



Formulation And Evaluation Of Ubtan Powder

Naga Mubashsir

Final Year B pharma
Department of Pharmacy,
Malegaon dist. Nashik India

Abstract

The aim of this work is to formulate and evaluate an herbal ubtan powder for glowing skin by using natural herbal ingredients. The natural herbal ingredients such as Post Narangi, Tukhm E Bakla, Jaw Kateera, Matar, chickpeas, melon seeds, wheat flour, and orange peel were purchased from local market in the form of dried powder. All powdered natural ingredients were sieved using #100 mesh, weighed accurately, mixed geometrically for uniform formulation, and then evaluated for parameters including morphological, physicochemical, physical, phytochemical, irritancy along with stability examination. Thus, in the present work, we formulated a herbal ubtan powder which can be easily made with the easily available ingredients .

Keywords: Skin, Herbal ubtan powder, Formulation, Evaluation.

INTRODUCTION:

In today's world, having fair and charming skin is highly desired by many individuals, especially young people who often struggle with acne, blackheads, pimples, and dark circles. According to Ayurveda, skin problems are caused by impurities in the blood, which accumulate due to an unhealthy diet and lifestyle. Ayurveda recommends various herbs and medicines for blood purification. One such treatment is known as "Mukhalepana," which involves applying an herbal paste on the face to treat acne, scars, marks, and pigmentation. This beauty therapy is commonly referred to as a facial, and the powder used for the facial application is called A "face pack." Different skin types require different types of herbal face packs to supply necessary nutrients and penetrate the subcutaneous tissues. Ayurvedic face packs can reduce wrinkles, dark circles, pimples, and acne, while increasing skin glow and fairness. Face packs are one of the oldest and most effective methods for cleansing the skin.[9]

Ayurveda describes various kinds of face packs that offer nourishing, healing, cleansing, astringent, and antiseptic properties. These face packs are made with natural ingredients such as herbs, fruits, and oils, and can help to address various skin concerns, from acne and dark circles to wrinkles and dryness. By choosing the right face pack for their skin type and needs, individuals can enjoy the many benefits of this ancient and effective beauty therapy. We can prepare face pack in home with basic integrant found in house and kitchen. Herbal face packs are an affordable and natural way to achieve fairer skin without any harmful side effects. From the ancient era people are using herbs for cleaning, beautifying and to manage them. Cosmetics are defined as the products used for the purposes of cleansing, beautifying, promoting attractiveness or alternating one' appearance [9]. Homemade natural face packs and masks make way for smooth, radiant and silky skin. We can derive the maximum benefits of herbal face packs by using them according to our skin type. Ayurvedic face packs increase skin glow and are best ayurveda treatment to increase fairness. Face packs are helpful for preventive, promotive and curative of any skin problems. The basic important herbs used for fairness of skin are as below.

In Ayurveda, the process of smearing a herbal mix on the face is called "Mukhalepana," which is now commonly known as a facial. A face pack is a smooth powder that is used for facial application, and a good herbal face pack must provide necessary nutrients to the skin and penetrate the subcutaneous tissues to deliver the required nutrients. Different skin types require different types of herbal face packs. Ayurveda describes various kinds of face packs that have nourishing, healing, cleaning, astringent, and

