

Scope of Unani Herbs as Cosmetics for Skin and Hair Care

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Abstract

The Unani system of medicine is an age-old, time-tested system of medicine dating back 5000 years to Greece. Unani system of medicine has described many herbs in its literature which can be used to enhance the beauty of skin and hair as well as to treat their different pathological conditions of skin and hairs. The present review focuses on 21 taxa of potential herbs for cosmetic purposes, which are described in Unani literature as well as in ethnobotanical literature. Information on botanical name, focal name, family, part used and mode of application are given for each species discussed in tabular form. Need for scientific validation of this information is re-stressed before their use in beauty care.

Key Words: Herbs, Cosmetics, Skin care, Hair care.

Introduction

With the beginning of the civilization, mankind had the magnetic dip towards impressing others with their looks. At the time, there were no fancy fairness creams or any cosmetic surgeries. The only thing they had was the knowledge of nature. Beautification has always been an eternal quest for men and women throughout the ages. The concept of beauty and cosmetics is old as mankind and civilization. Women are obsessed with looking beautiful, so they use various beauty products that have herbs to look charming and young since centuries. Cosmetics have been used since the Stone Age. The earliest known cosmetics come from the 1st Dynasty of Egypt (3100 – 2907 BC) (<http://www.syl.com/hb/differentchemicalsubstancesincosmeticscanhavebadpotentialhealtheffects.html>). Turmeric appears in an Assyrian herbal dating from about 600 BC and was also mentioned by a Unani Physician Dioscorides (Bone, 1991).

Unani is one of the most well known traditional medicine systems and draws on the ancient traditional systems of medicine of China, Egypt, India, Iraq, Persia and Syria. It is also called Greco-Arab medicine. The World Health Organization (WHO) has recognized the Unani System of Medicine (USM) as an alternative system to cater the health care needs of human population. Unani is still popular in many Arab and East Asian countries. In fact Unani medicine and herbal products are gradually more being used in many countries where modern medicine is easily available. India has accepted it as one of the alternative health care system and has given it official status. The ancient

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Unani literature has also given emphasis on beautification and cosmetics. Many famous Unani physicians such as Ibne Sina (Avicenna), Ismail Jurjani, Al-Razi (Rhazes) etc. has mentioned in their literature about beautification and cosmetics. They have described many herbs in their literature to treat skin and hair diseases as well as to enhance the beauty of skin and hairs.

Herbal ingredients are preferentially used in cosmetic formulations intended for consumers with sensitive or dry skin, with the aim to improve skin condition and appearance. They are reported to promote physiological functions of the skin and may offer a balanced complex of health effects as moisturizing, free radical scavenging, calming and anti-inflammatory, improving skin elasticity, anti-aging, healing sunburn or chemical induced irritation (Leung and Foster, 2003).

Cosmetics

According to European Commission Directives, the cosmetic products are defined as a any substance or preparation intended to be placed in contact with the various external parts of the human body (epidermis, hair system, nails, lips and external genital organs) or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them, perfuming them, changing their appearance and/or correcting body odours and/or protecting them or keeping them in good condition (European Commission, Directives 93/35/EEC, 1993).

According to the Act, a cosmetic is defined as an article intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body or any part thereof for cleansing, beautifying, promoting attractiveness, or altering the appearance without affecting structure or function (Chen, 2009).

The main objective of cosmetic application is decorative to enhance the general appearance of face and other body parts to minimize the skin defects to a considerable extent. It is applied to maintain or improve skin and hair.

Adverse Effects Caused By Some Synthetic Cosmetics

Many cosmetics contain synthetic chemicals that react adversely to skin. The demand for natural and organic products is increasing. For this reason we can find lots of natural and organic products in the markets. Synthetic ingredients in cosmetics effected skin even faster. Some synthetic ingredients

are so commonly used, that consumer would not think twice about using them; whether they are hazardous or not. Parabens is the most common ingredients that can find in any kind of cosmetic; it is used as cosmetic preservative. Using parabens not only harm our skin, but our environment as well. Many consumers prefer products with parabens-free, because parabens are highly toxic and can cause allergic reactions and skin rashes to sensitive skin (Chermahini and Majid *et al.*, 2011). Scientific research shows that parabens indeed have oestrogenic effects and can lead to unfavourable reproductive and developmental problems. In addition, it is hypothesized and tested that underarm cosmetics containing paraben like antiperspirant deodorants, can lead to breast cancer since trace paraben concentrations were found when isolated malignant breast tumours were studied (Harvey and Everett, 2004).

