

Chapter 4. Ayurvedic Herbs & Natural Ingredients in Cosmetology

Identification, Properties & Practical Dosage of commonly used herbal ingredients used in cosmetology

Below you'll find the **core materia medica** every Ayur-cosmetologist keeps on hand—divided into **Skin-centric** and **Hair-centric** herbs. Each line gives:

- **Botanical Name (accepted Latin binomial)**
- **Key Phytochemicals** (those most responsible for cosmetic effect)
- **Guṇa/Vīrya** shorthand (dry/light/heating/cooling, etc.)
- **Principal Cosmetic Uses**
- **Typical External Concentration** (% in mask, ml in 100 ml oil, etc.)
- **Typical Oral Dose** (choornā, capsule, or decoction for beauty protocols)

A. Skin-Focused Ayurvedic Herbs

#	Sanskrit / English	Botanical Name	Phytochemical Highlights	Guṇa / Vīrya	Cosmetic Uses	External Dosage	Internal Beauty Dose
1	Neem - Nimba	<i>Azadirachta indica</i>	Azadirachtin, nimbidin, quercetin	Tikta, Kaṭu; Śīta	Antifungal masks, acne toners	3-5 % powder in clays; 5 ml oil per 100 ml	250 mg caps BID (acne)
2	Manjishtha	<i>Rubia cordifolia</i>	Alizarin, purpurin, rubiadin	Tikta, Kaṣāya; Uṣṇa	Melasma, post-acne red fade	1 % CO ₂ /5 % decoction in serums	3 g choornā HS in warm water
3	Turmeric (Kasturi)	<i>Curcuma aromatica</i>	Curcuminoids, turmerones	Kaṭu, Tikta; Uṣṇa	Anti-inflammatory glow masks	1 g per face pack; 0.3 % in gels	1 g powder + ghee breakfast
4	Sandalwood - Chandana	<i>Santalum album</i>	Santalol, α-santalene	Madhura; Śīta	Cooling gel, rash relief	2-4 % fine powder; 1 % EO	Rare internal (0.5 g lehyam)
5	Aloe - Kumari	<i>Aloe barbadensis</i>	Aloin, polysaccharides	Madhura; Śīta	Hydrating gels, barrier repair	Up to 70 % fresh gel	30 ml juice AM (dry skin)
6	Licorice - Yashtimadhu	<i>Glycyrrhiza glabra</i>	Glabridin, liquiritin	Madhura; Śīta	Brightening serums, anti-PIH	5-10 % glycerite; 1 % CO ₂	2 g choornā BID (melasma)
7	Lodhra	<i>Symplocos racemosa</i>	Symplocamide, tannins	Kaṣāya; Śīta	Pore-tightening masks	5-7 % micro-powder	3 g decoction BID (oozy acne)
8	Vetiver - Usheera	<i>Vetiveria zizanioides</i>	Vetiverols, sesquiterpenes	Tikta, Kaṣāya; Śīta	Cooling hydrosol mist	Hydrosol 100 % spritz	40 ml decoction HS (heat)
9	Raktha Chandan	<i>Pterocarpus santalinus</i>	Santalin A/B	Kaṣāya; Śīta	Redness & tanning packs	3 % ultra-fine powder	External only
10	Lotus - Padma	<i>Nelumbo nucifera</i>	Flavonols, nuciferine	Madhura; Śīta	Hydro-jelly masks, tone-up mists	10 % petal macerate	5 ml fresh juice with honey
11	Sariva - Hemidesmus	<i>Hemidesmus indicus</i>	Hemidine, saponins	Madhura, Tikta; Śīta	Blood-cool lemonade, heat rashes	2 % decoction in gels	20 ml syrup BID (acne)
12	Gotu Kola - Mandukaparni	<i>Centella asiatica</i>	Asiaticoside, madecassoside	Tikta; Śīta	Collagen-boost serums	0.2-0.5 % CO ₂ extract	500 mg caps HS (scars)

