



A REVIEW ON ESTIMATION OF HERBAL FACE PACK FOR GLOW AND PREVENTION ACNE-PORE SKIN & DULL SKIN

VISHAL MAURYA¹, ADITYA GUPTA² AND DR. JAYANT KUMAR MAURYA³

1. Research Scholar, Ashok Singh Pharmacy College, Maharoopur Jaunpur U.P. 222180

2. Assistant Professor, Department of Pharmacology, Ashok Singh Pharmacy College, Maharoopur Jaunpur U.P. 222180 <https://orcid.org/0000-0002-1639-1320>,

3. Academic Head, Ashok Singh Pharmacy College, Maharoopur Jaunpur U.P. 222180

Abstract

This study aimed at make preparation and evaluating a natural facemask for whitening that contain of herbal ingredients. Some natural dry powdered items like multani mitti, turmeric, sandalwood, saffron, milk powder, rice power, and orange peels which have been pickup in the local market has been used in making this soap. Commercially, banana peel powder is baked in the colour. The screen size for all-natural powder material is #120. Accurate weight and geometric mix for uniform formula is done before pulsing the mixture. Parameters consisting of morphology, physicochemical characterization, Phyto-chemistry, and stability test. That being so, for this study of ours, we've made a simple herbal mask that is based on those materials. We evaluated the mask and accepted that it is okay for the skin, it keeps its consistency under normal storage conditions. Herbal face masks as an alternative for skin Glowing therapy has been confirmed by researchers to be effective accurately. Therefore, research into overall benefits provides an effective means of adding weight to any claims a producer would like to make.

Key word: Skin, Herbal Masks, Recipes, Reviews

Introduction

These cosmetic products in the form of beauty care items which work on skin clean and improve in order to promote health and beauty. Using various types of herbs was applied since ancient times for cleansing, physically attract and treatment purposes. The major part of the body that indicates health is "the confront skin. Its material includes amino acids, lipids, carbohydrates and many other substances. Therefore healthy, smooth, brilliant skin needs a balanced diet. Ayurveda's mukha lepa translates as "home grown glue" that is applied on the face. Facial glue this pack is spread onto the face to cure acne.[1]

In according with Ayurveda, most skin problems occur because of imbalances occurring within blood. Skin infections are being brought on by collection of poisons in blood due to unhealthy eating habits and bad lifestyle. Blood detoxification is represented by some herbs and solutions according to Ayurveda, In ayurvedic medicines, the local paste made by combining home-grown glue with face for treatment acne, pimples, scar, mark and blotches called as "Mukha lepa". This home- made mixture smeared on face is the technique known as "Mukha lepana". This magnificence is "face pack". Essential addition should be supplied by an ideal "confront pack" for a healthy skin grown at home. This should be able to go through the subcutaneous tissue

as it aims to bring about the required nutrients. Many types of natural face packs for different kinds of skins [2].



Fig- 1: Face Pack

Most face packs for oily skins prone to acne, zits etc. usually regulate sebum making by glandular follicles and fight inner inflammations related with skin break out injuries. Fine powders of sandalwood, rose petals and dried orange peels may be used to reduce extra marks of skins. As a result, today's home grown confront packs are used generally due to all related benefits as compared to the chemically based ones. They don't cause toxicity, allergies or habit formation. There are higher rack lives at those points and they occur in all angles. They have no included additives. They will also be properly defined and locked up on a larger coverage time frame. What is the procedure for an article bargain? Explain and assess home grown facing pack for gleaming skin using natural products like Multani Miti, turmeric, sandalwood and saffron, milk powder, rice flour, orange and banana skins [3].

