

“Formulation And Evaluation Of Polyherbal Scrub”

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Abstract— To remain healthy and appear good, the skin surface requires periodic cleansing to remove dirt, sebum and other secretions. Use of chemical based cosmetics causes deterioration of skin. In present scenario herbal cosmetics have more demand because they have no side effects. For the removal of acne, whiteheads, blackheads scrubbing is essential. In our present study we have formulated scrub using turmeric, charcoal, aloe vera, honey, green tea, lemon juice, walnut, SLS, potato starch. The Formulated scrub was evaluated for various parameters such as physical appearance, colour, texture, odour, pH, viscosity, irritability, washability, homogeneity, extrudability, spreadibility and found fruitful results for all the parameter tested. Thus the prepared formulation can be used effectively as it shows good scrubbing properties and it can be used to make a healthy, clean and glowing skin.

KEY WORDS: OBJECTIVE, NATURAL PRODUCT, DRUG PROFILE, METHOD OF PREPARATION.

INTRODUCTION: It is human nature to desire beauty . Skin is one of the largest organ of body. It acts as protective organ .Alongwith protection it is a sensory organ which indicates the health of individual. Cosmetics are used universally to enhance the beauty and are available in different forms. Various types of skin ailments are formulated like sunscreen, scrub, face wash for beautifying skin From ancient times people use herbal cosmetics for cleansing, beautifying, fighting oil, acne, blackheads, pimples, dark circles . Face scrubs are the cosmetic formulations containing tiny exfoliating particles Face scrubs exfoliates and stimulate blood circulation and promotes skin turnover by removing dead skin cells and adherent cells in the stratum corneum Face scrubs maintain the elasticity and acceleratethe renewal of skin cells The skin does not become dull or hot for various reasons This can be successfully overcome by applying a scrub. Two types of scrubs, face scrub and body scrub, are applied to the skin. Face scrub oil consumption is high due to the very poor exfoliation and exfoliation of old dead skin cells. Skin is divided into three types: dry skin, oily skin, and sensitive skin. Regular use of peels will make the skin glow and smooth due to dead skin cells. Skin exposure to external agents can be prevented by applying the topical agent directly to the lateral skin. Makeups such as face packs, face creams, sunscreens and face scrubs can be modified with the right foundation. Scrubs can be applied directly to the sink or with a small makeup pad. A gentle massage is recommended when applying the peeling gel. This improves blood circulation and promotes oxygenation of the entire skin surface. India's Chinese herbal medicine industry is probably the oldest pharmaceutical system in the world. The history of ancient herbal medicine, which also mentioned ancient herbal remedies in the ancient Indian religious textbook Vedas

OBJECTIVES:

- To prepare Polyherbal scrub
- To assess the efficacy and tolerability of face scrub to improve the appearance of aging, wrinkle, finelines etc
- To nourish and beautiful the skin[3]
- In the current study herbal face scrub was formulated, evaluated for various parameters.
- The results indicated that the formulation passed the tests.
- The prepared poly-herbal formulation nourish, moisturize, cleanses, protect the skin against premature aging, acne, and pimples.[1]

Herbal cosmetics

Herbal cosmetics referred to as products which are formulated using various permissible ingredients to form the base in which one or more Herbal ingredients are used to provide defined Cosmetic benefits (8, 1). It is estimated that around 70,000 plantspecies have been used for medicinal purposes. Medicinal plants provide the starting material for the isolation or synthesis of conventional drugs. According to WHO medicinal plants are those of which one or more contains substances that can be used for therapeutic purposes or which are precursors for chemo pharmaceutical semi synthesis (27). 80% population of developing countries depends on traditional medicines mostly plant drugs for Their primary health care needs. The best thing of herbal cosmetics is that they do not produce any side effects (10). Cosmetics made up of herbal extracts for fairness, cleansing and hair care are very popular for their reliability(1).

Natural Products.

- As the name suggests that herbal cosmetics are natural ...
- Safe And Effective To Use. In comparison with other beauty products flooded in the market, natural cosmetics are safest to use and effective as well ...
- Suitable For All Skin Types. ...

- Not Tested On Animals. ...
- No Side Effects. ...
- Wide Selection. ...
- Budget-Friendl[2]

Advantages Of Herbal Cosmetics

- Natural products
- Safe to use
- Compatible with all skin types4.Wide choice of selection 5.Not tested on animals No side effects
- Better patient acceptance
- Cultivation and processing of medicinal herbs and herbalproducts is environmental friendly Inexpensive
- Face serums help shrink pores and increase cell turnover further leading to the minimisation of large pores.
- They also help unclog and clear dirt and sebum from the pores, thanks to the antioxidants and exfoliating acids present in them.
- This helps in reducing the formation of blackheads and whiteheads on theskin.[2]

Facial scrub:

Scrubbing is the process of eliminating dead skin cells from your surface of your skin using granulated substance and exfoliator tool. A facial scrub is generally a cream and gel based. Gels are the semi-solid dosage forms. Gel is the network of mixture of gelling agent and a solvent. Gels are prepared by using gelling agent. Polymeric meshwork gives gels structural strength, increased adherence to the surface where applied and decreases permeation of larger molecules hence making retention possible

Beifits Of Facial scrubs :

- Removes Dead Skin Cells
- Unclogs Skin Pores
- Removes Flakes
- Reduces Acne Scars
- Prevents Ingrown Hair
- Provides Smoother Skin
- Improves The Texture Of Skin[3]

