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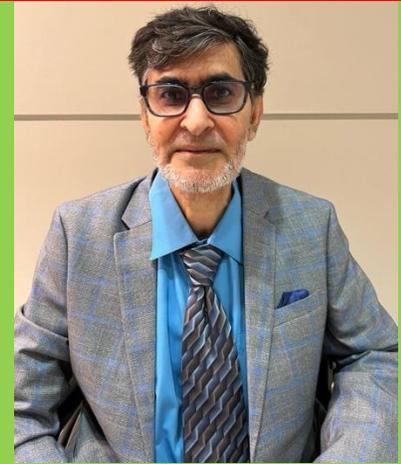
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*On behalf of BioNatural Healing College (BNHC), it is with great pleasure that we extend Thanks & appreciation to Dr. D. Sripriya for the very informative research article and contribution to this December BNHC E-Magazine edition. We look forward to receiving her invaluable contribution in the future and wish her much success in future endeavors.*

# Message: from the President of BioNatural Healing College (BNHC)

Greetings!



I am thrilled to express my heartfelt gratitude to the Almighty God for granting me the privilege to introduce the BioNatural Healing College (BNHC) E-Magazine December 2024 edition to our esteemed readers. Additionally, I extend my thanks to each one of you, especially our cherished readers, for your invaluable feedback and unwavering support. It's important to emphasize that the content within this magazine is intended solely for educational purposes, the author's perspectives are independent of any affiliation with BNHC.

We have high hopes that this BNHC E-Magazine will prove to be a valuable resource, made possible by the diligent contributions of esteemed researchers and colleagues from across the globe. With gratitude, I wish you all the best in health and a life filled with prosperity.

Warmest regards,

Dr. Nadir Sidiqi, Ph.D.



# BioNatural Healing College

## BioNatural Healing College Stands on Seven Core Pillar Foundations as follows:

1. All living organisms are made from the water this beautiful connection, connects us to praise the Creator of Creation for the provision of feeding, fueling, and healing to humanity.
2. No harm to public health and environmental health (Biodiversity) including pollinators, surface water, groundwater, soil, and air.
3. A series of complex chains involved with food production from the field to the mouth of the human body desperately needs scientific research to maximize healthy nutritionally food production and end malnutrition and food insecurity.
4. Harmful pests such as insects, and pathogens causing to human and plant health and loss of economic problems. BioNatural chemicals from plants, microorganisms, and ocean-living organisms exist and need further research to discover along with safety to utilize for the health improvement of humans as well as BioNatural Pest Management (insects, fungi, bacteria, various, nematodes, weeds, rodents, etc.).
5. Listen, love, appreciate, and respect with deep conscience and subconscious the connection between the genes of your body and beautifully ecologically in sense of feeling, feeding, fueling, and healing.
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# The Ingenuous Evaluation on Herbal Cosmetics

By D. Sripriya

Department of Biotechnology, School of Herbal Studies and Naturo Sciences, Dravidian University, Kuppam-517426, A.P., India

**Abstract:** Human beings have been using herbs for different purpose like food, medicine, and beautification. The word cosmetic was derived from the Greek word “kosm tikos” meaning having the power, arrange, and skill in decorating. The origin of cosmetics forms a continuous narrative throughout the history of man as they developed. The man in prehistoric times 3000 BC used colors for decoration to attract the animals that he wished to hunt and also the man survived attack from the enemy by coloring his skin and adorned his body for protection to provoke fear in an enemy (whether man or animal). The origin of cosmetics was associated with hunting, fighting, religion and superstition and later associated with medicine Herbal Cosmetics, here in after raised 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 benefits only, shall be called as “**Herbal Cosmetics**”. The natural herbs and their products when used for their aromatic value in cosmetic preparation are termed as herbal cosmetics. The improved demand for natural products has created new opportunities in the cosmeceuticals arcade.

