



A REVIEW LITERATURE ON HERBAL FACE PACK

Mr. Rutik P. Ankushe¹, Mr. Abhijit A. Pawar²,

Miss. Manisha K. Pakhare³

¹⁻²Students, ³ Assistant Professor

Mahadev Kanchan College of Pharmaceutical Education and Research Uruli Kanchan,

Tal- Haveli ,Dist- Pune ,412202.

Maharashtra India.

Abstract

Everybody Wants To Get A Fair And Charming Skin. Now A Day, Acne, Black Heads, Pimples Are Common Among Persons Who Suffer From It. According To Ayurveda, Skin Problems Are Normally Due To Impurity In Blood. Herbal Face Packs Are Used To Simulate Blood Circulation, Rejuvenate The Muscles And Help To Maintain The Elasticity Of The Skin And Remove Dirt From Skin Pores.

The Aim Of This Work Is To Formulate And Evaluate An Herbal Face Pack For Glowing Skin By Using Natural Herbal Ingredients. The Natural Herbal Ingredients Such As Termeric, RedSandalwood, Orange Peel, Aloe vera, Ashwagandh, Hibiscus Rosa-sinenrisAnd Rose Water for the application .

Thus, In The Present Work, We Formulated A Herbal Face Pack Which Can Be Easily Made With The Easily Available Ingredients. After Evaluation, We Found Good Properties For The Face Packs, Free From Skin Irritation And Maintained Its Consistency Even After Stability Storage Conditions. Results Of The Study Scientifically Verified That Herbal Face Pack Having Enough Potential To Give Efficient Glowing Effect On Skin. The Overall Study Is Useful To Substantiate Product Claims Due Its Useful Benefits On The Human Beings.

Keywords – Herbal face pack , Glowing , Natural ,Pimple , Irritancy , Anti acne , Antibacterial

Introduction

Since From Ancient Period Of Time, People Are Aware Of The Use Of Plants For The Healthy, Glowing And Beautiful Skin Cosmetics Are Products Used Clean, Beautify And Promote Attractive To Appearance Cosmetics Are Commercially Available Products That Are Used To Improve The Appearance Of The Skin By Action Of Cleansing. Beautifying, Promoting Attractiveness. From The Ancient Time, Different Herbs Are Used For Cleaning, Beautifying And To Manage Them Face Skin Is The Major Part Of The Body, Which Indicates The Health Of An Individual Skin Of The Face Is The Major Part Of The Body, Which Is A Mirror, Reflecting The Health Of An Individual A Balanced Nutrition Containing Amino Acids, Lipids And Carbohydrates Are Required For The Skin Keep It Clear Glossy And Healthy.

In Ancient Times, Women Were Very Conscious About Their Beauty And Took Special Care Of Their Specific Skin Types Every Type Of Skin Is Specific For The Requirement Of Skin Pack. Nowadays Different Types Of Packs Are Available Separately For The Oily. Normal And Dry Skin. Face Packs Are Used To Increase The Fairness And Smoothness Of The Skin. It Reduces Wrinkles, Pimples, Acne And Dark Circles Of The Skin. Face Packs Which Are Recommended For Oily Skin Prone To Acne, Blackheads, Usually Control The Rate Of Sebum Discharge From Sebaceous Glands And Fight The Harmful Bacteria Present Inside Acne Lesion. The Leftover Marks Of Skin Can Be Reduced By Incorporation Of Fine Powders Of Sandalwood, Rose-Petals And Dried Orange Peels.

Herbal GLOWING BEDS Face Packs Are Nowadays Being Used On A Large Scale Due To The Various Benefits Of Them Over Chemical Based Packs. They Are Non-Toxic, Non Allergic And Non-Habit Forming. They Are Natural In Every Aspect, Having Larger Shelf Life. They Have No Added Preservatives. They Can Be Easily Formulated And Stored Over

A Larger Span Of Time. Present Research Article Deals With The Formulation And Evaluation Of Herbal Face Pack For Glowing Skin By Using Natural Materials I.E., Multani Mitti, Turmeric, Sandalwood, Neem, Alovera, Orange Peel.

It consists of materials such as amino acids, lipids and carbohydrates etc. So that a balanced nutrition is required for the skin to keep it clear glossy and healthy. In Ayurveda, the herbal paste is called as “mukhalepa” used for as a facial therapy. This herbal paste smeared on face to treat acne, pimple, scars, marks and pigments. Face packs are basically additives delivering some additional benefits. Different types of herbal face packs are used for different types of skin.

