

Formulation And Evaluation Of Herbal Scrub

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ABSTRACT

The main objective of present study was to prepare a herbal scrub incorporated into gel. The use of natural ingredients to fight against acne, wrinkle and also to control secretion of oil is known as natural or herbal cosmetics. Herbal cosmetically usually contain the plant parts which possess antimicrobial, antioxidant and anti aging properties. Herbal cosmetics are the safest product to use routine with no side effects and cosmeceuticals are the product which influences the biological function of skin. In this preparation coffee, Aloe vera , honey is used. 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. Thus, the developed formulation can be used as an effective scrub for using it to bear a healthy and glowing skin.

KEYWORDS: Herbal Scrub, Tamarind Powder, Multani Mitti, Rose Water, Scrub.

INTRODUCTION:

Cosmetic is a Greek word which means to 'adorn' (addition of something decorative to a person or a thing). It may be defined as a substance which comes in contact with various parts of the human body like skin, hair, nail, lips, teeth, and mucous membranes etc, cosmetic substances help in improving or changing the outward show of the body and also masks the odour of the body. It protects the skin and keeps it in good condition.

In general, cosmetics are external preparations which are applied on the external parts of the body. Even in earlier days, men and women used to decorate their bodies for improvement of appearance. Men used leaves of vegetables and parts of animals whereas women use to wear coloured stones and flowers around their neck and wrist. Gradually, they start using coloured earth and ointments on their face and body

Scrub are defined as the products used for the purposes dead skin cell and exfoliates the skin. Scrub can be used on face skin is the major part of the body, which indicates the facial scrub and body scrub. These two differ only with the facial scrub due to which it is less abrasive. It removes the facial scrub formulation. Scrubs can be directly applied on to forms and each has its own role to play on the skin. Skin health of an individual . Cosmetics are available as various herbs are used for cleaning, beautifying and to manage them. Ingredient will vary with the type of skin. Skin is classified into three types such as dry skin, oily skin, sensitive skin .on message is recommended on application of the scrub gel of cleansing, beautifying, promoting attractiveness or oxygen supply to all surface of the skin ratios of oil and sugar added in each

Advantages:-

Exfoliation improves the quality and tone of skin by assisting in the removal of dead skin cells from the surface. Herbal Exfoliate produces soft, supple, re-energized skin and prevents premature skin aging. From the surface. The benefits of body scrubs include: Promoting efficient circulation and skin cell turnover. Removing dead cells from the skin's surface. Smoothing and softening rough, dry skin

Disadvantages:-

Too much scrubbing will disrupt this layer and make the skin more sensitive to UV rays, leading to easy tanning, rashes and sunburns. Also, the creams used for scrubs can block pores and cause whiteheads and infection of hair follicles, known as folliculitis

Benefits of Scrubbing Your Skin:

1. **For A Squeaky Clean Skin:** Scrubbing gives you clean skin, free from dirt, oil, and sweat. Actually, the bottles of cleansing milk, face wash and facial cleansers cannot pull out all the dust that accumulates in the pores of your skin. Scrubbing does this job successfully.
2. **Promotes Clear Complexion:** As soon as the flakes, dead cells, blemishes and accumulated impurities are done away. The scrub has natural skin whitening ingredient, the effect is even better
3. **Improves the Texture of Your Skin:** Scrubbing your skin gives you clean and smooth skin with an improved texture.
4. **Adds Glow to Skin:** Exfoliation can actually make your skin glow.
5. **Removes Dark Patches:** Use of scrub twice a week to get results. It is especially effective on knuckles, elbows and knees.
6. **Removes Acne Scars:** Exfoliation helps in doing away with acne scars.
7. **Prevents Ingrown Hair:** Ingrown hair is a perennial problem and scrubbing is the solution to prevent this problem.
8. **for Smooth Skin:** Smooth skin is the key to a more beautiful you. The scrub will not only make your skin look flawlessly smooth, but will also make it soft and well-nourished



MATERIALS AND METHODS:

Preparation of herbal Scrub :-

In this preparation coffee scrub improves blood circulation, may reduce the appearance of cellulite and gives the skin a more even tone look. Other natural ingredients are aloe vera and honey.

Honey is a natural antioxidant and helps keep acne at bay, due to its anti-inflammatory properties. Sugar is used to remove dead skin cells from your face. Among these ingredients, gelling agent and preservative were used.

- Take above herb in given quantity
- Take Aloe Vera gel in beaker
- Add coffee powder in Aloe Vera gel.
- Stir the solution.
- Add honey in solutions
- Add pomegranate Peel in solution.
- Methyl paraben add as preservative.
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Formulation of herbal scrub:-

Sr. no.	Ingredients	Quantity
1	Coffee	10 gm
2	Aloe Vera	15 gm
3	Honey	4 gm
4	Pomegranate Peel	1 gm
5	Methyl Paraben	0.5 gm
9	Total volume	20.5 gm

2. Evaluation of Herbal Scrub :-

1) Organoleptic Evaluation

Parameters like colour, odour, texture were carried out. Colour and texture were evaluated by visual and touch sensation respectively. The odour was inspected by sensing the formulation.

2) Appearance and Homogeneity:

Appearance and Homogeneity was evaluated by visual inspection.

3) Skin Irritation Test:

Skin Irritation Test was evaluated by applying Polyherbal Hand wash Gel on skin and left for 10 min, after 10 minutes of washing observe any itching, rash on skin by sensory and visual inspection.

4) Viscosity:

The viscosity of Polyherbal Hand wash Gel was determined by using Ostwald viscometer.

5) Ph : the pH of the hand wash was calculated by using pH paper. It is between 6.5 to 7.

Evaluation of herbal scrub:

Sr.No.	Evaluation parameter	Observation
1.	Colour	Brown
2	Odour	Characteristic
3	Consistency	Good
4	Skin irritation test	No irritation
5	pH	6.5 to 7
6	Grittiness	Small gritty particles
7	Washability	Easily washable

RESULTS:

The results of visual inspection of the formulation are, brown in color, the odour of the formulation is characteristic. As we talk about the grittiness, the formulation was found to be small gritty particles. Accurate pH of the formulation is important for minimizing irritation to the skin. The formulation has pH 6.5 to 7 which is suitable and non-irritating for the skin. The viscosity was measured by using Ostwald viscometer. The readings of viscosity were based on time interval of 1 min for formulation to reach upper marking to the lower marking of Ostwald viscometer. If the formulation takes more time then the formulation is considered viscous and if it takes less time then the viscosity of formulation is considered less than the requirement. After using the scrub, skin was sure to feel softer, cleaner and refreshed. It made skin beautiful, youthful and soft and glowing. Herbal cosmetics showed lesser or no side effects, hence use of herbal cosmetics got increased.

CONCLUSION:

The prepared scrub was compared with various parameters like colour, odour, consistency, pH, spreadability, extrudability, viscosity, irritability, washability, grittiness, foamability and found to be satisfied with all required characterization. Thus, the developed formulation can be used as an effective scrub for using it to bear a healthy and glowing skin.

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