



# Preparation And Evaluation Of Herbal Face Pack For Glowing Skin.

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## Abstract :

The work's objective is to create and assess a herbal face pack for radiant skin. As a result, we have created the perfect face pack in this work that works for all skin types. Herbal powders such as banana peel powder, nutmeg powder, butterfly pea flower powder, aloe Vera powder, orange peel powder, and rose petal powder can be used in the formulation. Use a herbal face pack to rid your face of all impurities and debris for radiant, renewed skin. Four different formulations were prepared named as F1 to F4. And F4 formulation outperformed others in terms of physical properties, skin irritation, consistency, and microbiological stability during storage. Herbal face packs enhance the look and feel of your skin. Ayurvedic herbal face packs are mentioned as being effective in reducing wrinkles, dark circles, acne, and pimples. The greatest Ayurvedic treatment is a herbal face pack, which also increases skin radiance and improves skin fairness and smoothness. Butterfly pea flower powder, which is effective against black spots, is used in this recipe. Herbal face packs don't have any negative effects. In these work for treatment of dark spots the butterfly pea flower powder specially used which active against dark spots .

**Keywords:** powder, Face pack, formulation, Evaluation.

## 1.Introduction

Cosmetic includes any article intended to be rubbed, poured, sprinkled or sprayed on, or introduced into, or otherwise applied to, the human body or any part thereof for cleansing, beautifying, promoting attractiveness, or altering the appearance.<sup>1</sup>The skin of the face is the largest area of the body and act as a mirror, reflecting and individuals health. To keep the Skin bright, shiny and healthy, it requires a well- balanced diet rich in amino acid, lipids and crabs. Women in ancient Time were particularly concerned with their appearance and took great care of their skin types. <sup>2</sup>In Ayurveda, the herbal pack/paste is called as “mukha lepa” generally use in facial therapy. This herbal pack/paste smeared on face to treat acne, pimple, scars, marks, and pigments .<sup>3</sup>Face pack is a smooth powder used for facial use. These preparations are applied to the face in the form of liquids or pastes and are allowed to dry and set to form a film that gives firmness, firmness and cleansing effect to the skin.<sup>4</sup> Face packs are basically supplements that provide additional advantages. Herbal face packs are suitable for many skin types. Herbal face packs can effectively eliminate wrinkles, pimples, acne, and dark

circles. Improve the fairness and smoothness of skin. It also boosts confidence. Ayurveda is the most effective method for accomplishing this goal.<sup>5</sup>

The face pack is a smooth powder that can be applied to the face. These preparations are applied to the face as liquids or pastes, then dried to form a film that tightens, strengthens, and cleanses the skin. After ten to twenty-five minutes of evaporation, the film compresses and hardens, making it easier to remove.

These packs come in numerous shapes and formats, and are essentially categorised into the following categories: <sup>6</sup>

1. Plastic masks: Wax, latex, or vinyl-based.
2. Hydrocolloid masks: Gel masks (ready for use)
3. Argillaceous masks: clay or earth-based (ready-to-use or dry powder).

## 2. Material and method

All the natural materials used in the present study i.e. banana peel, Aloe Vera, Nutmeg, butterfly pea flower, Orange peel, rose petals are purchased from local market. in a form of dried powder and were authenticated at Nandkumar shinde college of pharmacy Vajapur. Herbal ingredients are grinded to form fine powder by using #120 mesh. all the ingredients weighed accurately and uniformly mix well.

The details of the plant material used for the formulation of face pack are mentioned below;

### 1. Banana peel powder



As a natural moisturiser, banana peels may lessen redness, inflammation, and puffiness. Dermatologists think that the skin can seem younger by benefiting from the tannins and phytonutrients found in banana peels. Banana peels' anti-inflammatory and antioxidant qualities provide a calming impact on the skin, making them useful for wounds, sunburns, bug bites, and other skin irritations in addition to psoriasis and eczema.<sup>9</sup>

## 2. Nutmeg powder



Nutmeg minimises the appearance of wrinkles and acne scars. It can moisturise and regulate greasy skin. As a natural exfoliant that aids in removing dead skin cells and encourages smoother complexion, it has several advantages for skin.<sup>10</sup>

## 3. Butterfly pea flower powder



Antioxidant vitamins like A, C, and E as well as plant-based antioxidants found in butterfly pea flowers support the skin's natural barrier.<sup>11</sup> It has a whitening impact on skin, which means it lessens dark spots, and it can help reduce redness, acne, and dryness.

