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AN OVERVIEW OF HERBAL COSMETICS AND THEIR APPLICATION

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ABSTRACT: Plant or crude oriented herbs formulated products when they were application for their aromatic property in cosmetic formulation which known as or termed as herbal cosmetics. Now days it increasing demand for the herbal product has created new avenues in the cosmeceuticals market. Before some era, all cosmetics items were formulated in the house. Natural or herbs materials like aromatic materials, spices, herbs, resins, dyes, fats, oils, and the natives of different countries used perfumes. Natural product or Herbal Cosmetics, here in after referred to as Products, are formulated, using different valuable cosmetic components to formulate the base in that one or more natural or herbal components are using to provide defined cosmetic advantageous only, shall be called or that known as “Herbal Cosmetics or natural cosmetics”. Different types herbal components/additives is using in natural formulations contain bleaching agents, fixed oils, perfuming agents, waxes, antioxidants, protective agents, herbal colorants, critical oils, and plant fabrics that include leaves, gums, mucilage, *etc.* Herbal preparation is preparing herbal substances which are side-lining synthetic composition and it can quite successfully thus increasing residence time of drug with better patient compliance.

INTRODUCTION: Herbal Cosmetics known to as a formulated product which using different types valuables cosmetic components to produce the base in that one or more herbal additives are using to produce a defined cosmetic and therapeutic benefits only which shall be called or knowns as “Herbal Cosmetics.” Where Herbs do not produce instant cures. They offer a way to put the body in proper tune with nature. The best thing about herbal cosmetics is that it is purely made of herbs and shrubs. The natural content in the herbs does not have any side effect on the human body; instead, enriches the body with nutrients and other useful minerals. European Directives 93/35/EEC (European Commission), defined cosmetic products, as any

substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair system, nails, lips, and external genital organs) or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them, perfuming them, changing their appearance and/or correcting body odors and/or protecting them or keeping them in good condition¹. A vast number of cosmetic and toiletry designs have been designed and developed based on generally, herbal cosmetics are also referred to as natural cosmetics. Herbal cosmetics are formulated, using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to cure various skin and hair diseases.

The demand for herbal medicines is increasing rapidly due to their skin friendliness and lack of side effects. The best thing about herbal cosmetics is that it is purely made of herbs and shrubs and thus are side-effects free². Nowadays, the whole world there is turned to return to the use of herbal products and to adopt a more natural way of life.

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People prefer natural food, herbal medicines, and natural curing practices for a healthy life. There is much craze for vegetable products cultivated through biological/organic farming without using synthetic fertilizers and pesticides. The usage of herbal cosmetics has increased many folds in the personal care system and there is a great demand for herbal cosmetics. All this happened due to the excessive use of synthetic-based products, synthetic chemicals, chemical dyes, and their derived products in the last one and a half century; their production and usage cause human health hazards with several side effects leading to numerous diseases. It also caused considerable environmental pollution and disturbed our ecosystem³.

Cosmetics: Natural herbs help in preserving and enhancing the beauty and personality of human beings. Natural cosmetic is a general term applied to all preparation and external conditioning and beautifying the body. Beauty, the quality that gives pleasure to the senses, is perhaps the desire of every human being on earth. Some are born beautiful, and some are made beautiful. Aesthetic appearance has always been a matter of prime importance. The word ‘Beauty’ is not only teeth and mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them, changing their appearance and/or correcting body odors and/or protecting them or keeping them in good conditions.” Cosmetics typically claim to improve skin tone, texture, and radiance, while reducing wrinkling⁴.

Cosmeceuticals: are the fastest-growing segment of the natural personal care industry a cosmeceutical’s “intended use” gleaned from the labeling, advertising, and promotional materials determines the regulatory fate of cosmeceuticals as a cosmetic or drug. In general, vitamins, herbs, various oils, and botanical extracts may be used in cosmetics, Herbal cosmetics are the preparations, which represent cosmetics associated with active bioactive ingredients or pharmaceuticals. The uses of phytochemicals from a variety of botanicals have dual functions.

1. They serve as cosmetics for the care of the body and its parts.
2. The botanical ingredients present influence the biological functions of the skin and provide nutrients necessary for healthy skin or hair.

Herbal cosmetics are not considered under the preview of drugs and regulations of food and drug administrations. Like cosmetics, these are subjected to their safety according to the existing rules of the different countries.

Generally, a manufacturer does not need to claim how bioactive ingredients penetrate the skin or that these ingredients cause a drug-like or therapeutic effect⁵.

Cosmetic Preparations: The physical states of cosmetics preparation are broadly divided into the following three categories⁶.

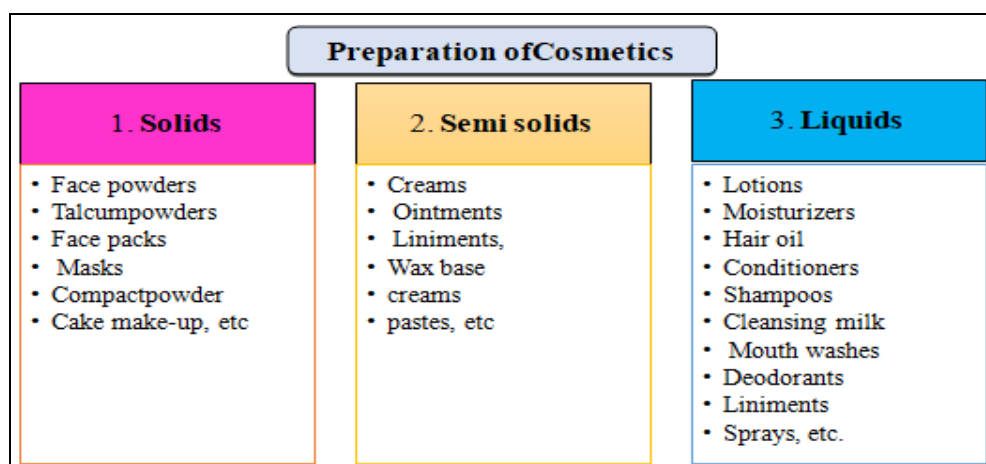


FIG. 1: COSMETICS PREPARATION⁶

History of Herbal Cosmetics: The ancient science of cosmetology is believed to have originated in Egypt and India, but the earliest records of

