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TRADITIONAL HERBAL COSMETICS USED BY LOCAL WOMEN COMMUNITIES IN DISTRICT BANASKANTHA OF NORTHGUJARAT, INDIA

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ABSTRACT:

Since antique epoch female have turned to beautifies of nature to help or increase their own beauty. Even today, people especially in rural areas depend upon plants for traditional cosmetics. The research work is confined to herbal cosmetics with special reference of local communities of District Banaskantha of North Gujarat. Through questionnaires, study was conducted in village of District Banaskantha of North Gujarat to collect information from local people for preparation, use of herbal cosmetic and their conservation. Indigenous data on 38 herbal recipes were collected from respondent informants. A total 38 plant species belonging to 36 genera and 29 families were used in herbal cosmetics. Local communities, especially woman heavily use these herbal cosmetics for their beauty and believe that these are easily available, less expensive, and have no side effects.

KEY WORD: *Herbal cosmetics, Traditional cosmetics.*

INTRODUCTION:

International use of medicine and natural products is steadily increasing. In India, herbal medicine is referred as Ayurvedic System of Medicine. Natural herbs help in preserving and enhancing the beauty and personality of human beings. Natural cosmetic is general term applied to all preparation and external conditioning and beautifying the body. The study implemented more systematic questionnaire in order to understand the criteria being used by the local people of District Banaskantha to characterize and select medical plants for the preparation and use of herbal cosmetics. The local ladies of the area are more dynamic and laborious in comparison to the gents. Regarding dress, the women preferred coloured clothes on special occasions. The women of all ages are much found of ornaments. The younger girls and middle age women decorate their hairs with various flowers such as, *Rosa indica* (ghulab), *Jasminum grandiflora* (jui), etc. particularly during wedding and cultural festivals. The women are conscious about

beauty and use herbal cosmetics in these ceremonies. The ethnobotanical survey for herbal cosmetics was carried out randomly in villages of District Banaskantha to documents the indigenous knowledge of local women about plants used for cosmetics.

MATERIALS AND METHODS:

Questionnaires were developed to document the indigenous knowledge of local women about the preparation and use of herbal cosmetics. Personal meeting were held to interview the 60 local women, 30 men, 10 herbal doctors (*vaidya*) and herbal sellers. The ethnobotanical survey for herbal cosmetics was carried out randomly in remote villages of District Banaskantha. The key respondent was identified, asked about manners in which the herbal cosmetics were prepared and used. Before each interview consent was taken from local women to record the conversions and take photographs. The age of the local women, men, herbalists interviewed ranged between 20-104 yrs. However, local persons had a strong belief that efficiency of herbal therapy will be lost, if it is disclosed to strangers. Some of them hesitated to reveal that preparation of some of the herbal cosmetics they use. The specimens of medical plants collected were identified and deposited in Herbarium of Sheth M.N.Science College, Patan. The ethnobotanical inventory for herbal recipes consists of plant name, local name, family, parts used and indigenous herbal recipes (Table 1).

RESULTS AND DISCUSSION:

Data on herbal cosmetics were investigated from local people of District Banaskantha. In total of 38 plants species belonging to 36 genera and 29 families were found to be commonly used for cosmetics. Man has apparently always made use of plants, animals and minerals in his diet and health. The cultivation and use of herbs is a reality today as has been since the dawn of history. The unrecorded knowledge was handed down to generations by word of mouth. Our ancestors were deeply respectful of herbs and held plants in great esteem.

Approximately, 500 species are known for their active constituents from research conducted in Pakistan and elsewhere, and around 250-300 species known to have entered the herbal markets of India. It has been reported that approximately 400-600 medicinal plants are more frequently used in herbal preparations. Though several species, which are common in certain areas and are known to be used locally in traditional preparations have not been scientifically investigated for their use.

1. *Aloe vera* L. *Kuvarpathu* Liliaceae

Gel from the fresh leaves is applied on face especially during night time. It is good cleaning agent and effective remedy for freckles.

