

## A REVIEW: HERBAL LIP BALM CONTAINING BANANA PEEL, PAPAYA AND ALOEVERA EXTRACT FOR MOISTURISING LIPS

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### ABSTRACT

Cosmetics are incredibly in demand since historical time. These days focus shifted more towards naturally derived cosmetic products. Among all cosmetic products, lip balm formulations are most widely used to enhance the beauty of lips and add glamour touch to the makeup. Lip balms offer a natural way to maintain and promote healthy lips. Current cosmetic lip products are based on use of enormous chemical ingredients with various side effects. Hence in this work, an attempt has made to study natural ingredients used to formulate natural lip balm. This article reviews on the essential ingredients used for natural lip balm along with their merits and limitations. The natural lip balm can made using naturally occurring base, oils, extract, color and flavoring agents which can be evaluated for their resistance to temperature variations, pleasant flavor, and smoothness during application, adherence and easy intentional removal, etc Cosmeceuticals are the ingredients that have medicinal properties that benefits topical action and also provide protection against degenerative skin condition. The present work was carried out by using these ingredients that have less side effects. Products used to protect lips rather than to decorate them are well known as lip balms. They form an adherent, moisture resistant film of oily substances.

**KEYWORDS:** natural lip balm; herbal cosmetics; natural ingredients.

### INTRODUCTION

Cosmetic plays a significant role in today's life style. Moreover current trend is going green in almost all industries including cosmetics to adopt more natural way of life. The preferable choices are natural food, herbal medicines and natural curing practices for healthy life and also there is much demand for the organic vegetable products. The usage of herbal cosmetics has been increased to many folds in personal care system. Natural products have been used for folk medicine purposes throughout the world for thousands of years. Many of them have pharmacological properties such as antimicrobial, anti-inflammatory and cytostatic effects. They have been recognized as useful for human medicine. Herbal extracts are cultivated all over the world and is prime name in horticulture sector. Cosmetics made up of herbal extracts for skin care and hair-care are very popular for their reliability.<sup>[1]</sup>

Herbal cosmetic products include various formulations. The word herbal indicates safety as compared to synthetic products which are having various adverse effects on human health. Coloring lips is the ancient practice to enhance the through the skin of the lips that gives a lovely pinkish color of the lips. The lip skin has no hair follicle and no sweat glands. Therefore it does not have the sweat and body oil in protecting the lip from outside environment.<sup>[2]</sup>

### Anatomy of lips

The lips serve as organs of prehension, suction and speech. It is composed of the skin, superficial fascia, orbicularis muscle and the muscles inserted around it (areolar tissue & mucous membrane). The margins of the lips are covered with dry, red mucous membrane, continuous with the skin and containing numerous vascular papillae and touch corpuscles. The mucous membrane internally is reflected from the upper and lower lip upon the gums, and in the median line forms two folds of superioris and inferioris.<sup>[3]</sup>

The areolar tissue or submucous layer contains the coronary vessels which completely encircle the buccal orifice near the free margin of the lips. The coronary vessels are the superior and inferior coronary arteries which arise from the facial. The superior coronary is larger than the inferior, and anastomoses with its fellow of the opposite side and gives off a small artery to the septum arteriaseptinasi. Compression of this artery will sometimes control nasal hemorrhage. The superior labial or coronary vein begins as a plexus in the orbicular is muscle of the upper lip, passes with the coronary artery and drains into the facial vein a little below the a alae of the nose of the veins which drain the lower lip the inferior coronary empties into the facial a little below the superior labial; but the chief branch from the lower lip

descends as a rule to the submental vein, thence to the facial or often to the anterior jugular.

The nerves supplying the lower lip are derived from the mental which emerges from the bone through the mental foramen and sends large twigs to the mucous membrane, the integument and the fascia of the lip and chin. Some of the lymphatic vessels of the lips pass to a gland just above the body of the hyoid bone, while others pass to the sub maxillary glands. The labial glands are in the submucous layer of the lips around the orifice of the mouth. They secrete a mucous fluid. Mucous retention cysts develop when the ducts of these glands become occluded.<sup>[4]</sup>

### Lip Disorders

#### Swelling

An allergic reaction can make the lips swell. The reaction may be caused by sensitivity to certain foods or beverages, drugs, lipstick, or airborne irritants. When a cause can be identified and then eliminated, the lips usually return to normal. But frequently, the cause of the swelling remains a mystery. A condition called hereditary angioedema may cause recurring bouts of swelling. Nonhereditary conditions such as erythema multiforme, sunburn, cold and dry weather, or trauma may also cause the lips to swell.<sup>[5]</sup>

#### Sun Damage

Sun damage may make the lips, especially the lower lip, hard and dry. Red speckles or a white filmy look signal damage that increases the chance of subsequent cancer. This type of damage can be reduced by covering the lips with a lip balm containing sunscreen or by shielding the face from the sun's harmful rays with a wide-brimmed hat.