cosmetic substances and their application date to circa 2500 and 1550 B.C, to the Indus valley civilization⁷. There is evidence of highly advanced

ideas of self- beautification and a large array of various cosmetic usages both by men and women, in ancient India. Many of these practices were subtly interwoven with the seasons (Sanskrit: Rutus) and the normal rituals of life (Sanskrit: Dinacharyā). Mostly, the use of cosmetics was directed not only towards developing an outwardly pleasant and attractive personality but towards achieving merit (Sanskrit: Punya), Longevity with good health (Sanskrit: Aayush and Aarogyam), and happiness (Sanskrit: Anandam). In this context, the earliest reference to a beautician is from the great epic Mahabharata, where the Pandavas were in exile incognito. Draupadi worked for the queen of Virāta (The northern district of India). She called herself Sairandhri (A female attendant in the women's sections of the palace). There is a reference to her carrying a Prasadhana Petikā. A vanity case containing substances to beautify, toiletries, and accessories to decorate⁸. Asthana Hridaya (a 1500-year-old book of Ayurveda) offers six different formulations to be used for the six seasons of the year. Similarly, special cosmetic Tailams (Oils) and Ghritas (Clarified butter or ghee) were used for facial beautification. Superfluous hair was a stigma, and many depilatory agents were recommended to get rid of it.

Definition of Cosmetics: The word cosmetics is defined as "Substances of diverse origin, scientifically compounded and used to:

- ❖ Cleanse.
- ❖ Allay skin troubles.
- ❖ Cover up imperfections.

❖ Beautify"⁹.

It is used in this paper in a wider sense to include Oral hygiene as well. Different Lepas (Masks or applications) were recommended for different seasons for body beautification. The ingredients used during the cold seasons were quite different from those used in the warm seasons. Special ingredients were used for hair washes. Many remedies have been indicated for hair growth, prevention of falling hair, and premature greying, Hair dyes, fragrant hair rinses, and fumigants were also in use.

Fragrant bath powders and body deodorants also find frequent mention. Oral hygiene in the form of care of teeth, mouth deodorants, and coloring of lips were daily chores to be religiously pursued. It appears that the whole range of modern cosmetic usage was conceived by the ancient Indians and was practiced with the help of natural resources then available. His origin of cosmetics forms a continuous narrative throughout the history of man as they developed¹⁰.

Herbal Cosmetics^{11, 12}: Herbal cosmetics is a type of cosmetics where herbal products/ drugs are derived from vegetable sources from various parts of the plants like roots, leaves; flower fruit extrude, or plant. There are three kinds of ingredients used in herbal products.

1. Herbal
2. Mineral
3. Animal

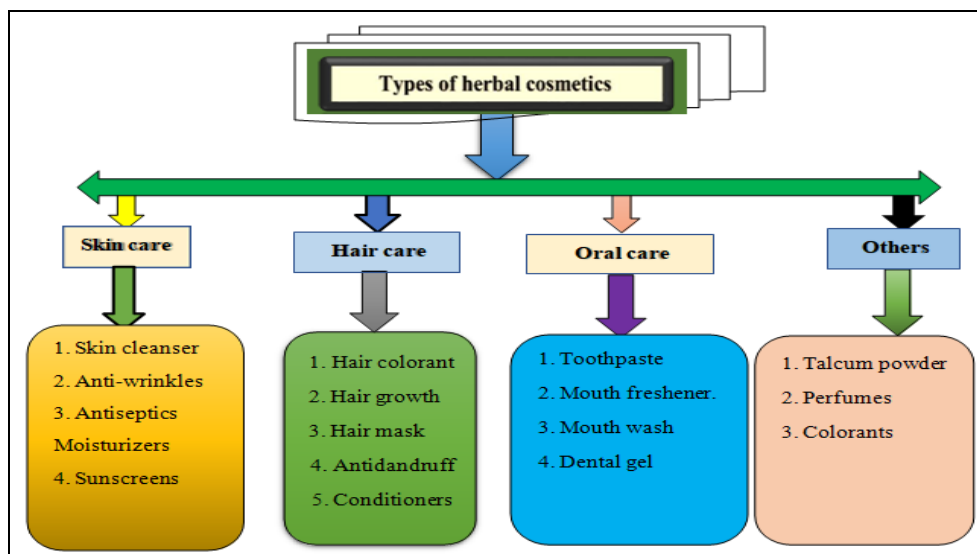


FIG. 2: TYPES OF HERBAL COSMETICS

Classification of Herbal Cosmetics: Herbal cosmetics can be divided into two parts first is on the bases of doses and the second one is applied to the body part:

Bases of Dosage Form ¹³:

- A. **Emulsions:** Cold cream, Vanishing cream, liquid cream.
- B. **Powders:** Face powder, Talcum powder, Toothpowder.
- C. **Cakes:** Rouge compacts, Make-up cake.
- D. **Oils:** Hair oils.
- E. **Mucilage:** Hand lotion.
- F. **Jellies:** Hand jelly, wave set jelly, brilliantine jelly.
- G. **Suspensions:** Cosmetic stockings.
- H. **Pastes:** Toothpaste, deodorant paste.
- I. **Soaps:** Shampoo soap, shaving soap, toilet soap.
- J. **Solutions:** After-shave lotions, hair set solutions, and lotions.