**Keywords:** Herbal Cosmetics, Skin Cosmetics, Tooth Cosmetics, Hair Cosmetics.

**Introduction:** Cosmetics are products that are formed for application on the body for the purpose of cleansing, enhancing or altering the appearance, and improving attractive skin.

Herbal cosmetics, here in after 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 benefits only, shall be called as “Herbal Cosmetics”. The history of the herbal cosmetics industry includes very dark chapters in European and Western countries from about six centuries back. Mixtures and pastes were then used to whiten the face, a practice which remained popular till over four hundred years later. The early mixtures that were used in Europe for this purpose were so potent that they often led to paralysis, strokes or death. In that era, the history of herbal cosmetics in the 1940s shows how the fashion or trend with respect to lipstick colors was changed annually, getting darker and closer to red every passing year. The worldwide herbal industry is currently evaluated to be more than US\$10 billion dollars and expanding at a rate of three to four percent annually for reasons of increased consumption in processed foods and demand for ethnic foods, natural fragrances, and innovation in beverage products. The biggest markets, regarding of manufacturing and consumption are in Europe, followed by Asia. Herbs include crude plant material, such as leaves, flowers, fruit, seeds, stems, wood, bark, roots, rhizomes or other plant parts, which may be entire, fragmented or powdered.

**Herbal cosmeceuticals:** Cosmetics holding an active ingredient obtained from plant origin are generally known as herbal cosmetics.

**Preparation of cosmetics:** There are three categories of preparations.

- 1. Solid:** Face Powder, Talcum Powder, Compact Powder.
- 2. Semisolid:** Cream, Ointment, Liniments.
- 3. Liquid:** Lotion, Hair Oil, Shampoo, Mouthwashes, Sprays etc.

**How to use herbs?** In earlier time, herbs were used for both medicinal purpose as well as for beautification. These had been used in both forms, i.e. fresh form & dried form. these can be used by mashing & directly applying to the body with or without using other ingredients.

In fact, in earlier times these were used this way only. But nowadays, their extracts, decoctions, infusion, tinctures, steam distillates etc. there are a few manufacturer of herbal in India. Herbs can be used in the form of following.

- **Distillations:** These are basically strong teas of herbs and can be prepared either in China clay pots or stainless steel vessels. aluminum vessels should not be used as these can taint infusions.
- **Decoctions:** These are prepared by boiling the herb with water.
- **Extracts and tinctures:** Extracts are generally prepared with hydro alcoholic solvents with high percentage of alcohol.
- **Flower waters:** Flower waters are made in the same way as distillations. the same proportions of herbs and water can be used.

### **Benefits of herbal cosmetic:**

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. The 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 herb7al cosmetics is easier and for prolong period.
9. Cheap in cost. **Raw materials generally used in herbal cosmetics**

## **Raw materials generally used in herbal cosmetics: Oils, Waxes, Gums, Hydrophilic Colloids, Colors, Perfumes, Protective Agents, Bleaching Agents, Preservatives, Antioxidants and Other Auxiliary Agents:**

**1. Oils:** Oils are derived from vegetable and mineral sources, and are used in cosmetics. Examples of vegetable oils are almond oil, arches oil, castor oil, olive oil and coconut oil. Examples of mineral oils are light and heavy paraffin.

**a. Almond oil:** It is a fixed oil obtained by expressing the seeds of *Prunes amygdales*, Family Rosaceae, the oil is pale yellow in color, with a characteristic odor. The active principles are mainly the mixture of glycoside with oleic acid, linoleic acid, meristic and palmitic acid. It has an emollient action, so it is used in the preparation of creams and lotions.

**b. Arachis oil:** This is also a fixed oil obtained from the seeds of the *Arachis hypogea* belonging to the family Leguminaceae. The oil is pale yellow in color, with a faint nutty odor. Refined groundnut oil is colorless, with active principles like oleic. Linoleic acid and a small amount of other acids. At 3°C, it is cloudy, at a lower temperature, it solidifies. It is used in the preparation of hair oils and brilliantine's.

