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Review Article

HERBAL IN FIELD OF COSMETICS**Chandini Nair*¹, Sandhya R⁶, Prasobh G R⁷, Abhirami V S*², Afzal Ahamed M*³,
Haripriya S P*⁴, Reshma S Vijay*⁵**¹B Pharm student, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala²B Pharm student, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala³B Pharm student, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala⁴B Pharm student, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala⁵B Pharm student, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala⁶Associate professor, Department of Pharmaceutics, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala⁷Principal, Sree Krishna College of Pharmacy and Research Centre Parassala, Thiruvanthapuram, Kerala**Abstract:**

Human beings have been herbs for different purpose like food, medicine, beautifying. The word cosmetic was derived from the Greek word "kosm tikos" meaning having the power, arrange, skill in decorating. The origin of cosmetics forms a continuous narrative throughout the history of man as they developed. The main in prehistoric times 3000 BC used colours for decoration to attract the animals that he wished to hunt and also the man survived attract the animals that he wished to hunt and also the man survived attack from the enemy by colouring his skin and adorned his body for protection to provoke fear in an enemy (whether man or animal). Hence after referred as products, are formulated, various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only, shall be called as "Herbal Cosmetics". The natural herbs and their products when used for their aromatic value in cosmetic preparation are termed as herbal cosmetics. The increased demand for the natural product has created new avenues in cosmeceuticals market.

Keywords: Herbal cosmetics, skin cosmetics, tooth cosmetics, hair cosmetics.

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INTRODUCTION:

Herbs have been used for centuries in the field of cosmetics due to their natural properties and potential benefits for the skin and hair. Cosmetics are substance that are used to enhance the odor and appearance of human body. They are often incorporated into various skincare and haircare products for their soothing, moisturizing, rejuvenating and healing properties. Herbal cosmetics here in after referred as products, are formulated using various permissible cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetics benefits only, shall be called as “Herbal Cosmetics”. The history of the herbal cosmetics industry includes very dark chapter in European and Western countries from about six centuries back. The early mixtures that were used in Europe for this purpose were so potent that they often led to paralysis, strokes or death. In that era, the history of herbal cosmetics in the 1940s shows how the fashion or trend with respect to lipstick color was changed annually, getting darker and closer to red every passing year. It was around this time that eyebrow shaping also became popular. Some of the pure herbs are extracted from the terrains of great Himalayas where numerous herbs are yet to be identified¹.

In present state, Herbalists today, believe to help people build their good health with the help of natural sources. Herbs are considered food rather than medicine because they are complete, all natural and pure, as nature intended. When herbs are taken, the body starts to be cleansed, it gets purifying itself. Unlike chemically synthesized, highly concentrated drugs that may produce many side effects, herbs can effectively realign the body's defences. Herbs do not produce instant cures, but rather offer a way to put the body in proper tune with nature. For thousands of years, humans have used herbs. Herbs have been used in the following ways - In cooking for flavouring foods, as perfumes, as disinfectants, to protect us against germs, as medicines to heal when we are sick. FDA defines cosmetics as “It Intended to be applied to the human body for cleaning, beautifying promoting attractiveness or altering the appearance without affecting the body's structure or function”. The concept of beauty and cosmetics is as ancient as humankind and civilization. Women are obsessed with looking beautiful. Therefore, they use various beauty products that have herbs to look charming and young. Indian herbs and its significance are popular worldwide. An herbal cosmetic have growing demand in the world market and is an invaluable gift of nature². Herbal formulations always have attracted considerable attention because of their good activity and comparatively lesser or nil side effects with

synthetic drugs. Herbs and spices have been used in maintaining and enhancing human beauty. Indian women have long used herbs such as Sandalwood and Turmeric for skin care, Henna to color the hair, palms and soles and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash, herbal conditioner, herbal soap, herbal shampoo etc. The industry is now focusing on the growing segment with a vast scope of manifold expansion in coming years. Herbal cosmetics are defined as the beauty products, which possess desirable physiological activity such as healing, smoothing appearance, enhancing and conditioning properties because of herbal ingredient. Here we reported the introduction, classification, common herbs used in cosmetics.