Part of the Body to Be Applied for:

- A. Herbal cosmetics for Skin- Powder, cream, deodorants, lotions, bath, and cleansing products.
- B. Herbal cosmetics for Hair- Shampoo, tonic, beard softeners, Hair removers.
- C. Herbal cosmetics for Nails- Nail polishes, Manicure preparations.

- D. Herbal cosmetics for Teeth and Mouth-Tooth powders, Dentifrices, and Mouthwashes ⁵.

Applications of Herbal Products in Cosmetics: Herbal products in the cosmetics industry have the following application nowadays.

1. **Herbal Skin Care Products:** Soaps, Lotions creams, Body powder, Lavender Herbal body powder, Skin Care Cream.
2. **Herbal Hair care Products:** 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 Hair.
3. **Herbal Lip care Products:** Herbal Lipsticks, Herbal Lip Gloss, Herbal Lip Balm, Herbal Lip plumper.
4. **Herbal Eye care Products:** Eye Makeup, Eye Shadows, Eye Gloss, Liquid Eye Liners,
5. **Herbal Tooth care Products:** Effective in teeth disorders, toothache, and dental carries.
6. **Herbal Oil:** 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 Hair.
7. **Herbal Perfumes/ Herbal Fragrance:** Citrus Fragrance: The light, fresh character of citrus notes bergamot, orange, lemon, petitgrain, mandarin, *etc.* is often combined with more feminine scents of flowers, fruits, and chypre ^{14, 15}.

Materials used in Herbal Cosmetics:

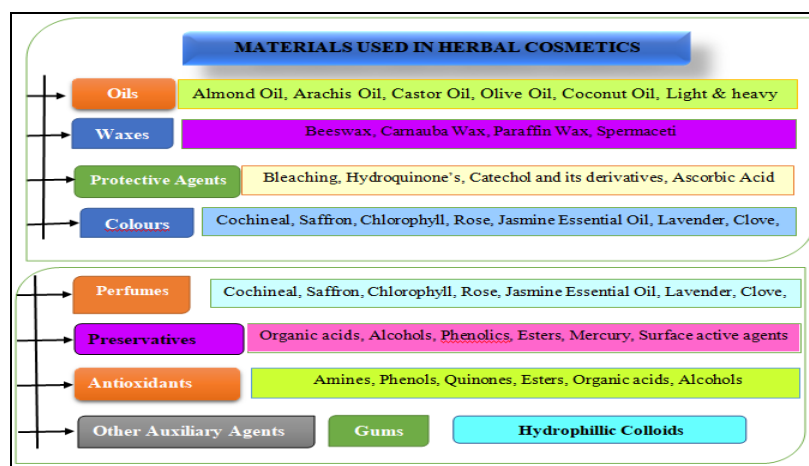


FIG. 3: HERBAL COSMETIC USED MATERIAL

Extracts of Herbal Cosmetics: The source of the plant material is the most significant aspect to be considered for the biological use of an herb, with it being incorporated into a cosmeceutical-containing herbal product, since each plant piece may contain a variety of chemical compounds and molecules. In addition, developing conditions, such as the structure of the soil, water availability, trade-in weather conditions, plant stress, and gathering conditions, including time from harvesting time, the transit time of harvested fabric, plant fabric care for the duration of transportation, stockpiling conditions preceding assembling, and preparation of the herb extract and, ultimately, the finished product, are considered as other significant requirements. Moreover, other factors or natural elements that may drastically affect solubility, stability, biological availability, pharmacokinetics, pharmacologic pastime, and toxicity must be considered while selecting an herb ^{14, 16}.

Extraction Procedure of Herbal Cosmetics:

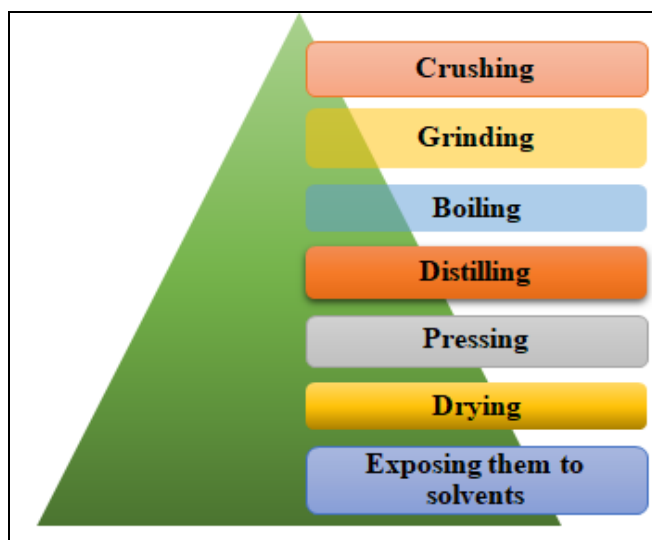


FIG. 4: EXTRACTION PROCEDURE OF HERBAL COSMETICS

Exposing them to solvents is a method used to obtain galenic extracts from leaves, roots, end products, berries, stems, twigs, barks, and plants. In most cases, the plant fabric is heated or arranged to extract essential oils or other distillates that may be easily included in a cosmetic product. However, certain physiologically active molecules may be terminated or altered because of this processing. Oil, wax, juice, tincture, decoction, tea, infusion, and/or powders are the end products, which are subsequently formed into topical applications ¹⁷.

