

A Short Review on Herbs Used for Skincare

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Abstract: In the current scenario, natural products are in great demand in every sector including cosmetics. Natural herbs are now being widely exploited for skin care products as other products used for skin problems do not deliver the desired results and are very expensive. The biggest drawback result of the chemical-based products is the associated side effects which augment the problem of the skin. Nobody would like to go for the use of such expansive products and that too, without getting the desired result when natural herbs are available as a competent alternative. Herbs have all the properties that can correct skin problems without any side effects. The most important aspects are that these herbs can be easily found in the kitchen. Skin problems like hyperpigmentation, sun burning, acne, wrinkles, and dark spots occur in all age groups in humans today. Herbs like cilantro, garlic, chamomile, ashwagandha, saffron, licorice, cinnamon, sandalwood, green tea and aloe vera etc. These herbs have amazing properties like harmful UV rays protection, fight acne, reduce dark spots, hyperpigmentation and reduce wrinkles [Aarohi, A, 2019]. We can use herbs or natural herbs products as home remedies. Most of the herbs possess these three properties i.e., cleanser, toner and moisturizer and hence can be used. In this review, the author will discuss about the use of ten different herbs which can do miracles for skin. Solutions to our skin problems were hidden in the herbs of our house. This will minimize our need to use expansive products because natural herbs will cure all skin problems without any harmful effect and without spending lots of money [Kumar, S. *et al.*, 2012].

Keywords: Herbs, Skincare, Natural herbs.

INTRODUCTION

Herbs are very important for our body. But do you know that they are very beneficial for our skin too? Everyone has some knowledge about some common traditional herbs like Turmeric, Tulsi etc but in this article we will discuss about skin their benefits. Health, habits, job routine, climate conditions and maintenance are mainly responsible for skin beauty. The diseases of the skin are common among all age groups and can be due to exposure towards microbes, chemical agent, and biological toxins and also due to exposure to microbes, chemical agents and biological toxins and also due to malnutrition. Major chemical compounds in plants are alkaloids, flavonoids, terpenoids, steroids, tannins and saponins which can be assessed by photochemical screening. Herbs serve as important cosmeceuticals as they do not carry any adverse effect [Pal, R.S. *et al.*, 2019]. The natural herbs and their products when used for their aromatic value in cosmetic preparation are termed herbal cosmetics. There is a common belief that chemical-based cosmetics are harmful to the skin and increased awareness among consumers for herbal products triggered the demand for natural products and natural extracts in cosmetic preparation. Products of regular skin care those are made of chemical and harmonious for our skin. That is why we should use herbal products for our skin. Herbal products are safe not only for our skin but also for our hair and environment. Herbs have properties like antiseptic, antibacterial and anti-inflammatory. These are properties inside herbs

that help in correcting skin problems. Skin condition depends on our health, routine, habits and climate condition and how we take care of our skin. In the summer seasons our skin gets dehydrated due to more heat exposure. We have to face problems like wrinkles, pimples, sunburns, and pigmentation on the skin. To solve all these problems we should use sunscreen and moisturizer in summer seasons and keep your body hydrated. Due to the changes in the climate condition our skin conditions also change in the climate condition, our skin condition also changes in different seasons. Our skin get dry in winter. Dryness causes cracks and cuts on our skin. Natural herbs improve our skin problems and also provide nutrition to our skin. Herbs are for all skin types. Herbal remedies and herbal products safe for skin use. Demand for herbal and natural product is increasing day by day due to its amazing effects on the skin and it does not have any side effect on the skin.

Followed by three basic steps daily we got our skin healthy and these three steps we can do with natural herbs.

Cleansing

The first steps are cleansing that removes dirt and pollution from our skin and also removes the bacteria causing pimples. You can use gram flour for skin cleansing. Gram flour has the properties of a natural cleanser and is also good for lighting up skin color or complexity.

Toning

Toner is used to closing the open skin pores .Rose water is a natural toner. Rose water suits all skin skin types.

Moisturizer

It provides moisture to our skin and makes skin glowing and healthy. Aloe Vera gel is a natural moisturizer [Kumar, S. *et al.*, 2012].

Herbs Used for Skin Care

Fig 1: Green tea plant (Reference: <https://images.app.goo.gl/ZVAv9XN4ft71MwYN9>)

Properties [Prasanth, M.I. *et al.*, 2019]

Antiphotaging

Antiphotaging property is due to polyphenols in green tea. Polyphenols increases the level of

collagen and elastic fiber and also decreases expression of collagen degrading MMMP-3 enzyme.

