Review on Herbal Cosmetics

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Abstract- **India is a focus for development of Ayurveda, Unani, Siddha, Homoeopathy and another natural herbs-based health science (AYUSH). Ayush Pharmaceutical industry having great possible and contingency for Saundaryaprasadka category (herbal cosmetics) development in future. Natural beauty is blessing and cosmetics help in presenting and increasing the beauty and personality aspects of human beings Nature has offered the way to keep up that parity. An herb is a plant or plant extract, including leaves, bark, berries, roots, gums, seeds, stems and flowers which are favours with nourishing and healing elements. Numerous herbal plants available naturally which are having different chemical constituents used in cosmetics preparations. The isolated compounds from herbal plants like coconut oil, olive oil, sunflower oil, jojoba oil, aloe Vera were studied for their dry skin treatment. The herbs like carrot, ginkgo was studied for their anti- aging property. Herbal like green tea, turmeric was studied for their skin protection capacity. Herbal plants like henna, neem and shikakai were studied for their anti-dandruff treatment and also studied the antioxidant property of some vitamins. The results obtained from the study, proved that the herbal plants are safe and effective. Herbal cosmetics products claimed to have efficacy and intrinsic acceptability due to routine use in daily life and avoid the adverse effects which are commonly seen in synthetic products.**

Keywords: **Herbal cosmetics, Ayurveda, Herbs, Herbal plants, Aloe Vera, Turmeric, etc...**

INTRODUCTION:

The word cosmetic is derived from the Greek word "Kosmetikos" which means to have the ability to plan and decorate [1]. As cosmetics evolved throughout the course of human history, a consistent narrative about their beginning emerged. In prehistoric times, around 3000 BC, Man utilized colour as an adornment to entice the animals he wanted to hunt. He also used colour to shield himself from enemy assault by colouring his skin and decorating his body to make an adversary (whether a man or an animal) fear him. Cosmetics have a history steeped in superstition, religion, conflict, and superstition-related activity [2].

As permitted by the drug and cosmetics act of 1940 and its implementing regulation, to be sprayed, poured, rubbed, sprinkled, inserted into, or applied to the human body or any part of there for the purpose of cleansing, glamorization, encouraging enhancement, or reshaping the appearance [3]. Herbs are any plant having flowers or leaves that are used to flavour medications or perfumes. Herbal cosmetics are products created employing plant-based ingredients with cosmetic properties [4]. Use of infusions, poultices, and other traditional forms of skin care and fragrance.

A wide range of herbal cosmetics are made for everyday use. Herbs have many uses like adding flavour to food, making cosmetics, and creating medicines in forms like tea, tablets, capsules, creams, and tinctures. Herbal cosmetics are made for moisturizing dry skin, brightening the skin, getting rid of dark spots, fighting dandruff, and protecting the skin. Most cosmetic products and techniques are designed to improve the appearance of the face. [5,6]

Facial cosmetics are divided into two categories: those that enhance the basic condition of the skin and those that stay on the skin while engaging in social activities. Phyto cosmetics are products created solely from plant and herbal ingredients in the context of herbal cosmetics.[7] They often consist of purified plant parts, aromatic waters gums, congenerous mucilage, plant polysaccharides, and volatile oils, plants, and plant extracts. [8-10] The anti-oxidant, anti-microbial, and anti-tyrosinase properties of Phyto cosmetics are particularly noteworthy.,[11]