Herbal face packs are helps to reduce wrinkles, pimples, acne and dark circles. Also increase the fairness and smoothness of skin. It also helps someone to boost their confidence. Ayurveda is the most useful and successful means for achieving this purpose.

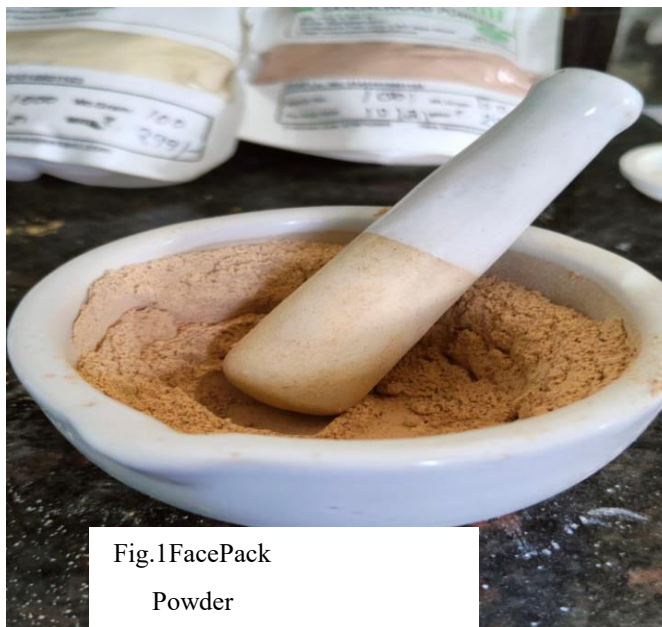


Fig.1FacePack
Powder

Objectives

- ❖ As Due To Increased Pollution, Allergy, Microbe's Etc. Human Skin

Has Become More Sensitive And Prone To Faster Aging. An Attempt Has Been Made To Synthesize A Pack Ideal For All Skin Types. After

The Synthesis, All The Parameters Have Been Calculated In Order To Meet Up The Quality Standards.

- ❖ To Formulate And Evaluate A Cosmetic Preparation Poly Herbal Face Pack Made From Herbal Ingredients.

MATERIALS AND METHODS

Herbal Ingredients Profile

1. TURMERIC :

Botanical Name :Curcuma Longa

Family:Zingiberaceae

Genus:Curcuma



TurmericHas Anti-Inflammatory And Anti-Allergic Activity. It Is Best Blood Purifier And Helps In Wound Healing. It Possesses Best Blood Purification Action So It Is Used In All Disease With Blood

Impurities Origin.HaridraIs Rejuvenator Of Skin And Revitalizes Skin; Delays The Signs Of Aging Like Wrinkles. It Is A Very Good Antiinflammatory And Anti-Allergic Agent.

Turmeric and curcumin have been studied in numerous clinical trials for various human diseases and conditions, with no high-quality evidence of any anti-disease effect or health benefit. There is no scientific evidence that curcumin reduces inflammation, as of 2020. There is weak evidence that turmeric extracts may be beneficial for relieving symptoms of knee osteoarthritis.

2. RED SANDALWOOD :

BotanicalName: Pterocarpus santalinus

Family: Fabaceae

Genus: Pterocarpus santalinus



Red Sandalwood ~ Pterocarpus santalinus

There are many advantages of using red sandalwood on the skin. It nourishes our skin and keeps it healthy, fair and glowing. Red sandalwood is also considered as a savior for dull, lifeless skin. It is one of the best natural ingredients for skin whitening and anti aging. Not only these, this miraculous ingredient is known for its efficacy to treat uneven, patchy skin and give even-toned, glowing skin. Red sandalwood is a boon for those with oily, acne-prone skin. It controls excess oil and treat large pores that can lead to severe breakouts. It is also great to remove sun tan, pigmentation, marks etc. So lets check out How to Use Red Sandalwood to Get Fair and Glowing Skin.

3. HIBISCUS ROSA SINESIS

BotanicalName: Hibiscus rosa-sinensis

Family: Malvaceae

Genus: Hibiscus



Lastly, Hibiscus has a naturally high mucilage content, a sticky substance produced by plants that help with the storage of water and food.

Mucilage makes a fantastic natural skin moisturiser that is gentle on sensitive skin. This high mucilage content of Hibiscus enhances the skin's ability to retain moisture, which is a key factor in retaining a youthful complexion.

The naturally moisture rich qualities of Hibiscus helps skin stay hydrated, soft and supple for longer, keeping dry, **dull skin** at bay.

