



**INTERNATIONAL JOURNAL OF
PHARMACEUTICAL SCIENCES**
[ISSN: 0975-4725; CODEN(USA): IJPS00]
Journal Homepage: <https://www.ijpsjournal.com>



Review Article

The Role of Herbal Kajal in Eye Health: A Review of Ingredient and Benefits

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ARTICLE INFO

Published: 08 Oct 2025

Keywords:

Herbal Kajal, Triphala, Kohl

DOI:

10.5281/zenodo.17295034

ABSTRACT

Kajal, also known in the past as kohl or Surma, has long been used to enhance the beauty of the eyes. The concept of making herbal kajal with medicinal herbs is a modern and innovative approach that combines tradition with science. These herbal cosmetics come with several benefits they are more comfortable for users, last longer, resist smudging or water, and are affordable. In this case, two medicinal herbs, Rosa rubiginosa and Triphala, were selected to evaluate how well they could support prolonged use around the eyes. Standardised methods were applied to check their physical and chemical properties, ensuring the results stayed within safe and effective limits. The antimicrobial activity of this herbal kajal was also tested and compared with conventional products, showing its potential as a natural, safe, and effective alternative.

INTRODUCTION

Herbal kajal has been a part of traditional beauty routines for centuries, especially in Indian culture. But it's more than just a cosmetic when prepared with natural, medicinal ingredients, it becomes *medicated herbal kajal*, combining the charm of beauty with the power of healing. Unlike synthetic kajals, herbal kajal is made using natural substances like camphor, almond oil, ghee, and soothing herbs. These ingredients not only enhance the appearance of the eyes but also offer various therapeutic benefits cooling the eyes,

protecting them from infections, and even improving vision over time. As awareness grows around clean and conscious beauty, many people are returning to herbal alternatives that are both safe and effective. Medicated herbal kajal stands out as a perfect blend of tradition, care, and natural goodness for daily eye health and beauty.

HISTORY:

For generations, people have turned to plants to care for their eyes. In Ayurveda, the traditional system of Indian medicine, many remedies were created from either a single herb or a blend of

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Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.



natural ingredients, as described in ancient texts like Astanghriday, Ras Tarang, Bhav Prakash, Charak Samhita, and Sushrut Samhita. These texts don't just talk about eye diseases they explain their causes too, mentioning conditions similar to glaucoma and conjunctivitis, which are referred to as *Abhishyand* and *Adhimanth* in Ayurveda. To treat such problems, people used herbal powders, *arka* (herbal water extracts), *kajal* (a natural eyeliner), and even special eye washes and steam therapies made from plants. In some cases, animal-based ingredients and research with animals also played a part in shaping these traditional eye treatments. Today, the cost and safety of eye care products sold in India are regulated under the Drugs and Cosmetics Act, which also oversees the use of natural products in formulations. With increasing consumer awareness, standardisation has become essential. It helps ensure that the products are safe, consistent, and effective. Something both healthcare professionals and customers expect from manufacturers.

BENEFITS OF ORGANIC KAJAL FOR EYE HEALTH:

Using organic kajal isn't just about beauty it can also support the overall health of your eyes. Here are some of the key benefits:

- **Soothing and Cooling Effect:** Ingredients like camphor and menthol give a gentle cooling sensation, which helps relax tired eyes and ease strain, especially after long hours of looking at screens.
- **Keeps Eyes Hydrated:** Organic kajal is often made with natural oils that lock in moisture. This can be especially helpful for people who struggle with dry eyes due to screen time or exposure to wind and air conditioning.

- **Shields Against Pollution:** When applied, kajal forms a light protective layer around the eyes. This can help reduce direct exposure to dust, smoke, and other pollutants in the environment.
- **Enhances Natural Beauty:** Besides health benefits, organic kajal highlights your eyes, making them look brighter and more expressive without the worry of harsh chemicals.
- **Gentle on Sensitive Eyes:** Since it's made from natural ingredients, organic kajal is less likely to cause irritation, redness, or discomfort, making it a safe option for people with sensitive eyes.

OBJECTIVES:

- Helps protect the eyes from infections and irritation.
- Naturally cools the eyes, easing strain and tiredness.
- May support better sleep and help with insomnia.
- Gives a smooth, long-lasting application without causing irritation.
- Offers a safe and natural alternative to chemical-based eye cosmetics.

