



Swarinim Start-up and Innovation University, Gandhinagar

Aarihant Ayurvedic Medical College and Research Institute

VALUE ADDED COURSE (YEAR 2021-22)

Department of Rasashastra & Bhaishajyakalpana

Course name – Advanced Herbal Cosmetic Preparation

Organizing Department –Department of Rasashastra and Bhaishajyakalpana

Course code – RSAHCP1

Course co-ordinators – Dr. Priyadarshini Nambiar & Dr. Namdev Vanganekar

Duration – 30 hours

Date – 21st August 2021 to 04th September 2021

Preamble

The Advanced Herbal Cosmetic Preparation course empowers participants with the knowledge and skills necessary to create a diverse range of herbal skincare and haircare products. Through a blend of theoretical learning and hands-on practical sessions, participants will explore the benefits of natural ingredients, understand the principles of cosmetic chemistry, and master the art of formulating effective and safe herbal cosmetics. This course aims to cater to individuals interested in natural beauty solutions, aspiring entrepreneurs in the herbal cosmetics industry, and cosmetic professionals looking to expand their expertise into sustainable and ethical product formulations.

Aims:

- **To educate participants** on the benefits and applications of herbal ingredients in cosmetic formulations.
- **To develop practical skills** in formulating and producing herbal cosmetics for various skincare and haircare needs.
- **To foster creativity** in customizing herbal formulations based on individual preferences and market demands.

Objectives:

By the end of the course, participants will be able to:

1. **Understand the principles** of cosmetic chemistry relevant to herbal formulations.

2. **Formulate a range** of herbal skincare and haircare products including shampoos, soaps, creams, and masks.
3. **Apply knowledge** of herbal properties to address specific skincare and haircare concerns such as dandruff, hair fall, and dry skin.
4. **Demonstrate proficiency** in using lab equipment and following safety protocols for cosmetic production.
5. **Create innovative** herbal cosmetic formulations that meet ethical and sustainability standards.

Course Outcomes (CO):

Upon completion of this course, participants will be able to:

1. **CO1:** Demonstrate an understanding of the benefits of herbal ingredients in cosmetic formulations.
2. **CO2:** Apply principles of cosmetic chemistry to formulate herbal cosmetics.
3. **CO3:** Create a range of herbal skincare and haircare products, including shampoos, soaps, creams, and masks.
4. **CO4:** Customize herbal cosmetic formulations to address specific skincare and haircare needs.
5. **CO5:** Implement good laboratory practices and safety measures in cosmetic formulation.

Program Outcomes (PO):

This course aligns with broader program outcomes related to herbal cosmetic preparation, such as:

1. **PO1:** Acquire comprehensive knowledge and skills in formulating herbal cosmetics.
2. **PO2:** Develop practical expertise in creating effective and safe herbal skincare and haircare products.
3. **PO3:** Foster creativity and innovation in formulating customized herbal cosmetic solutions.
4. **PO4:** Demonstrate proficiency in applying theoretical knowledge to practical applications in herbal cosmetics.
5. **PO5:** Promote sustainable practices and ethical considerations in herbal cosmetic formulation.

Content of the course (Theory)

Sr. No.	Module	Duration
1.	<ul style="list-style-type: none"> ➤ Introduction to herbal ingredients and their benefits. ➤ Basic principles of cosmetic chemistry relevant to herbal formulations 	2 Hour
2.	<ul style="list-style-type: none"> ➤ Understanding hair types and common issues (dandruff, hair fall). 	2 Hour

	➤ Formulation considerations for herbal shampoos.	
3.	<ul style="list-style-type: none"> ➤ Introduction to herbal soap-making techniques. ➤ Principles of formulating herbal ointments for skincare. 	2 Hour
4.	<ul style="list-style-type: none"> ➤ Understanding emulsions and stability in herbal cream formulations. ➤ Techniques for creating herbal body washes. 	2 Hour
5.	<ul style="list-style-type: none"> ➤ Overview of antimicrobial properties in herbal ingredients. ➤ Techniques for formulating lip balms with natural ingredients. 	1 Hour
6.	<ul style="list-style-type: none"> ➤ Benefits of herbal ingredients in hair and face masks. ➤ Customization of masks for different skin and hair types. 	1 Hour
Total hours (Theory)		10 Hours

Content of the course (Theory)

Sr. No.	Module	Duration
1.	<ul style="list-style-type: none"> ➤ Preparation of basic herbal extracts. ➤ Introduction to lab safety and equipment. 	2 Hours
2.	<ul style="list-style-type: none"> ➤ Formulation and preparation of Herbal Anti Dandruff Shampoo. ➤ Formulation and preparation of Herbal Anti Hair Fall Shampoo. 	3 Hours
3.	<ul style="list-style-type: none"> ➤ Formulation and preparation of Herbal Soap. ➤ Formulation and preparation of Herbal Ointment. 	4 Hours
4.	<ul style="list-style-type: none"> ➤ Formulation and preparation of Herbal Cream. ➤ Formulation and preparation of Herbal Body Wash. 	3 Hours
5.	<ul style="list-style-type: none"> ➤ Formulation and preparation of Herbal Hand Wash. ➤ Formulation and preparation of Herbal Lip Balm. 	3 Hours
6.	<ul style="list-style-type: none"> ➤ Formulation and preparation of Herbal Hair Mask. ➤ Formulation and preparation of Herbal Face Mask. 	3 Hours
7	➤ Review of all formulations and troubleshooting common issues.	2 Hours

	➤ Final adjustments and improvements to formulations based on feedback.	
	Total hours (Practical)	20 Hours

- **Teaching aids**

Didactic Lectures, AV class, Demonstration & Hands on training.

- **Assessment criteria**

Assessed for Knowledge, Skills, Attitude, Written Activity, Comprehension, and Questionnaire.

- **EligibilityCriteria**

Medical Students – UG, PG students of BAMS



Principal
Aarohant Ayurvedic Medical
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