Herbal Cosmeceuticals

Cosmetics are products that are created for application on the body for the purpose of cleansing beautifying or altering appearance and enhancing attractive features.

Cosmetic preparation are divided into 3 categories.

Solid: Face powder, Talcum powder, Compact powder
Semisolid: Cream, Ointment, liniments

Liquid: Lotion, Hair oil, shampoo, Mouthwashes, Sprays etc.³

Herbs usage

In earlier time, herbs were used for both medicinal purpose as well as for beautification these had been used in both form, i.e., fresh form and dried form these can be used by mashing and directly applying to the body with or without using other ingredients. In fact, in earlier times these used this way only. However, nowadays, their extracts, decoctions, infusion, tinctures, steam distillates etc. there are a few manufacturer of herbal in India. Herbs can be used in the form of following.

- ❖ Infusions: These either are strong teas of herbs or can be prepared in china clay pots or stainless steel vessels .aluminium vessels should not be used as these can taint infusions.
- ❖ Decoctions: these are prepared by boiling the herb with water.
- ❖ Extracts and tinctures: extracts are generally prepared with hydro alcoholic solvents with high percentage of alcohol.
- ❖ Flower waters: flower waters are made in the same way as infusions. the same proportions of herbs and water can be used⁴.

Advantages of Herbal Cosmetic on Traditional Cosmetics.

1. They do not provoke allergic reactions and do not have any negative side effects.
2. They are easily incorporated with skin and hair.
3. These are very effective than other cosmetics with small quantity.
4. Extract form of the plants decreases the bulk properties of the cosmetics and gives appropriate pharmacological effects.
5. Easy to available and found in large of variety of plants.
6. They have more stability, purity, efficacy, with their herbal constituents.
7. Easy to manufacture.
8. The storage and handling of herbal cosmetics is easier and for prolong period⁵.

Raw Materials Generally Used in Herbal Cosmetics

Oils, waxes, Gums, Hydrophilic Colloids, Colours, Perfumes, Protective Agents, Bleaching Agents, Preservatives, Antioxidants and other Auxiliary Agents.

1. Oils:

Oils are derived from vegetable and mineral sources, and are used in cosmetics. Example of vegetable oils are almond oil, arches oil, castor oil, olive oil and coconut oil. Examples of mineral oils are light and light and heavy paraffin⁶.

a) Almond Oil:

It is a fixed obtained by expressing the seeds of Prunes amygdalus, Family Rosaceae; the oil is pale yellow in colour, with a characteristic odour. The active principles are mainly the mixture of glycoside with oleic acid, linoleic acid, myristic and palmitic acid. It has an emollient action, so it is used in the preparation of creams and lotions.

b) Arachis Oil:

This is also a fixed oil obtained from the seeds of the Aarchishypogea belonging to the family Leguminoseae. The oil is pale yellow in colour, with a faint nutty odour. Refined groundnut oil is colourless, with active principles like oleic. Linoleic acid and as small amount of other acids. At 3°C, it is cloudy, at a lower temperature, it solidifies. It is used in the preparation of hair oils and brilliantines⁷.

c) Olive oil:

This oil is obtained from the fruit of the oleaeuropea, belonging to the family, oleaceae. The oil is either pale yellow or greenish yellow in colour, It has a slight odour. It consists of the glycerides of oleic acid, Palmitic, Linoleic, stearic and myristic acids. At a lower temperature, It is solid or partly solid or partly sloid. It has emollient, soothing properties. It is used in the manufacturing of creams, lotions and bath oils.

d) Coconut oil:

The oil is obtained from the dried solid part of the endosperm of the coconut- Cocosnucifera, family Palmae. It is a white or pearl- white unctuous mass in wintet and colourless in summer.

e) Light liquid paraffin:

It consists of a mixture of hydrocarbons in the form of an oily liquid, which has no colour or odour. Viscosity and weight per ml (0.83-0.87g) are both low in light paraffin. It is used in the manufacture of bath oils, brilliantine's lotions and creams, due to its better spreadability.

f) Heavy liquid paraffin:

It is composed of a mixture of hydrocarbons in the form of a colourless and odourless oily liquid. Due to its soothing effect on the skin, It is used in creams, Lotions, Brilliantine's, hair oils and bath oils. Heavy liquid paraffin is obtained from petroleum.

