingredients, No People Needed Worried about rashes and rough skin itchy. Example – BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene). It is a closely related synthetic antioxidant and is used As a preservative in lipsticks and moisturizers 15. BHA and BHT can cause allergic reactions skin 16. International research institute Cancer has classified BHA as potentially human Carcinogens 17. Herbal cosmetics contain natural ingredients Antioxidants such as vitamin C 18.

Compatible with All Skin Types:

Natural cosmetics Suitable for all skin types. it doesn't matter if it's you Dark or light, you like natural cosmetics foundation, eyeshadow, lipstick Suitable regardless of skin tone. Woman Can be used even on oily and sensitive skin No need to worry about damaging your skin condition. Coal tar-derived paints are widely used cosmetics; coal tar recognized as human Carcinogens and major personal concerns One color of coal tar (whether made of coal tar or coal tar) synthetic is that they can cause cancer 19. but Natural dyes derived from herbs Safer.

Wide Selection to choose From:

Natural cosmetics It may still be a new breed in the beauty industry They already offer a variety of beauty products All make crazy people out there to choose from. foundation, eyeshadow, Lipstick, blush, mascara, concealer, etc. They are all naturally formulated. Aside from that, Find local natural cosmetics, Made by world famous designers. there There is a wide variety of herbal extracts available, just to name a few Andrographis paniculata (Kalmegh), asparagus racemosus (Shatawari), Boswellia serrata

(Salai) Guggal), asphalt (Shilajit), etc. 20. This is not natural cosmetics high. In fact, some of these products are more More affordable than synthetic. They are provided below We are selling at a bargain price On sale. Needs enough research to find good offer. WHO estimates prove About 80% of the world's population depends on nature Products for Site Healthcare Modern Impacts and Rising Costs medicine. Currently the World Health Organization Recommend and promote traditional herbs Natural Health Program Remedies Like These Pills low cost and easily available relatively safe 21.

No Side Effects:

synthetic beauty products It irritates the skin and causes acne. you could It clogs your pores and makes your skin dry and oily. Don't worry about natural cosmetics this. The natural ingredients used do not guarantee any aspect Effect; can be used anytime, anywhere. To Examples of paraben-free herbal cosmetics These are the most commonly used preservatives in Cosmetics that can penetrate the skin 22.

Regulatory Status:

Legal differences between Cosmetics and pharmaceuticals are determined by the product Intended use. According to current concepts, the limit There is no place where cosmetics are medicine Different, Well-Defined Laws and Regulations Applies to all types of products. The Pharmaceuticals and Cosmetics Act of 1940 defines medicines. And like cosmetics; drugs - "all drugs Human or animal internal or external use and all substances used. or at diagnosis, treatment, mitigation or prevention of disease or disorder of humans or animals". Cosmetics - "any article intended to be rubbed, pour, sprinkle, spray, or introduce or cleansing, beautifying, improving attractiveness, or Including visual changes and each item Intended for use as an ingredient in cosmetics" 23-24. Some products meet both definitions. cosmetics and drugs. this is, Products serve multiple purposes. To For example, shampoo is a cosmetic product. The purpose is to clean the hair. Anti-dandruff Shampoo is something you use, so it's a drug Treat dandruff. Among cosmetics and pharmaceuticals Combinations are toothpastes containing fluoride. Deodorants that are antiperspirants and moisturizers Comes with a sun protection statement. claims about Pharmaceuticals are subject to detailed analysis by food Drug Administration (FDA) review and Approval procedure, but not for cosmetics Mandatory FDA



review. nothing is legal This term found a category called cosmetics Application for labeling of products at the border Boundary between Cosmetics and Pharmacy 25 - 26. The Federal Food, Drug, and Cosmetic Act Recognize the term itself. it is often difficult About "claims" judged by consumers Cosmetic effect or efficacy is applied Unless the product has been approved by the FDA or equivalent agency. some countries have A product class in between Categories of Cosmetics and Pharmaceuticals: for example, In Japan, there are "quasi-drugs". Thailand is "cosmetics" and Hong Kong has a "cosmetics type" drugs'. Cosmeceutical regulation does not have it America, Europe, Asia/Others 27.

Indian Extracts for Herbal Cosmetics:

Herbs It plays an important role, especially in modern targets. Harmful effects of food processing and Overdosing has reached alarming proportions. Now evolving into cosmetics and food and tea as well as alternative medicine. or Growing interest in herbs is part of the movement toward lifestyle changes. This move Based on the belief that plants are huge Potential use as a remedy 28.

