

**COSMACEUTICAL: THE NEW MEDICINE OF HERBAL BEAUTY****Amrita Bajpai\*, Prof. Dr. Rohit Mohan**

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**ABSTRACT**

Traditional remedies and preparation used for the treatment of skin, or the folk preparations of skin used for healing skin diseases are known to be cosmaceutical or cosmetics. Cosmaceutical mean combination of cosmetics and pharmaceuticals. Cosmaceuticals are the future generation of skin care. They are the future generation of skin care. They are the advances made within the world of dermatological products and the backbone of skincare. All cosmaceuticals claim to contain functional ingredients with either therapeutic diseases fighting and healing properties. All cosmaceuticals claim to contain functional ingredients with either therapeutic disease fighting or healing properties. Skin care cosmaceuticals such as face wash, moisturizers mask, sunscreen, exfoliates etc are meant for modify, beautify, and treat skin imperfection. The active ingredients in cosmaceuticals include vitamins (such as

vit C, E, A) Peptides, antioxidants, growth factors, enzymes & co-enzymes. These components are scientifically proven to enhance collagen synthesis, neutralize free radicals and promote skin repaired regeneration. Modern research has also repair and regeneration. In the past people employed numerous lepa, alepa, pralepa, udarvatan, prakshalan and other practices for saundarya prsadan krma nature has provided krma nature has provided a mechanism to maintain that parity. Cosmetics alone are insufficient to care for the skin and other body parts a combination of active chemicals is required to prevent skin casualties and ageing. Cosmetics have grown in Favor among the populase. The above article is an effort to describe clearly both the terms and the relation between them.

**KEYWORDS:** Cosmetics, Cosmeceuticals, Folk herbs, Categorizations of cosmeceuticals, Basic skin care, Novel techniques in cosmetics, Herbs used in cosmetic/cosmeceuticals.

## INTRODUCTION

Cosmeceutical term was first used by **Raymond reed** founding of U.S. society of cosmetics chemist at 1961. He actually used the word to explain the active and science based cosmetics. The above term was further coined used and popularized by **Albert kigman** in the year of 1984 to refer the substances the exert both cosmetic and therapeutic benefits. The greek word “Kosmetikos,” which means to have beauty, create ability or to garnish, is from which the word “cosmetic”<sup>[1]</sup> Herbal cosmetics are natural products containing pure herbs or permissible cosmetics herbal ingredients in crude or extract form to offer beautification. The reason behind this is being less toxic as it consists of herbal ingredients. the life style people bear today cause stresas resulng as various dermatological issues such as aging ,wrinkles darkness of skin. These dermatological problems are treated by using antioxidants.<sup>[2]</sup>

## Categorization of cosmaceuticals

These are separated into specific into specific product categories and listed.

Table 1: Selecting an efficient cosmaceutical regimen, it’s crucial to match patients posses a variety of needs, and they ought to be matched with goods that provide ingredients with multiple uses.<sup>[3]</sup>

## Need of cosmetics

1. To enhances general appearance.
2. Minimize skin defects.
3. Psychological application
4. Social application
5. Clinical application.
6. Protection of skin from uv rays, dust and rigid climate.
7. cleansing effect.
8. Emollient effect.<sup>[4]</sup>

S. No.	Category
1.	Creams, emulsions, lotions, gels and oils for the skin (hands face, feet, etc.).
2.	Face masks (with the exception of chemical peeling products).
3.	Tinted bases (liquids, pastes, powders).
4.	Make-up powders, after-bath powders, hygienic powders, etc.
5.	Toilet soaps, deodorant soaps, etc.
6.	Perfumes, toilet waters and eau de Cologne.
7.	Bath and shower preparations (salts, foams, oils, gels, etc.).
8.	Depilatories.
9.	Deodorants and anti-perspirants.
10.	Hair care products: <ul style="list-style-type: none"> <li>• Hair tints and bleaches,</li> <li>• Products for waving, straightening and fixing,</li> <li>• Setting products,</li> <li>• Cleansing products (lotions, powders, shampoos),</li> <li>• Conditioning products (lotions, creams, oils),</li> <li>• Hair dressing products (lotions, lacquers, brilliantines).</li> </ul>
11.	Shaving products (creams, foams, lotions, etc.).
12.	Products for making-up and removing make-up from the face and the eyes.
13.	Products intended for application to the lips.
14.	Products for care of the teeth and the mouth.
15.	Products for nail care and make-up.
16.	Products for external intimate hygiene.
17.	Sunbathing products.
18.	Products for tanning without sun.
19.	Skin-whitening products.
20.	Anti-wrinkle products.

### Classification of herbal cosmetics

**1. Based on the areas in which it is utilized skin care products include:** powder, lipsticks, roughes, creams, lotion and solutions shampoos, conditioners, creams, bleaches, and coloring, preparation for hair.