2) Waxes:

Waxes are the ester resulting from the condensation of high molecules straight chain fatty acid with high molecular straight chain monohydric alcohol of the methanol series. They are used cosmetics as a base, along with oils and fats. Example: lipsticks. Commonly used waxes are briefly discussed below.

a) Beeswax:

It is a purified wax separated from the honeycomb of bees, Apismellifera that belong to the family, Apidae. Beeswax is composed of 70% ester myrucylpalmitate. It is yellowish brown in colour, solid with a honey like odour. Under cold condition, it becomes brittle, when bleached; it becomes yellowish white solid with a faint characteristics odour. The melting point of beeswax is 62°C - 65°C. Beeswax helps in the incorporation of water to form an emulsion.

b) Carnauba Wax:

This is obtains from the leaves of the Brazilian wax palm, copernicacerifera, which belongs to the palmate family. Carnauba wax is available in various grades. The highest grade is light brown to yellow in colour. It is in the form of moderately coarse powder or flakes, with a characteristic bland odour. The melting range of this wax is 81°C - 86°C. It is a hard wax and is used in the manufacture of candles, wax varnishes, leather and furniture polishes.

c) Paraffin Wax:

It is derived by the distillation of petroleum. It is a mixture of solid hydrocarbons consisting mainly of n-paraffins and, to some extent, their isomers. So it is also called hard paraffin wax. Physically, the paraffin wax is colourless, odourless or a white, translucent, wax-like solid, which is slightly greasy to touch. Paraffin wax melts at 50°C -57°C⁸.

d) Spermaceti:

It is a solid wax obtained from the head, blubber and ear case of the sperm of whole, physestercolodon, which belongs to the physeteridae family. It consist

mainly of cetylpalmitate and cetymyristate spermaceti in a solid wax, which is a translucent crystalline, pearly white unctuous mass with a little odour and taste. It melts at a specific gravity of about 0.94. Spermaceti is also available synthetically and is composed of a mixture of an ester of saturated fatty alcohol and saturated fatty acids. Synthetic spermaceti is available as a white tube off white translucent flake with a crystalline structure and pearly lustre. The melting range of synthetic spermaceti is 43°C-47°C .

3) Colours:

Colours have been used in cosmetics, since time immemorial, by human beings. The desire to buy a cosmetic product is controlled by three senses, namely, sight, touch and smell. So the colour is the one of the most important ingredients of cosmetic formulations. Colour is visual sensation that can be caused by a definite wavelength or a group of wavelength by an object through one or more of the following phenomenon – emission, reflection, refraction or transmission. Natural colours such as saffron cochineal and chlorophyll⁹.

a) Cochineal:

Cochineal is a red dyestuff derived from the dried female insect, *Dactilopiuscoccus*, which belongs to the family Coccidea family. Carminic acid is the main colouring constituent in cochineal. On crystallization, carminic acid forms red needles and at 130°C, the needles darken and carbonise at 250°C. For the preparation of carmine, the cochineal is extracted with water. Alum is added to this solution to precipitate the red aluminium salt called carmine lake.

b) Saffron:

It consists of the stigmas and tops of the styles of the plants, *crocus sativa*, which belongs to the Iridaceae family. It is a perennial plant grown in Jammu and Kashmir in India. Saffron powder is yellowish and is easily soluble in water, so it is used as flavouring and colouring agent in food preparations. Saffron contains a number of carotenoids crocin is an important natural saffron carotenoid. Picrocrocin is a colourless bitter glycoside responsible for saffron characteristic odour.

c) Chlorophyll:

It is the natural green pigment, found abundantly in nature. The component is responsible for photosynthesis.

