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HERBAL DRUG TECHNOLOGY

UNIT 3

TOPIC :

- **Herbal Cosmetics**

Sources and description of raw materials of herbal origin used via, fixed oils, waxes, gums colours, perfumes, protective agents, bleaching agents, antioxidants in products such as skin care, hair care and oral hygiene products.

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Herbal Cosmetics

- Herbal cosmetics are cosmetic preparations containing natural substances obtained from plants such as herbs, oils, extracts, gums, waxes, and natural colors. These products are used to cleanse, beautify, protect, and maintain the health of skin, hair, teeth, and body with minimum use of synthetic chemicals.
- They combine cosmetic action with medicinal benefits due to the presence of biologically active plant constituents.
- Herbal cosmetics are products made using herbal ingredients for improving appearance and maintaining body hygiene safely and naturally.
- According to modern concept, herbal cosmetics are preparations containing phytochemicals obtained from natural sources which provide cosmetic as well as therapeutic effects.

Advantages of herbal cosmetics

1. Made from natural plant ingredients
2. Safer compared to synthetic cosmetics
3. Produce fewer side effects
4. Suitable for all skin types
5. Provide nourishment to skin and hair
6. Usually non-toxic and non-irritant
7. Eco-friendly and biodegradable
8. Contain medicinal and cosmetic properties together
9. Lower risk of allergy and skin damage
10. Easily available and economical
11. Improve long-term health of skin and hair
12. Free from harmful chemicals like parabens and sulfates

Types of herbal cosmetics

Herbal cosmetics are classified according to their area of application:

- 1. Skin Care Products**
- 2. Hair Care Products**
- 3. Oral Care Products**
- 4. Eye Cosmetics etc,**

1. Skin Care Products

- Herbal skin care products are used to cleanse, moisturize, protect, nourish, and improve the appearance of skin.
- These products contain herbs with antimicrobial, antioxidant, anti-inflammatory, and moisturizing properties.

Functions

- Cleansing skin
- Removing dirt and excess oil
- Moisturizing and nourishing
- Protecting from sunlight and pollution
- Preventing acne, wrinkles, and infections

Examples

- Herbal creams and lotions
- Herbal soaps
- Face packs
- Herbal face wash
- Herbal sunscreens

2. Hair Care Products

- Herbal hair care products are used to maintain healthy hair, improve growth, prevent dandruff, and strengthen roots.
- These products improve scalp circulation and nourish hair follicles.

Functions

- Promote hair growth
- Reduce hair fall
- Prevent dandruff
- Condition hair
- Improve hair texture and shine

Examples

- ▲ Herbal shampoos
- ▲ Herbal hair oils
- ▲ Herbal hair dyes

3. Oral Care Products

- Herbal oral care products are used for maintaining oral hygiene and preventing dental diseases.
- These products contain herbs with antibacterial and anti-inflammatory actions.

Functions

- Prevent tooth decay
- Reduce plaque formation
- Prevent gum infection
- Remove bad breath

Examples

- Herbal toothpaste
- Herbal mouthwash

Sources and Description of Raw Materials of Herbal Origin

- Herbal cosmetics are cosmetic preparations made from natural raw materials obtained mainly from plant sources.
- These herbal raw materials are used for cleansing, protection, nourishment, healing, and beautification of skin, hair, and oral cavity. Due to their natural origin, they are considered safer and produce fewer side effects compared to synthetic substances.
- The important herbal raw materials used in cosmetics include:
 - Fixed oils
 - Waxes
 - Gums and mucilages
 - Herbal colours
 - Perfumes and flavoring agents
 - Protective agents
 - Bleaching agents
 - Antioxidants

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Fixed Oils

- Fixed oils are non-volatile oils obtained mainly from seeds, fruits, and kernels of plants by methods such as cold pressing, expression, or solvent extraction.
- They leave a permanent oily stain on paper and do not evaporate on exposure to air.