Aloe vera:

Aloe vera is a clever combination of Antibiotics, astringents, analgesics inhibitors and growth stimulants (aka "wound hormone"), whose function is to promote the healing of damaged surfaces. used against pain Hemorrhoid relief and healing tanned externally and internally, A secretion that cleanses the body or skin by scratching 29.



Fig.1. Aloe vera

Amla (*Emblica officinalis*):

My name is amrafa to the fruit of small deciduous trees (*emblica officinalis*), growing throughout India, It bears edible fruit. Both of these fruits are highly valued Due to its high vitamin C content and preciousness the oil obtained from its seeds and pulp, For hair and scalp problems.

this Used for eye syndrome, hair loss, children Complaints, etc. 29.

Herbal Medicines for Treatment of Various Ailments:

Aloe vera

Aloe native to Southern Africa Vera plants have fleshy, spiny leaves and red Or yellow flowers. it's a lot of ingredients Cosmetic as it heals, moisturizes and softens skin. Just cut one aloe vera leaf Easy to extract soothing gel. Contains Aloe Vera Amino acids such as leucine, isoleucine, and saponin Cleansing glycosides, vitamins Delivered in A, C, E, B, Choline, B12 and Folic Acid Antioxidant 30.

Coconut Oil:

Made by crushing copra Approximately 60-65% dry core oil. Rich in coconut oil Glycerides of low-chain fatty acids. coconut oil is obtained from the fruit or seed of the coconut palm Tree *Cocos nucifera*, family *Palmaceae*. melt Coconut oil is 24-25°C (75-76°F) Therefore, it can be used without problems in liquid or solid form. It is often used in cooking and baking. coconut oil is Excellent skin moisturizer and emollient 32.

Sunflower Oil:

It is an extracted non-volatile oil From sunflower seeds of the family *Asteraceae*. Contains sunflower oil Lecithin, tocopherols, carotenoids, waxes. Simple but cheap oil, tried and tested Beyond generations with a wide range of emulsions Formulated for face and body products 33.

Skin Protection:

Green tea:

Tea trees were cultivated Thousands of years of Asia 34. Green tea is tea Made only with leaves of *Camellia sinensis* Belongs to *Camellia* family 35. 4 Major Polyphenol catechins contained in green tea leaves (2)-epicatechin (EC), EGC, (2)-EC-3-gallate, Most common EGCG 36, 37. green tea extract or man Especially green tea polyphenols (GTPP). Epigallocatechin (EGC)-3-gallate (EGCG), inhibitor two-step chemical carcinogenesis (e.g. 7,12-dimethylbenz(a)anthracene [DMBA] and 12-O-tetradecanoylphorbol-13-acetate [TPA]) and Photocarcinogenesis (induced by UVB) 38. Premier skin protection. it protects from direct It damages cells and reduces inflammation. Approximately 20 times more catechins than green tea stronger antioxidant than Vitamin E 35.



II. CONCLUSION:

Over 70% in India People use herbal cosmetics for healthCare. modern herbal cosmeticsMarked with Personal Care System,Great demand for herbal cosmetics in daily lifelife. Healthy teeth, shiny hair, and glowing skin.important for human aesthetics.Herbal cosmetics are made using cosmeticsWhat is the base ingredientOther herbal ingredients are used to treat a variety ofFor skin diseases and beauty. orAll these cosmetic chemical formulationsIt contains various natural additives such asWaxes, oils, natural pigments, natural fragrances, etc.plant parts such as leaves Cosmeceuticals are active ingredients elsewhere pure cosmetics (lipstick and blush) andPurely medicinal (antibiotics, corticosteroids) methods.Corrective prescription based on natural beautyFormulations with cosmetic value and safetyAdditive properties as an alternative to synthetic ingredients.More research and development is needed in the area ofHerbal cosmetics that prove their effectiveness uHerbal cosmetics with an established safety profile. that isAppropriate security testing should be conducted in accordance with existing regulations and current requirements. Ability to seek cosmetics that suit youmaterial, depends on exact knowledge of the bodyPrakriti evaluation, individual needs, clientsAwareness about products, benchmark products. Herbal Potency and Safety Quality ControlCosmetics are very important.So for example. B. You can do quality control herbal cosmetics. Believed to last longer and be saferperiod.

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