**c. Castor oil:** Oil is obtained from the seeds of *Ricinus communis* belonging to the family, Euphorbiaceae. It has a slight odour; the oil is either yellow in color or colorless. It consists of a mixture of glycosides, in which 80% of ricin oleic acid is the major constituent. At 0° C it forms a clear liquid. It is used as an emollient, in the preparation of lipsticks, hair oils, creams and lotions.

**d. Coconut oil:** This oil is obtained from the dried solid part of the endosperm of the coconut – *Cocos nucifera*, family Palmaea. It is a white or pearl-white unctuous mass in winter and colorless in summer.

**e. Light liquid paraffin:** It consists of a mixture of hydrocarbons in the form of an oily liquid which has no color or odor.

Viscosity and weight per ml (0.83-0.87g) are both low in light liquid paraffin. It is used in the manufacture of bath oils, hair oils, brilliantine's, lotions and creams, due to its better spreadability.

**f. Olive oil:** This oil is obtained from the fruit of the *Ole aeuropa*, belonging to the family, Oleaceae. The oil is either pale yellow or greenish yellow in color, it has a slight odor. It consists of the glycerides of oleic acid, palmitic, linoleic, stearic and meristic acids. At a lower temperature, it is solid or partly solid. It has emollient, soothing properties. It is used in the manufacturing of creams, lotions and bath oils.

**g. Heavy liquid paraffin:** It is composed of a mixture of hydrocarbons in the form of a colorless and odorless oily liquid. Due to its soothing effect on the skin, it is used in creams, lotions, brilliantine's, hair oils and bath oils. Heavy liquid paraffin is obtained from petroleum.

**2. Waxes:** Waxes are the esters resulting from the condensation of high molecular straight chain fatty acids with high molecular straight chain monohydric alcohol of the methanol series. They are used in cosmetics as a base, along with oils and fats. Example: lipsticks. Commonly used waxes are briefly discussed below.

**a. Beeswax:** It is a purified wax separated from the honeycomb of bees, *Apis mellifera* which belong to the Family, Apidae. Beeswax is composed of 70% ester Myricyl palmitate. It is yellowish brown in color, solid, with a honey-like odour. Under cold conditions it becomes brittle; when bleached, it becomes yellowish-white solid with a faint characteristic odour. The melting point of beeswax is 62°C-65°C. Beeswax helps in the incorporation of water to form an emulsion.

**b. Carnauba wax:** This is obtained from the leaves of the Brazilian wax palm, *Copernica cerifera*, which belongs to the Palmaea family. Carnauba wax is available in various grades. The highest grade is light-brown to pale-yellow in color. It is in the form of moderately coarse powder or flakes, with a characteristic bland odour. The melting range of this wax is 81°C -86°C. It is a hard wax and is used in the manufacture of candles, waxvarnishes, leather and furniture polishes.

**c. Paraffin wax:** It is derived by the distillation of petroleum. It is a mixture of solid hydrocarbons consisting mainly of n-paraffin's and, to some extent, their isomers.

So, it also called hard paraffin wax. Physically, the paraffin wax is colorless, odorless or a white, translucent, wax-like solid, which is slightly greasy to touch. Paraffin wax melts at 50°C- 57°C.

**d. Spermaceti:** It is a solid wax obtained from the head, blubber and ear case of the sperm whale, *Physeter colodon*, which belongs to the *Physeteridae* family. It consists mainly of cetylpalmitate and cetylmiristate spermaceti in a solid wax, which is a translucent crystalline, pearly-white, unctuous mass with little odor and taste. It melts at a specific gravity of about 0.94. Spermaceti is also available synthetically and is composed of a mixture of esters of saturated fatty alcohols and saturated fatty acids. Synthetic spermaceti is available as white to off-white translucent flakes with a crystalline structure and a pearly luster. The melting range of synthetic spermaceti is 43°C-47°C.