ADVANTAGES OF USING HERBAL COMPOUNDS:

Herbal medicines offer a simple and natural way to detoxify the body and support overall health. Ingredients like Plantago, psyllium seeds, rhubarb juice, aloe vera, alfalfa juice, chlorella, carrot extracts, and garlic help strengthen the immune system, improve digestion, enhance nutrient



absorption, and even support spinal cord health. Many herbs are effective in managing digestive issues such as indigestion, peptic ulcers, colitis, and bowel disorders. For circulatory and respiratory problems like asthma or varicose ulcers, herbs such as ginger, capsicum, garlic, and motherwort are commonly used. Herbal remedies also play a role in managing cholesterol levels and reducing the risk of coronary heart disease. Since obesity is often linked to several health concerns, certain herbal medicines can help with weight management and appetite control, promoting long-term wellness.

INGREDIENTS:

Composition Of Herbal Kajal:

1.ALMOND OIL IN HERBAL KAJAL:

Almond oil, derived from the seeds of the almond tree (*Prunus amygdalus*), is a key ingredient in herbal kajal. It is well known for its nourishing and protective properties.

BENEFITS:

- Helps protect the skin around the eyes from sun damage.
- Strengthens the skin's natural barrier, keeping it healthy and slowing down signs of ageing.
- Rich in omega-3 fatty acids, which provide protection against harmful UV rays and help prevent dark spots from worsening with time.



Fig.1: Almond Oil

2.COW GHEE :

Cow ghee is made by gently heating butter (churned from cream) until the water evaporates. The impurities that rise to the surface are removed, and the clear golden fat is collected, leaving behind the milk solids. The richness, taste, and colour of ghee largely depend on the quality of the milk and the way it is prepared.

BENEFITS:

- Cow ghee helps in enhancing the natural glow of the skin.
- It works effectively in reducing dark spots and pigmentation.
- It deeply nourishes, moisturizes, and keeps the skin hydrated.



Fig.2: Cow Ghee

3.BEESWAX VS. PLANT WAX :

Beeswax is a natural wax made by honeybees (genus *Apis*). Worker bees produce it from special glands in their abdomen, forming tiny wax scales. These scales are then used inside the hive to build honeycomb cells, which serve as storage for honey and also as a safe space for larvae and pupa.

BENEFITS:

- Beeswax is one of the oldest materials known to humans in fact, it was used in prehistoric times as an early form of “plastic.”
- It has long been valued as a natural lubricant and waterproofing agent. For example, it was used in the “lost wax” casting method for shaping metals and glass.
- It is commonly applied as a polish for wood and leather, and of course, in candle-making.
- Today, beeswax is also widely used in cosmetics (like lip balms and creams) and as a medium in encaustic painting, where artists mix pigments with melted wax.



Fig.3: Beeswax

4. ROSE OIL:

Rose oil also known as rose otto, attar of rose, or rose essence precious essential oil made from the petals of different varieties of roses. There are two main methods of extraction: steam distillation, which gives us rose otto, and solvent extraction, which produces rose absolute. Among the two, rose absolute is more widely used in perfumes because of its strong, sweet fragrance.

BENEFITS:

- Anti-aging care: Helps reduce the appearance of wrinkles and fine lines, keeping the skin youthful.
- Cell regeneration: Supports the renewal of skin cells and promotes healthy, glowing skin.
- Soothing relief: Acts as a natural remedy for inflammation, irritation, eczema, and allergic rashes.



Fig.4: Rose Oil

5. KAPUR POWDER:

Camphor is a naturally occurring substance that was traditionally obtained by distilling the bark and wood of the camphor tree. Nowadays, it is mostly produced from turpentine oil. It has a strong, unique fragrance that makes it easily recognizable. Camphor is commonly available in different forms, such as camphorated oil and camphorated spirits, which are used for various purposes.

BENEFITS:

- Traditionally sourced from the camphor tree, but now mostly made from turpentine oil.
- Has a very distinct, strong smell.
- Available in products like camphorated oil and camphorated spirits.

6. HERBS AND BOTANICAL EXTRACTS:



Herbal kajal is often enriched with natural herbs and plant-based extracts like amla (Indian gooseberry), triphala (a blend of three fruits), and other traditional ingredients. These not only add to its natural essence but also provide supportive care for the eyes and skin.