4) Perfumes:

Perfumes are mainly used for fragrance purpose and it additionally flavouring agents also. They mainly involve rose, Jasmine essential oil, lavender, cinnamon, clove, sandalwood etc.

a) Rose:

It is obtained by the steam distillation process from the flower petals of *Rosmarinasofficinalis* which belongs to the Labiatae family. For obtaining rose oil, the

blossoms are collected before they open, a little before sunrise¹⁰.

b) Jasmine essential oil:

Obtained from the flowers of *Jasminumgrandiflorum*, which belongs to the oleaceae family, the oil is obtained by the solvent extraction method and its essence is used in the perfumery industry.

c) Lavender:

It is obtained from the flowers and stalk of *lavandulaofficinalis*, which belongs to the Labiatae family.

d) Tuberose:

The nickname of the tuberose is “mistress of the night”. The oil is a brown, viscous liquid with a sweet, heavy and sensuous scent.

e) Geranium:

This oil is obtained from the flower, leaves and stalks of the *pelargonium graveolens*, which belongs to the Geraniaceae family. The distillation process, from the flowers and stems of the plant, obtains its essence. The geranium is known as geranium bourbon.

f) Champa:

It is obtained from the flower of the *Michelia champaka*. ‘The colour’ of the flower is yellow to deep orange.

g) Cinnamon:

Cinnamon oil is obtained from the different parts of the cinnamon tree- its leaves, bark and roots. *Cinnamomum zeylanicum* belongs to the family Lauraceae. The oil obtained from the bark is most valuable. The oil has a warm, spicy and sweet character.

h) Neroli:

It is an essential oil obtained through the distillation process from the flower of the bitter orange tree. It can be stored in amber- coloured bottles in the refrigerator.

i) Clove:

It contains essential oils, obtained from the buds of the *Eugenia caryophyllus*, which belongs to the family, Myrtaceae.

j) Ambrette:

Ambrette seeds contain oil; it can be obtained by using expression method. The oil is rich: it is sweet, floral and musky in nature, the oil can be used as an anti-aging agent.

k) Sandalwood:

The steam distillation process from the hard wood of *Santalum album* belonging to the family, Sandalaceae, obtains it. In most perfumes, it is used as a fixative agent.

4) Protective Agents:

In the formulation of creams, silicones act as protective agents; a combination of silicones with other barrier agents as petroleum jelly beeswax, paraffin etc. can produce excellent barrier creams.

a) Bleaching Agents:

The most commonly used bleaching agents are given below.

Mercury Compounds:

Mercuric chloride (HgCl₂), red mercuric oxide (HgO) and ammoniated mercury are examples of mercury compounds that can be used, for their skin bleaching effects. Currently, the use of mercury compounds is prohibited in cosmetics.

b) Hydroquinone:

They are mostly used as bleaching agents for temporarily lighting skin at a concentration of 1.5%-2%. In the case of 5% concentration, redness and burning may be produced. Reverse action of hydroquinones takes place on exposure to sunlight. If the cosmetics containing hydroquinone are discontinued, then too, a similar effect can be observed.

c) Catechol and its derivatives:

Catechol exhibits skin lighting effect to an extent. 4-Isopropyl catechol has been found to be among the most potent de-pigmenting agents. They can produce irritation and a sensitization reaction at concentrations of 3% or more.

d) Ascorbic Acid and its derivatives:

Ascorbic acid does not seem to be very effective as a de-pigmenting agent, but its use has been found to be safe. It is mostly used in skin bleaching creams, which contain hydroquinone as a stabilizer (antioxidant). Ascorbyl oleate used in skin bleaching cream for bleaching freckles in human skin is used at a concentration of 3% and 5%¹².

5. Oxidising Agent:

Hydrogen peroxide has been used as an oxidizing agent in skin bleach creams. Sometimes, zinc peroxide is also used in anhydrous ointments such as bleaching agents, although the properties of zinc peroxide have been not proved.

6. Opaque Covering Agents:

Various cosmetic products, which contain white or pale pigments like titanium dioxide, zinc oxide, talc, kaolin, bismuth etc., can provide a temporary but remarkable change in the colour of the skin.

7. Preservatives:

These are the agents, which are used to prevent spoilage of cosmetic products. They are products of the oxidation of oils and fats and the growth of microorganisms. Most cosmetic preparations, especially that water are likely to deteriorate if preservation are not added.