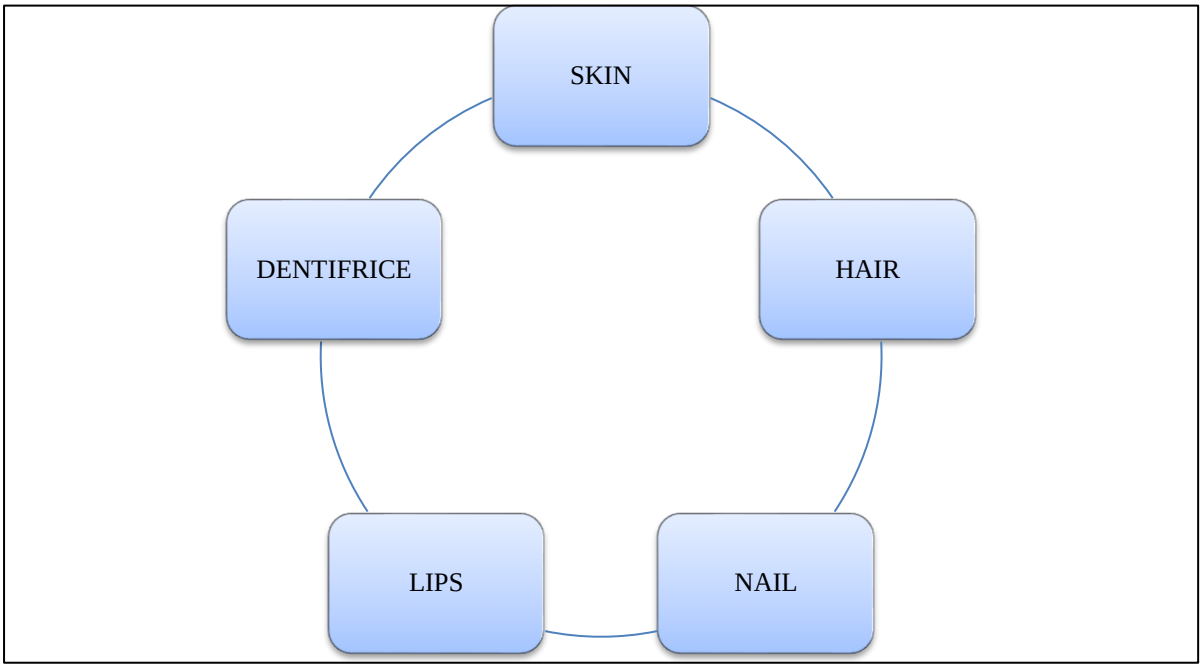
The benefit of using herbal cosmetics is that they are manufactured from unmixed herbs and shrubs and don't have any negative side effects. Herbal cosmetics' natural ingredients do not have any negative effects on the human body; rather, they replenish it with nutrients and other beneficial minerals.[12]

Present Status:

Today's herbalists think that using natural resources might help people develop a strong foundation for good health. Herbs are regarded as a food. Due to the fact that they are complete, all-natural, and pure as created by nature. Herb when they are consumed, the body begins to cleanse themselves contrary to chemically produced, high-concentration

medicines that could result in numerous. Herbs can successfully reposition the body's systems without negative side effects. The herbs do not provide immediate relief but rather provide a means of perturbing the body. Humans have coexisted with nature for thousands of years. [13-14]

Classification:



[15]

Advantages of herbal cosmetics:

1. Herbal cosmetics are more popular than synthetic ones these days because they give the body nutrients, boost health are devoid of artificial chemicals, and have no negative side effects like synthetic cosmetics do.
2. Natural and free of any harmful artificial ingredients that can be harmful to the skin, herbal cosmetics are safe to use. Different plant part and plant extracts are utilized in herbal cosmetics in place of conventional artificial items.
3. Dermatologist have tested and proven that they are hypo allergenic and safe to use.
4. Natural cosmetics are inexpensive.
5. These have not undergone animal testing. [16-18]
6. They have no adverse side effect and do not cause allergic reaction.
7. They blend in seamlessly with skin and hair.
8. When compared with other cosmetics, these are much more effective.
9. Plant extracts reduce the bulk qualities of cosmetics and provide the necessary pharmacological effect.
10. Easily accessible and present in wide range of plants.
11. They have more stability, purity, efficacy, with their herbal ingredient.
12. Simple to produce.
13. Herbal cosmetics are easy to handle and store for longer period of time.
14. Cheap in price. [19-20]

Disadvantages of herbal cosmetics:

1. Herbal drugs have slower effects as compare to allopathic dosage form. Also, it requires long term therapy.
2. They are difficult to hide taste and odour.
3. Most of the herbal drugs are not easily available.
4. Manufacturing process is time consuming and complicated.
5. No pharmacopoeia defines any specific procedure or ingredients to be used in any of herbal cosmetics. [16-20]

SKIN:

Overheating during the summer leads the skin to become dehydrated, which results in wrinkles, freckles, pimples, pigmentation, and sunburns. The harsh winter can harm your skin by causing infections, maceration, cracks, and wounds. Skin conditions affect people of all ages often and can be brought on by exposure to bacteria, chemicals, biological toxins found in the environment and to some extent by starvation [21]. The ayurvedic science had used a

variety of plants and herbs to create cosmetics for protection against the elements and attractiveness. The natural components of botanicals have no negative effects on the human body; rather, they provide it with nutrients and other beneficial minerals.[21] The term "herbal cosmetics" refers to products made with phytochemicals derived from a variety of botanical sources that alter skin processes and supply nutrients essential for healthy skin. Herbal cosmetics are defined as products made from natural herbs that are used for their aromatic properties in cosmetic preparations [21-23]. The desire for natural materials and natural extracts in cosmetic preparations was sparked by the widespread notion that cosmetics with chemical bases are bad for the skin and by customers becoming more aware of the benefits of herbal products. New opportunities in the cosmeceutical business have emerged due to the rising demand for natural products. The Drug and Cosmetics Act states that herbs and essential oils used in cosmetics may not make any claims on their ability to penetrate deeper layers of skin or their potential for therapeutic benefit [23]. Herbal cosmetics are subject to the same legal requirements and regulatory processes as other chemical components used in cosmetic formulations [24-26]. The use of cosmetics dates back to the Pre-Christian Hellenistic era, when historians first made note of the use of plant ingredients in fragrances and cosmetics. Aloe Vera gel was a skin treatment lotion utilized by Queen Cleopatra, a symbol for the pinnacle of cosmetics and beauty. In his "Natural History" encyclopaedia, Pliny the Elder (A.D. 23–79) wrote a fascinating section on perfumes and fragrant substances. In the 16th century, Cornelius Celsus, a Roman physician who lived from B.C. 7 to A.D. 53, talked on the state of skin cleanser. The Queen Elizabeth supported women in making powders, sachets, and scented washes (a floral essence combined with other aromatic stuff) and urged them to tend gardens [24, 27–29]. During Elizabeth's reign, it was usual practice to utilize rouge, red ocher, or vermilion, as well as crushed orris as a face powder ingredient. Sandalwood or Brazil wood extracts were regarded as a very innovative and clever cosmetic. The acne was treated by coating it with Sulphur and turpentine powder for an hour, followed by an application of fresh butter [29]. Indian women have historically employed botanicals for skin treatment, including sandalwood and turmeric. The ingredients used in cosmetics in India date back to the country's earliest days of medicinal and cosmetic art. Materials like sandalwood, aloes, costus, frankincense, lac, myrrh, camphor, musk, and saffron were frequently used in the early periods [30]. The majority of the world's traditional medical systems have significantly influenced the creation of herbal cosmetics. The ancient texts on ayurveda such as Charaka Samhitha and Varnya Kashaya described the use of herbs to achieve a radiant complexion. The herbs that were employed were seta (swetadurva), lata (shyamadurva), chandana, nagkeshara, padmak, khus, yashtimadhu, manjistha, sariva, and payasya. Since vata, pitta, and kapha are mostly to blame for skin conditions and other illnesses, these ayurvedic herbs are used to cleanse the blood and get rid of vitiated doshas from the body. The usage of ayurvedic herbs gives the goods an added layer of beauty. Since ayurveda is known for its ability to permanently cure illnesses, it is likely clear from the current market trends that the herbal cosmetic product will be successful in gaining market share. The value of herbal cosmetics will be increased by understanding the basic structure and function of the skin, its appendages, and natural or herbal treatments for skin issues. The skin's innate capacity for ongoing healing helps it to keep its ability to perform normally. Young people typically experience greasy skin and acne, and as they age, their skin gets dry. Understanding how our skin works and taking the necessary precautions to preserve it are crucial for having better skin. There are four categories for skin. To retain its inherent functionality, substances that are acceptable for each class and group should be employed [29-30].

Anatomy of skin:

Skin is the biggest organ in the human body. The average skin surface area for an adult human is 1.5 to 2.0 square meters. All areas of the body have different skin thicknesses, and men's skin is thicker than women's (1.26 mm vs. 1.3 mm). The epidermis, dermis, and hypodermis are the three main layers that make up the skin. The pH ranges from 4.5 to 6 in the.

1. Epidermis: The skin's outermost layer is that one. Since the epidermis lacks blood arteries, it receives nourishment from the dermis by diffusion. Keratinocytes, melanocytes, langerhans cells, and merkels cells make up the majority of the epidermis' cells. The epidermis has five sub layers or strata.

