

## FUTURE TRENDS IN HERBAL COSMETICS CONTAINING SEVERAL INGREDIENTS

### Abstract:

The concept of beauty products and cosmetics has origins dating back to ancient civilizations. Herbal ingredients are increasingly preferred over chemical compounds due to their accessibility and minimal side effects. The demand for herbal products and cosmetics is increasing due to concerns about health risks associated with synthetic components. Beyond their benefits of bioactive ingredients in cosmetics serve as antioxidants, anti-inflammatory agents, antiseptics, and antibacterials. Various herbal components are utilized in cosmetics to address skin and hair issues. Natural ingredients contribute to hair health by providing smoothness, shine, and treatments for conditions such as dandruff and alopecia. These active ingredients not only enhance skin appearance but also promote collagen growth and enrich the skin's texture by interacting with keratin structures and stimulating the generation of free radicals. Herbal elements offer essential minerals and nutrients, contributing to overall body enhancement. The herbal industry has experienced significant growth since ancient times. This chapter provides an overview of diverse herbal substances utilized in cosmetics.

**Keywords:** Herbs, cosmetics, herbal substances etc.

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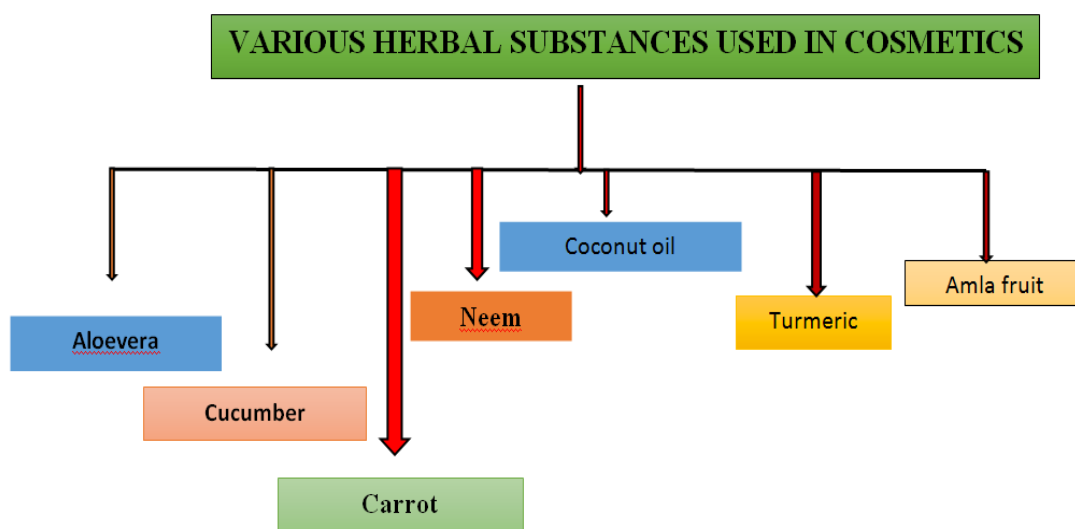
## I. INTRODUCTION

The history of beauty and cosmetic practices can be originated back to early human civilizations. Herbs, which can refer to plants used for scent, flavor, or medicinal purposes, have been integral to cosmetic formulations. <sup>[1]</sup>Traditional medicinal practices, such as Ayurveda, have connected the properties of common spices to create cosmetics that both enhance aesthetics and offer protection against external factors. <sup>[2]</sup> Herbal components contribute essential nutrients to the body without adverse effects. In modern times, the role of herbs in cosmetic manufacturing has gained prominence, leading to an increasing demand for herbal cosmetics. The term "cosmetic" word come from the Greek "kosm tikos," signifying the ability to arrange and skill in adorning. Throughout history, cosmetics evolved as part of human development, serving purposes ranging from beautification to protection against adversaries. <sup>[3]</sup>Herbal ingredients with attributes like antioxidant, anti-inflammatory, antiseptic, and antibacterial properties are sought after in cosmetics designed to address skin issues and aging. The emergence of herbal medicine has contributed to disease prevention and health maintenance. Literary evidence shows to the widespread use of cosmetics in various cultures. <sup>[4]</sup> Cosmeceuticals, a rapidly growing category in personal care products, integrates biologically active botanical principles and ingredients. A specialized field known as "Cosmetic Phytognosy" explores the biochemical properties of plant-derived ingredients for herbal cosmetics. The use of natural herbal components in personal and health care products offers enhanced experiences, with research suggesting their effectiveness and gentleness compared to potent synthetic alternatives that may pose risks to human health. As per the Drug and Cosmetic Act of 1940, a cosmetic is defined as any article or formulation meant to be rubbed, poured, sprinkled, sprayed, or applied onto any portion of the human body. Its purposes encompass cleansing, perfuming, enhancing beauty, fostering attractiveness, altering appearance, and it also encompasses products designed to be used as cosmetic components. The integration of natural herbal ingredients into personal and healthcare products has gained prominence due to their ability to enhance user experiences. Recent research confirms that herbs, due to their gentle and soothing nature, are more effective. In contrast, potent synthetic compounds and chemicals, despite their effectiveness, contribute to a toxic load on the human body. <sup>[5]</sup>