4. ASHWAGANDHA

BotanicalName: Withaniasomnifera

Family: Solanaceae

Genus: Withania



Ashwagandha encourages the production of natural oils that the skin needs. It helps in the reduction of acne, while keeping the skin soothed, clarified, and replenished. It is known to possess anti-ageing properties which keep the elasticity of the skin intact.

Ashwagandha can be used as a Rasayana or rejuvenator which shields the skin from the harmful effects of UV rays. Considered a super food for the skin, Ashwagandha deeply cleanses, moisturises, calms and adds a natural glow to the skin.

5. ALOE VERA :

BotanicalName:Aloe Barbadensis Miller

Family:Aloaceae

Genus:Aloe



Fig. Aloe Vera

It's A Great Skin Burn Treatment. It Also Helps To Speed Up Skin Cell Reproduction As Much As Eight Times. Aloe Vera Is Also Known To Penetrate The Epidermis, I.E., The Outer Layer Of The Skin Faster Than Water. Those Who Suffer From Acne Will Find Respite In Aloe Vera. Aloe vera may be prepared as a lotion, gel, soap or cosmetics product for use on skin as a topical medication. For people with allergies to Aloe vera, skin reactions may include contact dermatitis with mild redness and itching, difficulty with breathing, or swelling of the face, lips, tongue, or throat. Aloe vera is used on facial tissues where it is promoted as a moisturizer and anti-irritant to reduce chafing of the nose.

Cosmetic companies commonly add sap or other derivatives from Aloe vera to products such as makeup, tissues, moisturizers, soaps, sunscreens, incense, shaving cream, or shampoos. A review of academic literature notes that its inclusion in many hygiene products is due to its "moisturizing emollient effect".

There is conflicting evidence regarding whether Aloe vera is effective as a treatment for wounds or burns.

There is some evidence that topical use of aloe products might relieve symptoms of certain skin disorders, such as psoriasis, acne, or rashes. Aloe vera gel is used commercially as an ingredient in yogurts, beverages, and some desserts, but at high or prolonged doses, ingesting aloe latex or whole leaf extract can be toxic. Use of topical aloe vera in small amounts is likely to be safe.

6. Rose Water

Botanical Name: Rosa Damascena Mill L.

Family: Rosaceae **Genus:** Rosa L.



Fig. Rose Water

Rose Water Can Help Reduce Skin Redness, Prevent Additional Swelling, And Soothe The Discomfort Of Acne.

In medieval Europe, rose water was used to wash hands at a meal table during feasts. Rose water is a usual component of perfume. Rose water ointment is occasionally used as an emollient, and rose water is sometimes used in cosmetics such as cold creams, toners and face wash. Some people in India also use rose water as a spray applied directly to the face as a perfume and moisturiser, especially during the winter; it is often sprinkled in Indian weddings to welcome guests.

METHOD OF PREPARATION

Formulation Of Herbal Facepack:

➤ Step – 1

All The Required Herbal Powders For The Face Pack Preparation Were Accurately Weighed Individually By Using Digital Balance.

The Quantity And Compositions Are Listed In Tabale.

Sr.No	Ingredients (In Powder Form)	Quantity (In Gm)
1	Turmeric	0.2gm
2	Red Sandalwood	3gm
3	Ashwaganda	2gm
4	Aloevera	1.8gm
5	Hibiscus	3gm
11	Rose Water	Q.S

Procedure :

Take Prepared Face Pack Powder In A Bowl As Per The Requirement, Add Water Or Rose Water To Mix It Well And Apply Over The Facial Skin. Cover The Acne And Blemishes Spots. Kept As It Is For Complete Drying For 30 To 40 Min And Then Wash The Face With Cold Water.

Precautions To Be Taken While Applying Facepack

- Select The Face Pack According To Your Skin Type. If You Have Any Serious Skin Concerns, Take Opinion Of Natural Therapist Or Concerned Skin Expert Before Applying Face Pack.
- The Face Pack Should Not Be Left On Face More Than 15 To 20

Minutes. Keeping For Very Long Time May Result In Formation Of

Wrinkles, Sagging Of Skin And Enlargement Of Open Pores.

- Apply Face Pack Once In A Week.
- Don't Try To Peel Or Scratch The Dried Face Pack.