#### 4. Aloe Vera powder



Aloe vera is an excellent skin moisturiser. Aloe vera moisturises, revitalises, and maintains the youthful appearance of the skin layer. Because of its antimicrobial properties, aloe vera is a great remedy for acne and pimples. Numerous nutrients, including glycerin, sodium palmate, sodium carbonate, sodium palm kemelate, and sorbitol, are present in aloe vera powder.<sup>12</sup>

#### 5. Orange peel powder



Orange peel powder is used as a cleaner. Citric acid found in orange peel powder can help erase pimple marks, dark spots, and pigmentation. It brightens your complexion and provides an even skin tone. Orange peel powder creates a natural glow on your skin. It increases your hydration level and nourishes your skin.<sup>13</sup>

## 6. Rose petal powder



It leaves the skin soft, smooth, and shining. It is a crucial component of many face packs. Rose petals are high in vitamin C and other antioxidants, which help fight free radicals, skin irritants, excess sebum, and infections. It moisturises the skin and is suitable for sensitive skin

### 3. Method of preparation:

Four formulations were created with various component amounts (F1-F4). The concentration of each element was listed in Table 1. The components were accurately weighed and processed into fine powder using sieve #120. To ensure uniformity, all ingredients were geometrically blended using the serial dilution method. The prepared face pack was then placed in a self-sealable polyethylene bag, labelled, and utilised in subsequent tests.

Table no 1: Composition of herbal face pack powder

SR.no	Ingredients	Quantity (gm)			
		F1	F2	F3	F4
1	Banana peel powder	8	10	8	6
2	Nutmeg Powder	8	8	6	10
3	Butterfly pea flower powder	10	8	8	10
4	Aloe Vera powder	6	10	10	8
5	Orange peel powder	10	8	8	8
6	Rose petals powder	8	6	10	8

### 4. Procedure for applying Face pack

Take prepared face pack powder in bowl as per the requirement and add rose water



Make well to form a paste with optimum thickness, it should be applied evenly on face with the help of brush, cover the dark spot water.



Keep as it is for complete dryness for 20-25 minutes then it should be washed with cold water

## 5.Method Of Evaluation

Following evaluation parameters were performed to ensure Superiority of prepared face pack;

### 1. Organoleptic Evaluation

Organoleptic characteristics for various sensory characters like colour, odour, Texture, appearance was carefully noted down as illustrated. The raw drugs and powder were separately studied by organoleptic and morphological characters like colour, odour, texture, and appearance.

Sr no	Parameters	Observations			
		F1	F2	F3	F4
1	Colour	Slight yellow	Slight yellow	Greenish yellow	Slight yellow
2	Odour	Slight	Slight	Slight	Slight
3	Texture	Fine	Fine	Fine	Fine
4	Appearance	Smooth	Smooth	Smooth	Smooth

### 2.Physic-chemical Evaluation

The physical and chemical feature of the herbal the herbal face pack powder was evaluated to Determine the pH, its moisture content, and ash value and the amount of inorganic Matter present in it.

#### • PH

PH of formulated herbal tooth powder was observed by using pH meter.5gm of face pack powder placed in 100ml of beaker. Allow the 10ml of boiled And then cool water. Stir vigorously to make a suspension and measured The PH.

