

Introduction to herbal cosmetics

- Herbal Cosmetics, referred as products which are formulated using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only, shall be called as “Herbal Cosmetics”.
- Herbal cosmetics are also referred to as natural cosmetics.
- Herbal cosmetics are the products in which herbs are used in crude or extract form

Old civilizations and Herbal Cosmetics

- In early period cosmetics were associated with religious practices. It is almost true for all old civilizations like Indian, Chinese, and Egyptian & Greek.
- During the early period, all cosmetics items were made in the home.
- Ubtan with flour, turmeric and vegetable oil before marriage is still practiced in India. Kum Kum is still being applied by women.
- Natural materials like aromatic materials, spices, herbs, resins, dyes, fats, oils, and the natives of different countries used perfumes.

Ingredients used in herbal products

- The herbal products/ drugs are derived from vegetable sources from various parts of the plants like root, leaf; flower fruit extract or plant as a whole.
- There are three kinds of ingredients used in herbal products
 - ✓ Herbal
 - ✓ Mineral and
 - ✓ Animal

Alternate systems of Medicine in India

- In India, alternate system, commonly referred to as “Indian system of Medicine and Homeopathy” (ISM&H) includes
 - ✓ Ayurveda
 - ✓ Siddha
 - ✓ Unani and
 - ✓ Homeopathy
- Herbal Cosmetics focuses is mainly on Ayurveda

Advantages of Herbal cosmetics

i) Natural content

- ✓ The demand of herbal medicines is increasing rapidly because of containing natural ingredients.
- ✓ The natural content in the herbs does not have any side effects on the human body; instead provide the body with nutrients and other useful minerals.
- ✓ The name itself suggests that herbal cosmetics are natural and free from all the harmful synthetic chemicals which otherwise may prove to be toxic to the skin.
- ✓ They also consist of natural nutrients like Vitamin E that keeps skin healthy, glowing and beautiful. For example, Aloe Vera is an herbal plant species belonging to Liliaceae family and is naturally and easily available.

ii) **Safe to use**

- ✓ Compared to other beauty products, **natural cosmetics** are safe to use.
- ✓ They are hypo-allergenic and tested and proven by dermatologists to be safe to use.
- ✓ Example: BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene) are closely related synthetic antioxidants and are used as preservatives in lipsticks and moisturizers BHA and BHT can induce allergic reactions in the skin. The international Agency for Research on Cancer classifies BHA as a possible human carcinogen. Herbal cosmetics contain natural antioxidants like vitamin C

iii) **Compatible with all skin types**

- ✓ Natural cosmetics are suitable for all skin types.
- ✓ Natural cosmetics are appropriate irrespective of your skin tone.
- ✓ Women with oily or sensitive skin can also use them and never have to worry about degrading their skin condition.
- ✓ Example: Coal tar-derived colors are used extensively in cosmetics, Coal tar is recognized as a human carcinogen and the main concern with individual coal tar a color (whether produced from coal tar or synthetically) is they can cause cancer but natural colors that are obtained from herbs are safer.

iv) **Wide selection to choose from**

- ✓ Natural cosmetics offer a variety of beauty products.
- ✓ One will find a variety of foundation, eye shadow, lipstick, blush, mascara, concealed and many more which are all naturally formulated.

- ✓ Furthermore, one will find locally made natural cosmetics or those made by famous designers worldwide.
- ✓ There exist a large variety of herbal extracts, to name a few *Andrographis paniculata* (Kalmegh), *Asparagus racemosus* (Shatawari), *Boswellia serrata* (Salai Guggal), Asphalt (Shilajit) etc
- v) **Fits your budget**
 - ✓ Natural cosmetics are not that expensive.
 - ✓ In fact, some of these products are more affordable than synthetic ones.
 - ✓ An estimate of WHO demonstrates about 80% of world population depends on natural products for their health care, because of side effects inflicted and rising cost of modern medicine.
 - ✓ World Health Organization currently recommends and encourages traditional herbal cures in natural health care programs as these drugs are easily available at low cost and are comparatively safe.

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