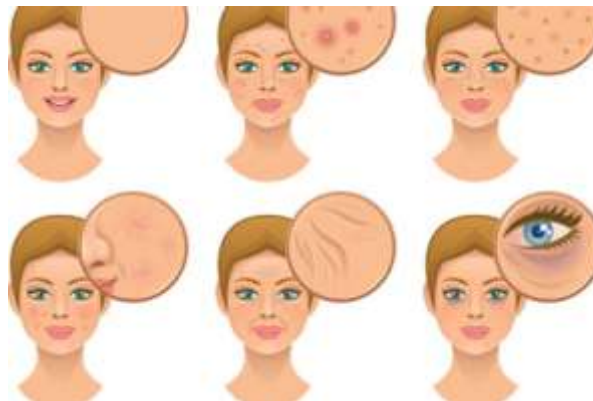


Fig 2: Photo aging

(Reference: https://static.wixstatic.com/media/657bb9_3479344e5f5b413cba49d0f3666c5c73.jpg/v1/fill/w_560,h_372,al_c,q_80,usm_0.66_1.00_0.01/657bb9_3479344e5f5b413cba49d0f3666c5c73.webp).

Protection from Sun Damage

Antioxidant property has the property of green tea that protects the skin from sun damage

Balance Oily Skin

Sebum is an oily substance responsive to oil production on the skin. Green tea reduces the sebum production and balance the oily skin.

Prevent Skin Cancer

The Polyphenol property of green tea is responsible to prevent skin cancer.

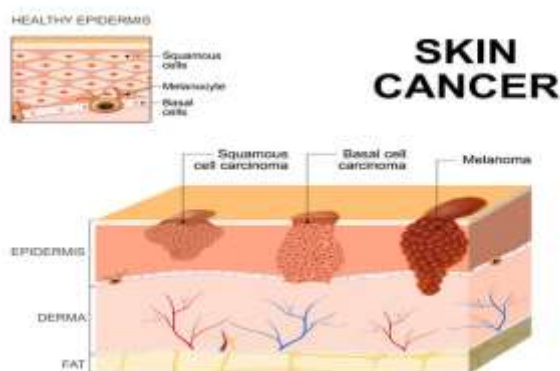


Fig 3: Skin Cancer (Reference: <https://images.app.goo.gl/xepsTsDTpzyLzsJw5>)

Prevent from Acne

Caffeine present in green tea prevents and fights acne.

Home Remedies Using Green Tea

Lemon green tea face mask [Cobb, C. *et al.*, 2019]

1. Take 2 tablespoons of green tea, 1/2 tablespoon of lemon juice and a pinch of turmeric.
2. Add these 3 ingredients into a bowl and mix them well and make a paste.
3. With the help of cotton ball or pad apply the paste to your face.
4. Leave it to dry and repeat the same process until finish the paste.
5. Leave it on for 10 minutes before rinsing off with water.

Cilantro (Scientific Name: *Coriandrum sativum*)

Indian Name: Dhaniya

Cilantro is an aromatic and medicinal plant and has been using it since old times due to its aromatic and medicinal property. This is a natural herb. When we freshly harvested the plant the green leaves of the plant are called cilantro, if the dried fruits are used the herb is called as coriander. Cilantro has pharmacological potential properties such as anti-inflammatory, anti-microbial and anti-oxidant. It is used as herbal medicine for the treatment of hyperlipidermat, cancer, liver diseases and diabetes. The main components of cilantro are essential oil, monoterpenoids, linalool, caffeic acid, volatile oil, flavonoid glycosides and beta carotene [Bajaj, G, 2018].



Fig 4: Cilantro leaves

(Reference: <https://images.app.goo.gl/3xtXWT6HiaBm9AnA6>)

Properties

Tones Your Skin

Coriander essential oil is used for skin toning. Essential oil helps to tones the skin [Husain, S, 2021].

Anti-Ageing

Coriander is rich in antioxidants. Anti-oxidant prevents the movement of free radicals in the body, thus slowing down the aging process [Husain, S, 2021].

Settles Oily Skin

Coriander is rich in antioxidant property it contains vitamin c .This property of coriander helps to control the oil secretion [Singh, K, 2018].

Prevent Acne

Due to its antibacterial, antiseptic and anti-inflammatory properties. Coriander fights and removes the acne [Sampath, P, 2019].



