

**REVIEW ON HERBAL COSMETICS FOR HAIR SKIN CARE****Pooja Suresh Sarbider\*, Abhishek Ukande and Sagar S. Muely**

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**ABSTRACT**

The herbal cosmetic are product used for maintaining and improving appearance of face and other parts of body eg. finger, hair, eye, mouth. It also including various cream powder, face wash, loation, shampoo etc. This articles contaning hair care such as amla, alovera, neem, sunflower oil, henna, turmeric, lemon and skin care such as councont oil, sandalwood, rose oil. Harbal cosmatic have growing more it having demand in world market is incarse. The skin and hair beauty of individual depending different type of preparation in market such as synthetic and harbal cosmetics. The essential or volatile oil are extracted from flowers, bark, stem, leaves, roots, furits and other bark of plants.

**KEYWORDS:** Herbal cosmetics, Amla, Alovevra, neem, sunflower oil, Heena, Turmeric

**INTRODUCTION**

The word cosmetic was derived from the Greek word “kosm tikos” meaning having the power, arrange, skill in decorating.<sup>[1]</sup> The origin of cosmetics forms a continuous narrative throughout the history of man as they developed.

The man in prehistoric times 3000BC 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).<sup>[2]</sup> The origin of cosmetics were associated with hunting, fighting, religion and superstition and later associated with medicine.

Hebral cosmetic are imporve the skin health.

The skin and hair beauty of individuals depends on the health, habits, routine job, climatic conditions and maintenance.

Herbal cosmetics define as the beauty products obtained from natural sources with desirable, physiological activities such as skin healing smoothing and appearance enhancing and conditioning properties.<sup>[2]</sup>

Everybody wants to look beautiful. In the modern world even children also not in exception. The desire look beautiful is human weakness and is old as origin human being himself. Cosmetics are the substance specially prepared to enhance beauty and increase the attractiveness of person it means there are 16 ways to beautify the body i.e lips, cheeks, hair, plasma, and knees etc. There are two types of preparation available in market.

There are two types of preparation available in market.

- Synthetic cosmetics  
In this type of cosmetic prepared from various synthetic chemical compounds.
- Herbal cosmetics

Cosmetics are prepared from the plants and other natural drugs like lemon, Amla etc.

### **Skin disease, causes and herbal remedies**

The first important factor for looking is to determine the quality of skin of health also skin places a very important role in the body.

- **Acne (pimples)**

Acne is a polymorphic disease which affects more than 90% of young people. Acne is universal in adolescence though it remains unnoticed most of the time therefore differences are nearly quantitative not qualitative

#### **There are two degrees of acne**

- The mildest is oiliness of skin and black heads
- The second degree involves pimples.

### **Hair disease**

Hair are one of the important parts of our body. So skin health means there are 16 parts of the body which need beautification or cosmetic uses.

**Dandruff**

The scalp characterized by massive desquamation of small flakes of stratum corneum. Discussion about the cause of dandruff revolves around traumatic and infective factors.

**Herbal plants uses in hair**

- Shikakai – aqueous extract of pods is used.
- Ritha- nuts shells is applied.
- Herbal cosmetics

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 make-up and skin cream as well as grooming aids such as shampoo and deodorant come under cosmetic products. When herbs are used for their aromatic and medicinal value in cosmetics, they are known as herbal or green personal care product. Cosmeceuticals are cosmetic-pharmaceutical hybrid products intended to improve the health and beauty of the skin by providing a specific result, ranging from acne-control and anti-wrinkle effects, to sun protection. These products improve the functioning/texture of the skin by boosting collagen growth by eradicating harmful effects of free radicals, maintains keratin structure.<sup>[3]</sup>

**Advantage<sup>[4]</sup>**

Herbs are important for their disease prevention and health promotion having following advantages which are skin care.

**2.1 Natural product**

Many herbal drugs are important for their disease prevention and health promotion properties.

**2.2 Safe to use**

Natural cosmetics are protected to utilize. They are hypoallergenic and tested and proven by dermatologist to be safe.

**3.3 Compatible with all skin care**

In finding natural cosmetics like foundation, eye shadow, and lipstick are appropriate for skin care.

### 3.4 no side effects

### 3.5 Type of according to of application<sup>[5]</sup>

- Skin
- Hair
- Dentifrice
- Nail

### Hair care

#### 1. Amla

Amla is obtained from the plant *Emblica Officinalis*, Family Euphorbiaceae. Amla or *embilica officinalls* is sought after by the cosmetic industry for its high content of vitamin-c, tannins and minerals such as iron, calcium which provides. Vitamin c used to stimulate thicker hair growth.<sup>[6]</sup>



**Fig. 1: Amla.**

#### 2. Aloevera

Aloevera is a herbaceous plant species belonging to the Liliaceae family that is found in cultivation, having no naturally occurring population.