**Teeth:** Dentifrices, gels, powders, and pastes, eyebrow pencils, mascaras, eye shawdows and eyeliners.<sup>[5]</sup>

**2. Based on the purpose of cosmetic preparation:** Cold cream, vanishing cream, foundation creams, lotion solutions are example of emollients. cream, shampoo, rinsers, and other cleansing products.

Lipstick, roughes, eyeliners, lackquers, and dressing prepatation examples of decorative preparation.<sup>[6]</sup>

**Basic skin care:** The skin is composed os a variety of cells and structures and is divides into three primary structures and is divided inti three primary layres, the body's first.

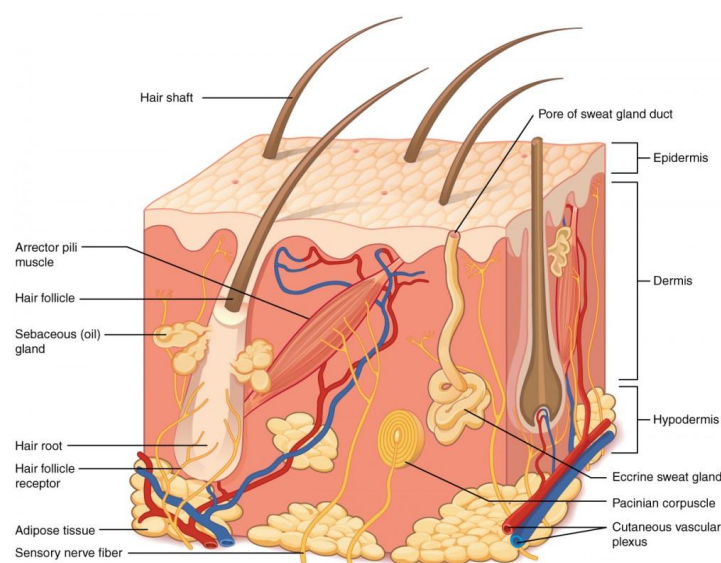
Line of defence. The epidermis is the skin's outer surface, which varies in thickness throughout the body and influences the body and influences our skin complexion. and a waterproof layer.<sup>[7]</sup>

The epidermis is divided into five layers .keratin is a protein produces and deposited by **keratinocytes**, which the stratum basal. Hair and nails everyone's skin contains keratin, a fibrous protein that provides hardness and water resistance. keratin is actually a protein. keratinocytes which are cell sin the stratum basal. Hair and nails and skin all have keratin ,a fibrous protein that gives them hardness and water resistance. The markel cells, role is to excite sensory neurons.

The melanin pigment, which gives skin its color and shields epidermal living cells from uv radistion, is produced by melanocytes. The stratum spinosums, spiky shape is a result of the cellular functions that connect the cells with each other via desmosomes.<sup>[8]</sup>

The stratum lucidem is the smooth, visible layer of the epidermis. The outermost layer, the stratum corneum is exposed to the components, keratin is a fibrous peotein that gives skin, hair, and nails their hardness and water resistance. The hair cells and sweat glands are found in the dermis whisch is likewise made if strong connective tissue. These are collagen a protein that give skin its strength and suppleness.

Hypodermis: The hypodermis is a layer of connective tissue that lies beneath the epidermis. The body fat serves insulation.<sup>[9]</sup>



### Function of skin

1. Protection
2. Sensation
3. Regulation of heat
4. Control of evaporation
5. Absorption
6. Water resistant

### Novel techniques in cosmetics



**Fig. 1: Strategies involved in novel drug delivery systems.**

Consumers around the world are more attached to the products which state ‘natural free from animal products, organic and no added artificial preservatives on their labels. The novel drug delivery systems of drugs has increased efficacy and reduced toxicity which resulted in consumers around the world expecting the same increased benefits and minimal side effect with the use of cosmetics.<sup>[10]</sup>

### Herbs used in cosmetics / cosmaceuticals

**1. Coconut oil:** It is made by pounding the dried coconut chunk which contains 60- 65% oil. The family Arecaceae is thrived under the moniker “cocus nucifera” coconut oil contains lower chain unsaturated glycerides. Coconut oil extracted from the natural material are used or seed of the coconut oil is extensively. Coconut oil is excellent conditioner and moisturizer

for skin. Research indicates that using pure virgin. There are no unpleasant side effects using coconut oil as lotions.<sup>[11]</sup>



**2. Sunflower oil**– It is non unstable oil made from sunflower seeds that are related to *helianthus annuus*, member of the *asteraceae* family. All of the necessary tocopherols, carotenoids, waxes, and lecithin are also present in sunflower oil.