Drug Profile

Drug profiles are scientifically sound descriptions of drugs in the form of 'drug profiles'. Presented in a standardised way, each profile briefly gives the chemistry, pharmacology, synthesis and precursors of each substance, as well as

analysis, physical form (e.g. powder, tablet) and mode of use. cosmeceuticals are the product which influences the biological function of skin. In this preparation Green apple , cinnamon, Millet, Sandalwood, Neem , Turmeric and honey is used as active ingredients and incorporated into the gel which is prepared with carbopol of different grades. Other ingredients like propylene glycol, Triethanolamine; methyl parahydroxy benzoate was added along with sodium lauryl sulfate into the gel. The prepared gel was evaluated for various parameters such as appearance, pH, viscosity, Spreadability, washability, irritability and found to be satisfied with all required characterizations.[5]

1 TURMERIC:

Synonym: Curcuma Longa

Biological source: It consists of dried rhizomes of

curcumaLonga belonging to

Family: Zingiberaceae

Description Colour: Yellow Odour: Aromatic Taste: Better Chief

chemical constituent: Curcumin

Uses: Antiseptic, Reduce Ance



2 ALOVERA:

Synonym: Aloe, korfad, Ghritkumari

Biological source: Aloe is obtained from the dried juice of the

leaves of Aloe barbadensis Miller Belonging to

Family: Liliaceae

Colour: slightly yellow

Odour: pungent

Taste: Better

Chief chemical constituent: Atheraquinones, saponins

Uses: Anti aging, Anti inflammatory



3.POTATO STARH :

Synonym: Farina

Biological source: It consist of polysaccharid granules Of Potato

Solarium tuberosum

Family : Solanaceae Discription:

Colour: White

Odour: Typical smell of potato

4. BEETROOT JUICE:

Synonym: chukandar, sugar beets

Biological source: It consists of fresh root of Beta vulgaris

Family: Chenopodiaceae Description:

Colour: Red Odour: Earthy smell Taste: Sweet

Chief chemical constituents: Betalains,

polyphenols

Uses: colouring agent

5. HONEY:

Synonym: Madhu

Biological source: Saccharine liquid prepared from nectar of flowers by bees *Apis mellifera*

Family: Apidae

Description:

Colour: yellow brown

Odour: Sweet

Taste: sweet

Chief chemical constituent: dextrose, laevulose

Uses: Prevent acne, anti wrinkle



6. GREEN TEA :

Synonym: Herb tea

Biological source: obtained from dried leaves of plant *Thea sinensis*

Family: Theaceae

Description: Colour: Green Odour: Aromatic Taste: Bitter sweet

Chief chemical constituent: catechin, theflavin

Uses: Anti aging, skin looks younger



7 LEMON:

Synonym: Citrus fruit

Biological source: Lemon juice is obtained from fruit peel of

Citrus limon Family: Rutaceae

Description:

Colour: Pale white liquid

Odour: Elegant aroma

Taste: Bitter

Chief chemical constituent: Terpenes, esters

Uses: kill bacteria, clarify skin



8. WALNUT :

Synonym: Hazelnut, Nutwood

Biological source: walnut is the edible seed of plant *Juglans*

Family: Juglandaceae

Description: Colour: Dark brown Odour: citrus like smell

Taste: little tangy

Chief chemical constituent: lignin, cellulose, hemicellulose

Uses: Exfoliator, remove dead skin.

METHOD OF PREPARATION

Step 1: weigh accurately all the dry ingredients and pass them through sieve No.120 and mix them together to form a uniform mixture with mortar and pestle.

Step 2: sodium lauryl sulphate was weighed and dissolved in water and this solution is added to the potato starch which is used as gelling agent.

Step 3: Weigh accurately aloe vera, honey, lemon juice, beet root juice. Add the prepared gel to above ingredients and stirred



Results :-

SR.NO	OBSERVATION	INFERENCE
1.	Colour	Blackish
2.	Odour	Pleasant
3.	Nature	Semisolid Gel
4.	pH	5.5
5.	Consistency	Consistent(Good)
6.	Viscosity	1.7 poise
7.	Irritability	Non irritant
8.	Washability	Easily Washable
9.	Grittiness	Small gritty particles
10.	Foamibility	100 ml at 5 min.

Discussion:

By studying all evaluation parameter like organoleptic, physicochemical characteristic poly herbal scrub was formulated. Scrub is beneficial, economical and passed all evaluation parameters. This scrub contains activated charcoal which removes dirt from skin. Lemon juice is rich source of Vitamin C. Walnut beads acts as exfoliator. Turmeric provides antiseptic properties.

Gelling agent used for this formulation is potato starch. Suitable base materials like emollient, preservative, foaming agent, colouring agent were selected and incorporated into the extract to design a suitable herbal scrub

Conclusion I:

In present work we found good properties of face scrub on skin. In this Formulation all natural ingredients were used so they do not have any side effects. The prepared scrub was evaluated for various parameters like colour, odour, pH, viscosity, washability, spreadability, grittiness and found to be satisfied with all required characterization. The developed scrub can be used as effective scrub to make healthy and glowing skin. In the current study herbal face scrub was formulated, evaluated for various parameters. The results indicated that the formulation passed the tests. The prepared poly-herbal formulation nourish, moisturize, cleanses, protect the skin against premature aging, acne, and pimples

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