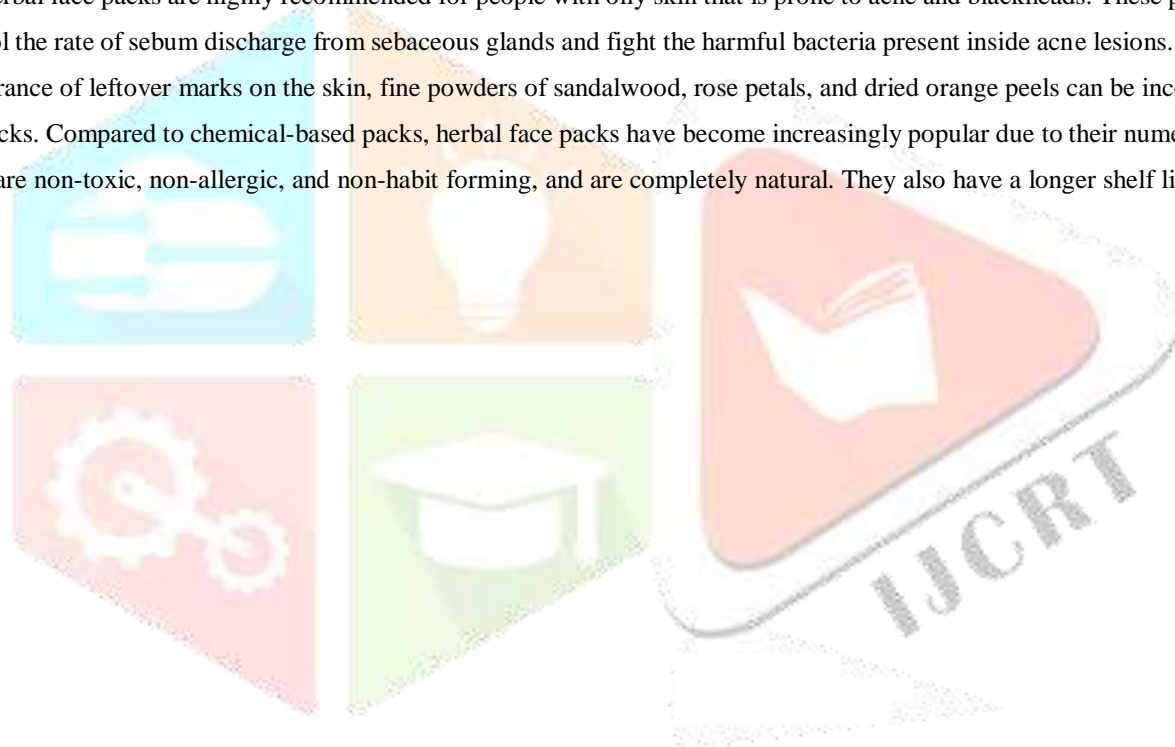
antiseptic properties. Herbal face packs are cost-effective and have no side effects, making them a natural way to achieve fairer skin.[10]

If we recall the yellow paste-like a thing we are directly taken to the former haldi ceremony of Indian marriages by our memory. This paste is nothing else but “Ubtan”. It is an Ayurvedic and pure cosmetic product hand-made by ancient sages and is been in use since time immemorial. It is semi-solid formulation made with the help of various types of herbal ingredients mainly raw milk, saffron, gram flour, sandalwood powder, turmeric, and rose water, etc. All the ingredients are easily available at home.

It helps in boosting the skin texture and quality up to a great extent. Shreds of evidence have suggested that used Haldi (*Curcuma longa*) in the mixture gives radiance to the skin antiaging, anti-inflammatory, anti-oxidative properties, and strong antiseptic property. Other ingredients like gram flour work as the exfoliating agent, raw milk helps in clearing aging signs, which helps in boosting the glow of the skin perfectly. It will be moisturized and nourished your skin by the nutrients present in the ubtan.

The traditional herbal formulation exfoliates the body of the user and removes the dead skin cells and makes way for the new ones. Ubtan is also called “Ubvartan” an Ayurveda treatment in the form of body massage that soothes skin and makes it soft and free of much unwanted micro-flora and dirt on the skin. It has been widely used in India and its subcontinents and is believed to have a long-standing drug regulation concept and values, built for the recovery of body, mind, and soul.