➤ Properties of Preservatives

An ideal preservative must possess the following attributes;

1. It should be compatible with the formulation.

2. Soluble to the extent needed to achieve an effective concentration.
3. Stable enough to provide a sustained antimicrobial effect.
4. Colourless and odourless or nearly so.
5. Non-irritant and non-allergic in the concentration used.

Example

- ❖ **Organic acids:** Benzoic acid, Formic acid
- ❖ **Alcohol:** Ethyl alcohol, Isopropyl alcohol
- ❖ **Aldehydes:** Formaldehyde, Cinnamic aldehyde
- ❖ **Phenolic:** Cresol, phenol
- ❖ **Esters :** Methyl p-hydroxy Benzoate, Ethyl p-hydroxy benzoate
- ❖ **Mercury :** Thiomersol, Nitromersol
- ❖ **Surface active agents:** Benzalkonium chloride, Cetylpyridinium chloride
- ❖ **Miscellaneous compound:** Ethyl Vanillin and Vanillin¹¹

8. Antioxidants:

Natural antioxidants like tocopherols present in fats and oils are destroyed during the refining process. Hence, the addition of antioxidants is essential to avoid the rancidity of fats and oils in cosmetic due to oxidants is essential to avoid the rancidity of fats and oils in cosmetics due to oxidation deterioration. Some of the common antioxidants used in cosmetic preparation are.

- ❖ **Amines:** Purines and lecithin
- ❖ **Phenols:** Gallic acid, Methyl gallate
- ❖ **Quinones:** Tocopherols, Hydroxychromans
- ❖ **Esters:** Di-lauryl thiopropionate
- ❖ **Organic acids:** Ascorbic acid
- ❖ **Alcohols:** Sorbitol and Mannitol¹³

Classification of herbal cosmetics

1. Skin cosmetics
 - ❖ Cream
 - ❖ Scrub
 - ❖ Lip balm
 - ❖ Powder
 - ❖ Lotion and liniments
 - ❖ Face pack
 - ❖ Deodorant and antiperspirant
 - ❖ Bath preparation
2. Hair cosmetics
 - ❖ Shampoo
 - ❖ Hair oil
 - ❖ Hair colorant
 - ❖ Hair conditioner
3. Tooth cosmetics
 - ❖ Tooth powder
 - ❖ Tooth paste
 - ❖ Mouth wash
4. Nail preparations

5. Shaving preparations.

6. Foot preparations.

Application of herbal products in cosmetics

❖ Herbal skin care products

Lavender Silk Soaps, Lotions creams, Body powder, lavender Herbal body powder, Skin care creams.

❖ Herbal Hair care cosmetics:

Henna (Lawsonialnermis), Amla (EmblicaOffcinalis), Shikakai (Acacia Concinna), Brahmi (BacopaMonnieri), Bhringraj (Eclipta Alba), Guar Gum (Cyamopsistetragonolobus).

❖ Herbal Lip Care cosmetics:

Herbal lipsticks, herbal Lip-gloss, Herbal Lip balm, Herbal Lip plumper

❖ Herbal eye care cosmetics:

Eye Make Up, Eyeshadows, Eye Gloss, Liquid Eye Liners

Creams: Aloe Moisturizing Hand Cream, Rich Face and Hand Cream, Herbal Moisturizers

❖ Herbal Oils:

Herbal oils are Effective for Baldness, Falling of Hair, Thinning of Hair, Dandruff, and Irritation & Itching of Scalp, Patchy Baldness, and Maintenance of fine head of Hair

❖ Herbal Perfumes & fragrances:

Citrus Fragrance: The light, fresh character of citrus notes (bergamot, orange, lemon, petit grain, mandarin etc.) is often combined with more Feminine scents (flowers, fruits and chypre).

❖ **Chypre Fragrance:** Based on a woody, mossy and flowery complex, sometimes with aspects. Chypre fragrances smell slightly dry, not very sweet¹⁴.