Fig 5: Acne skin verses normal skin

(Reference : <https://images.app.goo.gl/DxtTZoDcf3M5MCqA8>)

Protect Sunburn

Coriander has an anti-inflammatory and anti oxidant property also it prevents sunburn and gives a soothing effect on the skin. It also detoxifies the skin [Sampath, P, 2019].

Home Remedies

For removal of acne [Pazyar, N. *et al.*, 2011]

1. Take 2 tablespoons of coriander seeds and boil them in hot water till the color changes. When the colors of the water changes allow the water the cool down and strain it out.
2. Then add a pinch of turmeric to it to make a runny liquid.
3. Take a solution and apply it on your face.
4. Leave it on for 1 night and wash it off the next morning.

5. Do this remedy 3 to 4 times a week. This remedy helps clear up your skin and remove acne.

Garlic (Scientific Name: *Allium Sativum*)

Indian Name: Lehsun

Garlic is a natural herb and has been commonly used for treating various health problems and used as an herb also. Garlic is also beneficial in treating skin problems like aging, acne, sunburn etc. Garlic consists of constituents such as arginine, oligosaccharides, flavonoids, selenium, enzymes callinase, allicin and sulphur containing compounds. These are the constituents that are responsible to treat skin problems or diseases [Wells, D, 2018].



Fig 6: Garlic

(Reference: <https://images.app.goo.gl/vpyHgf5LfLd6WDx48>)

Properties

Eliminate Acne and Pimples

Garlic is rich in antibacterial and antimicrobial properties. Garlic is rich source of allicin also that is an antimicrobial agent that help in killing acne - causing bacteria [Hamdani, S, 2020].

Treat Fungal Infection on The Skin

Garlic has potent anti- fungal properties that can eliminate fungal infection from skin [Ramalingegowda, C, 2017].

Reduce Acne Inflammation

Garlic has anti inflammatory properties which help to reduce acne inflammation and redness [Ramalingegowda, C, 2017].

Remove Blackheads

Blackheads are also a common problem of the skin. Garlic help to reduce blackheads and whiteheads problem. It contains the polyphenols which help to control the secretion of oil on the skin.

Remove Scars

Garlic contains a sulfur compounds like Thiacremonom that act as a drying agent on the skin and help in removing acne scars from the skin [Ramalingegowda, C, 2017].

Home Remedy

For remove blackheads and whiteheads [<https://upcirclebeauty.com/>]

1. Take 2 or 3 cloves of garlic and crush them well.
2. To this add 2 teaspoons of oats , ½ teaspoon of lemon juice , 2 drop of tea tree oil and little bit of honey.
3. Mix the entire ingredient and make a paste.
4. Apply the paste on the affected area and exfoliate your skin and rinse it off with warm water.
5. This remedy can be used 3 times a week.

Chamomile (Scientific Name: *Matricaria chamomilla*)

Indian Name: Babuna

Chamomile comes from the happy daisy family and has been used for generations for its medicinal and beauty properties. Always use chamomiles dried to make tea, tincture and essential oil. Chamomile has anti- inflammatory properties. Chamomile is a rich source of terpenoids and flavonoids. It also contains an antioxidant property. Lots of people used chamomile tea because it promotes sleep, relieves stress, and alleviates stomach ailments, heartburn and nausea. Chamomile is good for health as much as skin also [Marr, 2019].



Fig 7: Chamomile flowers

(Reference: <https://images.app.goo.gl/Pky7ZrC4bDjTLNndA>)

Properties [Marr, K, 2015]

Brightens the Skin

Chamomile increases the blood flow. It acts as a vasodilator and helping skin to appear glowing and fresh.

Reduce under eye dark circles and puffiness- Induced sleep benefits of chamomile help to prevent dark circles. Regular use of chamomile in the skincare routine helps to lighten under the eye area also reducing the puffiness.

Reduce Inflammation

It has anti-inflammatory properties that may help soothe unhappiness, irritate skin. Flavonoids in chamomile can get deep into the skin to work as a topical anti-inflammatory agent.

Soothes Skin Conditions

Chamomile soothes skin conditions like eczema, psoriasis, dermatitis and rosacea. Chamomile is a rich source of flavonoids and work as a topical anti-inflammatory agent. It also soothes the skin deeply.

Skin Healing and Prevent from Acne

Its antibacterial properties may help skin heal and help prevent acne. Chamomile can help to treat an active acne breakout and fight against bacteria causing acne.

