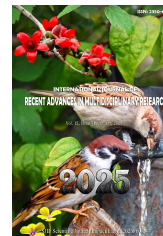




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RESEARCH ARTICLE

UNCOVERING HERBAL BEAUTY REMEDIES: THE GREEN SECRET

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ABSTRACT

Green Secret: Unveiling Herbal Beauty Remedies" digs into the potential of herbal cosmetics in today's beauty landscape. Rooted in ancient traditions yet adapted for contemporary needs herbal beauty remedies offer sustainable, eco-friendly alternatives to synthetic products. It examines the health benefits of plant-based ingredients, emphasizing efficacy, safety, and environmental advantages. The study also investigates the science behind commonly used herbs. It delves into their active components and their uses in skin care. It also touches upon their applications in hair care and wellness. Blending nature's wisdom with modern advancements is the goal. The idea is to inspire a shift towards mindful beauty practices. These practices prioritize health, sustainability, and harmony with the environment.

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INTRODUCTION

The phrase "Herbal Cosmetics" describes goods consisting of a range of permissible cosmetic chemicals that serve as a foundation for the benefits of more than one herbal compound to give particular benefits of cosmetic. OTC products for skin care that claim to offer medical effects by addition of plant-based active chemicals including coenzyme Q10, retinoic acid, alpha-hydroxy acid, and ascorbic acid were rebranded as "cosmeceuticals" by cosmetic makers in the 1990s (5). These active ingredients do several things, such as making the skin supple, prolonging the ageing process by reducing wrinkles, protecting the skin from UV radiation, and halting the breakdown of collagen (6). The Greek term "cosmetic" is derived from "kosmetikos," which means to be beautiful, to make anything lovely, or to beautify. Cosmetics can take many different forms, such as lotions, creams, skin-cleaning treatments, fragrances, and decorative cosmetics. Many cosmetic products are made from natural resources (7,8). The need for producers to comprehend the principles of cosmetic action is growing as they attempt to design more complex products, such as skincare products (9).

Among the "cosmeceuticals" category of cosmetic products is skincare. Similar to a medicine but controlled as a cosmetic, it relates to things like measurable biological activity in the skin; it has long been used to cure anti aging, wrinkles, hair damage, and hyperpigmentation (10). The industry of the beauty goods is improving and expanding and because to new developing technologies like nanotechnology. The market for cosmetics may be significantly impacted by this (11–13). Herbal cosmetics are prepared by combination of various cosmetic ingredients and allowing more than one herbal ingredients to create a base that has the intended advantageous effects (14, 15). Herbal cosmetics are designed to improve health and patient satisfaction and because they have less adverse effects than beauty products that are synthetic. Beauty care products that are herbal with at least one locally produced chemical are made from a few healing ingredients and are used in the treatment of a variety of skin issues. Many innovative personal care products and curative brands are produced using plants. Skincare products manufactured at home will mimic some of the unrefined or concentrated structure of spices (16). In order to deliver specific, appropriate restorative effects, herbal skincare products are referred to as "Locally made Cosmetic products" since they include at least one home

grown component added after a variety of superficial, acceptable ingredients are used to set the stage (17).

Cosmetics: The word "cosmetic" is difficult to define because it can refer to a lot of different body components. Cosmetics are intended to be applied to the skin in the form of a rub, spray, or powder in order to increase, purify, and change its look. Cosmetics increase the attractiveness of the body parts and face through reducing the skin issue risks. It is prepared to maintain or improve the state of the hair and skin. Women and man alike look more intellectual, appealing, and impressive when wearing cosmetics (18).

Cosmetic's preparation

The formulation of cosmetics have following 3 categories:

- Solid preparation
- Semisolid preparation
- Liquids preparation

Powders for face, talcum powder, mask, packs for face, etc. are comes in preparation of solid. Liniments, ointment, creams, wax base creams etc. are comes in category of semi solid preparation. Moisturizers, cleansing milk, hair oil, lotions, conditioners, mouthwashes, shampoos, liniments, sprays, deodorants, etc. are comes in preparation of liquid (19).

Cosmeceuticals: Cosmeceuticals are the most robust segment of the cosmetics sector. Cosmetics are restorative pharmacological formulations that are designed to increase the appearance and health of the skin by accomplishing a particular objective, such as lowering general irritation of skin, offering protection from sun, or offering antiaging and antiwrinkle benefits. They serve as a irritant of skin and a protector of skin (20).

Herbal cosmetics: These cosmetics are made with plant-based components that have aesthetic qualities. Recently, botanical extracts have become more popular in cosmetics due to their non-toxic nature and moderate effect. Cosmetics contain both natural and artificial ingredients. Among the goods made from organic resources are oils, extracts, and secretions. Unadulterated materials acquired through a variety of methods are known as phyto-ingredients (21).

Herbal Cosmetic: Cosmetics made with natural ingredients that have physiological activities including beauty, smoothing, appearance, skin healing, and conditioning qualities due to herbal excipients are known as herbal cosmetics (22).