•Stratum lucidum,
•Stratum granulosum,
• Stratum corneum
•Spinosum stratum

"Stratum basale" is another name for stratum germinativum.

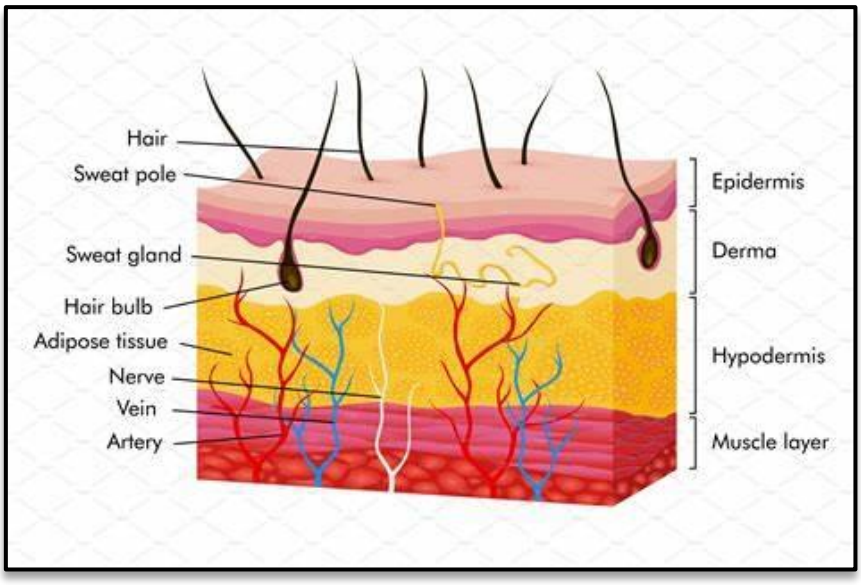
Dermis:

The dermis is the skin layer below the epidermis; it is made up of epithelial tissue and protects the body from strain and stress. The basement membrane forms a strong bond between the dermis and the epidermis. Apocrine, sweat glands, sebaceous glands, and hair follicles are all present.

***Hypodermis*:**

It is not a layer of skin and is located beneath the dermis. It includes adipose tissue, loose connective tissue, and elastin and tissue. The many cell types seen in the hypodermis are adipocytes, macrophages, and fibroblasts. Fat acts as insulation and cushioning for the body.[31]

Fig No.1 Anatomy of Skin



Skin types and their care: [32,33]

Skin type	***Features***	***Suitable skin care***	
		Herbal	***Essential Oils***
Normal	Has even tone, soft, smooth texture, no visible pores or blemishes and no greasy patches or flaky areas. Has a clear, fine textured, supple and smooth surface which is neither greasy nor dry.	Pomegranate leaves juice, herbal face pack, Gingili Oil	Chamomile Fennel Geranium Lavender Lemon Rose, sandal wood Patchouli
Dry	Low level of sebum and prone to sensitivity. Has a patched look, feels "tight, chapping and cracking are signs of extremely dry, dehydrated skin.	Aloe Vera, olive oil Calendula Comfrey	Chamomile Fennel Geranium Lavender Lemon Rose, sandal wood Patchouli, Almond, Avocado
Oily	Shiny, thick and dull coloured chronically oily skin has coarse pores and pimples and other embarrassing blemishes. Prone to black heads	Horsetail, oat straw, thyme, lavender, lemon grass, liquorice, rose buds, witch hazel cucumber, cedar wood	Geranium, juniper, lavender, lemon, sage evening primrose
Combination	Some parts of your face are dry or flaky, while the centre part of your face, nose chin, and forehead (called the T-zone) is oily. Or Combination skin can also describe conditions where wrinkles and breakouts rosacea and dry skin are present at the same time.	Witch Hazel, menthol, aloe vera, turmeric, wheat genn, sweet flag	Catrus oils, jasmine oil, sandal wood oil

Evaluation:

The two Main categories of analytical techniques are the classical method and instrumental approach. The traditional approaches rely on observing and quantifying the chemical reactivity of analyse in solution [34]. The foundation of instrumental techniques is a thorough analysis of the physical or physicochemical characteristics of analytes in relation their atomic or molecular structures. The examination of skin can be done visually or by super facial sampling of the skin with cell image analysis.[35]

A) Physical evaluation-Colour, odour, shape, pH, and net content.

