



# A REVIEW ON POLYHERBAL FACEPACK

Ms. Vaishnavi. N. Karad<sup>1\*</sup>, Dr. Rahul A. Sonawane<sup>2</sup>

<sup>1</sup>Student, Bachelor of Pharmacy, Rajgad Dnyanpeeth's College of Pharmcay Bhor- 412206, Pune, India.

<sup>2</sup>Department of Chemistry, Rajgad Dnyanpeeth's College of Pharmcay Bhor- 412206, Pune, India.

**Abstract:** The aim of this study is to review on poly herbal face pack for glowing skin by using natural herbal ingredients Papaya, Turmeric, Aloe vera, Orange peel, etc.,

Everyone wants beautiful, alluring skin today. Acne, pimples and postules are common among those who suffer from them.

According to Ayurveda, skin problems are usually due to contamination of blood. Herbal face packs help to stimulate blood circulation, rejuvenate muscles, keep skin supple, and remove dirt from skin pores. The advantages of herbal cosmetics are their non-toxicity, reduced anti-disease reactions.

Now a day, human skin has become more sentient for faster aging, atopic dermatitis, acne and many more skin related problems, which mainly arise due to increased pollution, microbe's etc.

The present study shows the preparation, evaluation technique and different ingredients details used in formulation of polyherbal facepack also it shall be used for commercial purpose.

**Keywords-** Herbal face pack, Antibacterial, Natural, Saffron, Aloe vera.

## I. INTRODUCTION

Cosmetics are commercially available products that are used to improve the appearance of the skin by the action of cleansing, beautifying, promoting attractiveness. From ancient times, different herbs are used for cleansing, beautifying, and to manage them. Face skin is a major part of the body, which indicates the health of an individual.

The skin, also known as the cutaneous membrane (ku -TA"-ne-us), covers the outer surface of body and is the biggest organ of body in weight. In grown-ups, the skin covers part of around 2 sq. m. (22 sq. ft.) and weighs 4.5-5 kg (10-11 lb), about 7% of whole body weight. It goes in thickness from 0.5 mm on eyelids to 4.0 mm on the heels. Over a large portion of the body it is 1-2 mm thick. pH of the skin fluctuates from 4 to 5.6. The skin consists of three functional layers- epidermis, dermis and Hypodermis.

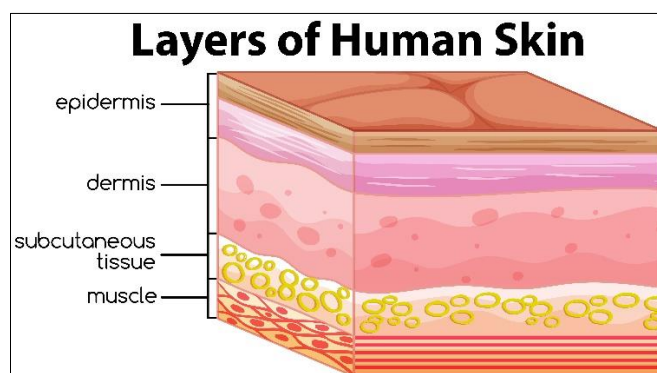


Figure 1: Human Skin

### The Epidermis is Separated Into Five Layers:

- a) **Stratum corneum**
- b) **Stratum lucidum**
- c) **Stratum granulosum**
- d) **Stratum spinosum**
- e) **Stratum basale**

The face pack is a smooth powder that is used for facial application. These preparations are applied on the face in the form of liquid or pastes and allowed to dry and set to form film giving tightening, strengthening, and cleansing effect to the skin. They are usually left on the skin for ten to twenty-five minutes to allow all the water to evaporate, the resulting film thus contracts and hardens and can easily be removed.

### Benefits of Applying Face Pack

Nourishes the skin. Fruit face packs supply essential nutrients to the skin. Helps to reduce, acne, pimple, scars, and marks depending on its herbal ingredients.

Usually face packs made of turmeric and aloe vera help to reduce acne and pimple. Face packs which are recommended for acne, pimple, blackheads usually control the over- discharge of sebum from sebaceous glands and remove the harmful bacteria inside acne lesions. The scars and marks of the skin can be reduced by adding fine powder of sandal, rose petals, and orange lentils with an acne face pack.

Face packs usually remove dead cells from the skin. These face masks provide a soothing and relaxing effect on the skin. They help to restore the lost shine and glow of skin in a short period.

### Precautions to be Taken While Applying Face Pack:

Select the face pack according to your skin type. Take the opinion of a natural therapist or concerned skin expert before applying a face pack. The face pack should not be left on the face for more than 15 to 20 minutes. Keeping for a very long time may result in the formation of wrinkles, sagging of skin, and enlargement of open pores. Apply face pack once a week. Don't try to peel or scratch the dried face pack. This may harm underlying skin. Spray water (which is at room temperature) on the face before removing the dried face pack. After removing the

mask, roll an ice cube on facial skin. This helps to close open pores and tightens skin. It also tones and soothes the skin.