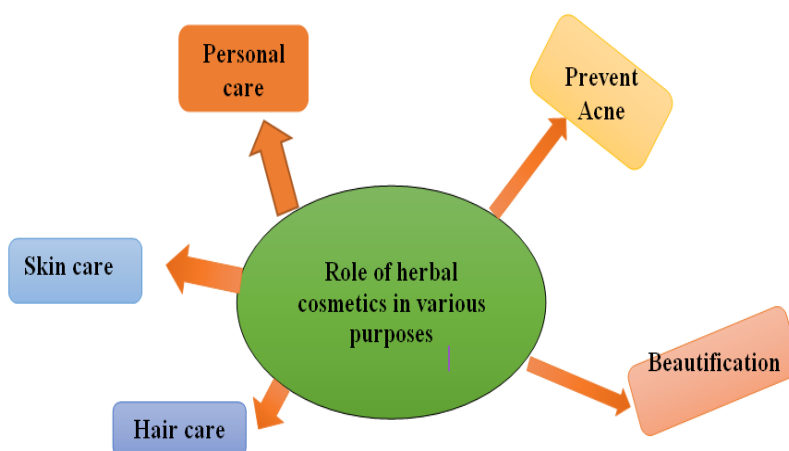
## II. HISTORICAL DEVELOPMENT

Cosmetic usage days back to the Pre-Christian Hellenistic era, where historical records mention the use of herbal ingredients in cosmetics and fragrances. Well-known famous Queen Cleopatra utilized aloe vera gel for skincare. Ancient texts, such as Pliny the Elder's "Natural History," documented information on perfumes and aromatics. Throughout history, various civilizations integrated herbs into cosmetics and beauty practices. Notably, Queen Elizabeth supported the cultivation of gardens and the creation of scented products. Indian women have historically employed natural herbs, such as sandalwood and turmeric, for skincare, and henna for hair coloring. Throughout India's history, cosmetic materials have been integral since the early stages of both medical and cosmetic practices. Substances like aloe, costus, frankincense, lac, myrrh, camphor, musk, saffron, and rose water (used as attar), along with sandalwood, were commonly utilized during earlier periods. Ancient Ayurvedic texts like Charaka Samhita and Varnya Kashaya detailed the application of herbs to achieve radiant skin. Some of the herbs featured were chandana, nagkeshara, padmak, khus, yashtimadhu, manjistha, sariva, payasya, seta (sweta durva), and lata (shyama durva).

These Ayurvedic herbs served to cleanse the blood and expel imbalanced doshas (vata, pitta, kapha) from the body, as these factors primarily contributed to skin ailments and other disorders.<sup>[6]</sup> The use of herbal components such as orris, sandalwood, and Brazil wood flourished during this time. Indian culture embraced herbs like sandalwood and turmeric for skincare and henna for hair coloring. Ayurvedic texts highlighted the role of herbs like chandana, padmak, and yashtimadhu in promoting a radiant complexion and eliminating imbalanced doshas. Ancient societies, including Egypt and India, contributed to the origins of cosmetology. The Indus Valley civilization marked an early example of cosmetic use. Today, the demand for herbal products and cosmetics is rising in society turns towards natural alternatives in various domains, including food, medicine, and cosmetics. This shift has led to increased utilization of herbal cosmetics, which combine aesthetic enhancement with the biological benefits of active herbal ingredients. Archaeological evidence underscores the presence of cosmetics before 4000 BC.<sup>[7]</sup>