Herbal face packs are highly recommended for people with oily skin that is prone to acne and blackheads. These packs can help control the rate of sebum discharge from sebaceous glands and fight the harmful bacteria present inside acne lesions. To reduce the appearance of leftover marks on the skin, fine powders of sandalwood, rose petals, and dried orange peels can be incorporated into the packs. Compared to chemical-based packs, herbal face packs have become increasingly popular due to their numerous benefits. They are non-toxic, non-allergic, and non-habit forming, and are completely natural. They also have a longer shelf life. [14]



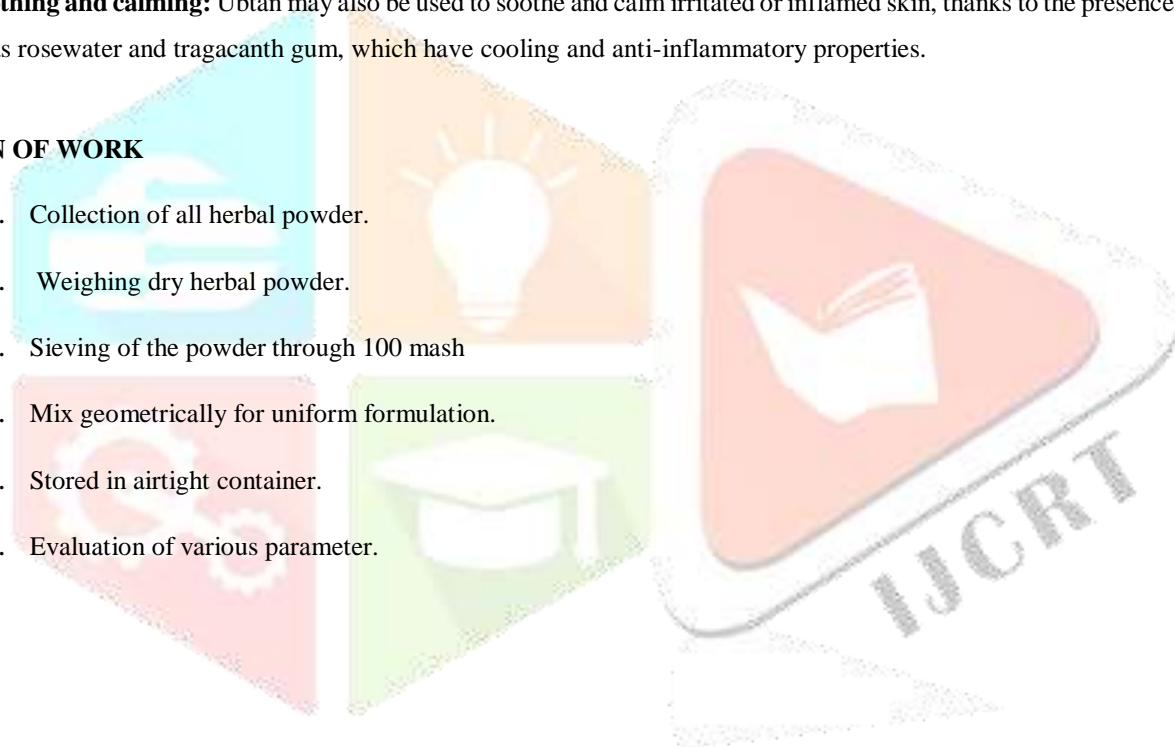
| S.N | Main AUTHOR & YEAR of publication | Title of Paper | Name of Drug/ API | Reference no |
|-----|---|---|---|--------------|
| 1 | Yadav N and Yadav R may 2015 | PREPARATION AND EVALUATION OF HERBAL FACE PACK | Multani Mitti (Calcium bentonite) Raktachandan (Santalum album) (Red Sandalwood Powder) | 1 |
| 2 | Divya Jain | UBTAN - GIFT FROM AYURVEDA AND NATURE | raw milk, saffron, gram flour, sandalwood powder, turmeric, and rose water, Haldi (Curcuma longa) | 14 |
| 3 | Rani, S. R. and Hiremanth. 2002 | Drug delivery systems & Cosmetics & Herbal drug technology | Manjistha, Lodhra, Chandana, Haridra | 9 |
| 4 | Avinash O. Maske*1, Manisha Pandhare1, Ashwin D. Wanjari2 | Formulation and evaluation of herbal face pack for glowing skin | Neem, aloe vera, tulsi, orange peel, rose | 15 |
| 5 | Hwang JK, Shim JS, Gwon SH, Kwon YY, Oh HI et al 2012 | Novel use of Panduratin derivatives or extract of Kaempferia pandurata comprising the same. | Multani mitti, turmeric, sandalwood, saffron, milk powder, rice flour, orange peel, banana peel | 17 |
| 6 | Hakeem hafiz abdul majeed 1986 | Qarabadeen-E-Majeedi | Composition of drugs. | 19 |
| 7 | Siddhiqi MA | analytical standards of compound formulation | Evaluation of ubtan face pack | 18 |
| 8 | Farheen B, Mohammad 2016 | Design and development of unani face pack | - | 20 |
| 9 | Hakim hafiz abdul majid 1986 | Gaza husn-e-afza | Method of preparation | 19 |
| 10 | [6]Madan, A., Abhishek, A. and Verma, S. (2014). | A Pilot study to evaluate safety and efficacy of Papenglow (Herbal Face-Pack) in healthy human subjects | | 6 |