B) Grittiness-Apply a pinch of product to the skin and use a magnifying glass to examine the skin. Skin is deemed free of grittiness if there isn't a rash on it.

C) Bleeding test-The bleeding test is also known as liquid-exclusion test, is a test that is typically used for semisolid preparations. If there is no bleeding, the product is considered to be stable under the given environmental condition.

D) Rheology-This field studies the flow of liquids and semisolids. Also consider the product's spread ability and pour ability.

E) Stability studies-These are carried out at elevated temperatures of 45, 90 and 120℃ with moderate humidity and pH a duration of at least six months and above parameters are estimated periodically to changes in product.

F) Infrared spectroscopy studies-Research using infrared spectroscopy to assess the comparability of excipients.

G) Chromatographic evaluation-Analyse the composition of cosmetic preparation using chromatography technique such as gas chromatography, TLC, HPLC, and HPTLC

H) The sensitivity test-Also referred as the patch test .in the third test, the substance is applied to human skin or epidermis. the skin is then observed, and if there is no rash or eruption, the skin is not sensitive.

I) Irritation test-Mice are used to calculate acute and chronic toxicity [characteristics and LD/50 values on animal. [36-38]

Advantages of Natural skin products:

1. Helps to reduce injury scars from the skin.
2. Help individuals to reduce marks.
3. it's also reduced blemishes from the skin.
4. The cream reduces under eyes dark circles.
5. Acne can be reduced by use.
6. Melasma can be controlled by daily usage.[39]

***Disadvantages of Natural skin products*:**

1. Creams can cause a burning sensation on the skin.
2. Can cause irritation to the skin.
3. More pimples may develop.
4. Skin discoloration may happen.
5. Eczema may be caused by improper usage.
6. Hypo pigmentation may occur.[39]

LIPS:

These extracts are made from plant ingredients, which have a long history of traditional use. Lip colouring has been a tradition since the prehistoric era. Today's products are used more frequently, and there is a broader variety of textures, gloss, and colour hues available. This is evident from the fact that lipstick is sold in a huge variety of hues to meet female demand [40]. It was vital to establish a health restriction over the contents of the formulation since lipsticks are frequently eaten away by the user.

The lipstick's colouring agents are harmful to humans when consumed because many synthetic colouring agents are carcinogenic. The fundamental component of synthetic colours, coal tars, can inadvertently result in allergic reactions, rashes, nausea, and drying of the lips in moderate forms. Melanin levels on the lips are low, which offers a little sun protection. Even so, when used as part of a larger routine, several organic ingredients like Ghee, Honey, and vitamin E can help keep lips hydrated and healthy [40,41]. The black lips can be made lighter by using honey. Honey has a strong bleaching effect that typically lightens the colour of the skin on the lips. It also contains a lot of antioxidants, which aid in repairing daily UV damage. Essential fatty acids found in ghee aid to condition and nourish dry, chapped lips. A natural emulsifier is beeswax. The fatty acids in castor oil aid to hydrate the lips since they deeply permeate the skin tissue.

Castor oil's anti-inflammatory qualities help to lessen the pain and redness of chapped and sunburned lips. Antioxidant and natural conditioner, vitamin E. Vitamin E slows the effects of aging on your lips, preserving their delicate, young feel.