Result And Discussion :

Organoleptic Evaluation :

SR.NO	PARAMETER	OBSERVATION
1	Nature	Powder
2	Colour	RedishBrown
3	Odour	Pleasant
4	Appearance	Smooth
5	Texture	Fine

The Result Of Evaluation Are Displayed In Table Form Of Organoleptic And Physico-Chemical And General FacepackEvaluation. The Study Of Nature, Colour, Odor, Texture, Ph Of FacepackCombined Form Under Investigation Provided The Important Features Of Organoleptic And Physico-Chemical Evaluation, Irritancy Test And Speradability Test.

Physico-Chemical Evaluation:

SR.NO	PARAMETER	OBSERVATION
1)	Tapped Density	0.63g/MI
2)	Bulk Density	0.42g/MI
3)	Angle Repose	23.7
4)	Carr'sIndex	33.33%
5)	pH	6.6

Table. Physico-Chemical Evaluation

Observation :

Physico-Chemical Evaluation Justified The Flow Properties Of The Facepack As It Was Found To Be Free Flowing And Non-Sticky In Nature. PH Was Found Neutral To Suit The Requirements Of All Skin Types. The Results Proved That The Formulation Was Stable In All Aspects.

Irritancy Test :

SR.NO.	PARAMETERS	OBSERVATION
1)	Irritant	No Irritation
2)	Erythema	No Irritation
3)	Edema	No Irritation

Table - Irritancy Test

Observation:

Irritancy Test Showed Negative Result For Irritancy, Redness, Swelling, And Photo Irritancy, As The Herbals In Their Natural Form Without Addition Of Chemicals Were Found To Be Compatible With The Skin Protein.

CONCLUSION

Natural Remedies Are More Acceptable In The Belief That They Are Safer With Fewer Side Effects Than The Synthetic Ones. Herbal Formulations Have Growing Demand In The World Market. Herbal Face Packs Are Used To

Stimulate Blood Circulation, Rejuvenate The Muscles And Help To Maintain The Elasticity Of The Skin And Remove Dirt From Skin Pores. It Is An Our Good Attempt To Formulate The Herbal Face Pack Containing Natural Herbal Ingredients Such As Multani Mitti, Turmeric, Sandal Wood, Saffron, Milk Powder, Rice Flour, Orange Peel And Banana Peel.

After Evaluation, We Found Good Properties For The Face Packs, Free From Skin Irritation And Maintained Its Consistency Even After Stability Storage Conditions. It Has Been Revealed That Herbal Face Pack Having Enough Potential To Give Efficient Glowing Effect On Skin. The Overall Study Is Useful To Substantiate Product Claims Due Its Useful Benefits On The Human Beings. Herbal Ingredients Opened The Way To Formulate Cosmetics Without Any

Harmful Effect. Herbal Face Packs Are Considered As Sustaining And Productive Way To Advance The Appearance Of Skin.

REFERANCE

- Shoba rani R; Hiremanth. Text book of Industrial pharmacy, Drugdelivery systems & Cosmetics & Herbal drug technology:Universities press (India) Ltd; 2nd Edition.
- Okereke JN, Udebuani AC, Ezeji EU, Obasi KO, Nnoli MC. Possible Health Implications Associated with Cosmetics: A Review, Sci J Public Health 2015; 3(5-1):58-63.
- Mary P. Lupo. Antioxidants and Vitamins in Cosmetics. Clin Dermatol 2001; 19: 467–473.
- Rieger MM. Harry's Cosmeticology. In: Chapter 23, Face, Body&Hair Masks & Scrubs. 8th ed. vol I. New York: Chemical Publishing Co., Inc.; 2009. p. 471-483.
- Rani, S. R. and Hiremanth, Text book of Industrial pharmacy, Drug delivery systems & Cosmetics & Herbal.
- Baby, A. R., Zague, V., Maciel, C.P.M., Kaneko, T. M., Consiglieri, V. O., Velasco and M. V. R, (2004).
- Development of Cosmetic Mask Formulations. Rev Bras Cienc. Farm 40(10):159-161.
- Banchhor, M., Ashawat, M.S., , Saraf, S. and Saraf, S. (2009). Herbal Cosmetics: Trends in Skin Care Formulation. Phcog Rev 3(5): 82-89.
- Hwang JK, Shim JS, Gwon SH, Kwon YY, Oh HI et al. Novel use of Panduratin derivatives or extract of Kaempferia pandurata comprising the same. U.S. Patent 0065272A1, 2012.
- Dr S Skhadbadi, B A. Baviskar, Dr S.L. Deore, Experimental pharmacognosy A Comprehensive guide Nirali publication, 1st edition,
Page no. 30.8, 30.10,30.11