AIM: TO PREPARE AND EVALUATE THE UBTAN POWDER.**OBJECTIVES:**

- 1. Skin cleansing:** One of the primary objectives of Ubtan is to cleanse the skin of impurities, excess oil, and dead skin cells, leaving the skin feeling refreshed and revitalized.
- 2. Exfoliation:** Ubtan is also used as an exfoliating agent, helping to remove the outer layer of dead skin cells and promoting cell turnover for a brighter, smoother complexion.
- 3. Moisturizing:** Many of the ingredients in Ubtan have natural moisturizing properties, helping to hydrate and nourish the skin, reducing dryness and flakiness.
- 4. Brightening:** Some of the ingredients in Ubtan, such as citrus aurentium and melon seed, have been shown to have skin-brightening properties, helping to reduce the appearance of dark spots and uneven skin tone.
- 5. Soothing and calming:** Ubtan may also be used to soothe and calm irritated or inflamed skin, thanks to the presence of ingredients such as rosewater and tragacanth gum, which have cooling and anti-inflammatory properties.

PLAN OF WORK

1. Collection of all herbal powder.
2. Weighing dry herbal powder.
3. Sieving of the powder through 100 mesh
4. Mix geometrically for uniform formulation.
5. Stored in airtight container.
6. Evaluation of various parameter.



Step involved is:

Collecting



Weighing



Sieving



Mixing



Labelling



EXPERIMENTAL:

LIST OF INSTRUMENT:

| NAME | COMPANY NAME | MODEL NO. |
|------------------|--------------|-----------|
| WEIGHING BALANCE | VAMAN | |
| SIEVE | | |

USES OF INGREDIENTS:

1: Citrus aurantium:

It is also known as bitter orange, is believed to have anti-inflammatory and antioxidant properties. It is often used in skincare products to improve skin texture and tone.

When used in ubtan powder, citrus aurantium helps to cleanse the skin by removing dirt, oil, and impurities. It also helps to unclog pores, which can lead to clearer skin with a more even tone.

- Chemical constituents

Citrus Aurantium contains flavonoids such as hesperidin, naringin which have antioxidant and anti-inflammatory properties.



2. Faba Vulgare, or fava beans:

They are high in protein and are believed to help improve the texture and firmness of the skin. They are also rich in antioxidants and are known to help reduce inflammation.

In addition, fava beans, like other beans, contain antioxidants that fight free radicals that damage cells and contribute to disease and aging.