Home Remedy

Chamomile facial astringent
<https://www.forestessentialsindia.com/>

1. Take a pan and add ¼ cup water to it.
2. When the water warm are done, add the chamomile 1 flower or ½ tea bag to it.
3. Then tea steep for 5 to 10 minutes until the color of the water turns golden.
4. When the color of the water changes, then filter the liquid tea with the help of a fine - mesh sieve.
5. Then take a glass bottle with a lid. Add 1 tsp glycerin, 1tb apple cider vinegar, 3 drops

frankincense essential oil, 3 drop of carrot seed essential oil and chamomile tea. Essential oil is optional. Shake the bottle after adding all these ingredients.

6. Chamomile facial is ready. After washing the face with a cleanser apply a small amount of toner with the help of a cotton pad/ball and wipe the face.
7. It can be used as a moisturizer and tonner.
8. It is use regularly in daily skincare routine for the best result.

Ashwagandha (Scientific Name: *Withania somnifera*)

Indian Name

Indian ginseng or winter cherry

Ashwagandhas and roots, fruits and seeds are used for medical and skincare purposes. In Ayurveda, ashwagandha is a natural herb. It has been externally promoting beautiful glowing skin and healthy hair also. Ashwagandha contains a high level of anti-oxidant. It is used in the form of powder are for relieving the conditions such as leucoderma, constipation, insomnia, nervous breakdown and goiter etc. Ashwagandha leaves are rich in iron. The active constituents of ashwagandha includes alkaloids, steroidal lactones, saponins, sitoindosides and acylsterylglucosides, vitamin B6, magnesium and anti oxidant [Bose, S, 2020].



Fig 8: Ashwagandha

(Reference: <https://images.app.goo.gl/6Nk6uis7a1aQDw5o8>)

Properties

Moisturizes Skin

Ashwagandha soothes and protects against dry, rough skin. Ashwagandha is rich in withanolides, saponins and alkaloids which moisturize, cleanses and calms the skin [Bose, S, 2020].

Reduces Skin Stress

Due to its antioxidant property, continue use of ashwagandha helps the skin become less stressed

over time. Skin is less stressed have less breakdown in skin function [Bose, S, 2020].

Cleanser

Withanolides are the compound present in the ashwagandha that help cleanse dirt and impurities from the skin and also prevent clogged pores and acne [Bose, S, 2020].

Produces Natural Skin Oil

It helps in the production of natural skin oils. It also help skin- enriching compound like hyaluonan, elastin and collagen [Zel, M, 2020].

Anti- Aging

Ashwagandha rich source of anti oxidants. Antioxidant property can protect against signs of aging by fighting free radical formed in the body [<https://www.Kamaayurveda.com/>].

Home Remedy

Glowing and healthy skin face pack [Gohari, A. R. *et al.*, 2013]

1. Take 1 cup of water then mix 2 tsp of ashwagandha powder with 1 tsp of dried

ginger and 1 tsp of dried lemon peel. Boil the mixture.

2. Apply the mixture when it is slightly cooled.
3. Rest in 15 minute the wash it off with cooled water.

Saffron (Scientific Name: *Crocus sativus*)

Indian Name: Kesar.

Saffron is a natural herb that is used to color, flavor food and is also used as an herbal remedy for health and skin care problems. Saffron has been used since old time to enhance the beauty and treat skin problems. The chemical constituents of saffron are crocin, protein, crude fiber, fat, minerals, volatile oil, non volatile oil and sugar. Safranal is responsible for the unique odor of saffron [Perkins, S. *et al.*, 2019].



Fig 9: Saffron

(Reference: <https://images.app.goo.gl/burdbTV7q7sffPnaA>)

Properties [Kukreja, K, 2019]

Improve Complexion

Saffron helps skin brighten and improve complexion naturally also adding a glowing complexion. Saffron improves blood circulation adding the glow back to the skin.

Sun Protection

Saffron protects the skin against the UV radiation of the sun. UV radiation damages the skin cell and accelerates skin aging because it promotes the production of free radicals and free radical causes oxidative stress. Crocin is the active component in saffron which protect against UV radiation.

Heal Burn Wounds

Saffron healing property heals the wounds due to its anti oxidant and anti inflammatory property. It increases reepithelialization in burn wounds.

Skin Tonner

It works as a skin tonner providing a burst of nourishment and fresheners' to the skin.

Anti-Aging

Saffron carotenoid called crocin. Crocin is potentially helpful against aging because of its rich anti- oxidant property.

