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Review Paper

A Comprehensive Review on Herbal Lotion

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ABSTRACT

Herbal lotion is a skin care product made from natural plants based ingredients such as Aloe ,Turmeric,Neem,Sndelwood,Coconut oil, and other medicinal herbs. It is mainly used to Moisturize, Protect and improve the health of the skin .unlike chemical based lotions, herbal lotions are generally safer and cause fewer side effects making the suitable for daily use and sensitive skin. Herbal lotion helps in treating common skin problems like dryness,itching,irritation ,acne, minor infection and rough skin .the presence of natural antioxidant ,vitamins ,and antibacterial compounds in herbs makes the lotion beneficial for nourishing and soothing the skin .The lotions are lotions are also preferred because they are eco- friendly, affordable,and easily accepted by people who preferred natural products.The preparation of herbal lotion involves selecting suitable herbs extracting their active ingredients and mixing them with a lotion base to form a smooth and stable product.

INTRODUCTION

Herbal Lotion, here referred as Products, are formulated, using various permissible cosmetic ingredients to Form the base in which one or more herbal ingredients are used to provide defined cosmetic advantages only, Shall be called as “Herbal Cosmetics

in cosmetic preparation among consumers for herbal products triggered the Demand for natural products and natural extracts in cosmetics preparations. Lotions are liquid preparations that is

for external application without friction. They are applied directly to skin with the help of some absorbent material, such as, cotton wool or gauze soaked in it. Lotion may be used for Local action as cooling, soothing or protective purposes .A herbal lotion is a liquid preparation, applied externally on the skin to produce or v enhance a beautification. Lotions are used for washing the skin and to remove the oily secretions. It increases the blood circulation, emolliency, extended to astringency, skin freshness, bleaching and other medicinal properties. Herbal Lotions are usually

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applied without friction. The insoluble matter should be finely split as particles approaching colloidal dimensions are more soothing to inflamed areas and are more effective in contact with infected surfaces. A wide variety of ingredients may be added to the preparation to produce greater dispersion or to accentuate the cooling, soothing, drying, or protective properties of the lotion. Cosmetics are developed to reduce wrinkles, fight acne and to control oil secretion. For various types of skin ailments formulations like skin protective, sunscreen, anti-acne, anti-wrinkle and anti-aging are designed using varieties of materials. The present study collect the details of herbal plants were used in herbal lotion discusses the benefits and its activities in cosmetics preparation. The ayurveda traditionally uses herbs and plants to treat various diseases. The function of a skin lotion is to opposed to skin against different environmental condition, weather and gives soothing effect to the skin.

Ingredients used in herbal lotion

1. Aloe Vera
2. Lemon grass
3. Lemongrass
4. Carrot
5. Oats
6. Almond
7. Honey
8. Neem
9. Sandalwood
10. Termeric
11. Comphor
12. Papaya

1 Alovera gel

Aloe Vera Gel is obtained from the fleshy leaves of the Aloe Vera plant in North Africa. polysaccharides, glycoproteins, vitamins and minerals.

These ingredients contribute to its moisturizing, soothing and anti-inflammatory properties.

At the same time, it prevents moisture and supports hydration by creating a protective layer on the skin ,Sunburn, minor burns and wounds.

It is also pppfound in cosmetics due to its moisturizing and anti-aging properties



Fig 1 ; Alovera gel

2 Lemon grass

Lemon grass is large, perennial sedge, which is a Dense rhizome with dense leaf cluster. Lemon grass is a tall plant having enormous Stripy leaves with an uneven edge. It is known For it is smoky, sweet, herbaceous and lemony Fragrance. Treatment with moisturizer aims at Maintaining skin integrity and the well-being by providing a healthy appearance of the individual. Today's skin-care consumer is presented with a wide formation of available products to treat dry skin and the choices for the individual consumer seem endless. Lemongrass Lotion is full of Hydrating, Moisturizing, Healing and Vitamin Rich Ingredients that instantly restores, balances, and soften your skin. It is excellent for normal skin, oily skin or dry skin.





Fig 2 ; Lemon grass

- Benefits

vitamins it needs the most. It also has astringent properties which help to minimize your pores as well as balance the oil production in your skin which reduces the appearance of those pesky pimples on your skin. Lemongrass has the additional aromatherapy benefit of boost your mood and helping you focus throughout the Lemongrass is full of vitamin A and C, It help to restore, nourish and replenish your beautiful skin with all the vitamins it needs the most.

It also has astringent properties which help to minimize your pores as well as balance the oil production in your skin which reduces the appearance of those pimples on your skin.

Lemongrass has the additional aromatherapy benefit of boost your mood and helping you focus throughout the

3 Lemon

It is also known as citrus it belong to the family -Rutaceae.

Kingdom -Plantae

Genus - Citrus

Species - C. limon



Fig 3 ; Lemon

- Uses of lemon
- It have a antifungal property
- It is used in skin brightening

4 carrot

Scientific Name- *Daucus carota*

Family:-Umbelliferae

Kingdom:- Plantae

Chemical constituents- Moisture



Fig 4 ; carrot

- Uses
- It is to increase the of vitamin A in the Body
- It is used to prevent cancer because it various vitamins to the human body . It increases the nutritional deficiency of The body
- It is good wound healing properties.
- It comes from the plant *Daucus carota*, which has a Place with the Apiaceae family.Because of its high Nutrient A substance and other significant nutrients, it Has been a helpful

plant for some, years. Carrot seed oil Is a reestablishing and hostile to maturing substance

5 Oats

Oats have been used topically for several hundred years For their calm and antipruritic properties when placed In baths, and they are approved for this use by the German commission.. Colloidal oatmeal turns .and moisturizing property is attributed to the gluten content in he plant. This can be useful iatopic dermatitis as well as idiopathic prutirus of the elderly



Fig 5 ; oats

6 Almond



Fig 6 ; Almond

- Uses
- Almond Helps to achieve soft and smooth skin.