Benefits of Face Pack [4]

- ❖ The Face Pack provides nutrition to the skin.
- ❖ Home-made remedy helps lessen, acne, blackheads, scars and spots.
- ❖ Neem and Tulsi helps in under of skin infection, pimples and removal of bacterial infection on skin which causes acne of skin infection,
- ❖ Adding fine powder of shoes and rose petals can help reduce the scars and marks of the skin.
- ❖ It assists in eliminating dead cells from one's face skin.
- ❖ Such products give a soothing and relaxing effect onto skin.
- ❖ These face packs are used a lot, usually for lustre, smoothness of the skin, and radiance.
- ❖ The use of face pack helps in minimizing the harmful effects of pollution and rough seasons.
- ❖ They help in protecting the skin from early maturity.
- ❖ They do not organize wrinkles, fine lines and the listing of the skin.

Preaution [5]

- ❖ Some safeguards are beneficial for improved glowing (skin), cleansing, and nutrition.
- ❖ The face pack is used according to skin type, people concerned to the skin master use of any characteristic treatment on face.
- ❖ Last ten to fifteen, minute you stay against confront and then wash your face completely and remove all the creams.
- ❖ Having made a connection, you apply face pack on front and then you must fully dry off the confront. Don't scour enthusiastically [5].

Used material in Herbal Face Pack:

Disclose questions on article discounts on homemade shining skin cream using natural Material such as Multani Miti, turmeric, sandalwood, saffron, laundry powder, rice flour and orange essence. They could be purchased from adjacent markets in form of dry powder. Arrangement by shade for banana peel powder drying commercially [6].

1. Multani Miti Powder
2. Turmeric Powder
3. Sandal Wood
4. Saffron
5. Rice Flour Powder
6. Milk Powder
7. Orange Peel
8. Banana Peel

1. Multani Miti

They incorporate good nourishments that help make pores smaller, remove blackheads and whiteheads, diminish blemishes, relieve burn-outs, cleanse skins, stimulate blood circulate, make advancement of nature, reduce acne outbreak, diminish flaws Magnesium chlorides rich source Multani Miti.[7]



Fig- 2: Multani Miti Powder

Benefits of Multani Miti

- ❖ Oily skin
- ❖ Acne
- ❖ Skin tone and brightening
- ❖ Pigmentation

2. Turmeric Powder

With ability of cleansing and being able facilitate in the process of healing wounds, the blood decontaminant properties of Turmeric are employed in this planning. It heals the skin diseases caused by blood purifications. Hence, it can be an extremely good anti-inflammation and anti-allergen operator. It contains phytochemicals, mainly terpenoids that are different in nature to improve the skin colour. The make late in maturity symptoms such as wrinkling and aging is brought about by turmeric's promotion of skin elasticity and flexibility. Healing of pigmentation, rough skin tone or sad skin.[8]



Fig- 3: Turmeric Powder

Benefits of Turmeric Powder

- ❖ Turmeric face pack for cool and fresh skin
- ❖ Turmeric face pack for Acne treatment
- ❖ Turmeric face pack for Anti-Ageing
- ❖ Turmeric face pack for smooth facial skin
- ❖ Turmeric face pack for Glowing skin

3. Sandal wood

Perhaps sandalwood is inviolable Ayurvedic herb. They have also mythical sandalwood tree for devotional rituals from antiquity which lavishly used in rituals like wedding rites or sacraments. Herb which is heavenly is mentioned in the Indian Vedas; its unique and smelling scent still pervades the corridors of many Hindu temple and Buddhist monasteries at present. The sandalwood has anti-tanning, as well as anti-aging [9].



Fig- 4: Sandal Wood Powder

Benefits of Sandal Wood

- ❖ Sandal wood face pack for Anti-Ageing
- ❖ Sandal wood face pack for Fights acne
- ❖ Sandal wood face pack for Removes scaring
- ❖ Sandal wood face pack for smoothness of skin
- ❖ Sandal wood face pack for Anti-tanning

4. Saffron

This is made up of dried specimens of stain and stigma of plant *Crocus sativus*, belonging to the family Iridaceae. Terpenoids are its major constituent of carotenoid glycosides. It enhances skin color and gives healthy looking skin.[10]



Fig- 5: Saffron

Benefits of Saffron

- ❖ Provide radiance and glow
- ❖ Brightens up the skin
- ❖ Helps get rid of tan
- ❖ Act as a toner
- ❖ Helps get rid of Acne

5. Rice Flour

There are some skin diseases that rice flour connected to cure them. Rice water is appropriately advertised by ayurvedic practitioners in India subcontinents as in Indigestion matter. Such intervention also assists in developing appropriate microbial flora that play an important role in normal bowel movements, thereby being an effective treatment for sunburnt skin external.[11].