**3. Colors:** Colors have been used in cosmetics, since time immemorial, by human beings. Basically, the desire to buy a cosmetic product is controlled by three senses, namely, sight, touch and smell. So color is one of the most important ingredients of cosmetic formulations. Color is a visual sensation which can be caused by a definite wavelength or a group of wavelengths by an object through one or more of the following phenomena -emission, reflection, refraction or transmission. Natural colors such as cochineal, saffron and chlorophyll are discussed in brief here.

**a. Ambrette:** Ambrette seeds contain oil; it can be obtained by using the expression method. The oil is rich; it is sweet, floral and musky in nature. The oil can be used as an anti-aging agent.

**b. Cochineal:** Cochineal is a red dyestuff derived from the dried female insect, *Dactilopius coccus*, which belongs to the *Coccidae* family. Carminic acid is the main coloring constituent in cochineal. On crystallization, carminic acid forms red needles and at 130°C, the needles darken and also carbonize at 250°C. For the preparation of carmine, the cochineal is extracted with water. Alum is added to this solution to precipitate the red aluminum salt called carmine lake.

**c. Chlorophyll:** It is the natural green pigment, found abundantly in nature. It is the component that is responsible for photosynthesis.

**d. Champa:** It is obtained from the flowers of the *Michelia champaka*. The color of the flower is yellow to deep orange.

**e. Cinnamon:** Cinnamon oil is obtained from the different parts of the cinnamon tree – its leaves, bark and roots. *Cinnamom zeylanicum* belongs to the family, Lauraceae. The oil obtained from the bark is most valuable. The oil has a warm, spicy and sweet character.

**f. Clove:** It contains essential oils, obtained from the buds of the *Eugenia caryophyllus*, which belongs to the family, Myrtales.

**g. Geranium:** This oil is obtained from the flowers, leaves and stalks of the *Pelargonium graveolens*, which belongs to the Geraniaceae family. Its essence is obtained by the distillation process, from the flowers and stems of the plant. The geranium is known as geranium bourbon.

**h. Jasmine Essential Oil:** Obtained from the flowers of *Jasminum grandiflorum* which belongs to the Oleaceae family, the oil is obtained by the solvent extraction method and its essence is used in the perfumery industry.

**i. Lavender:** It is obtained from the flowers and stalk of *lavandula officinalis* which belongs to the Labiatae family.

**j. Orange blossom oil:** It is an essential oil obtained through the distillation process from the flower of the bitter orange tree. It can be stored in amber-colored bottles in the refrigerator.

**k. Rose:** It is obtained by the steam distillation process from the flower petals of *Rosmarin asofficinalis* which belongs to the Labiatae family. For obtaining rose oil, the blossoms are collected before they open, a little before sunrise.

**l. Saffron:** It consists of the stigmas and tops of the styles of the plant, *Crocus sativa*, which belongs to the Iridaceae family.

It is a perennial plant grown in Jammu and Kashmir in India. Saffron powder is yellowish and is easily soluble in water, so it is used as a flavoring and coloring agent in food preparations. Saffron contains a number of carotenoids - crocin is an important natural saffron carotenoid. Picrocrocin is a colorless bitter glycoside responsible for saffron characteristic odor.

**m. Sandalwood:** It is obtained by the steam distillation process from the hard wood of *Santalum album* belonging to the family, Santalaceae. In most perfumes, it is used as a fixative agent.

**n. Tuberose:** The nickname of the tuberose is "mistress of the night". The oil is a brown, viscous liquid with a sweet, heavy and sensuous scent. **4. Protective agents:** In the formulation of creams, silicones act as protective agents; a combination of silicones with other barrier agents like petroleum jelly, beeswax, paraffin etc. can produce excellent barrier creams.

**a. Ascorbic Acid and Its derivatives:** Ascorbic acid does not seem to be very effective as a de-pigmenting agent, but its use has been found to be safe. It is mostly used in skin bleaching creams, which contain hydroquinone as a stabilizer (antioxidant). Ascorbyl Oleate used in skin bleaching cream for bleaching freckles in human skin is used at a concentration of 3% and 5%.

