D.PHARM • FIRST YEAR

Pharmacognosy

CHAPTER 11

Herbal Cosmetics



ENGLISH CHAPTER NOTES

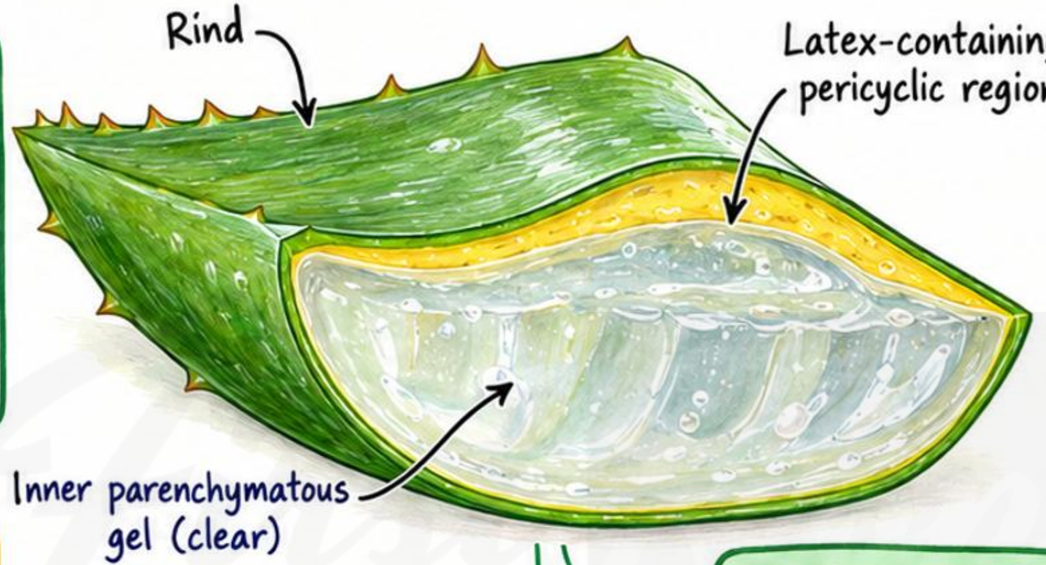
DIPLOMA IN PHARMACY

ALOE VERA GEL IN COSMETICS

SOURCE

Clear mucilaginous gel from the inner leaf parenchyma of *Aloe vera* (syn. *Aloe barbadensis*).

Family: Asphodelaceae; older texts may place it in Liliaceae.



GEL IS NOT LATEX

The yellow latex near the rind contains anthraquinone glycosides such as aloin. These should be minimized in cosmetic gel. Oral latex acts as a stimulant laxative and can cause serious adverse effects.

GEL CONSTITUENTS

Polysaccharides such as acemannan and glucomannan • water • small amounts of amino acids, minerals and enzymes

GEL USES

Humectant and soothing ingredient in moisturizers, after-sun gels, lotions, shampoos and selected wound-care products. Evidence supports soothing and hydration; product quality and formulation matter.

COLLECTION OF INNER GEL





QUALITY

Identity • aloin limit • microbial quality • preservative effectiveness • pH • viscosity • stability

