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Review on herbal face cream

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Abstract

Semi-solid substances generally used on the skin are called creams. This study focused on the preparation and evaluation of herbal medicines and some medicinal plants used in these formulas. Herbal cream is a water-in-oil type lotion. The natural ingredients used in herbal preparation are turmeric, papaya, aloe vera, tulsi, amla, cucumber and neem. The selection of these ingredients depends on their properties. Preparation of cosmetics is done using adhesives like liquid paraffin, beeswax, borax, methylparaben. These formulations can be evaluated with many parameters like pH, viscosity, irritation, spread ability, microbial growth, thermal stability, homogeneity, acid value, saponification value, speed stability studies, patch test, coating chemical test, after feel, cleaning resistance, physical durability, dyeing test, after feel, *in vitro* diffusion study etc. Herbal products are being prepared recently. Herbal cream has many advantages over synthetic products. Most of the existing creams are made of synthetic materials and can be more compatible with the face, but they also have side effects such as irritation or some allergic reactions. Herbal cream has no side effects and beautifies the skin without side effects.

Keywords: Cosmetics, cream, aloe vera, tulsi, turmeric

Introduction

The word “cosmetic” means to beautify and is derived from the Greek word “cosmetic”. Since then, all products used to beautify or improve the appearance are generally called cosmetics. The word “herbal” indicates safety compared to synthetic products that are toxic to human health. Labor statistics show that the herbal medicine industry is growing and the herbal cosmetics industry is increasing the demand for herbal products worldwide.

Cream made from herbal plants, plants (Herbs) that are good for the skin. This plant must have many properties such as antiseptic, antibacterial, antiseptic, emollient, etc. Creams are semi-medicated tablets that can be applied to the skin, eyes, anus, genitals or nasal passages for treatment, prevention or beautification. Creams are used topically to soften and cleanse. There are many types of cosmetics, such as hand and body massage creams, disappearing creams, night creams, cleansing creams, cooling creams and foundation creams. Herbal creams are lotions that contain oil and water. They will contain herbs such as neem, papaya, aloe vera, tulsi and turmeric. Herbal creams contain a variety of tinctures, extracts and essential oils.

Types of herbal creams

They are divided into two groups:

- Oil-in-Water (O/W) Cream:** Creams containing a small amount of oil. However, emulsions containing oil droplets dispersed in the water phase are called oil-in-water (O/W) emulsions.
- Water-in-Oil (W/O) Cream:** Cream formed by the combination of water and oil is called water-in-oil (W/O) cream. When the dispersed phase is water and the dispersion medium is oil, the emulsion is calculated according to the water-in-oil (W/O) type.

Benefits

Benefits of Herbal Cream

- Moisturizes dry skin.
- Smooth calluses.
- Feels and smells great.
- Help you relax.
- Softens the roughest parts of the body.

Properties

Herbal cream should remain stable for a long time.

- **Anti-inflammatory:** herbal medicines may have anti-inflammatory properties
- **Stability:** Herbal cream should remain stable for a while.

Application

1. Moisturizing and hydrating.
2. Anti-aging (reduces lines and wrinkles).
3. Antioxidants (against environmental stress).
4. Firm the skin and even out the complexion.
5. Prevent acne and diseases.
6. Relieve sunburn and irritation.

Materials Used in Herbal Face Cream

1) Aloe Vera



Fig 1: Aloe vera (*Aloe Barbadensis*)

- **Botanical ingredients:** minerals, enzymes, hormones, lignin, salicylic acid, glucose, vitamin A, choline, fructose, etc.
- **Genre:** Aloe.
- **Family:** Asphodelaceae.
- **Kingdom:** Plantae.
- **Roles:** 1. Prevent premature aging.
- 2. Gives skin a natural glow.
- 3. Moisturize your skin with essential oils.

2) Turmeric



Fig 2: Turmeric (*Curcuma Longa*)

- **Botanical ingredients:** curcumin, essential oil, dihydrocurcumin.
- **Genre:** *Curcuma longa*.
- **Family:** Curcumaceae.
- **Kingdom:** Plantae.
- **Roles:** 1. It has antibacterial effects.
- 1. It has antifungal effects.
- 2. It has anti-inflammatory properties.
- 3. Reduce dark circles.

Tulsi



Fig 3: Tulsi (*Ocimum tenuiflorum*)

- **Botanical ingredients:** Eugenol, carvacrol, Eugenol-methyl- ether.
- **Genus:** *Ocimum basilicum*.
- **Family:** Lamiaceae.
- **Kingdom:** Plantae.
- **Roles:** 1. Improve the health of aging skin.
- 1. Relieves eczema and other skin conditions.
- 2. Great for treating skin problems.

4) Sandalwood



Fig 4: Sandalwood (*Sanctum album*)

- **Botanical ingredients:** sesquiterpene alcohol, α -santalol, santalen, santalon.
- **Genus:** Santalum
- **Family:** Santalaceae
- **Kingdom:** Plantae
- **Roles:** 1. Reduces the appearance of scars and blemishes.
- 1. Has a cooling effect.
- 2. It has anti-aging properties.

5) Neem



Fig 5: Neem (*Azadirachta indica*)

- **Botanical ingredients:** azadirachtin, azadirachtone, ascorbic acid, gadunin, neem.
 - **Genus:** Azadirachta
 - **Family:** Meliaceae
 - **Kingdom:** Plantae
 - **Roles:** 1. It has anti-inflammatory, antifungal and antimalarial properties.
1. It heals scars and prevents acne.
 2. The skin is left clean and translucent.

4) Papaya



Fig 6: Papaya (*Carica Papaya*)

- **Botanical ingredients:** Papain, chymopapain, polypeptides, amide.
 - **Genus:** Carica.
 - **Family:** Caricaceae.
 - **Kingdom:** Plantae.
 - **Roles:** 1. Moisturizes the skin.
1. Tightens the skin.
 2. Brightens skin tone.

Marketed Formulation



Conclusion

Natural treatments are more popular because they are safer and have fewer side effects than synthetic treatments. Many herbs are seen to have different uses in creams. Herbal creams are considered a good and effective way to improve your skin. They also contain nutrients such as vitamins and minerals that make the skin healthy, radiant and glowing. Herbal medicine is used to increase blood circulation, restore muscle tone, help maintain skin elasticity and cleanse dirt from skin pores. Herbal formulations have become popular in the global market in the last few years

and now play an important role in the cosmetic industry. More research efforts on the safety, efficacy and user compliance of these formulations will lead to more demand for these formulations, which will allow them to reach the top of the global market.

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