**b. Bleaching agents:** The most commonly used bleaching agents are given below. Mercury Compounds: Mercuric chloride ( $HgCl_2$ ), red mercuric oxide ( $HgO_2$ ) and ammoniated mercury are examples of mercury compounds that can be used, for their skin bleaching effects. Currently, the use of mercury compounds is prohibited in cosmetics.

**c. Catechol and Its derivatives:** Catechol exhibits skin lightening effect to an extent. 4- Isopropyl catechol has been found to be among the most potent de-pigmenting agents. They can produce irritation and a sensitization reaction at concentrations of 3% or more.

**d. Hydroquinone's:** They are mostly used as bleaching agents for temporarily lighting skin at a concentration of 1.5%-2%. In the case of 5% concentration, redness and burning may be produced. Reverse action of hydroquinone's takes place on exposure to sunlight. If the cosmetics containing hydroquinone are discontinued, then too, a similar effect can be observed.

**5. Oxidizing agents:** Hydrogen peroxide has been used as an oxidizing agent in skin bleach creams. Sometimes, zinc peroxide is also used in anhydrous ointments such as bleaching agents, although the properties of zinc peroxide have been not proved.

**6. Opaque covering agents:** Various cosmetic products which contain white or pale pigments like titanium dioxide, zinc oxide, talc, kaolin, bismuth etc. can provide a temporary but remarkable change in the color of the skin.

**7. Preservatives:** These are the agents which are used to prevent spoilage of cosmetic products/They are products of the oxidation of oils and fats and also the growth of microorganisms. Most cosmetic preparations, especially those containing water are likely to deteriorate if preservatives are not added.

**8. Antioxidants:** Natural antioxidants like tocopherols present in fats and oils are destroyed during the refining process. Hence, the addition of antioxidants is essential to avoid the rancidity of fats and oils in cosmetics due to oxidative deterioration.

**Table 1: Herbs for skin cosmetics.**

Sr. No.	Botanical Name	Common Name	Part Used	Uses
1	<i>Aloe vera</i>	Manchi Kalabanda	Leaf	Moisturizer, sun screen Emollient
2	<i>Azadirachta indica</i>	Vepa	Leaf	Antiseptic, reduce dark spots, antibacterial
3	<i>Calendula officinalis</i>	Marigold	Flower	Skin care, anti-inflammatory, antiseptic
4	<i>Citrus aurantium</i>	Orange	Peel	Skin creams, anti-acne, antibacterial
5	<i>Curcuma longa</i>	Pasupu	Rhizome	Antibacterial, antimicrobial skin creams

**Table 2: Herbs for hair.**

Sr. No.	Botanical Name	Common Name	Part Used	Uses
1	<i>Eclipta alba</i>	Gunta alagara	Whole Plant	Promoting hair growth, Shampoos, Hair oil
2	<i>Emblica officinalis</i>	Usiri	Fruits	Hair care, prevents grayness, Anti stress
3	<i>Hibiscus rosasinesis</i>	Mandharam	Flower	Improves hair, prevents premature greyness
4	<i>Lawsonia inarmis</i>	Gorinta	Leaf	Hair growth, Natural conditioner
5	<i>Sapindus trifoliatus</i>	Soap nut	Fruit	Natural detergent, Shampoos

**Table 3: Examples of drugs used for tooth preparation.**

Sr. No.	Botanical Name	Common Name	Part Used	Uses
1	<i>Acacia Arabica</i>	Nalla Tumma	Bark	Teeth disorders
2	<i>Azadirachita indica</i>	Vepa	Leaf	Toothache, Antibacterial, Dental carries
3	<i>Barleria Prionitis</i>	Mullu Gorinta	Entire herb	Strengthens teeth, Tooth ache
4	<i>Syzygium aromaticum</i>	Clove	Bud	Toothache, Antiseptic
5	<i>Salvadora Persica</i>	Gunnamgi	Twigs	Antimicrobial