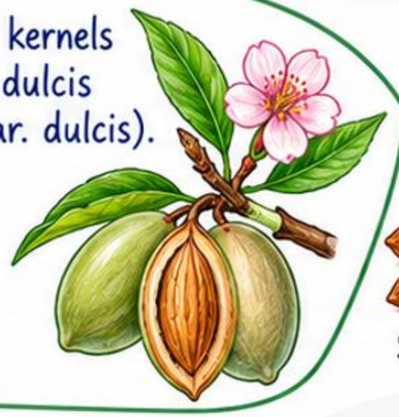
SWEET ALMOND OIL

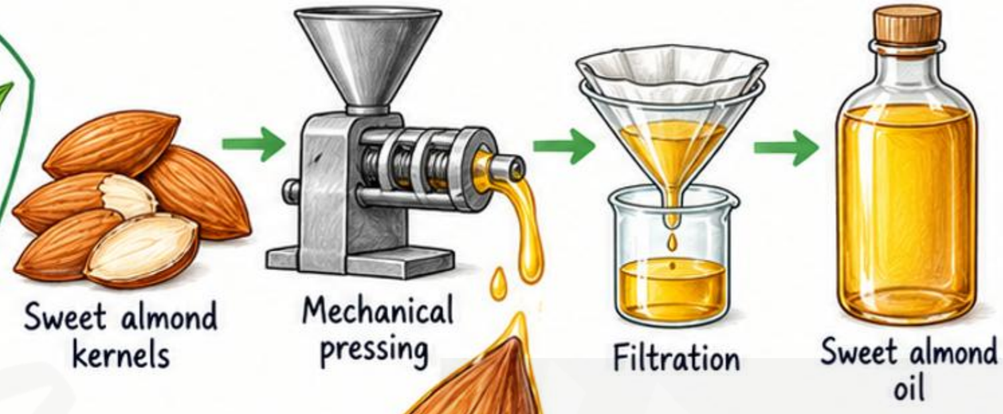
SOURCE

Fixed oil expresssed from kernels of sweet almond, Prunus dulcis (syn. Prunus amygdalus var. dulcis).