Herbal Extracts in India are widely used in:

1. Pharmaceuticals
2. Nutraceuticals (dietary supplements)
3. Food & Beverages
4. Cosmetics
5. Other personal care products ¹⁸.

Herbal Cosmetics for Various Types of Skin ^{19, 20}:

Normal Skin: Even tone, and texture is soft and smooth, with no noticeable pores or flaws, and no oily fixes or flaky zones. Juice of pomegranate leaves Chamomile oil, Fennel oil, Geranium oil, Lavender oil, Lemon oil, Rose oil, and Sandalwood oil ²¹.

Dry Skin: Dry skin or Xerodermatic is a common condition. It happens more often in the winter when the cold air outside and the hot air inside create a low relative humidity. This causes the skin to lose moisture and it may crack and peel. Xeroderma can be caused by a deficiency of vitamin A, vitamin D, or zinc, systemic illness, severe sunburn, or some medication Xeroderma can be caused by choline inhibitors. Detergents such as washing powder and dishwashing liquid can cause xeroderma Aloe vera, Calendula Comfrey Chamomile oil, Fennel oil, Geranium oil, Lavender oil, Lemon oil, Rose oil, Sandalwood oil, and Almond oil ^{11, 22}.

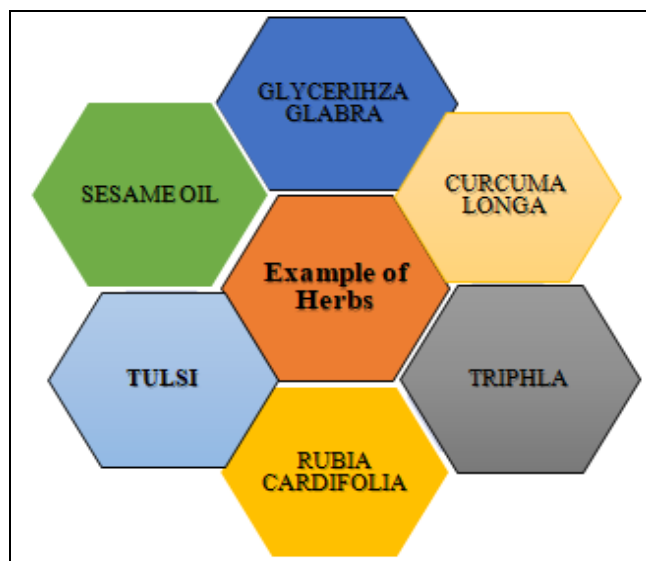


FIG. 5: EXAMPLE OF HERBS

Fruit Face Mask: Banana or Avocado Pulp.

Sensitive Skin: Sensitive skin is a common issue but not a medical diagnosis. The term generally

refers to skin that is more prone to inflammation or adverse reactions. People with sensitive skin may have strong reactions to chemicals, dyes, and fragrances present in products that meet the skin. They may also get rashes or irritation from clothing or friction. In many cases, sensitive skin is a symptom of an underlying condition. Finding ways to avoid potential triggers and soothe irritated skin may help people with sensitive skin find relief and improve their quality of life Burns from the sun and wind are common. Skin becomes dry and sensitive and is inclined to an unfavourably susceptible response. Utilization of basic oils from chamomile, lavender, neroli, rose, and sandalwood^{11, 23}.

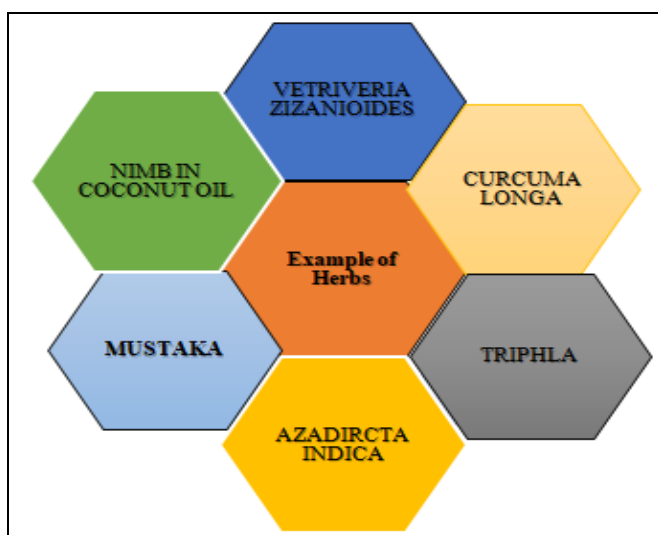


FIG. 6: EXAMPLE OF HERBS

Fruit Face Mask: Banana or Pineapple Pulp.

Oily Skin: Oily skin is the result of the overproduction of sebum from sebaceous glands. These glands are located under the skin's surface. Sebum is an oily substance made of fats. Sebum is not all bad since it helps protect and moisturize your skin and keep your hair shiny and healthy. Too much sebum, however, may lead to oily skin, which can lead to clogged pores and acne.

Genetics, hormone changes, or even stress may increase sebum production. Oily skin and acne are challenging to manage. Still, home remedies often reduce symptoms without the use of prescription drugs or expensive skin care regimens. Here are 10 remedies for oily skin you can try at home Aloe Vera, Burdock root, Chamomile, Horsetail, Oat straw, Thyme, Lavender, Lemon grass Bergamot oil, Geranium oil, Juniper oil, Lavender oil, Lemon oil, Sage oil, and Evening primrose oil^{21, 24}.