It means it plays a role in cosmetics because it helps moisturize and soften the skin.<sup>[7]</sup>



**Fig. 02: Aloe vera.**

### 3. Neem

Neem is botanical relative of manogany belongs to family meliaceae. The commonly use for facewash, antibacterial, treat dandruff, This features make it susceptible to superficial mycotic conditions (Dandruff seborrheic dermatitis, and tinea capitis) parasitic infection and inflammatory conditions (psoriasis). These scalp conditions share similar clinical manifestations of scaling, inflammation, hair loss, and pruritus.<sup>[8]</sup>



**Fig. 03: Neem.**

#### 4. Sunflower oil

It non volatile oil extracted from sunflower seeds form *heuianthus*. Family *asteraceae*. It has smoothing properties. Sunflower oil contain is lecithin ticopherol consider. In cosmetics, it has is considered noncomedogenic.<sup>[9]</sup>



**Fig. 04: Sunfloweroil.**

#### 5. Henna

Henna come form plants *causonia inermis* family *lythraceae* which contains a dye molecules called Lawone. A paste made of henna leaves is used for coloring the skin, hair and fingernails. Henna body art is presently popular as adornment for weddings and other celebrations in India, South Asia, the Middle East and Africa.

Henna dye is obtained from the dried leaves, which are powdered and mixed with oil or water and acidic ingredients such as yoghurt or alkaline ingredients such as lime.

Temporary henna “tattoos” are readily available worldwide, last on the skin for several weeks and offer a self-limited, convenient alternative to a permanent tattoo.<sup>[10]</sup>



**Fig. 05: Henna.**

## 6. Turmeric

Turmeric *curcuma longa* is rhizomatous heterbiccissial oilus perninal plants. Genger family zingiberaceae. Chemical is curcuma is play important roles in skin protection. Traditionally women apply turmeric on their cheeks to produce a natural golden glow.<sup>[11]</sup>



**Fig. 06.**

## 7. Lemon

Lemon [*Citrus limon* Linn. belongs to the family of Rutaceae. Its oil constituents are abundant in terpenes D, limonene and limonene are present. When compared to other essential oils it constitutes. Lemon essential oils mainly used to boost the immune system and skin care.<sup>[5]</sup>



**Fig. 06: Lemon.**

- **Dry skin treatment**

### 1. Coconut oils

Coconut oil comes from the fruit or seeds of the coconut palm tree, *Cocos nucifera* family Areaceae. Coconut oil contains a high amount of glycerides of lower chain fatty acid. The melting point of coconut oil is 24 to 25°C, used in either liquid or solid form.



**Fig. 01: Coconut oils.**

## 2. Sandalwood oils

Sandalwood is used in cosmetic products to freshen and revitalize dull skin. Sandalwood family is santalaceae the main compound of the oil was the oxygenated terpene santalol (5.83%). Essential oils nuciferol (7.07) this chemical use in skin care sandalwood paste known not only to have curative power to heal skin problems. Sandalwood us class of wood form trees in the genus santalum. Sandalwood oils is extracted from the plant was mainly exploited for fragrant sandalwood oil obtained by steam distillation.<sup>[5,11]</sup>



**Fig. 02: Sandalwood oil.**

## 3. Rose oils

Rose are widely referred to as the words favorites flower in part due to their vast diversity in plant habitut. A rose is woody perennial flowering plants of venous Rosa, in the family Rosaceae the flowers it bears. There mainly four species of roses for oils porduction. It also helps to heal would and skin health. They have been also used commercial perfumery and ommercial cut flowers corps.<sup>[11,10]</sup>



**Fig. 03: Rose oils.**

#### 4. Peppermint Oil

Peppermint belongs to the family of Lamiaceae. Till date, all the 600 kinds of mints are raised from 25 well-defined species. The two most important are peppermint (*M. piperita*) and spearmint. Spearmint bears the strong aroma of sweet character with a sharp menthol undertone. Its oil constituents include carvacrol, menthol, carvone, methyl acetate, limonene and menthone.<sup>[15]</sup>



**Fig. 03: Peppermint Oil.**

#### 5. Roman chamomile

Roman chamomile belongs to the family of Asteraceae. Major constituents of Roman chamomile oil are esters of angelic acid, tiglic acid and 2-methylbutanoic acid. In cosmetics and aromatherapy, it is employed for its anxiolytic properties.<sup>[14]</sup>



**Fig. 05: Roman chamomile.**

## CONCLUSION

Herbal cosmetics are most important part of the today's modern life. As they are used as beauty purpose and demand increase of herbal cosmetics.

Herbal cosmetics are prepared using cosmetics ingredient are used to treat different skin beautification.

Quality control test must be carried out for herbal cosmetics. It is assumed to safe for longer time and no side effects.

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