3. Raphanus sativus L:

It is rich in vitamins and minerals that are beneficial for the skin. It is often used in skincare products to help brighten the skin and reduce the appearance of dark spots and blemishes.

CHEMICAL CONSTITUENTS:

Raphanus Sativus L contains various vitamins and minerals such as vitamins C, K, and folate, which help to brighten the skin and reduce the appearance of dark spots and blemishes. Sorghum Vulgare contains polyphenols and other antioxidant that help to reduce inflammation and protect the skin from free radical damage.



4. Sorghum Vulgare:

It is rich in antioxidants and is believed to help reduce inflammation and protect the skin from free radical damage.

Rich in vitamins B2 and C, sorghum helps to promote and maintain healthy skin. It can increase the secretion of mucus, which has been proven to help rosacea sufferers and sufferers of other skin conditions such as dermatitis and eczema.



5. Chickpeas:

Chickpeas, or garbanzo beans, are a protein-rich food that can enhance skin texture and reduce inflammation. They also contain antioxidants, which protect the skin from damage. Chickpeas are an excellent source of magnesium, which can help reduce fine lines and wrinkles by improving skin elasticity and smoothing out fine lines. It can also prevent premature wrinkles by balancing the body's fatty acids.



6. Tragacanth Gum:

A natural gum is commonly used as a thickening agent in skincare products. It is believed to help improve the texture of the skin and promote healthy skin cell growth.

Gond katira is believed to have anti-aging property. Tragacanth is often mixed with other plants like aloe vera and used as a face mask.



7. Melon seeds:

Watermelon seeds are a rich source of vitamins and minerals that are beneficial for the skin. They are commonly used in skincare products to improve skin texture and tone. Specifically, watermelon seeds are high in magnesium, which can help improve overall skin appearance. They are also used in cases of eczema and other skin conditions where the skin is dry and itchy, as the seeds act as a moisturizer for dull, dry skin.



8. Wheat germ: To summarize, wheat germ is a rich source of antioxidants that can help reduce inflammation and protect the skin from free radical damage. It is commonly used in skincare products to improve skin texture and reduce the appearance of fine lines and wrinkles. Wheat germ also promotes healthy cell regeneration, which ensures that the body has a stock of healthy new cells, including skin cells. This can lead to healthier, glowing skin.



9. Rose water :

A natural ingredient is commonly used in skincare products to help soothe and hydrate the skin. It is believed to have anti-inflammatory and antioxidant properties that help to improve skin texture and tone.



TABLE 1: COMPOSITION OF UBTAN POWDER

| SR NO. | CONSTITUENTS | SCIENTIFIC NAME | QUANTITY |
|--------|------------------|--------------------|----------|
| 1 | Post Narangi | Citrus Aurentium | 0.49 gm |
| 2 | Tukhm E Bakla | Faba Vulgare | 4.55 gm |
| 3 | Tukhm E Muli | Raphanus Sativus L | 2.7 gm |
| 4 | Jaw | Sorghum Vulgare | 1.4 gm |
| 5 | Chana Dal | Chick peas | 1.8 gm |
| 6 | Kateera | Tragacanth Gum | 0.49 gm |
| 7 | Matar | Peas | 1.89 gm |
| 8 | Tukhme kharbooza | Melon Seed | 2.7 gm |
| 9 | Nishashta | Wheat Grains | 2.7 gm |
| 10 | Gulab pani | Rose Water | 0.3 ml |

PROCEDURE:**METHOD OF FORMULATION:**

The powdered dried all natural ingredients were sieved using 100 no. Mesh, weighed accurately and mixed gently for uniform formulation mentioned in Table 1. The prepared ubtan powder was then stored in an airtight container for evaluation of different parameter. During formulation, if the dried powder is not perfectly fine, it causes irritation after application. If crude drugs are not perfectly fine, which creates problems during sieving.