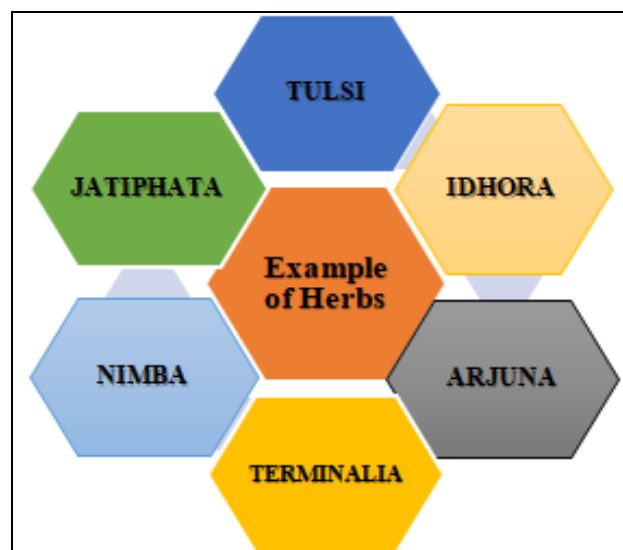


FIG. 7: EXAMPLE OF HERBS

Fruit Face Mask: Strawberry or Papaya Pulp.

Combination Skin: Dry or flaky, while the center part of the face, nose, chin, and forehead (called the T zone) is oily. Witch hazel, Menthol, Aloe vera, Turmeric, Wheat germ, sweet flag Citrus oils, Jasmine oil, and Sandalwood oil²⁵.

Some Herbal Cosmetics Dosage Forms²⁶:

Herbal Face Wash: The herbal face wash is a common formulation for application on face for treatment, cleaning, and beautification of face skin. Acne vulgaris is an extremely common disorder of the skin that affects virtually all individuals at least once during life.

The incidence of acne peaks in teenage, but substantial numbers of men & women between 20-30 years of age are also affected by the disorder. Acne can be divided into many categories comedonal, popular, pustular, cystic & nodular. Comedonal acne is non-inflammatory & divided into two types: whiteheads & blackheads.

Whiteheads (closed comedo) present as fresh or white-colored, raised bumps whereas blackheads (open comedo) present as open pores containing dark-colored skin roughage consisting of melanin, sebum & follicular cells. The face wash is also helpful in treating them very effectively and many herbal face wash is available in the market.

Examples: Neem, Turmeric, Aloe Vera, Nutmeg seed, Liquorice, Honey, Shahi Jeera, Lemon juice, Gum, and Rosewater.

TABLE 1: COMPOSITION OF HERBAL FACE WASH^{27, 28}

S. no.	Ingredients	Uses
1	Neem leaves (<i>Azadirachta indica</i>)	Antibacterial, anti-fungal, anti-inflammatory, antiseptic, and highly beneficial for oily and acne-prone skin
2	Turmeric (<i>Curcuma longa</i>)	Antibacterial, antifungal and it protects the skin from many skin infections and adds glow to the face
3	Nutmeg seed (<i>Myristica fragrance</i>)	Antibacterial, anti-inflammatory, antiseptic, bactericide
4	Licorice root (<i>Glycyrrhiza glabra</i>)	Delivers valuable soothing properties to the skin. Highly rejuvenating and nutritive qualities are attributed to it
5	Honey	Light humectant and nutrient used as a thickening agent to give body to facial masks, creams, and lotions
6	Shahi jeera	As perfume
7	Lemon juice	To lighten skin and reduce blemish marks on the skin. It is also quite effective for treating acne and pimples. as a natural pH adjuster in cosmetics
8	Xanthan Gum	A gum produced by the pure culture fermentation of carbohydrate also called Corn Sugar Gum. It is used as a non-toxic thickener and stabilizer
9	Orange peel extract	Antioxidant, anti-inflammatory, anti-microbial Orange-peel properties can maintain the natural balance of skin oils and tighten the skin by absorbing excess oils and removing dead skin cells
10	Rose water	Used as a solvent; it also has antibacterial and antiseptic properties which eventually cure acne
11	Walnut	The scrubbing action of walnut granules helps break up the mild oil deposits and clear away dead skin cells and debris

Herbal Face Pack: This herbal paste is applied to the face to treat acne, pimple, scars, marks, and pigments. The face pack is a smooth powder that is used for facial application. These preparations are applied on the face in the form of liquid or pastes and allowed to dry and set to form film giving a tightening, strengthening, and cleansing effect to the skin. In Ayurveda, the herbal paste is called “Mukha lepa” used as facial therapy. They are usually left on the skin for fifteen to thirty minutes to allow all the water to evaporate, the resulting film thus contracts and hardens and can easily be removed.

The warmth and tightening effect produced by the application of face pack produces the stimulating sensation of a rejuvenated face, while the colloidal and adsorption clays used in these preparations remove the dirt and grease from the skin of the face. When the applied face pack is removed skin debris and deposited dirt gets removed with it. Herbal face packs increase the fairness and smoothness of the skin. Maximum benefits of herbal face packs by using them according to our skin type. These face packs increase skin glow and are the best ayurveda treatment to increase fairness. Face packs are not only the oldest but also beautiful methods of cleansing skin. There are various kinds of face packs described in Ayurveda that have nourishing, healing, cleaning, astringent, and antiseptic properties. Herbal face packs are cheaper

and have no side effects for getting fair skin naturally. The present research article deals with the formulation and evaluation of herbal face packs for glowing skin at home by using natural materials.