Oil that is straight forward but efficient and has been used for a long time in a broad selection of emulsions for cosmetics and personal hygiene items.<sup>[12]</sup>



**3. Multani mitti** -Its other name Fuller's earth is a natural clay that is frequently used for hair and skincare. It has great absorbent and cleaning qualities because it is rich in minerals like calcium, magnesium, and aluminium silicate. Multani mitti is particularly helpful for oily and acne prone skin because it help remove excess oil, dirt and impurities from the skin from the skin, additionally it has calming and cooling properties that lessen irritation and inflammation. In terms of hair care it helps minimize dandruff, controls excess oil and clean the scalps.<sup>[13]</sup>





**4. Aloevera:** It is a type of medicinal plant found in the members of the liliaceae family. It is only cultivated and has no there are 144 wild populations but there are closely related aloes in Africa's north aloevera contains antioxidant –active amino acids, folic acid, choline, vitamins A, C, E, B. Aloevera,s antibacterial and moisturizing properties skin from microbial damage and keep it from becoming dry and rough. The cooling properties of aloevera provide a refreshing sensation while also preventing sunburn.<sup>[14]</sup>



**5. Jojoba oil:** Jojoba oil is a mixture of linear, long –chain liquid wax esters extracted from simmondsala seeds. Simmondsia chinensis is a member of the simmondsiaceae family of desert shrubs. Jojoba oil is commonly used as a moisturizer in cosmetics. Human sebum and jojoba oil are almost interchangeable.<sup>[15]</sup> The skin sebum protects and hydrates the hair. The peanut sized seeds from this desert shrub, to make jojoba oil, is cold pressed.<sup>[16]</sup>



**6. Turmeric:** *Curcuma longa*, a perennial herbaceous plant with essential oils, is a member of the zingiberaceae family, which include ginger. Turmeric is commonly used by Hindus in their celebrations. Turmeric was applied to the bodies of babies and brides particularly in Hindu weddings, to provide them with a bright appearance.<sup>[17]</sup> Additionally, babies are given turmeric to apply to their foreheads for good fortune. It has antioxidant characteristics that can aid in the removal of free radicals and delay the onset of signs of aging. Given that turmeric is a common ingredient that is thought to increase complexity.<sup>[18]</sup>



**7. Neem (Nimb):** The leaf of *Azadirachta indica*, a member of the Meliaceae family, and other aerial parts make up its composition. In addition, among the substances are nimbin, nimbinene, and 6-desacetylnimbinene. Neem can be used to treat acne-related edema. It is used to treat dry skin, wrinkles, and scars. It is also used to provide prolonged skin hydration over time, which reduces dryness.<sup>[19]</sup>



**8. Honey (Madhu):** The sugary fluid that bees leave in the honeycombs is called honey. *Apis mellifera* and other *Apis dorsata* species are members of the Apidae family. Honey acts as humectants, attracts and retains moisture from the air. This property helps the skin hydrated, soft and supple. Therefore, Honey is widely used in creams, lotions and facemasks. Honey promotes tissue regeneration and wound healing. Honey is used to clean the scalp.<sup>[20]</sup>





**9. Sandalwood (Chandan):** It is a highly valued cosmetic ingredient due to its soothing, cooling, and aromatic properties. Sandalwood, derived primarily from *Santalum album*, has long been used in skincare due to its anti-inflammatory, antiseptic, and antimicrobial properties.<sup>[21]</sup> It soothes irritated skin, reduces redness and prevents acne by limiting excess oil and bacterial growth.<sup>[22]</sup> Sandalwood paste or oil is often used in skin texture and to promote a clear complexion. In cosmetic theory sandalwood is valued not only for its therapeutic skin benefits, but also for its ability to instill a sense of freshness, relaxation, and luxury in cosmetic products.<sup>[23]</sup>



**10. Amla:** The plant *Embelica officinalis*, which belongs to the Euphorbiaceae family, provides amla. Amla is abundant in vitamin C, tannins, and minerals like phosphorus, iron, and calcium, all of which nourish hair and contribute to hair darkening.<sup>[24]</sup> Amla is used to cure issues with the scalp and hair. Additionally, it is used to treat children's skin conditions and hair loss.<sup>[25]</sup>



## CONCLUSION

For patients and their doctors, cosmeceuticals present both opportunities and challenges. Many people are concerned about their aging skin and seek medical advice on what to do because society places a high value on looking young and healthy. When it comes to these products, the doctor's main duty is to assist patients in understanding the potential in understanding the potential side effects and the extent of improvement that can be realistically attained. A doctor's job is to assist patients in selecting the best products currently on the market, even though many of the new cosmeceuticals in development sound very exciting. According to some experts, doctors should choose one or two products that they have found to be effective and instruct their patients that even safe products can cause redness, irritation, or clog pores if used improperly.

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