

UNIT – 3

Herbal Cosmetics

Sources and Description of Raw Materials of Herbal Origin:

1. Fixed Oils:

- **Sources:** Olive oil, almond oil, coconut oil.
- **Description:** Provide moisturization, nourishment, and act as base oils.

2. Waxes:

- **Sources:** Beeswax, carnauba wax.
- **Description:** Used for texture, viscosity, and as emollients in cosmetics.

3. Gums:

- **Sources:** Acacia gum, guar gum.
- **Description:** Used as thickening agents, stabilizers, and emulsifiers.

4. Colors:

- **Sources:** Turmeric (curcumin), henna, beetroot.
- **Description:** Natural pigments for coloring cosmetic products.

5. Perfumes:

- **Sources:** Essential oils (lavender, rose, citrus).
- **Description:** Provide fragrance and aromatherapy benefits.

6. Protective Agents:

- **Sources:** Aloe vera, chamomile.
- **Description:** Offer soothing and protective properties for the skin.

7. Bleaching Agents:

- **Sources:** Licorice extract, lemon.
- **Description:** Used to lighten skin tone and reduce hyperpigmentation.

8. Antioxidants:

- **Sources:** Green tea extract, vitamin E.
- **Description:** Combat oxidative stress, prevent premature aging.

Herbal Excipients:

1. Significance of Substances of Natural Origin as Excipients:

- **Safety:** Natural excipients often have fewer side effects.

- **Compatibility:** Well-tolerated by the body.
- **Sustainability:** Derived from renewable sources.

2. Colorants:

- **Sources:** Beetroot powder, spirulina.
- **Significance:** Provide natural color to formulations.

3. Sweeteners:

- **Sources:** Stevia, honey.
- **Significance:** Add sweetness without synthetic additives.

4. Binders:

- **Sources:** Guar gum, acacia gum.
- **Significance:** Improve the cohesion of tablet ingredients.

5. Diluents:

- **Sources:** Starch, lactose.
- **Significance:** Enhance the bulk of formulations.

6. Viscosity Builders:

- **Sources:** Xanthan gum, aloe vera gel.
- **Significance:** Improve the texture and consistency of formulations.

7. Disintegrants:

- **Sources:** Microcrystalline cellulose, starch.
- **Significance:** Facilitate the breakup of tablets for better dissolution.

8. Flavors & Perfumes:

- **Sources:** Essential oils, fruit extracts.
- **Significance:** Enhance the sensory experience of the product.

Herbal Formulations:

1. Conventional Herbal Formulations:

- **Syrups:** Herbal syrups for respiratory health (e.g., tulsi syrup).
- **Mixtures:** Herbal blends for digestive health.
- **Tablets:** Compressed herbal powders for convenient consumption.

2. Novel Dosage Forms like Phytosomes:

- **Definition:** Phytosomes are herbal complexes where the active ingredient is bound to phospholipids.

- **Significance:** Improved bioavailability and absorption.
- **Applications:** Capsules, creams, serums.

In summary, herbal cosmetics utilize raw materials of herbal origin, including fixed oils, waxes, gums, colors, perfumes, protective agents, bleaching agents, and antioxidants in various skincare, hair care, and oral hygiene products. Herbal excipients, such as colorants, sweeteners, binders, diluents, viscosity builders, disintegrants, flavors, and perfumes, play a significant role in formulation. Herbal formulations range from conventional forms like syrups and tablets to novel dosage forms like phytosomes, offering diverse applications in the cosmetics industry.

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