Examples: Multani Mitti, Turmeric, Aloe Vera, Sandalwood, Lemon Peel, Rose Petal Powder, Manjistha, Lodhra, and Gram Flour^{27, 28}.

Herbal Body Lotion: Psoriasis is an inflammatory condition associated with painful itchy, scaly skin & disfiguring skin lesions. The lack of possible care and associated disadvantage in allopathic medicine has led to extensive research in a natural product with anti-psoriatic activity. Psoriasis is a common T-cell- mediated immune disorder characterized by circumscribed, red, thickened plaques with an overlying silver-white scale. Psoriasis is regarded as an autoimmune disease in which genetic and environmental factors have a significant role.

The name of the disease is derived from the Greek word ‘psora’ which means itch. Psoriasis is a non-contagious, dry, inflammatory, and ugly skin disorder, which can involve an entire system of a person. It is mostly inherited and mainly characterized by sharply margined scaly, erythematous plaques that develop in a relatively symmetrical distribution. The most affected sites

are the scalp, tips of fingers and toes, palms, soles, umbilicus, gluteus, under the breasts and genitals, elbows, knees, shins, and sacrum. The basic idea of skin care cosmetics lies deep in the Rigveda, Yajurveda, Ayurveda, Unani, and Homeopathic system of medicine. These are the products in which herbs are used in crude or extract form. These herbs should have varieties of properties like antioxidant, anti-inflammatory, antiseptic, emollient, anti-psoriatic, anti-keratolytic activity and antibacterial, etc. The lotion is a polyherbal formulation that consists of extracts from natural sources^{14, 19}.

Example: *Psoralea polyfoils* (Babchi oil), *Aloe barbadensis* (Aloe Vera leaves), *Osmium santum* (Tulsi leaves), *Azadirachta indica* (Neem-leaves), *Curcuma longa* (Turmeric- rhizomes), *Ammi visnaga* (Ammi fruits), *Citrus Limonum* (Lemon Peel), *Citrus sinensis* (Orange Oil). These herbs have been selected based on a traditional system and scientific justification with modern uses.

Herbal Soap: Herbal soaps are prepared by adding various dried herbs, flowers, and stems into the soap base. Herbs are natural products that could be found in the treatment of almost all diseases and skin problems owing to their high medicinal value,

TABLE 2: COMPOSITION OF HERBAL CREAM²⁸

S. no.	Ingredients	Roles
1.	Aloe Vera gel	Anti-aging, anti-inflammatory, moisturizer, that reduces acne and pimples
2.	Tulsi	Antibacterial, adds glow to the face
3.	Neem	Promote wound healing, and relieves skin dryness, itching, and redness
4.	Beeswax	Emulsifying agent, stabilizer, and gives thickness to the cream

Hair Care Products: Hair is an especially important and distinctive feature that plays a major role in self-perception. To some extent, it expresses our personality and who we are. Hair is one of the few physical features that we can easily change. Its length, color, and shape can be modified to create a different style. All those different styles can be used to seduce, conform, or even make a statement. Although hair has no vital function, its immeasurable importance is usually brutally discovered by those affected by alopecia. Hair loss is a common concern for many men and women. There are many reasons your hair may fall out, from genetics and vitamin deficiencies to hormone changes. Some medical conditions, such as thyroid disease, may also cause hair to thin or fall out^{36, 37}.

cost-effectiveness, availability, and compatibility^{29, 30}. Hence it can be used in soap base. The attribute of soap includes gentleness on the skin, rich lather, protection against various skin disorders (including rashes, eczema, and scabies) treatment of skin infection (such as ringworm), protection of even skin toning and smoothness of the skin^{31, 32}. *Borassus flabellifer* belongs to the family Arecaceae, commonly known as palmyra palm. This plant is a tall tree (palm) growing in sandy soil and attaining a height of 20-30 m with a straight trunk. This plant is widely distributed and cultivated in tropical Asian countries like Thailand, Bangladesh, India, Myanmar, Sri Lanka, Malaysia, etc. Various parts of this plant are known to have many properties like anti-diabetic properties, antipyretic effects, anti-inflammatory activity, etc^{33, 34}.

Herbal Creams: Herbal creams are used as cosmetics for softening and cleansing action. This face cream is very popular in India and the world. The Ayurveda system of medicine was one of the most important systems that use herbal plants and extracts for the treatment or management of various diseases or disorders³⁵.

Examples: Aloe Vera, Tulsi, Neem, Bees Wax.

Hair Care Herbal Products: Plants act as a source of food and medicine for a long time. A wide range of plant oils is used in cosmetics and toiletry preparations. Hair is an important part of the body, reflecting the personality of a person. For a long time, plant materials are used for hair care¹⁹.

There are many cosmetics available for hair care.

1. Hair oil
2. Hair Cream
3. Hair colorants
4. Shampoo

Hair Oils: Hair oils, also called hair tonics, are herbal extracts mixed in a carrier oil base. Some hair oils include multiple herbs and carrier oils. The various ingredients used in the formulation of herbal oil are presented in **Table 1**. Accurately weigh all the dried and fresh herbs such as Amla, Almond oil, coconut oil, castor oil, Olive oil, Nirgundi, Bringaraj, Jatamansi, Neem, Gambhari, Aprajita, Shankpusphi, Brahmi, Kapur, and Pudina and were grinded in the mixture and was mixed in 63% of Til oil^{38,39}.