BENEFITS:

- Acts as a natural antioxidant, helping to protect the eyes from everyday stress.
- Works as a free radical scavenger, which means it helps reduce damage caused by harmful molecules in the body.
- Provides a cooling and soothing effect on tired or irritated eyes.



Fig.5: Natural And Botanical Extracts

Types Of Herbal Kajal:

Herbal kajal, also called natural or organic kajal, is available in different varieties depending on the ingredients used and the purpose it serves. Each type is made to suit specific preferences and needs. The most common types are:

1. TRADITIONAL HERBAL KAJAL

This is the classic form of herbal kajal, usually prepared with natural ingredients like almond oil, castor oil, cow ghee (clarified butter), camphor, and selected herbs. It not only enhances the beauty

of the eyes but also gives a soothing and cooling effect.

2. AYURVEDIC KAJAL

Based on the principles of Ayurveda, this type of kajal is made using medicinal herbs such as triphala (a blend of three fruits), amla (Indian gooseberry), and other nourishing plants. It is specially valued for its ability to calm, refresh, and protect the eyes.

3. MINERAL-BASED HERBAL KAJAL

Some formulations mix natural herbs with mineral pigments like carbon black or powdered zinc oxide. These kajals are made to balance the goodness of natural ingredients with better texture, darker colour, and longer wear.

4. Waterproof Herbal Kajal

For people who want their kajal to last longer, even in humid weather or when exposed to moisture, waterproof herbal kajal is an option. It combines herbal benefits with smudge-proof and water-resistant properties.

Procedure:

1. Prepare the double boiler

- Place a heatproof bowl over a pot of gently simmering water. This slow heating method helps melt the ingredients evenly without the risk of burning.

2. Add your base ingredients

- Into the bowl, add almond oil, aloe vera gel, and either beeswax or carnauba wax.
- Optional: For a natural tint, mix in a small amount of plant-based pigment. You can also

add a drop of essential oil if you'd like a mild fragrance.

3. Melt and mix well

- Allow the mixture to melt slowly. Stir it continuously until the wax has completely dissolved and everything blends into a smooth mixture.

4. Add camphor

- Once blended, add a pinch of camphor. This gives the kajal its soothing and cooling properties, which are gentle on the eyes.

5. Transfer into containers

- While still warm and liquid, pour the mixture into clean, dry containers or small jars.

6. Let it set

- Leave the containers untouched until the kajal cools down and solidifies naturally. The end product will have a smooth, creamy texture that's ready to use.

Important Safety Tip: This is a simple DIY method, and recipes can differ slightly. Always ensure that the ingredients you use are natural, clean, and safe for the skin. Before applying to your eyes, do a small patch test to rule out any irritation or allergies. If you have sensitive skin or eye conditions, it's best to check with a dermatologist before use.

CONCLUSION:

Herbal kajal represents a unique fusion of tradition and modern science, offering both cosmetic appeal and therapeutic benefits for eye health. Unlike synthetic alternatives, it is enriched with natural oils, ghee, herbs, and botanical extracts that

nourish, protect, and soothe the eyes while being gentle on sensitive skin. Ingredients such as almond oil, cow ghee, rose oil, camphor, and Triphala not only enhance the appearance of the eyes but also provide antimicrobial, cooling, moisturizing, and antioxidant effects. The historical roots of herbal kajal in Ayurveda highlight its significance in preventive and curative eye care, while contemporary formulations ensure standardization, safety, and effectiveness. With growing awareness of clean and sustainable beauty, herbal kajal stands out as a safe, eco-friendly, and affordable alternative to chemical-based products. Overall, the role of herbal kajal goes beyond aesthetics it contributes to maintaining eye comfort, protecting against infections and environmental pollutants, and supporting overall ocular wellness. Future research and innovations in formulation can further validate and expand its potential as a natural eye-care cosmetic.

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HOW TO CITE: Pagare Aishwarya*, Sapna Raut, Snehal Padol, Pranali Nagare, Rohan Kherud, The Role of Herbal Kajal in Eye Health: A Review of Ingredient and Benefits, Int. J. of Pharm. Sci., 2025, Vol 3, Issue 10, 744-751 <https://doi.org/10.5281/zenodo.17295034>