Hair dyes include dyes modifiers, antioxidants, alkalizers, soaps, ammonia, wetting agents, fragrance, and a variety of other chemicals used in small amounts that impart special qualities to hair such as softening the texture or give a desired action to the dye. The chemicals that are normally used in the dye are amino compounds (4-amino-2-hydroxytoluene and m-Aminophenol). Metal oxides, such as titanium dioxide and iron oxide, are also often used as colorants in the process. Continuous usage of such compounds containing dye on natural hair causes so many side effects such as skin irritation, erythrema, loss or damage of hair and skin cancer (Nilani and Saravanan, 2010).

Sodium lauryl sulphate is known to most that have looked at the label of shampoo bottle; it is rather harsh detergent. SLS causes skin to flake and causes substantial roughness on the skin, it actually corroded the hair follicle and impairs its ability to grow hair (Arora, 2011).

Hydroquinone has been used for decades as a skin lightening agent. Since January 1, 2001, its use in cosmetics has been banned. This ban is as a result of mid-term effects such as leukoderma-en-confetti/occupational vitiligo and exogenous ochronosis. However, a recent literature search on hydroquinone as a skin lightening agent suggests that possible long-term effects such as carcinogenesis may be expected as well (Westerhof and Kooyers, 2005).

There are more preservatives in synthetic cosmetics, they may cause some allergic reaction. According to a study of cosmetic reactions conducted by the North American Contact Dermatitis Group, preservatives are the second most common cause of allergic and irritant reactions to cosmetics. In a word, more preservatives exist, more risk we have (Chen, 2009).

Herbal Cosmetics

Herbal Cosmetics, herein 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” (Shivanand, 2010). The use of bioactive phytochemicals from a variety of botanicals has dual function as they serve as a cosmetic for the care of body and its parts. Apart from this the botanical ingredients present their influence biological functions of skin and provide nutrients necessary for the healthy skin or hair. In general botanicals or herbs provide different vitamins, anti-oxidants, various oils, essential oils, dyes, tannins, alkaloids, carbohydrates, proteins, terpenoids and other bioactive molecules. Moreover herbal cosmetics are gaining popularity because of their safe, non toxic and eco friendly characteristics.

Tips for Healthy Hair and Skin

The beauty of skin and hair basically depends on individual's health, diet, habits, job routine, climatic conditions and maintenance. Cosmetics are used externally along with internal cleansing, some preliminary recommendations are:

Do not curb natural urges like urination, bowel movements, tears, hunger, sleep etc; Avoid constipation, it reduces skin glow; keep yourself hydrated, drink plenty of water.; do not miss your beauty sleep.; early to bed and early to rise makes you beautiful and reduces skin fatigue; regular oil massage is essential. Massages or head bath with oil improve complexion, makes the skin supple; Include fruits, fresh vegetables and milk in your diet. Avoid fried items & never share your cosmetics and dresses with others to avoid infection (<http://ayurvedham.com/english/ayurveda/herbal-cosmetics.html>).

Herbs/Botanicals Used for Skin and Hair Care

In Unani and ethnobotanical literature the following herbs have been reported as beneficial for skin:

Aloe barbadensis (Aloe vera or Elwa); *Azadirachta indica* (Neem); *Curcuma longa* (Haldi); *Citrus limon* (Limon); *Crocus sativus* (Zafran); *Matricaria chamomilla* (Baboona); *Carica papaya* (Papita); *Cucumis sativus* (Khira); *Mentha arvensis* (Pudina); *Rosa damascena* (Gulab); *Santalum album* (Santal safed) [Table 1].

Various herbs that have been reported as beneficial for hairs are as follows:

Acacia concinna (Shikakai); *Aloe barbadensis* (Aloe vera or Elwa); *Cocos nucifera* (Nariyal); *Eclipta alba* (Bhangra); *Embellica officinalis* (Amla); *Hibiscus rosa sinensis* (Gurhal); *Lawsonia inermis* (Mehandi); *Sapindus trifoliatus* (Reetha); *Trigonella foenum graecum* (Methi); *Olea europaea* (Zaitoon) [Table 2].

