



## Herbs for Beauty Care

Herbs and spices have been used in maintaining and enhancing human beauty since time immemorial. Indian women have long used herbs such as Sandalwood and Turmeric for skin care; Henna to color the hair, palms and soles; and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene. Rightly said, beauty is very much an inner thing. First beautify from within. A large number of cosmetic and toiletry formulations have been developed based on Indian Herbs recently. Apart from traditionally documented applications, some modern trials have also established the utility of Indian herbs in Personal Care products. Below is a partial list of herbs with Cosmetic applications.

### Cosmetic Herbs

<b>Latin name</b>	<b>Common name</b>	<b>Part used</b>	<b>Uses</b>
<b>SKIN CARE</b>			
<i>Acorus calamus</i>	Sweet flag	Rhizome	Aromatic, Dusting powders, Skin lotions
<i>Allium sativum</i>	Garlic	Bulb	Promotes skin healing, Antibacterial
<i>Aloe vera</i>	Aloe	Leaf	Moisturizer, Sun screen, Emollient
<i>Alpinia galanga</i>	Galanga	Rhizome	Aromatic, Dusting powders
<i>Avena sativa</i>	Oat	Fruit	Moisturizer, Skin tonic
<i>Azadirachta indica</i>	Neem	Leaf	Antiseptic, Reduce dark spots, Antibacterial
<i>Calendula officinalis</i>	Marigold	Flower	Skin care, Anti-inflammatory, Antiseptic, Creams
<i>Centella asiatica</i>	Gotu kola	Plant	Wound healing, Reduce stretch marks, Creams
<i>Cichorium intybus</i>	Chicory	Seed	Clears skin of blemishes
<i>Citrus aurantium</i>	Orange	Peel	Skin creams, Anti acne, Anti bacteria
<i>Curcuma longa</i>	Turmeric	Rhizome	Anti bacterial, Anti microbial, Skin creams
<i>Cyperus rotundus</i>	Nagarmotha	Roots	Suntan, Astringent, Anti-inflammatory
<i>Daucus carota</i>	Carrot	Seed	Natural source of Vit A, Creams
<i>Euphorbia hirta</i>	Spurge Herb	Entire	Skin diseases, Cracked lips

		herb	
<i>Glycyrrhiza glabra</i>	Liquorice	Root	Anti inflammatory, Decrease pigmentation marks
<i>Marticaria chamomilla</i>	Chamomile	Flower	Skin cleanser
<i>Mesua ferrea</i>	Cobras saffron	Flower	Astringent
<i>Moringa oleifera</i>	Benjamin	Seed	Suntan lotions
<i>Ocimum sanctum</i>	Tulsi	Entire herb	Antibacterial, Decrease dark spots
<i>Pongamia glabra</i>	Karanj	Seed	Externally for skin disorders
<i>Rubia cordifolia</i>	Manjistha	Root	Wound healing, Lighten pigmentation marks
<i>Terminalia chebula</i>	Harda	Fruit	Astringent
<i>Triticum sativum</i>	Wheat germ	Germ	Natural source of Vit E
<i>Zizyphus jujuba</i>	Zizyphus	Fruit	Skin care
<b>HAIR CARE</b>			
<i>Acacia concina</i>	Shikakai	Pod	Natural cleansing agent, Detergent, Dandruff
<i>Aloe vera</i>	Aloe	Leaf	Moisturizer, Shampoos
<i>Azadirachta indica</i>	Neem	Leaf	Anti-fatigue, Graying of hair, Alopecia
<i>Bacopa monneri</i>	Brahmi	Entire herb	Hair growth, Good for sleep, Shampoos
<i>Cedrus deodara</i>	Deodar	Wood	Soaps, Shampoos
<i>Centella asiatica</i>	Gotu kola	Plant	Hair care, Darkening of hair, Hair oil
<i>Citrus aurantium</i>	Orange	Peel	Soaps, Shampoos
<i>Citrus limon</i>	Lemon	Peel	Prevents hair loss
<i>Eclipta alba</i>	Bhringraj	Plant	Promoting hair growth, Shampoos, Hair oil
<i>Emblica officinalis</i>	Amla	Fruits	Hair care, Prevents grayness, Anti stress
<i>Hibiscus rosa sinensis</i>	China rose	Flower	Improves hair, Prevents premature greyness
<i>Lawsonia alba</i>	Henna	Leaf	Hair growth, Natural conditioner, Natural dye
<i>Marticaria chamomilla</i>	Chamomile	Flower	Hair tonic
<i>Moringa oleifera</i>	Benjamin	Seed	Hair oils
<i>Sapindus trifoliatus</i>	Soap wort	Fruit	Natural detergent, Shampoos
<i>Triticum sativum</i>	Wheat germ	Germ	Natural source of Vit E, Shampoos
<i>Wedelia calendulacea</i>	Bhangra	Entire herb	Hair care, Shampoos
<i>Rosa centifolia</i>	Gulab	Rose	Coolant, Antifatigue

<i>Terminalia belerica</i>	Baheda	Fruit	Hair tonic , Used for graying of hair
<i>Sesamum indicum</i>	Til	Seed	Hair tonic, Check hair fall, Relieves headache
<b>DENTAL CARE</b>			
<i>Acacia arabica</i>	Babul	Bark	Teeth disorders
<i>Azadirachta indica</i>	Neem	Leaf	Toothache, Antibacterial, Dental carries
<i>Barleria prionitis</i>	Vajradanti	Entire herb	Strengthens teeth, Tooth ache
<i>Syzygium aromaticum</i>	Clove	Bud	Toothache, Antiseptic
<i>Glycyrrhiza glabra</i>	Yastimadhu	Roots	Natural sweetner and flavour
<i>Salvadora persica</i>	Pilu	Twigs	Anti microbial
<b>NATURAL COLORS</b>			
<i>Bixa orellana</i>	Annatto	Seed	Red, Orange
<i>Beta vulgaris</i>	Beet root	Roots	Red
<i>Curcuma longa</i>	Turmeric	Roots	Yellow, Orange
<i>Caesalpinia sappan</i>	Patang	Wood	Red, Violet

## **CONTACT US**

**Dr. Ilangovan Ramasamy, B.S. (Zoology), B.S.(Ag), M.S.(Ag), Ph.D. (Ag)**

**AgriInfoTech, Inc. 166 Lawrence Road, Salem NH-USA 03079**

**Ph: 603-894-7346, 603-781-9097**

**[WWW.AGRIINFOTECH.COM](http://WWW.AGRIINFOTECH.COM)**