Hair Colorants: From ancient days various materials from plants like Henna, Chamomile, Indigo, etc. are used to dye the greyhair to get natural black colour. The leaves of Henna, Indigo, Brahmi, Tea and Bhringraj, fruits of Amla, Shoeflowers, and Cinnamon bark were collected from different places and dried in shade. They were made into powders and used for the preparation of hair colorant. The dried aqueous herbal extracts of Gudhal leaves (*Hibiscus rosa-sinensis*), Jatamansi rhizome (*Nardostachys jatamansi*), Kuth roots (*Saussurea lappa*), Kattha (*Acacia catechu*), Amla dried fruit (*Embelica officinalis*), were prepared. Coffee powder (*Coffea arabica*) and Henna powder (*Lawsonia inermis*), Beet root, Herbal hair colorants were prepared from these dried aqueous herbal extracts and powder^{40,41}.

Dandruff Treatment: Ayurved has numerous natural medications wherein the most common herbs include Neem, Kapoor (naphthalene), and Henna, Hirda, Behada, and Amalaki, Magic nut, Bringaraj, Rosary Pea, Sweet Flag, Cashmere tree and Mandor⁴².

Herbal Shampoo: The shampoo natural minerals and plants are widely utilizing in traditional hair care preparations. The mineral soap bentonite powder is one of them to make shampoo preparations with cosmetic values for hair cleansing and formulation thickening properties. Natural coconut oil and sesame oil were selected to make soap shampoo and liquid shampoo. Shampoos assumed importance as a product category with the advent of synthetic detergents. In the present study, herbal shampoo was formulated containing suitable ingredient such as *Hibiscus rosa-sinensis*, The mineral soap and liquid shampoo formulations were prepared using

different ratios of extracts of Trigone/fa gracecum, Centilla, *Embelica officinalis*, *Acacia concinna*, *Sapindus indica*, *Eclipta prostrata*, *Aloe barbadensis*, and *Cassia auriculata* in different proportions to formulate and evaluate its physicochemical properties⁴³. The pericarp of *Spindus mukorossi*, commonly known as Soapnut or reetha, fruits of *Phyllanthus emblica* commonly known as Amla, and dried pods of *Acacia concinna* (Sheekakai) have traditionally been used in the Indian folklore system for centuries for washing hair^{44,45}.

Herbal Oral/Dental Care: Oral health/dental health is an inseparable part of general health. Oral health influences general health as it causes considerable pain and suffering. The “naturally occurring” active ingredients in plant medicines restore health, with minimal harmful effects and maximum efficiency. The use of natural products is a comprehensive remedy that includes promotive and preventive strategies in the maintenance of health. Natural herbs used either exclusively or in combination are proven to be safe and effective in the management of various oral health problems such as halitosis, bleeding gums, mouth ulcers, and dental caries. Herbal products have the dual advantage of minimal side effects and being alcohol and/or sugar-free, which are the two most common ingredients found in other over-the-counter products. Natural ingredients that reduce gum inflammation, rebuild, and heal gum tissue and eliminate bad breath. Herbal products are alcohol and chemical free, and made from essential oils, herbal extract and others natural products like Red Thyme, Cinnamon Bark, Eucalyptus, Lavender, and Peppermint as well as two organically grown herbal extracts - Echinacea and Gotu Kola. These pure essential oils and herbal extracts are valued for their antibacterial, anti-inflammatory, antimicrobial and antifungal properties. When combined, this unique formula reduces oral bacteria and gum inflammation, heals, rebuilds, and conditions gum tissue, and freshens breath^{46,47}.

There are many herbal products available for dental/oral care.

- ❖ Toothpaste
- ❖ Dental cream

❖ Mouth wash

Herbal Toothpaste: The anatomic part of tooth consists of crown, root, enamel, dentine, and pulp. Many problems associated with the teeth are bad breath, tooth decay, gum (periodontal) disease, tooth sensitivity, calculus, dental caries, and dental plaque. Cleaning of the surface of the teeth is the primary function of a dentifrice when used with a toothbrush. A dentifrice helps in the removal of food particles, reduction of superficial plaque or stain, polishing of tooth surface and refreshing mouth breath. The rationale behind making herbal toothpaste is to fight against the bacteria that cause problems regarding to teeth like gum, dental cavity, and gingivitis. Various herbal ingredients are reported to have remarkable beneficial effects on various dental problems mentioned above. They are Clove, Neem, Sunthi, Mentha, Tomar, Pippali, Aloe Vera, Kapoor, Babul, Borsali. They play different role through different mechanisms like by providing a protective layer over teeth, providing freshness, Antibacterial effect, reduce dental pain *etc*^{48, 49}.

Mouth Wash: Mouthwash is an aqueous solution that is most often used for the control of plaque and is a medicated liquid that is held in the mouth and swished by the action of perioral musculature to eliminate oral pathogens. Herbal medicine is preventive in its approach. The major strength of these natural herbs is that their use has not been reported with any side effects to date. Many popular herbal products have helped to control dental plaque and gingivitis and they have so far been used as adjuncts to other oral hygiene measures such as brushing and flossing^{47, 50}. Thus, by use of herbal mouth rinse, these ingredients, which itself is one step forward towards better oral hygiene and better health. These extracts have anti-inflammatory effects and prevent bleeding, which is important in dental treatment. Eucalyptus Oil, Clove oil, Neem oil, Tea tree oil, Winter green oil, Peppermint oil Guava, aloe vera, Curcumin, Tulsi oil, Pineapple, Grape seed extract, Cardamomum oil *etc*^{51, 52}.