Table 1: Botanicals for skin care

U: Unani; E: English; A: Ayurveda; H: Hindi; T: Tamil; Tel: Telgu; K: Kannada

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Sibr or Gheekwar (U) (Aloe barbadensis)	Aloes(E) Gheekwar (H) Ghirtkumaari (A) Kottalai (T) Kathaligidi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Liliaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaf and leaf inner gel (Hakim, 2002; Sr. Frank, 1999; Khare, 2007).	Anthroquinones (aloe, aloin, emodin) resins, tannins, polysaccharides, glucomanine (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Sunburn, burns, cuts, scratches, irritated skin and for healing wounds (Hakim, 2002; Sr. Frank, 1999; Khare, 2007).
Neem or Azad Darakht-E-Hindi (U) (Azadirachta indica)	Margoosa tree(E) Neem(H) MalaiVembu (T) Turakabevu (K) (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Meliaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Bark, seeds, flowers & leaves (Ghani; Hakim, 2002; Kabiruddin, 2007).	Terpenoids, diterpene, highly oxidised tetramer-triterpenoids like azadirachtin, nimbin, nimbidinic acid, flavonoids (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Antiseptic, useful in curing wounds, skin diseases, ulcers, itching and leprosy (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999).
Zard Chob (U) (Curcuma longa)	Turmeric(E) Haldi(H) Haridra(A) Manjal(T) Pasupu(Tel) Arisina(K) (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Zingiberaecea (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Rhizome (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002).	Volatile oil (3-5%), turmerone (60%), curcumin, curcuminoids, bitter principles, resin (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Antioxidant, anti-inflammatory, used extensively in facial creams for fairness and ointments (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999; Chopra, 2002; Khare, 2007).

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Utraj (U) (Citrus limon)	Lemon(E) Nimbu(H) Periya, Elumuchhai (T), Bijapuram (Tel) Dodda Nimbe(K) (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002.	Rutaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Fruit peel, juice, volatile oil (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999).	Volatile oil(2.5%% of the peel), limonene(70%), alpha terpinene, alpha pinene, citril, coumarins, bioflavonoids,vit- A,B1,B2, B3,C, mucilage (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Antiseptic, bacteriostatic, skin bleach, sunburn, freckles, to cleanse the skin and close the pores that's why used in skin creams & cleansers (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999).
Zafran (U) (Crocus sativus)	Saffron (E) Kesar (H) Kumkum (A) Kungumapu (T) Kunkumapuvu (Tel) Kumnkuma Kesari (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Iridacea (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Dried stigma & style (Ghani; Hakim, 2002; Kabiruddin, 2007).	Crocin, picrocrocein, croctin, Volatile oil composed of terpenes, terpene alcohols, esters. Caretenoids (Chopra, 2002; Khare, 2007; Chavallier, 1996).	It improves complexion (Ghani; Hakim, 2002; Kabiruddin, 2007).
Babuna (U) (Matricaria chamomilla Linn)	Chamomile (E) (Khare, 2007).	Asteraceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Flowers (Ghani; Hakim, 2002; Sr. Frank, 1999).	Volatile oil, chamazulene, apigenin, alpha-bisabolol, flavonoids, bitter glycosides, tannins (Chopra, 2002; Khare, 2007; Chavallier, 1996)	Anti- inflammatory, antioxidant, used in facial steams to reduce puffiness and cleanse the pores of impurities (Ghani; Hakim, 2002; Sr. Frank, 1999; Khare, 2007).