2. *Arachis hypogea* Linn. *Moong phalli* Fabaceae

Seed oil mixed with olive oil is applied on hand and against skin dryness.

3. ***Artemisia scoparia*** Waldst & Kit. *Chawho* Asteraceae

Fresh leaf juice is applied on wounds to expel pus and from sore.

4. ***Zzadirecta indica*** A. Juss. *Limdo* Meliaceae

Fruit powder mixed with rocket oil applied at roots of hairs kills head louses. Leaf paste with 2-3 drops of rose extract is effective against freckles. Mask prepared from neem leaves, *Curcuma longa*, multani mati and few drops of lemon juice enhances beauty. Leaf decoction acts as antiseptic and to wash wounds. Leaf juice is applied on wounds. Its branches are used as tooth brush.

5. ***Brassica campestris*** L. *Sarsoon* Brassicaceae

Past (*ubton*) prepared from mustard seed powder, gram powder, barley and mustard oil is applied on face and whole body; rubbed and rinsed twice a week for cleansing. Past prepared from mustard oil mixed with salt is applied on teeth has antimicrobial efficacy. One end of a cotton fiber rope is dipped into mustard oil and the other end is burned, which produces smoke. *Kajal* prepared from the smoke collected and mixed with honey wax is applied on eye lids.

6. ***Brassica rapa*** L. (*Shaljum*) Brassicaceae

Paste prepared from seed powder, gram powder and honey is effective for freckles. Feet dipped fruit decoction removes all marks on skin and it is effective against feet cracks.

7. ***Canabius sativa*** L. (*Bhang*) Canabinaceae

Leaf decoction is used for swollen gums. Past prepared from the adventitious roots and olive oil is used to tight the breast.

8. ***Carthamus oxicantha*** M.(*bieb Polee*) Astaraceae

Paste prepared from seed powder and few drops of honey is effective to remove white spots of skin.

9. ***Carum copticum*** L. (*Ajmo*) Apiaceae

Fried brown seeds tied in cotton bag is placed on eyes to relieve eye itching.

10. ***Cicer arietinum*** L. (*Channa*) Fabaceae

Past prepared from seeds powder, *Curcuma longa*, sandal bark powder and few drops of rose extract scrubbed on face has cleansing effect.

11. ***Citrus lemon*** Roxb. (*Lemon*) Rutaceae

Past prepared from seeds powder, yoghurt and lemon juice applied on face and arms gives shine to skin. Shade dried fruit coat powder is applied for gum and toothache relief.

12. ***Convolvulus arvensis*** L. (*Laeli*) Convolvulaceae

Fresh leaf decoction is effective for abdominal worms.

13. ***Cordia obliqua*** Willd. (*Lasooray*) Boraginaceae

Leaves are brunt and to get ash and is applied for mouth sores.

14. *Cucumis sativa* L. (Kherra) Cucurbitaceae

Past prepared from mashed fruit and drops of honey gives smoothness to the skin.

15. *Curcuma longa* Burm. F. White. (Haldi) Zingiberaceae

Past prepared from flour husk, *Curcuma longa* powder, lemon juice and cow's milk gives smoothness to skin. Paste prepared from curcuma long, *triticum aestivum* and milk is a good facial scrub. Paste prepared from these fruits field in mustard oil is good antiseptic and effective for arthritis.

16. *Datura innoxia* Miller. (Datura) Solanaceae

Fresh leaves fried in oil are applied on skin sores for fast healing. Fresh leaves are also rubbed on forehead for relief from headache. Dried leaves are smoked as tobacco for asthma cure.

17. *Desmostachya bipinnate* L. (Dub grass) Poaceae

Resulting powder from burnt dub grass roots with milk is effective for arthritis.

18. *Ficus Bengalensis* L. (Vad) Moraceae

Dried leaves are applied on wounds; bark extract is used for foot cracks. Milk extracted from aerial parts specially leaves is externally applied for maintenance of female breast.

19. *Foniculum vulgare* L. (Variyali) Apiaceae

Cooled seed decoction is poured in eyes for effective eye sight.