*Aloe Vera**Acacia Arabica**Hibiscus rosa sinesis**Eclipta alba*



*Emblica officinalis*



*Curcuma longa*



*Lawsonia inermis*



*Calendula officinalis*



*Azadirachta indica*



*Citrus aurantium*



*Salvadora Persica*



*Sapindus trifoliatus*



*Barleria prionitis*



*Syzygium aromaticum*

**CONCLUSION:** Herbs perform a significant role, especially in modern pharmaceutical preparations, when the hurtful effects of food processing and overmedication have assumed alarming proportions. They are now being progressively cosmetics, food, and teas, as well as substitute medicines. The growing interest in herbs is a part of the movements towards change in lifestyles. This movement is based on the belief that plants have a massive potential for their use as a healing medicine. The knowledge of medicinal plants used by the people of seems to be well-known to its culture and tradition. In the present study, we recognized many plants used by the people to cure dermatological complaints and as cosmetics. Some of plants were found to have dual use, both as healing and cosmetic. Quality mechanism tests must be safe for lengthier period of time.

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I am writing to express my profound gratitude for being awarded a scholarship to pursue my Online Master's degree in Human Health Improvement and Disease Prevention at BioNatural Healing College (BNHC) receiving this support means more than words can fully convey, and I am deeply honored to have been chosen as a recipient of such a valuable opportunity. BNHC and Dr. Sidiqi's belief in my potential has deeply inspired me, motivating me to dedicate myself wholeheartedly to my studies. Knowing that there are individuals who believe in my goals and future contributions to the health field fills me with confidence and determination. His investment in my education is not only a tremendous gift but a personal source of encouragement and strength as I move forward on this path. This scholarship will allow me to immerse myself fully in my studies and take advantage of all the learning experiences that Bionatural Healing College offers without the distraction of financial challenges. I am excited about the opportunity to delve deeply into my coursework, engage with fellow students and professors, and ultimately apply what I learn in a way that honors the values and mission of Bionatural Healing College (BNHC). I am deeply grateful for this chance to focus on becoming a knowledgeable, compassionate health professional who can make a positive difference in others' lives. Please accept my sincere thanks to both Dr. Nadir Sidiqi Sahib and Dr. Essa Sidiqi Sahib for believing in me. I am committed to making the most of this opportunity and to contributing to the health and wellness community in a way that reflects the generosity and vision that made this scholarship possible. Once again, thank you for your kindness and generosity. I am honored to be a recipient of this scholarship and will strive to make you proud through my academic achievements. With the utmost appreciation and respect, **Mohammad Hussain Hassani**



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REGULATION**

**FOR MORE INFORMATION PLEASE CONTACT US:  
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info@bionaturalhealingcollege.org**



**Mission:** BioNatural Healing College is a non-profit public benefit institution that has tax-exempt status under the Internal Revenue Service, Section 501(c)(3) of the United States of America. Our goal is to offer a high-quality education a diploma program as well as holistic health and nutrition conferences, seminars, workshop, and continuing education. The focus of these educational programs is to offer healing and holistic nutrition science through online distance learning. These dynamic online education programs will provide diverse adult learners throughout the world the experience of enhancing their quality of life, their health, and their happiness.

**Vision:** The faculty, staff and management team of BioNatural Healing College are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate and explain the importance of this field to prospective students so that they may make an informed decision regarding enrollment. We seek an ultimate goal of satisfaction for the student based on responsibility, commitment, respect, awareness and sustainable education for society.

**Accreditation and Recognition:** BioNatural Healing College is based in California. It is an institution that has the goal to deliver on- demand online distance learning around the globe. This education is of high quality and vocational in nature. BioNatural Healing College is a legal business entity that has been approved to operate by the State of California's Bureau for Private Postsecondary Education that set forth in the educational code. BioNatural Healing College is not accredited by the United States Department of Education. BioNatural Healing College is a member of the American Holistic Health Association (AHHA).



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