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Papitaa Desi (U) (Carica papaya Linn)	Papaya (E) Papitaa (H) Pappali (T) Bopapayi (Tel) Pappayi Hannu (K) (Chopra, 2002; Khare, 2007).	Caricaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Milky juice of unripe fruits, fruit pulp (Sr. Frank, 1999; Chopra, 2002).	Proteolytic enzymes (papain, chymopapain), carpaine, carpinine, vitamins, minerals (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Good ingredient for facial & face creams, fruit pulp make skin soft and remove blemishes (Sr. Frank, 1999; Chopra, 2002).
Khiyaar (U) (Cucumis sativus Linn)	Cucumber (E) Khira (H) Trapusha (A) Vellarikkai (T) Dosakaya (Tel) Sautekayi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Cucurbitaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Whole fruit (Sr. Frank, 1999).	Enzyme erepsin, proteolytic enzyme, ascorbic acid oxidase, succinic and malic dehydrogenase, phytosterol, curcubitacins, aminoacids, vitamins (Sr. Frank, 1999; Chopra, 2002; Khare, 2007).	Hydrating, astringent, refreshing and Anti-inflammatory, Fresh cucumber slices are used as refreshing, cooling, soothing eye compress, in face creams for chapped skin or sunburn (Hakim, 2002; Sr. Frank, 1999).
Naanaa (U) (Mentha arvensis)	Mint (E), Pudina (H, T, Tel) Chetamargugu (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Lamiaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaves (Ghani; Hakim, 2002; Nadkarni, 2005).	Essential oil contains menthol, flavonoids, phenolic acids, triterpenes, sitosterol, minerals (Chopra, 2002; Khare, 2007)	Anti-perspirant, Anti-bacterial, Anti-fungal and removes blemishes of skin (Ghani; Hakim, 2002; Nadkarni, 2005).

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Gule Surkh or Ward (U) (Rosa damascena)	Rose(E) Taruni(A) Gulabihuvu (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Rosaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Flower petals (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999; Khare, 2007).	Essential oil, glucoside, eugenol, organic acids, chlorogenic acids, tannin, cyanin (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Anti-inflammatory, Anti-septic, Used in skin creams, lotions & ointments for beautification, smoothness & protection from sunburn and remove bad odour of sweat (Ghani; Hakim, 2002; Kabiruddin, 2007; Sr. Frank, 1999; Khare, 2007).
Sandal Safed (U) (Santalum album Linn)	White sandalwood (E) Chandana (A) Chandana (T) Chandanamu (Tel) Agarugandha (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Santalaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007)	Heartwood (Ghani; Sr. Frank, 1999; Khare, 2007)	Volatile oil (3-6%) contain α & β santalol, sesquiterpenols, resins, tannins (Chopra, 2002; Khare, 2007; Chavallier, 1996).	Anti-bacterial, anti-fungal, Anti-inflammatory, anti-oxidant, paste of heartwood used in face pack to improve complexion, essential oil used in creams, lotions for beautification, smoothness and protection from sunburn (Ghani; Sr. Frank, 1999; Khare, 2007).

Table 2: Botanicals for Hair care

U: Unani; E: English; A: Ayurveda; H: Hindi; T: Tamil; Tel: Telgu; K: Kannada

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Shikakai or Kharnub nabti (U) (Acacia concinna)	Shikakai (H) Shikai (T) Shikaya (Tel) Sheegae (K) (Khare, 2007).	Mimosaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Pods (Sr. Frank, 1999; Khare, 2007).	Saponins, alkaloids, gum, colouring matter, tannins, resins (Sr. Frank, 1999; Chopra, 2002; Khare, 2007).	Decoction is used for washing hairs, promote hair growth, prevent hair greying and remove dandruff (Ghani; Sr. Frank, 1999; Khare, 2007).
Sibr or Gheekwar (U) (Aloe barbadensis)	Aloe vera (E) Gheekwar (H) Kumaari (A) Kattalai (T) Kalabanda (Tel) Kathaligidi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Liliaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaf & leaf inner jel (Sr. Frank, 1999; Nadkarni, 2005).	Anthroquinones (aloe, aloin, emodin) resins, tannins, polysaccharides, glucomanine (Sr. Frank, 1999; Khare, 2007; Chavallier, 1996).	It stimulates hair growth and employed in hair treatments (Sr. Frank, 1999; Nadkarni, 2005).
Narjeel (U) (Cocos nucifera)	Coconut palm (E) Nariyal (H) Naarikela, Sadaaphala (A) Tengu (T) Tenkayichettu (Tel) Tengu (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Palmaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Oil from endosperm (Kabiruddin, 2007; Sr. Frank, 1999; Nadkarni, 2005; Khare, 2007).	Enzymes i.e. invertin, oxydase, catalase, potassium, minerals, vitamins (Sr. Frank, 1999; Chopra, 2002; Khare, 2007).	It promotes hair growth that's why used in alopecia and hair loss. It's oil is good for thickening thin hair and giving it lustre (Kabiruddin, 2007; Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Bhangra (U) (Eclipta alba Hassk)	Trailing eclipta plant (E) Bhringaraj (A) Karisalaankanni (T) Guntagalijaeru (Tel) Kadiggagaraga (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Compositae or Asteraceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaves (Ghani; Hakim, 2002; Nadkarni, 2005; Khare, 2007).	Ecliptine, resin, reducing sugar, sterol (Chopra, 2002; Khare, 2007; Chavallier, 1996).	It's useful for hair nourishment, alopecia & renders the hair black that's why used as an ingredient in shampoos (Ghani; Hakim, 2002; Nadkarni, 2005; Khare, 2007).
Gule Gurhal (U) (Hibiscus rosa sinensis Linn)	China rose (E) Japaa, Rudrapushpa (A) Semparuthi (T) Dasavala (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Malvaceae (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Flower (Nadkarni, 2005).	Cyclopropanoids, methylstercolate, malvalate, β -sitosterol, amino acids (Chopra, 2002; Khare, 2007).	Flower stimulates hair growth (Nadkarni, 2005).
Hina or Mehandi (U) (Lawsonia inermis Linn or Lawsonia alba)	Henna (E) Mendika, Madayanti (A) Marithondi (T) Madarangi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Lythraceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaves (Hakim, 2002; Sr. Frank, 1999; Nadkarni, 2005; Khare, 2007).	Lawsone, flavonoids, phenolic acids, tannins (Sr. Frank, 1999; Chopra, 2002; Khare, 2007; Chavallier, 1996).	Leaves paste used for hair dyeing, conditioning and promotes hair growth (Hakim, 2002; Sr. Frank, 1999; Nadkarni, 2005; Khare, 2007).
Reetha (U) (Sapindus trifoliatus Linn)	Soapnut tree (E) Arishtaka, Reethakranja (A) Puvamkottai (T) Kukudu (Tel) Amtalakaayi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Sapindaceae (Sr. Frank, 1999).	Fruit (Sr. Frank, 1999).	saponin (Sr. Frank, 1999).	Extract of fruit works as natural shampoo, used as hair cleanser, used as detergent from earliest ages (Sr. Frank, 1999).