20. *Fagonia indica* Burm F. (Tumayan) Zygophyllaceae

Fresh leaf powder is effective for cancer at initial stages.

21. *Juglans regia* L. (Akhrote) Juglandiaceae

Dried plant bark applied on teeth gives brightness to the teeth. Paste prepared from dried fruit powder and rose extract applied on face is effective against acne marks.

22. *Lawsonia inermis* L. (Mehndi) Lythraceae

Past prepared from plant leaves, *Dodonea viscosa* (sanatha) and mustard oil is applied on hairs as hair gel.

23. *Melia azedarach* L. (Bakan limdo) Meliaceae

Decoction prepared from leaves and fruits is taken early in the morning as blood purifier and cure for acne.

24. *Mentha lonifolia* L. (Podena) Lamiaceae

Powder of mentha longifolia, Terminalia chebula, Zanthoxylum alatum and Migela sativa is effective for stomach disorders.

25. *Opuntia dellini* Haw. (Thor) Cactaceae

Latex of plant glued with cloth is tied on wound to expel pus and fast wound healing.

26. *Papaya carica* L. (*Papaiya*) Piperaceae

Past prepared from fruit, Rose extract and egg white is applied externally as an effective skin tonic.

27. *Phoenix sylvestris* L. Roxb (*Khajoor*) Arecaceae

Past prepared from dried fruit and mustard oil is effective against tooth worms and toothache.

28. *Pisum sativum* L. (*Vatana*) Fabaceae

Past prepared from shade dried seed powder in lemon juice is applied on face to give fairness.

29. *Prunus amygdalus* (*Badaam*) Rosaceae

Facial mask prepared from seed powder, gram powder, few drops of rose extract and honey is effective against skin freckles.

30. *Pyrus malus* (*Safarjan*) Rosaceae

Past prepared from fruit mixd with honey and rose extract applied on face gives fairness to skin.

31. *Punica granatum* L. (*Dadam*) Punicaceae

Burnt stamens ash is used in stopping of bleeding from the nose

32. *Risinus communis* L. (*Arando*) Euphorbiaceae

Oil applied on eye lashes enlarges the eye lashes.

33. *Sesamum indicum* L. (*Tal*) Pedaliaceae

Decoction of fruits of *Sesamum indicum*, *Sapindus orientalis* (*Retha*) and *Phyllanthus emblica* (*Amla*) is used to wash hairs. It makes hairs silky and beautiful. The fruit fried in mustard oil until browned is effective for healing wounds.

34. *Solanum nigrum* L. (*Kach mach*) Solanaceae

Fruit decoction is used against gastric problems and constipation. Fresh leaf decoction is used to wash swelling of hands and feet.

35. *Solanum surratense* Burm.F. (*Mokari*) Solanaceae

Decoction of seeds mixed with species is effective for arthritis. Fruit is fried on fire until smoke is produced; smoke sucked through pipe is effective for tooth worm.

36. *Tribulua tarastris* L. (*Gokharu*) Zygophyllaceae

Fruit powder is taken once a day is effective cure of leucorrhoea.

37. *Trigonella foenum-graecum* L. (*Methi*) Fabaceae

Hairs washed with seed decoction given shines to the hairs. Past prepared from dried leaves and rose extract removes face freckles.

38. *Vitis Vinifera* L. (*Draksh*) Vitaceae

Fruit browned on low fire and tied on the wound is effective for healing wounds.

CONCLUSION:

Since most of the part of District Banaskantha is in Northern Gujarat, has a lot of natural resources. There is clear relationship between the local people with natural resources. Local people of area have good knowledge of utilization of plants for cosmetic purposes. Therefore, efforts were made to understand the indigenous knowledge about the use of herbal cosmetics. The utilisation of indigenous herbal cosmetics will increase the importance of local cosmetic industry. In view of the research work on herbal cosmetics and medicinal plants, research, development and conservation effects should be focused on these plants. For sustainable and long term conservation of natural resources of the area, there is need to activity involve the local communities in evaluation, planing, implementation and monitoring process.

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