Other Herbal Products:

Perfumes: Natural fragrances are scents created from nature, including the trees, plants, and extracted from animals. Those flowery and musky

scents you love often, these scents are often derived from natural properties. However, natural notes do not last long. There are several natural ways to smell great that are in expensive and easy to incorporate into your daily routine all without using Shower Daily, Eat Antioxidant Rich Food, Wear Natural Fabrics, Use Essential Oils, Use Shampoos and Moisturizers with Natural Scents, Drink Plenty of Water Musk, Civet, Ambergris, Castoreum, etc. Rose, Jasmine, Lavender, Lemon, *etc*. Eugenol, Farnesal, Rose oxide, Citral, Limonene, Rose and Jasmine, Citrus, Oriental, Fruity, *etc*^{53, 54, 55}.

Talcum Powder- Herbal Powders come from different herbs and are thought to have many benefits to the skin from the many vitamins found inside them. Not only are these powders used in soaps and cosmetics for their benefits, but they also safely and naturally color them too. Activated Charcoal. Activated Charcoal. For example, herb powders like khus, peppermint, lavender, chamomile, rose, marigold, *etc*. can be used in food as well as skincare. Other colouring agents-Natural Colors” are generally derived from fruits, vegetables, and minerals. Unlike FD&C colors, they do not require batch certification. However, only specific ingredients have been approved by the FDA for use as colorants in food. With one of the largest libraries of FDA-approved natural food colors, IFC Solutions can help you get the natural food coloring solutions you need for your products. Our custom blending delivers even greater options to meet your production needs^{56, 57}.

For Example: Beetroot, saffron, Annatto Extract, Beet Juice, Beta Carotene, Black / Purple Carrot, Blue Fruit Juice Colour, Blue Shade Vegetable Juice Colours, Blue Spirulina Extract, Butterfly Pea Powder, Caramel Colour, Elderberry, Fruit Juice, Grape Juice, Hibiscus Fruit, Paprika, Purple Sweet Potato, Red Cabbage, Red Radish, Riboflavin, (Curcumin) Turmeric^{58, 59}.

Advantages of Herbal Cosmetics^{60, 61}:

- Herbal cosmetics is decreasing the threat of an unfavourably prone response and does not have negative symptoms.
- Herbal cosmetics can easily incorporate into the hair and skin.

- Herbal cosmetics has better patient tolerance and acceptance.
- Herbal cosmetics acts as a renewable source of medication.
- Extensive availabilities, especially in developing countries such as India.
- Effective in small portions when contrasted with manufactured beauty care merchandise.
- Extracts of vegetation decreases the bulk belongings of cosmetics and provides suitable pharmacological results.
- Effectively accessible and found in a vast assortment and amounts.
- Herbal cosmetics is less expensive.
- Herbal cosmetics is all natural
- Herbal cosmetics is safe to use.
- Compatible with all skin types
- Herbal cosmetics is wide selection to choose from
- Herbal cosmetics is fitting your budget.
- Herbal cosmetics is not tested on animals.
- ❖ This may be because the producers are unable to find the substances in the United States that they need, or because the producers do not include those substances in their product. For example, many companies do not use parabens in their products, because they are found to be toxic, even when used in small amounts.
- ❖ The manufacturers of organic cosmetics need to do more research to find the substances that will give their customers the best results.
- ❖ Some natural cosmetics, such as Pure Virgin Olive Oil makeup, are free of irritants and fragrances.
- ❖ Plant extracts, including a variety of berries and nuts, make up some of the preservatives and antibacterial agents that many other brands of skin care products lack many people have sensitive skin, and fragrances can cause allergic reactions.
- ❖ In addition, plant oils are hypoallergenic, meaning that they cause no rashes or redness.
- ❖ Many people have rashes and breakouts when they use many types of synthetic fragrances, but they do not have this problem when using pure plant fragrances.
- ❖ If you want to be confident that you are using cosmetics that are free of allergens and irritants, look for a brand that uses only natural plant oils.

Disadvantages of Herbal Cosmetics^{60,61}:

- ❖ The interest in herbal tablets is growing comparatively slower than allopathic medicines.
- ❖ Overlaying the taste and odour is difficult.
- ❖ The availability of herbal tablets is limited.
- ❖ Manufacturing procedures are tedious and complex.
- ❖ No pharmacopeia characterizes a particular technique or fixings to be utilized by any of the natural beautifying dealers.
- ❖ One of the disadvantages of natural cosmetics is that sometimes they do not contain the exact substances that are needed for a particular type of skin.

CONCLUSION: The knowledge of herbal cosmetics is well known but people not aware its medicinal and magical benefits comparison to chemically inert material. Plants used by the people of seems to be well known to its culture and tradition. Present work focuses on different herbal products used by the people to cure dermatological disorders, hair care, skin care dental/oral care and as cosmetics. Some of the plants were found to have dual use, both as curative and cosmetic. Further extensive ethnobotanical and ethno-pharmacological study may lead to the discovery of plants and compounds for hair and skin care, dental care, and cure. Most people choose to use natural beautifying items for healthcare purposes.

Now currently, there is an extremely large interest in everyday natural beauty care merchandise. Sound teeth, gleaming hair, and shining skin are noteworthy for the attractiveness of the human frame. Various herbal elements/ additives used in natural formulations contain bleaching agents, fixed oils, perfuming agents, waxes, antioxidants, protective agents, herbal colorants, critical oils, and plant fabrics that include leaves, gums, mucilage, etc.

Herbal formulations comprising herbal substances are side lining synthetic ingredients quite successfully. Based on data represented here indicated the use of herbal medicines and bioactive compounds for cosmetic purpose and treatment of various diseases and it relies upon on the correcting radiant requirements and superiority of product. Herbal cosmetics must undergo proper control measures for protection as it is of outstanding significance.

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