B. Hair-Focused Ayurvedic Herbs

#	Sanskrit / English	Botanical Name	Phytochemical Highlights	Guṇa / Virya	Hair/Scalp Actions	External Dosage	Internal Beauty Dose
1	Bhringraj	<i>Eclipta alba</i>	Wedelolactone, eclalbasaponin	Tikta; Śīta	Stimulates anagen, darkens	6 g fresh paste per 100 ml oil	250 mg tabs BID
2	Amla (Āmalakī)	<i>Emblia officinalis</i>	Vit-C (600 mg %), gallic-ellagic acids	Amla; Śīta	Anti-grey, strengthens shaft	5 % in rinse; 10 g in oil decoction	5 g powder AM
3	Brahmi	<i>Bacopa monnieri/Centella</i>	Bacopaside, asiaticoside	Tikta; Śīta	Anti-stress fall, micro-circulation	1 % CO ₂ in serum	300 mg caps HS
4	Neeli (Indigo)	<i>Indigofera tinctoria</i>	Indigotin, indirubin	Tikta; Śīta	Natural dark dye, DHT block	5 g powder gloss	External only
5	Hibiscus - Japa	<i>H. rosa-sinensis</i>	Anthocyanins, mucilage	Madhura; Śīta	pH-low rinse, shine, anti-break	10 % petal paste mask	15 ml flower decoction BID
6	Fenugreek - Methi	<i>Trigonella foenum-graecum</i>	Trigonelline, saponins	Kaṣāya; Uṣṇa	Slip-rich masks, DHT modulator	2 tbsp soaked paste	5 g seeds at breakfast
7	Shikakai	<i>Acacia concinna</i>	Saponins, lupeol	Tikta; Uṣṇa	Natural cleanser, de-greaser	10 g dry powder shampoo	External only
8	Reetha (Soap-nut)	<i>Sapindus mukorossi</i>	Saponin 10-11 %	Kaṣāya; Śīta	Clarifying rinse, product build-up	3 cracked nuts / 500 ml water	External only
9	Curry Leaf - Karipatta	<i>Murraya koenigii</i>	Carbazole alkaloids	Kaṭu; Uṣṇa	Dark pigment support	10 % leaf paste in oil	Fresh juice 10 ml with lunch
10	Mustard Oil - Sarṣapa	<i>Brassica juncea</i>	Allyl isothiocyanate, omega-3	Kaṭu; Uṣṇa	Kapha-scraping, anti-dandruff	20 ml in 100 ml blend	External (warming)
11	Coconut Oil - Nārikela	<i>Cocos nucifera</i>	Lauric acid (48 %)	Madhura; Śīta	Protein-loss prevention, cool	Base up to 90 ml / 100 ml	1 tbsp edible, summer
12	Sesame Oil - Tila	<i>Sesamum indicum</i>	Sesamin, lignans	Tikta, Madhura; Uṣṇa	Deep Vāta-lubricating base	Base up to 100 ml	1 tbsp winter tonic

3. Quick-Reference Formulation Ratios

Product	Herbal % / Dose
Daily "Grow" Scalp Serum	0.5 % Bhringraj CO ₂ + 1 % Amla extract + 0.3 % Rosemary EO in jojoba
Anti-Pigment Face Gel	2 % Licorice glycerite + 0.3 % Manjishtha CO ₂ + aloe base
Anti-Dandruff Shampoo	1 part Reetha + 1 part Shikakai + 0.2 part Neem powder (dry blend)
Night Glow Cream	3 % Kumkumadi taila + 1 % Vetiver hydrosol + 0.2 % Turmeric extract

4. Safety Pointers & Contra-Signals

- **Turmeric & Bakuchi:** photosensitising—patch-test, avoid strong sun after use.
- **Neem oral:** limit to 500 mg/day, avoid during pregnancy.



- **Mustard oil:** strong heat—dilute for Pitta scalp; patch-test.
- **Amla high dose:** may aggravate Vāta in chronically constipated clients—pair with ghee.
- Always watch for **nut allergies** (sesame, coconut) and **latex cross-reactivity** (hibiscus).

Key Take-Aways

1. **Match herb energy (Guṇa +/- Virya) to the dominant doṣa of the client.**
2. **Use correct concentration**—too little is ineffective, too much may irritate.
3. **Internal + external synergy** delivers best cosmetic outcomes.
4. **Stability matters**—CO₂ extracts last longer; fresh pastes give peak enzymes but spoil faster.
5. **Document your blends** (batch, percentage) for repeatable clinic or retail production.

Sūtra to remember:

“One herb ≠ one effect; its rasa, guṇa, virya, vipāka weave together—know the weave before you craft the cream.”