History: Chapters on the herbal cosmetics history in Western and European nations date back around six centuries. After that, mixture and paste were used to whiten and smooth the face; this procedure was still common more than 400 years later (23). The components of herbal medicine include herbs, herbal preparation, herbal materials, and final herbal products. The raw plant material found in herbs includes leaves, fruits, flowers, seeds, bark, roots, stems, and which might be complete, broken up, or ground into powder. Herbal materials include herbs, essential oils, herb powder, resins, and gums. herbal cosmetics formulations, including herbal face cleanser, shampoo, conditioner, and soap. Ancient people used a few

natural items. Aloe vera is used as a skin protector. chandan and haldi as a pack of face. Hibiscus, henna and tea are utilised as hair conditioners and colourants (24).

Classification of Cosmetics: (25-27)

1. Skin's cosmetics

- Moisturizers
- Sunscreen
- Facewash

2. Hair's cosmetics:

- Cleanser of hair
- Conditioner of hair
- Oilyscalp hairtonic
- Colorant for hair

3. Herbal Cosmetictypes

- Care of skin
- Care f hair
- Other cosmetic preparations

Cosmetics herbs/ Cosmeceuticals

Skin care: The frequent exposure of skin to radiation, toxins, and filth can have a variety of effects on the skin. The following preparations are utilised to cleanse, protect, and restore the skin tone, as well as to discourage tanning, smooth the skin, and prevent wrinkles and scar formation:

- **Cleaners of skin:** - which take out the dead cells and dust
Eg: Aloe, Citrus peels.
- **Lotion for hand:** - skinsoftening properties. Eg: rosewater, neem, and almond oil.
- **Nourishers:** - they provide skin nourishment. Eg: Honey.
- **Soothing Agents:** - they provide skin smoothing Eg: Aloe vera.
- **Sunscreen:** - they provide protection of skin from sunlight
Eg: Chamomile, Aloe vera.
- **Antiwrinkle and antiageing:** - they stop wrinkles from skin. Eg: Aloe vera, Turmeric, Liquorice, Papaya
- **Anti acne agents:** - they are utilised to treat skin acne Eg: vetiver, cucumber gel. (28)



Figure 1. Coconut oil

Coconut Oil: The dried coconut chunk, which contains 60–65% oil, is pounded to create it. "Coccus nucifera" is a name that excites the Arecaceae family. Coconut oil contains lower-chain unsaturated glycerides. The natural substance or seed of the coconut palm tree is used to obtain coconut oil. Coconut oil has a liquefying point of 24 to 250 °C and can be utilised in both liquid and solid forms, which is why it is commonly used in baking and cooking. Coconut oil is an excellent skin conditioner and moisturiser (29). Pure virgin coconut oil has been shown to be safe and effective for usage as moisturiser, with no adverse effects (30).

Aloe Vera: A plant, aloe vera frequently used in cosmetics, is a member of the Liliaceae family. Aloe vera has effect of healing on skin wounds and can soften and moisturise the complexion. Aloe vera contains amino acids that have cleansing qualities, including glycosides saponin as well as leucine and isoleucine and other components including folic acid and vitamins. Additionally, these components have antioxidant qualities that stop the beginning of the first indications of ageing. Skin is shielded against microbial deterioration and prevented from becoming dry and rough by aloe vera's moisturising and antibacterial qualities. The cooling qualities of aloe vera give off a pleasant feeling and help avoid sunburn (31).



Figure 2. Aloe vera

Sunflower Oil: The plant *Helianthus annuus* belongs to the Asteraceae family, is the source of this non-unstable oil. Additionally, sunflower oil has all of the necessary lecithin, carotenoids, waxes, and tocopherols. As with waxes and carotenoids, biochemical ability testing (endocrine aggravation) is advised. It has calming qualities and is not a comedogenic substance. This oil is simple yet effective and has been used for a long time in a range of emulsions for cosmetics and personal care items (32).



Figure 3. Chandan

Multanimitts (Fullers earth): It's naturally occurring baby powder. Originally, clay was one of the materials used to make beauty masks. It was used to treat sunburn, get rid of pimple marks, clean the skin of dirt and flakes, and moisturise hair, teeth, and gums naturally. (33–35)



Figure 4. Multanimitts

CHANDAN: To exfoliate dead skin cells, chandan was applied on face as scrubs and pack of face, gives youth and stimulates the production of new cells. It's also used as a detanning agent for sunburns. (36, 37)



Figure 5. Sunflower oil

Hair Care: A person's physical characteristics, like their hair complexion, colour and style, are quite important. Topical hair care products are used to treat the hair and scalp. These contain excipients that either cleanse, nourish, condition, or stop dandruff from growing on the hair. Different hair care products include the following: (38)

Amla: Amla is produced by the Euphorbiaceae family plant *Embllica officinalis*. Tannins, Vitamin C, and minerals including iron calcium, and phosphorus are abundant in amla, which helps to colour and nourish hair (39–41).



Figure 6. Amla

Arachis oil: *Arachis hypogea* seeds, a leguminous plant, are used to make this additional fixed oil. The oil is pale yellow in hue and smells somewhat nutty. It is utilised to create hair oils and "Brilliantines."(42, 44)



Figure 7. Arachis oil

Walnut: The leaves of the *Juglance Regia* family are used in traditional medicine to cure dermatitis, dandruff, hair loss, flaking, and itching, among other skin conditions (45).



Figure 8. Walnut

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