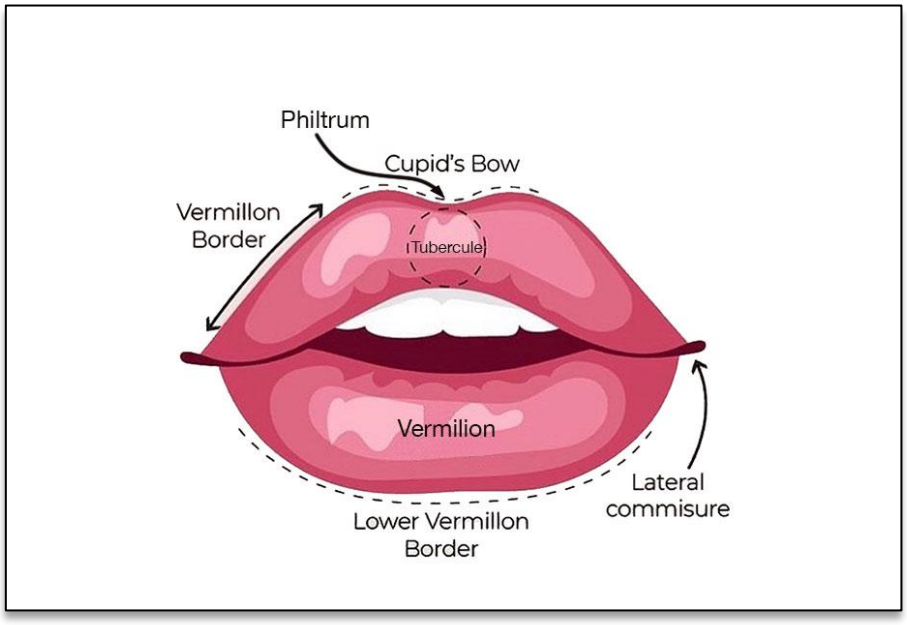
Even if they never materialize in actual product use, stability studies are helpful as a screening tool for all potential manifestations of formulation instability. [42-44] A member of the Chenopodiaceae family, which is now a part of the

Amaranthaceous family, is the beet (Beta vulgaris). The many cultivated kinds of which the root vegetable known as the beetroot or garden beet is the most well-known are where it is best known are.
The primary source of the natural red colour known as "beetroot red" is the beetroot (Beta vulgaris). The primary component of the red dye obtained from Beta vulgaris is betanine. Due to the numerous negative effects of synthetic medications currently available, we have developed the current study to create an herbal lipstick with minimum side effects that will be widely utilized by the women in our communities with a great deal of assurance and fulfilment. [43,44]

Anatomy of lips:

The lips function as speech, suction, and prehension organs. It is made up of the superficial fascia, the orbicularis muscle, the skin, and the muscles that insert surrounding it (mucous membrane and areolar tissue). Lip edges are covered in a dry, crimson mucous membrane that is continuous with the skin and is rich in touch corpuscles and vascular papillae. Internally, the mucous membrane is reflected from the upper and lower lips onto the gums, forming the superioris and inferioris folds in the middle line. The coronary vessels that completely encircle the buccal orifice near the free edge of the lips are located in the areolar tissue, also known as the submucous layer. The face arteries, known as the superior and inferior coronary arteries, are the coronary vessels. The superior coronary is bigger than the inferior, and it anastomoses with its partner on the other side to release a little artery that branches off into the septum arteriaseptinasi. Nasal bleeding can occasionally be stopped by compressing this artery. The superior labial or coronary vein starts as a plexus in the orbicularis muscle of the upper lip, travels alongside the coronary artery, and empties into the facial vein just below the alae of the nose of the veins that drain the lower lip. The superior labial vein, also known as the coronary vein, starts as a plexus in the upper lip's orbicularis muscle, travels alongside the coronary artery, and empties into the facial vein just below the lower lip's veins that drain the alae of the nose. The major branch from the lower lip typically descends to the sub mental vein, then to the facial or frequently to the anterior jugular. The inferior coronary empties into the facial a little below the superior labial. The mental, which emerges from the bone through the mental, is the source of the nerves supplying the lower lip. [47,48]
Foramen and transmits thick twigs to the fascia of the lip and chin's mucous membrane, integument, and skin. Some of the lymphatic veins in the lips travel to a gland that is located right above the hyoid bone's body, while other lymphatic vessels go to the sub maxillary glands. In the submucous layer of the lips, close to the mouth's entrance, are the labial glands. They expel a mucus substance. Cysts of mucous retention form when these glands' ducts become blocked. [47,48,49]

Fig No.2 Anatomy of lips



Characteristics of lip balm:

1. Resistance to changes in temperature
2. Delightful flavour
3. Application that is fluid
4. Neutrality
5. Adherence and simple, deliberate eradication.

Application of lip balm:

1.Lip balms are substances that are applied to the lips to stop dryness and offer protection from harmful environmental elements.
2. Natural lip balm is a product that both men and women can use.
3.Lip balm is required to maintain the concentration of the primary component, which includes oils wax, as well as other excipients.
4.Lip balm is frequently consumed by use and consequently, regulators examine the situation closely Substances used to make lip balm.