Herb Name	Vernacular Names	Family	Parts Used	Phytochemicals	Uses
Hulba (U) (Trigonella foenum graecum Linn)	Fenugreek (E) Methikaa, Vastikaa (A) Methi (H) Vendayam (T) Mentulu (Tel) Menthya (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Fabaceae (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Seeds (Hakim, 2002; Kabiruddin, 2007; Nadkarni, 2005).	Trigonelline, gentianine, carpaine, saponins (Chopra, 2002; Khare, 2007; Chavallier, 1996).	It strengthen the hairs, promotes hair growth, removes dandruff and used for hair conditioning (Hakim, 2002; Kabiruddin, 2007; Nadkarni, 2005).
Amla or Amlaj (U) (Embllica officinalis)	Indian gooseberry (E) Aamlaki, Dhatri (A) Nelli (T) Nellikay (Tel) Nellikayyi (K) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Euphorbiaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Fruit (Kabiruddin, 2007; Sr. Frank, 1999; Nadkarni, 2005).	Rich source of vit-C, nicotinic acid, minerals, and amino acids (Sr. Frank, 1999; Chopra, 2002; Khare, 2007; Chavallier, 1996).	It has the property of strengthening and promoting hair growth (Kabiruddin, 2007; Sr. Frank, 1999; Nadkarni, 2005).
Zaitoon (U) (Olea europae Linn)	Olive (E) Julipe (K) Saidun (T) (Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Oleaceae (Sr. Frank, 1999; Nadkarni, 2005; Chopra, 2002; Khare, 2007).	Leaves and oil (Ghani; Kabiruddin, 2007).	Oleuropein, oleasterol, leine. Olive oil contains 75% oleic acid, monounsaturated fatty acid, flavonoids, triterpenes (Sr. Frank, 1999; Chopra, 2002; Khare, 2007; Chavallier, 1996).	It strengthens the hairs, prevent hair greying, useful in dandruff and alopecia (Ghani; Kabiruddin, 2007).

Conclusion

The present review focuses on the potential of 21 herbs for cosmetic purposes, which are described in ancient Unani literature as well as in ethnobotanical literature. Information on botanical names, family, part used made of application, supported with literature search, are given in tabular form. Such species is also provided with Unani, English, Ayurvedic, Hindi, Tamil, Telgu & Kannada names for easy recognition. All these species are widely used for skin and hair care as natural cosmetics.

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