Family: Rosaceae

Part used: dried kernels

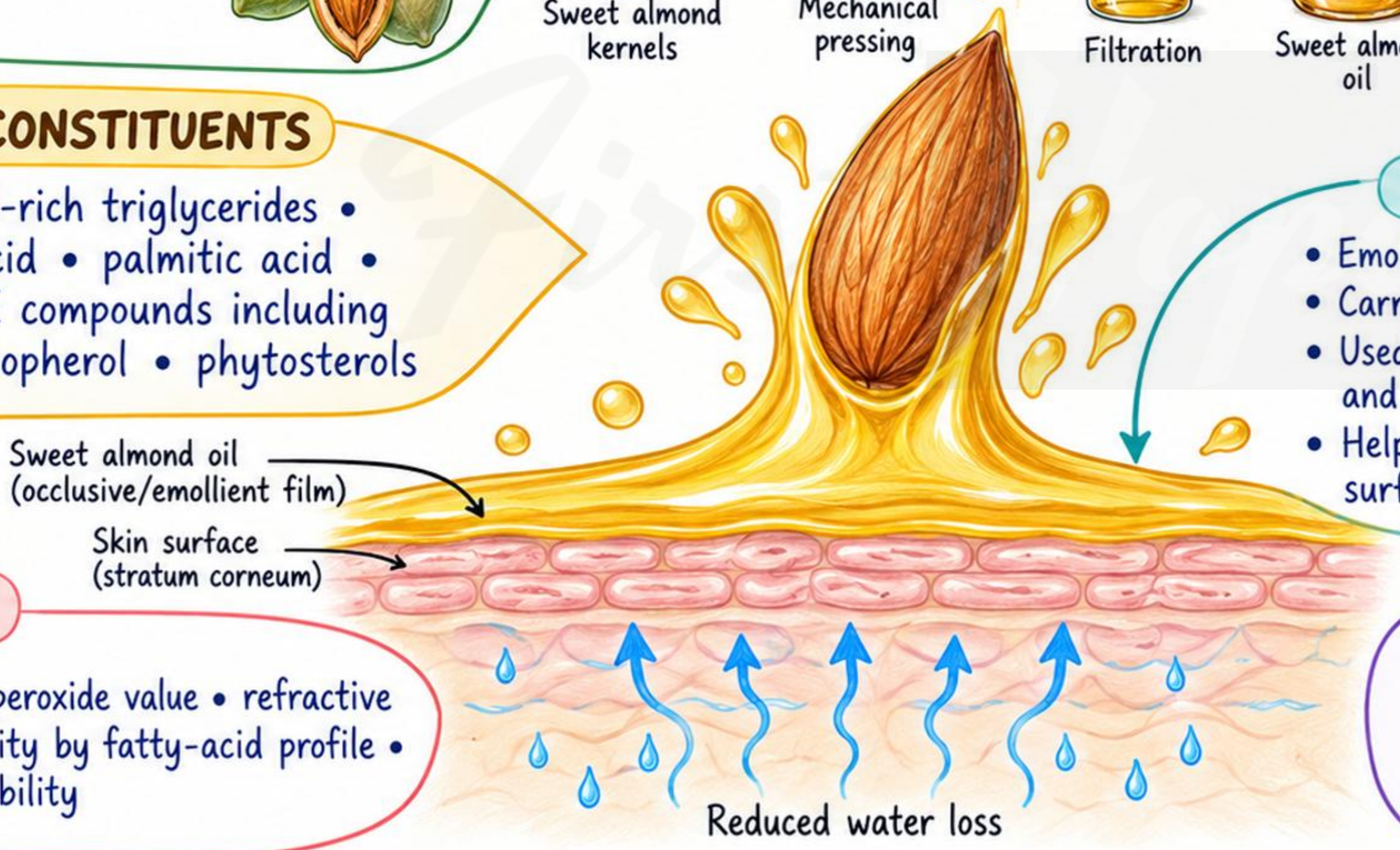




Sweet almond (Prunus dulcis)	Bitter almond (Prunus amygdalus var. amygdalus)
	
• Edible kernels • Used for fixed oil • Safe for cosmetic use	• Contains bitter glucosides • Not used for cosmetic oil • May be toxic

MAIN CONSTITUENTS

Oleic acid-rich triglycerides • linoleic acid • palmitic acid • vitamin E compounds including alpha-tocopherol • phytosterols



COSMETIC FUNCTIONS

- Emollient: smooths and softens dry skin
- Carrier oil for massage and diluted essential oils
- Used in creams, serums, baby oils, lip products and hair conditioners
- Helps reduce moisture loss by supporting the surface lipid layer

QUALITY

Acid value • peroxide value • refractive index • identity by fatty-acid profile • oxidation stability

SAFETY

Use cosmetic or pharmaceutical-grade sweet almond oil. Avoid in people with almond allergy. Store tightly closed, protected from heat and light to limit rancidity.

LAVENDER OIL

SOURCE

Volatile oil obtained mainly by steam distillation of flowering tops of *Lavandula angustifolia*.

Family: Lamiaceae



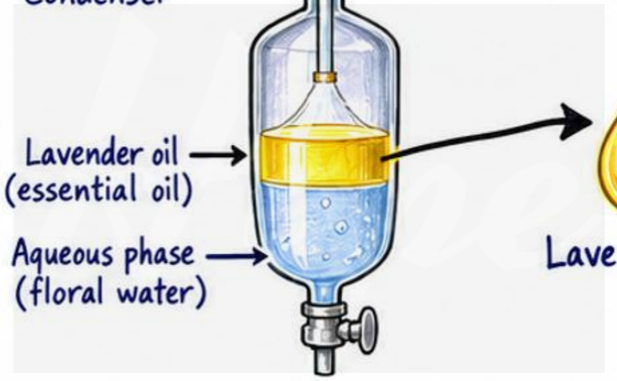
Lavandula angustifolia
(Family: Lamiaceae)



Flowering tops
(plant charge)



Distillation chamber with plant charge



Oil / water separator



Lavender oil

MAIN CONSTITUENTS

Linalool | **linalyl acetate**

Smaller amounts may include terpinen-4-ol, lavandulol and other terpenes. Composition varies with cultivar and origin.

COSMETIC USES



Fragrance in soaps, creams, shampoos and bath products



Aromatherapy blends



Diluted topical products for a pleasant calming aroma

PHARMACOLOGICAL NOTE

Lavender aroma may modestly support relaxation or sleep in some settings. Laboratory antimicrobial activity does not make the oil a substitute for wound treatment.

QUALITY

- Odour
- relative density
- refractive index
- optical rotation
- GC profile
- adulteration testing

SAFETY

Concentrated essential oil can irritate or sensitize skin. Dilute correctly, avoid eyes and ingestion, and perform a patch test when appropriate.





Patch test when appropriate



Avoid eyes



Avoid ingestion

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