- Gives you super-hydrating skin without feeling heavy.
- Protects our Skin from Future Damage and keeps it healthy
- Reduce the dry and rough skin, making it Bright and Clear

7 Honey



Fig 7 ; Honey

- Uses
- Glowing skin
- Boosts healing
- May help other skin condiation
- Great moisturizer
- Scalp clenser

Honey is an antibacterial product meaning that it fights bacteria. Honey prevent bacterial infection it can be so moisturizing .It minimizes pores, fights bacteria, and keeps your skin smooth and young.

8 Neem

Neem is a member of the Meliaceae family and has Antibacterial and moisturising properties, making it a Common ingredient in cosmetics for external use. Neem Soap is used to treat minor skin infections or as a Preventative measure against fungal infection. neem as the main component has anti-acne, Anti-wrinkles, antiageing, and anti-microbial properties, As well as hydrating and pimple-reducing properties.

The natives of India use *Azadirachta indica* or neem. Neem is respected by Ayurvedic practitioner for its ability to support healthy skin. Neem relieves Dry Skin, Psoriasis, Scabies, Itchy skin, Rashes, and Topical skin issues. Neem hydrates and nourishes the skin. Neem is used in the treatment of acne and pigmentation of other.



Fig 8 ; Neem

9. Sandalwood

is primarily used for skin care and beauty occasion..It is very effective in treating blemishes, rashes and acne. It also helps in the removal of tan and dullness because of its cooling properties. Known by the Indian and Sanskrit name of Chandan, it is astringent, cooling, deodorant, disinfectant, stimulant and tonic. Sandalwood is useful in cutaneous inflammation, where the chief uses are in skin care, to soothe cutaneous inflammation, as an antiseptic, a skin softener, and to invigorate peripheral blood circulation in the skin. It relieves itching and inflammation of the skin and acts as an antiseptic in acne. Good astringent for oily skin.



Fig 9; sandalwood

10 Turmeric



Fig 10 ; Turmeric

Curcumin from turmeric is an active ingredient in skin care and cosmetic industries as a natural colorant. It is commonly used together with milk internally and lotion topically as a skin beautifier in Indian tribes, races, creeds, and beliefs.. Turmeric extract is administered to the bride and groom's skin prior to wedding ceremony in various parts of India, Bangladesh, and Pakistan, with the belief that it will make the skin glow and keep harmful microorganisms. It is also proven to inhibit unwanted hair from growing on female skin and limit growth of feminine facial hair.

11 . Comphor

Camphor or *Cinnamomum camphora* has an aroma that is fresh, clean and very piercing. The action on the skin is cooling, therefore reduces

inflammatory conditions. Oily skins seem to benefit most and it has been used in cases of acne, burns and ulcers. Cold compresses for bruises and sprains are usually effective



Fig 11; Camphor

12. Papaya

- Uses
- It helps in removing dead skin cells.
- It is used to treat sore and cracked heels.
- Used for skin whitening



Fig 12 ; Papaya

Papaya is a Source of nutrient with a number of health benefits. Papaya is also well of in vitamin A. Although it is believed that vitamin A might play a role in the development and treatment of acne, the impact of diet on acne remains unclear. papaya is indicated that much of the skin damage and wrinkling that occurs with aging can be attributed to excessive free radical activity. Papaya may also help improve the elasticity of skin and minimize the appearance of wrinkles.

Ideal properties of Herbal Lotion:

1. They should give cooling effect on application
2. They should be free from particles.
3. They should produce emollient effect.
4. They should remove the oily secretion upon application.
5. They should spread uniformly on the skin surface.
6. They should not cause any skin toxicity.
7. They should be compatible with skin pH.

Benefits of lotion

1. Re-hydrate dried skin
2. Replenish extra dry or rough spots on the skin.
3. Smooth calluses.
4. Feel and smell good
5. Help yourself relax.
6. Soften the roughest parts of your body.
7. Make your skin glow.

Applying lotion is one of the few cheap ways that people can pamper themselves. Bath body lotion seal moisture into the skin to prevent drying, while body care lotion softens rough elbows and heels, along with other dry areas of the skin

A quality body skin lotion can work wonder on scaly, dehydrated skin that feels rough and looks unattractive, and hand body lotion works especially well on the hands and feet, but can be applied all over the body.

As millions of users will agree, body lotion provide many benefits to people who make time to use it on a regular basis.

Advantages of herbal lotion

1. They do not provoke allergic reactions and do not have any negative side effects.
2. They are easily incorporated with skin and hair.
3. These are very effective than other cosmetics with small quantity

4. Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
5. Easy to available and found in large of variety of plants.
6. They have more stability, purity, efficacy, with their herbal constituents.
7. Easy to manufacture
8. The storage and handling of herbal cosmetics is easier and for prolong period.
9. Cheap in cost.

CONCLUSION

The present work focus on the potential of herbal extracts from cosmetic purposes. The uses of cosmetic have been increased in many folds in personal care system. The Use of bioactive ingredient in cosmetic influence biological functions of skins and Provide nutrients necessary for the healthy skin. There are numerous herbs available naturally having different uses in cosmetic preparations for skincare as antioxidants. The present study revealed that herbal cosmetic are very safe and does not produce any toxic and adverse reactions compare to marketed cosmetics products. Herbal Lotion we will avoid skin problems.

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