Advantages of natural lip balm:

1.Lip balms aid in preserving the lips inherent health and beauty.
2.Sunblock lip balms have been shown to shield the lips from damaging effects of UV light.
3.Both men and women can use them because they are not gender-specific products.
4. Lip balms work to protect lips from chapping, dryness, and cold sores.
5. The product should not feel scratchy or dry when it comes into contact with skin, and it should allow for the formation of a uniform covering across the lips to shield the labial mucosa, which is vulnerable to external; elements like UV rays, dryness and pollution.
6. It revived, revitalized and also addressed symptoms of allergies the flu and colds that affects the lips
7. Applying natural lip products to improve the skin's condition and facial look. [50,51,52]

Disadvantages of natural lip balm:

1. Lip balms prepared with inferior components might badly damage the lips. Such lip balms might not moisturize lips; they might even dry them out.
2. Lip balm addiction is yet another drawback associated with their use.
3.Homemade lip balms have a shorter average duration on the lips than lip balms created in a factory. Consequently, you must frequently reapply.
4.Some businesses produce lip balms with solely the aesthetic factor in mind, omitting the skin's softness, and lustre.
5.It is more difficult to obtain organically derived colours and flavours and they also have concerns with product stability.
6. Other drawbacks of natural oils are that they are stickier, comedogenic, and less spreadable. [50,51,52]

Lip Disorder:

1. Swelling-lips might enlarge as a result of an allergic reaction. Sensitivity to particular foods or drinks, medications, lipstick, or airborne allergens could all be to blame for the reaction. The lips typically return to normal after the culprit has been found and removed. The source of the enlargement is frequently unknown, though. Hereditary angioedema is a disease that can lead to recurrent swelling.
2. Sun Damage-Sun damage can cause the lips to become dry and hard, especially the lower lip. Damage that raises the risk of later cancer is indicated by red flecks or a filmy, whitish appearance. This type of damage can be prevented by using lip balm with sunscreen to the lips or by wearing a wide-brimmed hat to protect the face from the sun's harmful rays.
3. Sores-An elevated spot or a sore on the lip with sharp edges may be a sign of skin cancer. Other medical illnesses like syphilis or an oral herpes simplex virus infection may cause other sores as symptoms. Others, like keratoacanthoma, are unknown in their causes.
4. Contact with Allergens Cheilitis-The use of personal hygiene products like toothpaste and mouthwash, which include several antibacterial agents, essential oils, and preservatives, is the most frequent source of contact cheilitis.
5. Inflammation-The corners of the mouth may become uncomfortable, itchy, red, cracked, and scaly when there is lip inflammation (cheilitis). A diet that is deficient in vitamin B2 may cause cheilitis.[53]

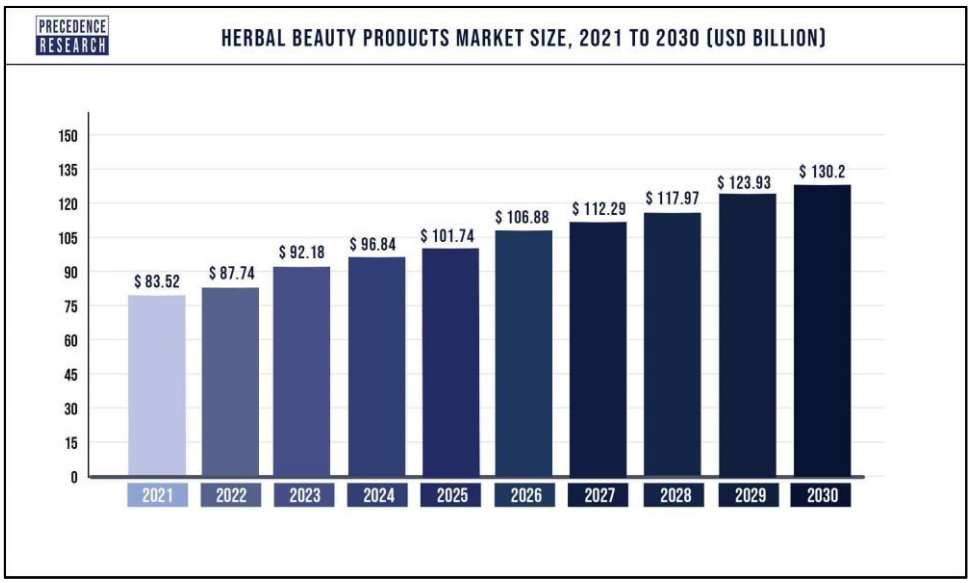
Evaluation:

1. Melting point-For melting point, the sample of lip balm was taken in a glass capillary whose one end was sealed by flame. The capillary containing drug was dipped in liquid paraffin inside the melting point apparatus which was equipped with magnetic stirring facility. Melting was determined visually and melting point was reported.[54]
2. Organoleptic properties-The lip balm was studied for the basic organoleptic characters such as colour, odour, taste and appearance.[55]
3. Test of spread ability-The product was applied (at room temperature) repeatedly onto a glass slide to visually observe the uniformity in the formation of the protective layer and whether the stick fragmented, deformed or broke during application. [56]G - Good: uniform, no fragmentation; perfect application, without deformation of the lip balm.
I - Intermediate: uniform; leaves few fragments; appropriate application; little deformation of the lip balm.

B - Bad: not uniform; leaves many fragments; difficult or inappropriate application, intense deformation of the lip balm.
4. pH measurement- The pH study was carried out by dissolving 1 gm of sample into 100 ml water. The pH measurement was done using pH meter.[57]
5. Stability Studies-Prepared lip balm was placed for accelerated stability studies at room temperature (25.0 ± 3.0 ºC), refrigeration (4± 2.0 ºC) and oven temperature (40.0 ± 2.0 ºC) for 30 days. After 30 days, it was again characterized for organoleptic properties, melting point, spread ability, and pH. [58,59]
5. Skin Irritation Test-It is carried out by applying lip balm on the skin for 10 min.
6. Effectiveness test on papers -Finally, after taking out the lip balm from chiller, it was tested by applying the lip balm on a piece of paper. This process is important to determine colour obtained from different sources. It also can determine the effectiveness of the colour product.
7. Skin Sensitivity-It was carried out by applying the product in the form of a patch on the skin for 30 min and observe the reaction
As- N -No reaction
R-Redness of the skin
I- Itching, swelling, inflammation.

Herbal Beauty Products Market Size

Fig No. 3 Herbal Beauty Products Market Size



The global herbal beauty products market size was estimated at US$ 83.52 billion in 2021 and is expected to hit US$ 130.2 billion by 2030, foreseen to register a growth at a CAGR of 5.06% during the forecast period 2022 to 2030.[60] The demand for the Herbal Beauty Products market is basically driven by the concerns of the people, for personal health and the environment. Hence, it is definitely true that the Herbal Beauty Products market is expected to rise at a very much higher rate in the coming years. The rise in the awareness about the health concerns, and the benefits that the Herbal Beauty Products provide, act as one of the growth factors. Also, the rise in awareness amongst the people about cruelty – free cosmetics is another factor that could help in driving the growth of market for herbal beauty products, during the forecast period**.**

Conclusion:

In India, over 70% of the population relies on herbal cosmetics for their healthcare needs. These herbal cosmetic products have become an integral part of personal care routines, reflecting a growing demand for them in daily life. People place great importance on having healthy teeth, glossy hair, and radiant skin, as these aspects contribute significantly to overall appearance. Herbal cosmetics are crafted by blending cosmetic ingredients as a base with various herbal components to address diverse skin issues and enhance beauty. These formulations include natural additives like waxes, oils, natural colours, fragrances, and plant parts such as leaves. Cosmeceuticals, on the other hand, occupy a space between pure cosmetics (like lipstick and blush) and pharmaceutical drugs (such as antibiotics and corticosteroids). Corrective formulations based on natural ingredients are gaining traction as they offer cosmetic benefits and safe alternatives to synthetic components. Further research and development in the field of herbal cosmetics are necessary to substantiate their effectiveness and safety. Compliance with existing regulations and safety standards is essential, warranting thorough safety testing.

Selecting the right cosmetics depends on a sound understanding of ingredients, individual body characteristics (Prakriti assessment), personal preferences, and customer perceptions of products compared to benchmark offerings. Quality control measures are crucial to ensure the efficacy and safety of herbal cosmetic products, making it imperative to conduct rigorous testing to confirm their long-term safety.

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