## II. MATERIALS AND METHODS

Table 1: Material and their uses

Sr. No.	Materials	Uses
1	Papaya	Hydrates the skin
2	Turmeric	Provide glow and luster to the skin
3	Aloe vera	Natural glow to the skin
4	Orange peel	Acts as whitening agent
5	Sandalwood	Clears acne
6	Rice flour	Unclog pores
7	Rose powder	Cleansing agent
8	Saffron	Get rid of tan
9	Multani mitti	Remove excess oil
10	Green tea	Detoxify skin

### 1. Papaya



Figure 2: Papaya Fruit

***Carica papaya*****Family:** *Caricaceae***Chemical Constituents:** Papain, Chymopapain, Polypeptides, Amides.**Uses:-**

- Hydrates the skin.
- Tightens the skin.
- Brightens the skin.
- Exfoliates dry and dead skin cells.

**2. Turmeric**

Figure 3: Turmeric Powder

***Curcuma longa*****Family:** *Zingiberaceae***Chemical constituents:-** curcumin (diferuloylmethane), dimethoxy curcumin, and bisdemethoxycurcumin**Uses:**

- Used as natural anti-inflammatory compound.
- Turmeric can increase antioxidant capacity of body.
- Curcuma can boost brain-derived neurotrophic factor.
- May provide glow and lustre to the skin.

**3. Aloe Vera**

Figure 4: Aloe Vera

***Aloe barbadensis*****Family:-** *Liliaceae***Chemical Constituents:** Barbaloin, Beta barbaloin.**Uses:**

- Prevent premature aging.
- Hydrate the skin.
- Natural glow to skin.

#### 4. Orange peel



Figure 5: Orange peel

*Citrus sinensis*

**Family:- Rutaceae**

**Chemical constituents:-**

Vit-C, Limonene, ethyl butanoate, octanal, decanal, hesperidin.

**Uses:-**

- Prevents oxidative stress on skin cells and helps regenerate tired cells.
- Works on signs of ageing,
- Acts as a whitening agent.

#### 5. Sandalwood



Figure 6: Sandalwood

*Santalum album*

**Family:- Santalaceae**

**Chemical constituents:**

Sesquiterpene alcohols, alpha-santalol, beta santalol, Santene.

**Uses**

- Reduces the appearance of scars and blemishes.
- Acts as anti-aging properties.

#### **General Methods of Polyherbal Face pack:-**

1. The ingredients such as papaya, turmeric, aloe vera, orange peel, sandalwood, rice flour, saffron, Multani mitti, and green tea, are mixed in the porcelain dish.
2. Then the stearic acid is heated at 70°C on the water bath and at same time mixed all the ingredients simultaneously,
3. Then glycerin is added. And the borax is used as emulsifying agent and it is mixed well.
4. Methyl paraben is used as the preservatives in face pack, and Rose water is used as the flavoring agent.
5. The last step is to triturate for 15-20 minutes and then polyherbal face pack is formed.

### III. EVALUATION OF FACE PACK:

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

#### 1. Organoleptic Evaluation:

The organoleptic parameters include its nature, color, odor, feel, and consistency which were evaluated manually for their physical properties

#### 2. Physical Evaluation:

The particle size was tested by the microscopy method. The flow property of the dried powder of combined form was evaluated by performing Angle of Repose by funnel method, bulk density, and tapped density by Tapping Method.

#### 3. Physicochemical Evaluation:

Ash content was performed using an incinerator, pH was found by using a pH meter, and loss on drying was also performed.

#### 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, erythema, edema, was checked if any for regular intervals up to 24hr and reported.

#### 5. Stability studies:

Stability testing of the prepared formulation was conducted for formulation by storing at different temperature conditions for one month. The packed glass vials of formulation were stored at different temperature conditions viz... Room temperature, 35°C, and 40°C and were evaluated for physical parameters like Color, Odor, pH, Consistency, and feel.

### IV. CONCLUSION

In the present scenario, people need a cure for various skin problems without side effects. Herbal ingredients opened the way to formulate cosmetics without any harmful effects. Herbal face packs are considered as sustaining and productive way to advance the appearance of skin. Thus in this present work, It is a very good attempt to study on the herbal face pack containing naturally available ingredients like turmeric, aloe vera, Papaya, sandalwood. It is suggested that the herbal face pack was physico-chemically and microbiologically stable, and possessed characteristics of a standard cosme-ceuticals formulation for skincare.

The present skin conditions such as pimples, acne can be cured by using herbal preparations. There are various herbal preparations such as herbal face pack, herbal face mask, face scrub act by different mechanism and helps to keep the skin healthy. The present formulation was prepared by using various herbs which will help in improve fairness, reduce acne, by acting on face. The formulation was subjected to various evaluation test such as particle size, angle of repose, irritancy test and all the test was passed by the formulation. Therefore polyherbal formulations have a wide variety of scope in preventing skin problems.

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