#### • Moisture Content

Face pack powder (10gm) weighed and dried it in the oven at 105o C then It was cooled. The loss of weight is recorded as percentage moisture content And calculated by the given formula

$$\% \text{ Moisture content} = (\text{Original sample weight} - \text{Dry sample weight}) / \text{Original sample weight} \times 100$$

#### • Ash value

Weight accurately about 3gm of the powdered drug in silica crucible, Incinerate the powdered drug by increasing the heat gradually until the sample was free from carbon and cool it keep it in a desiccators. Weighed the weight of residue and percentage of ash content was calculated by using formula.

$$\% \text{ash content} = (\text{mass of residue} / \text{mass of sample}) (100)$$

Sr no	Parameters	Observations			
		F1	F2	F3	F4
1	pH	6.50	6.61	6.30	6.66
2	Ash value	0.49	0.50	0.56	0.58
3	Moisture content	1.60	1.65	1.63	1.68

### 2. Rheological Evaluation

Physical parameters like bulk density, angle of repose were observed and calculates for the formulation.

#### • Bulk Density

The bulk density of the powder is the ratio of the mass of an untapped powder sample and its volume including the contribution of the interparticulate void volume. It is expressed in gram/ml.

$$\text{Bulk density} = \text{Untapped density} - \text{tapped density}$$

- **Angle of repose**

A funnel was taken and fixed with a clamp to the sand. A graph paper was kept below the funnel and the height between graph paper and bottom of the funnel was measured. Then 50gm of powder was weighed and poured into funnel by blocking the orifice of the funnel by thumb, the thumb was removed. The powder started flowing down onto the graph paper and formed a cone shaped pile until the peak of pile become touched to the bottom of the funnel stem. Then, the angle of repose was calculated

By following formula.

$$\text{Tan } \theta = h/r$$

h = Height of powder, r= Radius of graph paper

Sr no	Parameters	Observations			
		F1	F2	F3	F4
1	Bulk density	4.5	3	3.9	4
2	Angle of repose	31	30.50	32.70	32.74

#### 4. Irritancy test.

Mark an area (1sq.cm) on the left-hand dorsal Surface. Definite quantities of prepared face packs were Applied to the specified area and time was noted. Irritancy, swelling , redness, was checked if any for regular Intervals up to 24 hrs and reported.

#### 5. Stability studies.

Stability testing of prepared formulation was Conducted by storing at different temperature conditions for The period of one month. The packed glass vials of Formulation stored at different temperature conditions like, Room temperature and 40°C and were evaluated for physical Parameters like color, odour, pH, texture.

### 5. Result and discussion

#### 1. Organoleptic evaluation

Table No. 2 Organoleptic evaluation of herbal face pack

Sr no	Parameters	Result
1	Colour	Pale yellow
2	Odour	Pleasant
3	Texture	Fine
4	Appearance	Smooth

#### 2. Physico-chemical evaluation

Table No.3 Physic-chemical evaluation of herbal face pack

Sr no.	Parameters	Result
1	Ph	6.66
2	Ash value	0.58
3	Moisture content	1.64



### 3.Rheological evaluation

Table No.4 Rheological evaluation of herbal face pack

Sr no	Parameters	Result
1	Bulk density	4
2	Angle of repose	32.74



### 4.irritancy test

Table No.5 Irritancy test for herbal face pack

Sr no	Parameters	Result
1	Swelling	No
2	Redness	No
3	Irrigation	No

## 5.stability Study

Table No.6 Stability study of herbal face pack

Sr no	Parameters	Result	
		Room temperature	40°C
1	Colour	No change	No change
2	Odour	No change	No change
3	Ph	6.67	6.57
4	Texture	No change	No change

## Conclusion

Natural remedies are more beneficial and acceptable because they have very fewer side effects. Herbal formulations have high demand in market. main advantage of herbal face pack is there is no toxic effects. In present work, we found good properties of face pack. Herbal face pack containing natural active ingredients helps to reduce acne, redness, pimples, wrinkles, and mainly dark spots. Such preparations may also help to increase fairness while promoting skin nourishing and soothing effects. The formulation F4 proved to be more stable than F1, F2, F3 and F5 where store in varying temperature according to result of stability test. So, F4 produced desired result.

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