Source

Fixed oils are obtained from plant parts such as:

- Seeds
- Fruits
- Nuts
- Kernels

Description

- Fixed oils act mainly as emollients and nourishing agents.
- They soften skin and prevent moisture loss.
- Improve smoothness and texture of cosmetic products.
- Nourish hair and scalp.
- Protect skin from dryness and irritation.
- Used as base materials in creams, lotions, shampoos, and hair oils.

Important Fixed Oils with Examples

Fixed Oil	Source	Uses
Coconut oil	Dried coconut kernel	Hair oils, creams, soaps
Almond oil	Almond seeds	Skin lotions, massage creams
Olive oil	Olive fruits	Moisturizers, anti-aging creams
Castor oil	Castor seeds	Hair oils, lipsticks
Sesame oil	Sesame seeds	Massage oils, skin care products

Waxes

- Waxes are natural substances composed mainly of esters of fatty acids and higher alcohols. They are obtained from plant and animal sources and are widely used in herbal cosmetics.
- Waxes provide hardness, consistency, gloss, and protective properties to cosmetic products.

Source

Waxes are obtained from:

- Plant sources
- Animal sources

Common Sources

- Leaves
- Fruits
- Bee hives
- Wool fat

Description

- Waxes are solid or semisolid substances at room temperature.
- They are insoluble in water but soluble in organic solvents.
- Used to improve texture and stability of cosmetic products.
- Form a protective layer on skin and prevent moisture loss.
- Give smoothness and shine to creams, lipsticks, and hair products.

Important Waxes with Examples

Wax	Source	Uses
Beeswax	Honey bee hive	Lipsticks, creams
Carnauba wax	Leaves of carnauba palm	Hair waxes, lip products
Cocoa butter	Cocoa seeds	Moisturizers, creams
Lanolin	Wool fat of sheep	Skin creams, ointments

Gums and Mucilages

- Gums and mucilages are natural plant products containing polysaccharides that swell in water and form viscous or gelatinous solutions.
- They are widely used in herbal cosmetics as thickening, binding, suspending, and stabilizing agents.

Source

Gums and mucilages are obtained from different plant parts such as:

- Stem exudates
- Seeds
- Roots
- Leaves
- Fruits

Description

- Gums are pathological products formed due to injury in plants.
- Mucilages are physiological products naturally present in plants.
- They swell in water and produce sticky masses.
- Used to improve consistency and texture of cosmetic preparations.
- Provide smoothness and stability to creams, gels, lotions, and toothpaste.

Important Gums and Mucilages

Gum/Mucilage	Source	Uses
Acacia gum	Acacia stem exudate	Toothpaste, lotions
Tragacanth	Astragalus plant	Creams, gels
Guar gum	Guar seeds	Shampoo, toothpaste
Aloe mucilage	Aloe vera leaves	Moisturizers, gels

Herbal Colours

- Herbal colours are natural colouring agents obtained from plants, minerals, or natural biological sources and are used in cosmetic preparations to impart attractive colour and appearance.
- These colours are safer and less harmful compared to synthetic dyes.

Source

Herbal colours are obtained from different plant parts such as:

- Roots
- Leaves
- Flowers
- Fruits
- Seeds
- Bark

Description

- Herbal colours are natural pigments used in herbal cosmetics.
- They improve appearance and acceptability of cosmetic products.
- Many herbal colours also possess medicinal and antioxidant properties.
- They are non-toxic, biodegradable, and skin-friendly.
- Used in creams, lipsticks, face packs, soaps, shampoos, and hair dyes.

Important Herbal Colours

Herbal Colour	Source	Colour Produced	Uses
Turmeric	Turmeric rhizome	Yellow	Face packs, creams
Henna	Henna leaves	Reddish brown	Hair dyes
Beetroot	Beetroot root	Red	Lip products
Saffron	Saffron stigma	Golden yellow	Beauty creams

Perfumes and Flavouring Agents

- Perfumes and flavouring agents are natural aromatic substances obtained mainly from plants and used in herbal cosmetics to provide pleasant smell and taste.
- Perfumes improve fragrance of cosmetic products, while flavouring agents improve taste and freshness in oral care preparations.