Table 1: Herbs for skin cosmetics

Sl.no	Latin name	Common name	Part used	Uses
1.	Acoruscalamus	Sweet flag	Rhizome	Aromatic, Dusting Powder, skin lotion
2.	Allium sativum	Garlic	Bulb	Promote Skin Healing, Antibacterial
3.	Aloe vera	Aloe	Leaf	Moisturize, sun screen emollient
4.	Alpinia galangal	Galangal	Rhizome	Aromatic, dusting powder
5.	Avena sativa	Oat	Fruit	Moisturizatie, skin tonic
6.	Azadiirachtaindica	Neem	Leaf	Antiseptic, reduce dark spots, antibacterial
7.	Calendula officinalis	Marigold	Flower	Skin care, anti- inflammatory, antiseptic
8.	Centellaasiatica	Gotu cola	Plant	Wound healing, reduce stretch marks creams
9.	Cichoriumintybus	Chicory	Seed	Clear skin of blemishes
10.	Citrus aurantium	Orange	Peel	Skin creams, anti-acne, antibacterial
11	Curcuma Longa	Turmeric	Rhizome	Antibacterial, antimicrobial skin creams
12.	Cyperusrotundus	Nagarmotha	Roots	Suntan, astringent, anti-inflammatory
13.	Daucuscarota	Carrot	Seed	Natural source of vitamin A creams
15.	Euphorbia hirta	Spurge herbs	Entire	Skin diseases, cracked lips
14.	Rubia cordifolia	Manjistha	Root	Wound healing, lighten pigmentation

Table 2: Herbs for Hair.

Sl.no	Latin name	Common Name	Part Used	Uses
1.	Aloe Vera	Aloe	Leaf	Moisturizer, shampoo
2.	Azadirachta indica	Neem	Leaf	Ant fatigue greying of hair, Alopecia
3.	Bacopamonnell	Brahmi	Entire herb	Hair growth, Good for sleep, Shampoos
4.	Cerdu deodar	Deodar	Wood	Soap, shampoos
5.	Centella asiatica	Gotu kola	Plant	Hair care, Darkening of hair, Hair oil
6.	Citrus lemon	Lemon	Peel	Prevent hair loss
7.	Eclipta alba	Bhringraj	Plant	Promoting hair growth, Shampoos, Hair oil
8.	Emblica officinalis	Amla	Fruits	Hair care, prevents greyness, Anti-stress
9.	Hibiscus rosasinesis	China rose	Flower	Improves hair, prevents premature greyness
10	Lawsonia alba	Henna	Leaf	Hair growth, Natural conditioner
11.	Marticaria chamomilla	Chamomile	Flower	Hair tonic
12.	Moringa oleifera Benjamin	Benjamin	Seed	Hair oils
13.	Sapindus trifoliatus	Soap wort	Fruit	Natural detergent, Shampoos
14.	Triticum sativum	Wheat germ	Germ	Natural source of Vit.E, Shampoos
15.	Wedelia calendulaceae	Bhangra	Entire herb	Hair care, shampoos
16.	Rosa centifolia	Gulab	Rose	Coolant, Ant fatigue
17.	Acacia concina	Shikakai	Pod	Natural cleansing agent, Detergent

Table 3: Examples of Drugs Used for Tooth Preparation.

Sl.no	Latin name	Common name	Plant used	Uses
1.	Acacia Arabica	Babul	Bark	Teeth disorders
2.	Azadirachta indica	Neem	Leaf	Toothache, Antibacterial, Dental carries
3.	Barleria Prionitis	Vajradanti	Entire herb	Strengthens teeth, Tooth Ache
4.	Syzygium aromaticum	Clove	Bud	Toothache, Antiseptic
5.	Salvadora Persica	Pilu	Twigs	Antimicrobial

SUMMARY AND CONCLUSION:

Herbs play a significant role, especially in modern pharmaceutical preparations, when the damaging effects of food processing and over medication have assumed alarming proportions. They are now being increasingly used in cosmetics, food and teas, as well as alternative medicines. The growing interest in herbs is a part of the movements towards change in life styles. This movement is based on the belief that the plants have a vast potential for their use as curative medicines. The knowledge of medicinal plants used by the people seems to be well known to its culture and

tradition. In the present study we identified many plants used by the people to cure dermatological disorders and as cosmetics. Some of the plants were found to have dual use, both as curative and cosmetic. Quality control test must be safe for longer period of time¹⁵.

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