Home Remedy

Saffron face pack for glowing skin [Khana, M, 2020]

1. Take a bowl, soak 2-3 strains saffron in 1 tsp water overnight.
2. The next day adds a pinch of sugar, 1 tsp milk and 2 drops of coconut oil to the saffron, then mix all the ingredients. The Face pack is ready to use.
3. Apply the face pack with the help of a cotton ball or pads, all over the face.
4. Leave for 15 minute.
5. After the 15 minute wash off the face with water.

6. Licorice (Scientific Name: *Glycyrrhiza glabra*)

Indian Name: Mulethi

1. Licorice roots have been used to treat several disorders and skin problems since ancient times. It is also used in the medicine, beverage, food and skin care industries. Licorices root part are used mostly because it contains the glycyrrhizin,

glycyrrhizic acid, glyeyrrhithic acid, glucuronic acid, glabridin, licochalcone, resin and volatile oil

etc [<https://tipsandbeauty.com/>].

2.



Fig 10: Licorice

(Reference: <https://images.app.goo.gl/C3L6dCuadffpjLwi7>)

Properties [Perkins, S, 2013]

Reduce Dark Spot

Licorice lightens the dark spot, marks and blemishes. Licorice rich source of licorices that fight the production of melanin and reduce dark spots.

Skin Whitening

Licorice contains the minerals and several acids that help to get rid of dark skin color.

Skin Moisturizer

A licorice root is a great skin healer that cures the roughness and dryness of skin.

Delay Aging

Licorice rich source of anti oxidant. Due to its anti oxidant property skin cell are not damaged by the oxidative stress and free radicals.

Lighten Sun Tanning

Licorice rich source of glabridin. Glabridin helps diminishes sun damage. It also prevents pigmentation from sunlight. It inhibits the tyrosinase enzyme that is responsible for dark pigmentation after sun tanning or exposure.

Home Remedy

Skin whitening face pack [Kukreja, K, 2019]

1. Take a bowl and add 4 tsp of mulethi powder, 2 tsp cucumber juice, 1 tsp of rose water.
2. Mix well all the ingredients. The face pack is ready to use.
3. Apply the face pack into the face and neck also.
4. Leave it for 15 minute.
5. After the 15 minute wash off the face with water.
6. For best result use this face pack twice a week.

Cinnamon (Scientific Name: *Cinnamomum verum*)

Indian Name: Dalchini

Cinnamon is a taste enhancer herb that enhances the taste of food. It contains anti- inflammatory and anti- oxidant properties making it beneficial to health and skin care. It is very beneficial to the skin. Cinnamon rich source of polyphenols such as cinnamaledhyde, cinnamic acid and flavonoids. Till now we know cinnamon as taste enhancer herb but now we will know him as a skincare natural herb [Khana, M, 2019].

**Fig 11: Cinnamon**(Reference: <https://images.app.goo.gl/92y8HZj8mfjg2dEV9>)**Properties** [<https://tipsandbeauty.com/>]**Treat Acne**

Cinnamon rich source of anti-inflammatory, anti-oxidant and anti fungal properties. These properties help to treat acne.

Exfoliate Skin

Cinnamon powder mild gritty texture work as a natural exfoliator. Cinnamons exfoliate the dead cell excess sebum, pollution, dirt and flaky skin from the face or skin.

Lip Plumper

Cinnamon is also good for the lip. It exfoliates, moisturizes and plumps up lips. It remove dead cell of lips and making lips red naturally.

Moisturizing the Skin

Cinnamon increases the blood flow of the skin. Due to improved blood circulation of the skin it looks moist and glowing.

Treat Eczema

Eczema is a condition of the skin in which skin gets inflamed and irritated and light colored patches appear on the skin. Due to its anti

inflammatory property, cinnamon is useful for eczema.

Home Remedy

3. Cinnamon scrub for clear skin [<https://tipsandbeauty.com/>]
1. Take a bowl; add 2 tsp of cinnamon powder and 2 tsp of honey or yogurt in it. Mix both the ingredients and the scrub is ready.
2. Apply the scrub on and exfoliate the skin gently for a minimum of 5 minutes.
3. After the scrubbing wash off the face with lukewarm water.

Sandal Wood (Scientific Name: *Santalum album*)**Indian Name: Chandan**

Sandalwood has been used since ancient time because sandalwood oil is valued by several religious societies including Hinduism, Buddhism, Christianity and Islam. Sandalwood oil and powder both are used extensively for beauty and health care. It also provides a wonderful fragrance. The main constituents of the sandalwood are santalol, santenone, sesquiterpenic and alcohols [Warwick, K.W, 2021].