Source

Perfumes and flavouring agents are mainly obtained from:

- Flowers
- Leaves
- Fruits
- Seeds
- Bark
- Roots

They are usually obtained in the form of essential oils by:

- Steam distillation
- Expression
- Solvent Extraction

Description

- These agents contain volatile aromatic compounds.
- They mask unpleasant odour of cosmetic ingredients.
- Provide refreshing and cooling sensation.
- Increase acceptability and attractiveness of products.
- Used in skin care, hair care, and oral hygiene products.

Important Perfumes and Flavouring Agents

Agent	Source	Uses
Rose oil	Rose petals	Perfumes, creams
Sandalwood oil	Sandalwood wood	Soaps, lotions
Peppermint oil	Peppermint leaves	Toothpaste, mouthwash
Clove oil	Clove buds	Oral care products

Protective Agents

- Protective agents are natural substances used in herbal cosmetics to protect skin, hair, and oral tissues from harmful environmental factors such as sunlight, pollution, dryness, microorganisms, and irritation.
- These agents also help in healing, soothing, and maintaining healthy skin and hair.

Source

Protective agents are mainly obtained from medicinal plants and natural herbal materials such as:

- Leaves
- Fruits
- Seeds
- Roots
- Gel or pulp of plants

Description

- Protective agents form a protective layer on skin and hair.
- Prevent dryness, irritation, and infections.
- Protect against UV rays, dust, and pollutants.
- Possess antimicrobial, anti-inflammatory, antioxidant, and moisturizing properties.
- Used in creams, lotions, sunscreens, soaps, shampoos, and oral care products.

Important Protective Agents

Protective Agent	Source	Uses
Aloe vera	Aloe leaves	Moisturizers, gels
Neem	Neem leaves	Soaps, toothpaste
Cucumber	Cucumber fruit	Face packs, eye gels
Tulsi	Tulsi leaves	Skin and oral products

Bleaching Agents

- Bleaching agents are substances used in herbal cosmetics to lighten skin tone, reduce pigmentation, remove dark spots, and improve complexion naturally.
- Herbal bleaching agents contain natural acids, enzymes, and vitamins that help in gentle skin whitening and exfoliation.

Source

Bleaching agents are mainly obtained from:

- Fruits
- Vegetables
- Plant juices
- Herbs rich in natural acids and enzymes

Description

- Herbal bleaching agents help remove dead skin cells.
- Reduce pigmentation, tanning, and blemishes.
- Improve skin brightness and complexion.
- They are safer and milder than chemical bleaching agents.
- Used in face packs, creams, lotions, and skin brightening products.

Important Bleaching Agents

Agent	Source	Uses
Lemon	Lemon fruit	Skin brightening
Papaya	Papaya fruit	Exfoliating creams
Potato juice	Potato tuber	Removal of dark spots

Antioxidants

- Antioxidants are substances that prevent oxidation and protect cosmetic products, skin, and hair from damage caused by free radicals and environmental factors.
- In herbal cosmetics, antioxidants are mainly obtained from plants rich in vitamins, flavonoids, and polyphenols.

Source

Antioxidants are obtained from:

- Fruits
- Vegetables
- Seeds
- Leaves
- Vegetable oils
- Herbs

Description

- Antioxidants prevent oxidative deterioration of cosmetic products.
- Protect skin from aging, wrinkles, and cell damage.
- Help maintain stability and shelf life of cosmetic preparations.
- Protect against harmful effects of sunlight and pollution.
- Used in creams, lotions, shampoos, oils, and anti-aging products.

Important Herbal Antioxidants

Antioxidant	Source	Uses
Vitamin E	Vegetable oils	Anti-aging creams
Green tea	Tea leaves	Face wash, creams
Amla	Amla fruit	Hair oils, creams
Grape seed extract	Grape seeds	Skin care products