Fig- 6: Rice flour Powder

Benefits of Rice Flour

- ❖ Brightens skin complexion
- ❖ Diminishes oiliness
- ❖ Fight Acne
- ❖ Regulates production of Sebum
- ❖ Cleanness and purifies the skin
- ❖ Soothes and repair the skin

6. Milk Powder

This milk powder is highly beneficial for skin because it feeds dry, rough skin in longer term. Natural whey or simply milk cream, either white powdered crude milk drains in shape or crude milk drain simply gives one's skin a very bright shine. It also helps to moisture deep down into the face properly creating youthful glossy unblemished countenance. It lightens the skin in order to erase dark spots, pigmentation, acne, pimples, white heads, and other skin imperfections at most. Accordingly, sun tan is removed through this facial pack [12].



Fig- 7: Milk Powder

7. Orange peel

Citrus products come with different nutrients like vitamin C, calcium, potassium, and magnesium that are covered by orange peel. It ensures that skin is protected from harmful effects of free radical damage and skin dryness. Furthermore, it possesses the short time shimmer quality which prevents acne, blemishes, crinkly and growing old.[13]



Fig- 8: Orange peel Powder

Benefits of Orange Peel

- ❖ Orange peel powder benefits by keeping check on Acne
- ❖ Orange peel powder makes skin glow
- ❖ Decongests pores
- ❖ Orange peel powder brightens skin
- ❖ Fights ageing
- ❖ Tightens pores

8. Banana Peel

Antifungal and anti-microbial elements reside in banana bark. Mannerism anti-microbial effects towards True bacteria, Vasoconstrictor, Inotropic, and serotonin have appeared peel and mash.[14]



Fig- 9: Banana peel Powder

Benefits of Banana peel

- ❖ Skin Moisturizer
- ❖ Oil control
- ❖ Anti-Aging effect
- ❖ Treats Acne
- ❖ Lightens dark spots

Method of Preparations of Herbal Face pack.

Powdered scorched herbal product sieve with #120 mesh, weight correctly by a balance level that used as a scale and mix evenly for similar components (Table 1). Then, the organized face percent was kept in an airtight box for estimation of different parameters [15]

Table-1: Make-up of Herbal Face pack

Sr. No.	Material	Scientific Name	Percentage
1.	Multani Mitti	Calcium bentonite	15.5%
2.	Turmeric	Curuma longa	15.3%
3.	Sandal Wood	Santalum album	10.7%
4.	Saffron	Crocus sativus	0.5%
5.	Milk Powder	-----	15.3%
6.	Rice Powder	Oryza sativa	20.8%
7.	Orange Peel	Citrus sinensis	10.5%
8.	Banana Peel	Musa acuminata	10.4%

How to apply face pack [16]

- ❖ Choose carefully perfection all of the domestic powder like orange bark powder, Chandan powder, Neem powder and Turmeric powder.
- ❖ Helga, pounded them all mixed into a paste using mortar pestle.
- ❖ Measure correctly rice powder, Multani Miti, turmeric and mix them into correctly mixture.
- ❖ Make it into one uniform powder made of soothing, processed indigenous herb crushed by hand.

Development procedure of Face pack [17]

- ❖ According to the table is developed based on different formulations of Face pack.
- ❖ As needed, put the making masking powder in the bowl, pour rose water in and stir well until you have a thick paste.
- ❖ Rubbing this mixture onto acne-affected or areas with blackheads and whiteheads.
- ❖ After that, it remains for thirty to forty minutes and you wash your face with cold water.