**Figure 1:** Various herbal substances used in cosmetics.



**Figure 2:** Role of herbal cosmetics in various purposes.

### III. FOLLOWING HERBS USED IN COSMETICS

1. **Aloevera:** Aloe vera, a herbal plant belonging to the liliaceae family, is primarily cultivated for its beneficial properties. While closely related aloes are found in northern Africa. Its gel is a desirable ingredient in numerous cosmetics due to its healing, moisturizing, and skin-softening effects. Extracting the soothing gel from an aloe vera leaf is a simple process. Aloe vera contains essential amino acids like leucine and isoleucine, along with saponin glycosides that offer cleansing properties. Additionally, it contains vitamins A, C, E, B, choline, B12, and folic acid, contributing to its antioxidant activity.<sup>[8,9]</sup>



**Figure 3:** Aloe Vera

2. **Carrot:** Carrot derived from the plant *Daucus carota* of the Apiaceae family, carrot is a valuable herb valued for its abundant Vitamin A content and other essential vitamins. Carrot seed oil serves as an anti-aging, revitalizing, and rejuvenating agent. The characteristic bright orange color of carrots results from compounds like  $\beta$ -carotene,  $\alpha$ -carotene, and  $\gamma$ -carotene, which can be partly converted into Vitamin A in the human body.<sup>[8]</sup>



**Figure 4:** Carrot

3. **Coconut Oil:** Coconut oil, obtained by crushing the dried kernels of coconuts, is rich in glycerides of lower chain fatty acids. This oil, extracted from the fruit or seed of the coconut palm tree (*Coccus nucifera*), is a versatile skincare ingredient. Its high efficacy as a skin moisturizer and softener has been demonstrated in studies, with extra virgin coconut oil proving effective and safe for use as a moisturizer without adverse reactions.<sup>[9]</sup>



**Figure 5:** Coconut

4. **Cucumber:** Cucumber (*Cucumis Sativus*), a widely cultivated plant in the gourd family Curcubitaceae, contains oils rich in linoleic and oleic acids. This versatile vegetable is abundant in vitamin C, vitamin K, and potassium. Its applications in skincare are varied, including revitalizing the skin, reversing tanning, reducing puffiness around the eyes, soothing sunburn, rejuvenating the skin, and addressing issues like open pores, blemishes, and dark circles.<sup>[10]</sup>



**Figure 6:** Cucumber

5. **Turmeric:** Turmeric, a perennial herb known scientifically as *Curcuma Longa* and yellow-orange in color, contains curcumin, which imparts its therapeutic effects and distinctive hue. Turmeric is effective for treating skin conditions such as psoriasis, acne, wounds, burns, eczema, sun damage, and premature aging due to its ability to inhibit phosphorylase kinase activity. With anti-inflammatory and antioxidant properties, turmeric is employed in facial creams and ointments.<sup>[11]</sup>



**Figure 7:** Turmeric

- 6. Neem:** The neem tree (*Azadirachta indica*) has a rich history of health-promoting properties and finds extensive use in cosmetics. Different parts of the neem tree are employed in various skincare products, including cleansers, skin creams, shampoos, toothpastes, and toiletries. Neem oil and extracts serve as essential components in the production of these cosmetics, thanks to their antifungal, antibacterial, and detoxifying properties.<sup>[12,13]</sup>



**Figure 8:** Neem Leaves

7. **Amla:** *Phyllanthus emblica* Linn. Commonly known as Indian gooseberry or amla, is highly regarded in Indian traditional medicine systems. Amla is prized for its multifaceted benefits, particularly its fruit, which is used as a hair tonic to enrich growth and pigmentation. Dried amla pieces, when soaked overnight, provide a nourishing rinse for the hair. Amla's high vitamin C content makes it a sought-after ingredient in skin care products, while its oil offers remedies for various hair and scalp issues.<sup>[13][14]</sup>



**Figure 9:** Amla

8. **Skin care products:** Herbal skin cosmetics harness various herbal active ingredients mixed into cosmetic bases to provide nourishment and address skin concerns. These products include herbal creams, vanishing creams, nourishing creams, night creams, and moisturizers, all designed to enhance and care for the skin's appearance and health.<sup>[15]</sup>

#### IV. CONCLUSION

The widespread utilization of herbs in cosmetics has seen a remarkable flow in the personal care sector, driven by the demand for herbal cosmetics. Traditional knowledge of medicinal plants continues to play a vital role in various cultures. The increasing popularity of natural products or their derivatives for disease prevention and treatment reflects their minimal side effects. This chapter has outlined several herbal substances active in cosmetics, highlighting their significance in the domain of personal care and beauty.

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