#### Inflammation

With inflammation of the lips (cheilitis), the corners of the mouth may become painful, irritated, red, cracked, and scaly. Cheilitis may result from a deficiency of vitamin B2 in the diet.<sup>[6]</sup>

#### Discoloration

Freckles and irregularly shaped brownish areas (melanotic macules) are common around the lips and may last for many years. These marks are not cause for concern. Multiple, small, scattered brownish black spots may be a sign of a hereditary disease called Peutz-Jeghers syndrome, in which polyps form in the stomach and intestines. Kawasaki disease, a disease of unknown cause that usually occurs in infants and children 8 years old or younger, can cause dryness and cracking of the lips and reddening of the lining of the mouth. 4.5 Sores: A raised area or a sore with hard edges on the lip may be a form of skin cancer. Other sores may develop as symptoms of other medical conditions, such as oral herpes simplex virus infection or syphilis. Still others, such as keratoacanthoma, have no known cause.

### Application of Lip Balm

Lip balms are formulations applied onto the lips to prevent drying and protect against adverse environmental factors. Numerous lip balms of chemical origin are currently available in the market from companies like The body shop, Nivea, Himalaya, Blistex, etc. The cosmetic literature reports limited data on this type of formulation, although references related to lipstick apply because it is a cosmetic form similar to lip balm. This similarity extends to include organoleptic and stability requirements such as resistance to temperature variations, pleasant taste, innocuousness, smoothness during application, adherence and easy intentional removal. Lip balm should not be considered equivalent to the lip gloss, with the former being a product intended for use by both men and women.<sup>[7]</sup>

To formulate lip balms, it is necessary to balance the concentration of the main ingredients including butters, oils and waxes and other excipients. Many people seek weekly facials, daily skin scrubs, anti-aging lotions, and many other products to ensure they have healthy and glowing skin. But with all the attention being given to healthy skin, lip care is largely forgotten. Natural lip balms offer a natural way to maintain and promote healthy lips.

Lip balms are often eaten away by the user and hence it is imperative that health regulators have a microscopic look at the ingredients that go in to the lip balm. The dyes that contribute to the color of the lip balm are dangerous to humans on consumption.

### Advantages and Disadvantages of Natural lip balm

- Lip balms help to protect the natural health and beauty of the lips.
- Sun block lip balms are proved to prevent ultraviolet rays from hurting the lips.
- They are not gender specific products and both men and women can use them.
- Lip balm products help to protect lips affected by cold sores, chapping and dryness.
- Contact of the product with the skin will not cause a sensation of friction or dryness, and should allow the forming of a homogeneous layer over the lips in order to protect the labial mucous susceptible to environmental factors such as UV radiation, dryness and pollution.
- It refreshed, renewed and also addresses lip-related symptoms resulting from colds, flu and allergies.
- The use of natural lip cosmetic to treat the appearance of the face and condition of the skin.<sup>[8]</sup>

### Disadvantages of natural lip balm

- Lip balms made of low quality ingredients can harm the lips seriously. Such lip balms may dry out the lip instead moisturizing it.
- Lip balm addiction is another disadvantage usually seen with the use of them.

- Compared to commercially-prepared lip balms, homemade lip balms tend to stay on the lips for a shorter duration of time. Thus need to reapply often.
- Some companies manufacture lip balms considering only the beauty aspect, ignoring the health benefits and soft character of the skin. Such products will gradually damage the natural color, softness and glow of the lips.
- The naturally derived colors and flavours are more difficult to obtain and also have issues related to stability in the products.<sup>[9]</sup>

### Some natural ingredients used for herbal lip balm

#### Aloe Vera

Perennial herbs with fleshy ensiform leaves. Flowers reddish-yellow, in long scapes.

Family: *Asphodelaceae*.

**Uses:** Fresh juice of leaves cathartic and refrigerant, used in liver and spleen ailments and for eye troubles. Leaves in chronic constipation. Aloe species are used in a host of diseases particularly of the digestive system.



#### BANANA PEEL

Biological source: peel of *Musa acuminata*.

Family: *Musaceae*.



#### CONCLUSION

Due to tremendous demands of beauty enhancing products cosmetics industry is flourishing. This work has reviewed the current status of natural lip balm products. This also studied all aspects of natural lip balm including natural ingredients, formulation methods, evaluation and applications. Hence it can be concluded that the extensive literature study has been performed on the

Banana peel contains high content of micronutrients compared to fruit pulp. It attracts great attention due to their nutritional and anti oxidant properties.



#### Papaya

Papaya is developed broadly in all tropical and subtropical parts of the world. The entire plant parts such as root, bark, peel, seeds, blooms, leaves, and squash are known to have helpful properties. Papaya common items have smooth skin, green, while young turning yellow. Prepared papaya feels fragile, the skin has yellowish shading, and when opened it has a sensitive orange yellowish tissue with different minimal dim seeds embedded at the vacant core interest.

Family: *Caricaceae*.

**Uses:** Papaya's main medicinal use is as a digestive agent. The leaves and the fruit can both be used (the unripe fruit is a specially effective). The latex from the trunk of the tree is applied externally to speed the healing of wounds, ulcers, boils, warts and cancerous tumors.

natural lip balm products and shown wide scope for such products in future.

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