Evaluation of Herbal Face Pack

1. Morphological Estimation

Evaluation like is some of important estimation as a colour, touch and coming into view. It showcases the outside charters for the formulation of a herbal face pack.[18]

2. Physicochemical Estimation

Determine some physicochemical properties by some suitable reading, eg. ash value, moisture content, pH, et al (for every compound used while making a mask) [19].

3. Phytochemical Estimation

The contents present for example, hydrate of carbon, organic compound, glucoside, tannins and plant oil in the aqueous remove of the herbal mask.[20]

4. Physical Estimation

Microscopy in work for measuring particle size. By means of a funnel method, it was possible to establish the flow properties of dry powders at different angles of repose, while through a tapping method, one could obtain their average thickness. [21].

5. Stability studies

Testing of stability involves storing the formulation in conditions of various temperatures (room and 40°C) during one-month period and estimation of its characteristics after this time. Examine physical qualities like colour, smell, pH and touch.[22]

6. Irritancy Test

Only on outer aspects of the roof. Irritation studies did not show any irritation, redness or swellings with making formulation. Make a mark measuring 1 cm² in an area on the left side of the backside.[23]

Summary

To prove that the above-made face pack was better, the following estimation reading were done.

1. Morphological Estimation

Therefore, morphological properties of herbal mask were determined as listed out under table 2. The colour was light yellow for the formulation. Pleasant smell of the formulated making is necessary for a cosmetic formulation [24].

Table- 2: Morphological Estimation

Sr. No.	Parameter	Examination
1.	Colouring	Pale yellow
2.	Flavour	Pleasant
3.	Appearance	Smooth, fine
4.	Touch	Fine
5.	Smoothness	smooth

2. Physicochemical Estimation

This was done using the physicochemical parameters indicated in table 3. The pH of the formulation turned out to be almost neutral. These limitations meet maximum level of acceptance for ash and moisture respectively [25]

Table- 3: Physicochemical Estimation

Sr. No.	Parameter	Examination
1.	Acidity or Basicity	6.93
2.	Loss on Drying	2.8
3.	Ash content	89±0.354
4.	Molecule size	24.3±2.5(µm)

3. Phytochemical Estimation

The herbal mask was assessed using the phytochemical parameters listed in Table 4. Hydrate of carbon, organic compound, glycosides, etc. were identified among plant components [26].

Table- 4: Phytochemical Estimation

Sr. No.	Phytochemical	Examination
1.	Hydrate of Carbon	Positive
2.	Organic compound	Positive
3.	Glycosides	Positive
4.	Tannins	Positive
5.	Minerals oils	Positive

4. Physical Estimation

As shown in table 5, the herbal mask was assessed according to the physical limitation associated with powder properly. The rheological results showed the conduct of the herbal mask in terms of flow.[27]

Table- 5: Physical Estimation

Sr. No.	Parameter	Examination
1.	Tapped density	1.429gm/ml
2.	Bulk density	1.09gm/ml
3.	Angle of Repose	32.612
4.	Hausner ratio	1.322
5.	Carr's index	21.94%

5. Irritancy Test

Irritation test results shown in Table 6. Studies involving irritation revealed that this formula did not lead to any irritation, redness or swelling. It is one of the safest formulas that can be applied to the skins.[28]

Table- 6: Irritancy Test

Sr. No.	Parameter	Examination
1.	Irritation	Negative
2.	Ruddiness	Negative
3.	Inflammation	Negative

6. Stability Studies

Table seven shows stability results. Except for pH, no changes in colour, odour, texture and softness were noticed with regard to the above-mentioned stability conditions.[29]

Table- 7: Stability Studies

Sr. No.	Parameter	Room Temperature	400C
1.	Colour	No change	No change
2.	Flavour	No change	No change
3.	Acidity or Basicity	6.92±0.12	6.87±0.13
4.	Touch	Fine	Fine
5.	Smooth	Smooth	Smooth

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