EVALUTION OF UBTAN FACE PACK:

1. Morphological Evaluation:

It refers to the evaluation of the herbal face pack by its color, odor, appearance, texture etc. The external characters of the formulation were examined based on the method described by Siddiqui et al. [18]

2. Physicochemical evaluation:

Physicochemical parameters were determined, including the determination of extractive value, ash value, pH and moisture content.

3. Irritant test:

The irritant test, an area of 1 square centimeter was marked on the left-hand dorsal surface. Specific amounts of the prepared face packs were applied to the marked area, and the time of application was noted. The area was checked at regular intervals up to 24 hours for any signs of irritation, erythema, or edema, and these were reported..

4. 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 400C and were evaluated for physical parameters like color, odour, pH, consistency and feel.

Result and Discussion:

Following evaluation parameters were performed to ensure superiority of prepared face pack.

1. Morphological Evaluation

Herbal face pack was evaluate for morphological parameters showed in the Table 2. The colour of formulation was pale yellow. The odour of prepared formulations was pleasant and good acceptable which is desirable to cosmetic formulations. Texture and smoothness was acceptable as per requirement of cosmetic formulations.

TABLE NO.2: Morphological Evaluation

| SR NO. | PARAMETER | OBSERVATION |
|--------|------------|-------------|
| 1 | COLOUR | PALE YELLOW |
| 2 | ODOUR | PLEASANT |
| 3 | APPEARANCE | SMOOTH,FINE |
| 4 | TEXTURE | FINE |
| 5 | SMOOTHNESS | SMOOTH |

2. Physicochemical Evaluation:

Herbal face pack was evaluated for physicochemical parameters showed in the Table 3. The pH of formulation was found close to neutral. The ash content and moisture content of the prepared face packs were found to be within the acceptable limits. The particle size of formulations was found in the range of 24.3±2.5µm.

Table 3: Physicochemical Evaluation

| SR NO. | PARAMETER | OBSERVATION |
|--------|--------------------|-------------|
| 1 | PH | 6.92 |
| 2 | LOSS ON DRYING | 2.9 |
| 3 | ASH CONTENT | 89 ± 0.352 |
| 4 | PARTICLE SIZE (µm) | 24.3±2.5 |

3. Irritancy Test:

The results of irritant test were shown in Table 4. The formulation showed absence of irritation, redness and swelling during irritancy studies. This formulation have safe to use on skin.

Table 4: Irritancy Test

| SR NO. | PARAMETER | OBSERVATION |
|--------|------------|-------------|
| 1 | IRRITATION | NO |
| 2 | REDNESS | NO |
| 3 | SWELLING | NO |

4. Stability Studies:

The results of stability were shown in Table 5. No change in color, odour, texture and smoothness was observed at mentioned conditions of stability except pH. The stability studies showed a slight change in pH of formulation at 40 degree.

TABLE 5: STABILITY TEST

| SR NO. | PARAMETER | ROOM TEMPARATURE | 40 DEGREE |
|--------|------------|------------------|-----------|
| 1 | COLOR | NO CHANGE | NO CHANGE |
| 2 | ODOUR | NO CHANGE | NO CHANGE |
| 3 | PH | 6.92 | 6.87 |
| 4 | TEXTURE | FINE | FINE |
| 5 | SMOOTHNESS | SMOOTH | SMOOTH |

Conclusion:

Natural remedies are increasingly preferred over synthetic ones due to the belief that they are safer and have fewer side effects. As a result, herbal formulations are in high demand in the world market. People are becoming more aware of the benefits of using natural remedies to maintain their health and beauty. Ayurveda, an ancient Indian medical system, has been gaining popularity worldwide for its emphasis on the use of herbs and natural remedies to treat various ailments. In recent years, many scientific studies have been conducted to validate the efficacy of herbal remedies and to identify their active components. Herbal ubtan 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 ubtan face pack containing natural herbal ingredients such as orange peel, chana dal, kateera, matar, tukhme kharbooza etc. 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.

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