**Fig 12: Sandalwood**(Reference: <https://images.app.goo.gl/4sdYSaLtfQEpWxrcA>)**Properties** [Warwick, K.W, 2021]**Glowing Skin**

Sandalwood gives the bright, radiant and light skin and skin tone also because it provides the moisture of the skin and removes dead cells.

Natural Astringent

Sandalwood has a property of natural astringent that triggers that skin to repair itself from any minor acne scars or other skin irritation.

Balance the Skin Condition

Sandalwood balances the skin condition oily and dries both conditions because oil gives the skin what its needed, moisture to dry skin and oil reduction to oily skin.

Removes Whiteheads and Blackheads

It removes the excess oil from the skin and decreases the production of sebum. So that whiteheads and blackheads can be lessened.

Anti-Acne

Sebum is the natural oil of skin produced by the pores in the skin .Sometimes excess sebum production causes the acne problem due to the dirt, impurities and microbes clog the pores.

Home Remedy

Face pack for acne and pimple [Sachdev, G, 2020]

1. Take a bowl add 1 tsp of orange peel powder, 1 tsp of sandalwood powder and 1-2 tsp of rose water.
2. Mix all the ingredients and make a paste.
3. Apply this face pack on the face and neck with the help of cotton ball or pad and brush.
4. Leave it on the face to dry and wash off the face
5. Use this face pack once a week.

Aloe Vera (Scientific Name: *Aloe barbadensis miller*)

Indian Name: Gwarpatha/Ghrit kumara

Aloe Vera is a natural herb that is now a day frequently used in the field of cosmetology. It has been used for centuries for its health, medicinal, beauty and skin care properties. Active components are vitamins, antioxidants, enzymes, minerals, sugars, lignin, saponins, salicylic acid, amino acids, polysaccharides, gibberellins and minerals. Aloe vera herb is full of antiseptic, antimicrobial and anti inflammatory properties [Ranjan, R, 2017].



Fig 13: Aloe Vera

(Reference: <https://images.app.goo.gl/5FpMYUFhLzv5TmMUA>)

Properties [Ranjan, R, 2017]

Moisturize the Skin

Aloe Vera gel helps to keep the skin hydrated and it unclogs the pores and also softens the skin.

Lightens Blemishes and Dark Spot

Aloe Vera contains power to boost skin cell reproduction, reduce redness and fight skin inflammation. It is a natural treatment for stretch marks, acne marks, treat freckles and lighten age spots.

Anti- Aging-Aloe Vera Possess Anti

Microbial and anti- inflammatory property. It also contains vitamin C, E and beta carotene in abundance. It helps to eradicate skin blemishes and

diminish age lines, it help to increases the production of collagen in the body and skin elasticity.

Prevent Pimples and Treat Acne

Its antimicrobial properties treat pimples without causing any side effect to the skin. It also contains an antiseptic property that allows protection against bacteria. Aloe Vera is a rich source of polysaccharides and gibberellins. These help in the growth of new cell and reduce the skin pores, flushing out the excess sebum, microbes and dirt.

Soothe and Heal Sunburn

Aloe Vera gel contains anti-inflammatory and cooling properties. It is rich in antioxidant and minerals that boost the healing process.

Home Remedy

Aloe Vera and lemon juice face mask for treating acne [Monika, 2017]

1. Take a bowl and add ¼ teaspoon of lemon juice and 2 tablespoon of aloe Vera.
2. Mix the lemon juice and aloe Vera make a mixture.
3. Apply the mixture on your skin for 5 to 10 minutes and then rinsing off the face with water.

CONCLUSION

In India more than 70% of the population prefers herbal cosmetics for their health care. The current scenario shows that herbal cosmetics have been marked up in the personal care system and there is a great requirement for herbal cosmetics in daily life. Quality control for the ability and safety of herbal cosmetic products is of predominant importance, although it is assumed to be safe for a longer period of time. There are various herbs present in nature that improves and cleanse the skin gently. Above herbs are full of phytoconstituents, having natural goodness to fulfill the requirements the skin [Pal, R.S. *et al.*, 2019]. Herbal cosmetics prepared using cosmetic ingredients to form the base in which one and other herbal ingredients are used to treat different skin ailments and for the beautification. Healthy teeth, shiny hair and glowing skin are significant for the good looking of the human body [<https://pgshop.in>>Blog].

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