



IN HOUSE PREPARATION OF HERBAL FACE PACK

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Abstract:-

Natural remedies are more acceptable in the belief that they are safer with fewer side effects than the synthetic ones. Herbal formulations have growing demand in the world market⁽¹⁾

The objective of this work is to formulate and evaluate a cosmetic preparation polyherbal face pack made from herbal ingredients. Kaoline, tragacanth, orange peel powder, neem powder, chandan powder, aloe juice powder, turmeric powder, Fullers earth and Cicer arietinum Powder were procured from the local market in dried, powdered and then passed through sieve no 80, mixed thoroughly prepared and evaluated for its organoleptic, physico-chemical and microscopical characters. The dried powder of combined form had passable flow property which is suitable for a face pack.

Herbal face packs or masks are used to stimulate blood circulation, rejuvenates and help to maintain the elasticity of the skin and remove dirt from skin pores.⁽¹⁾

Thus, in the present work, we formulated a herbal face pack which can be easily made with the easily available ingredients. After evaluation, we found good properties for the face packs, free from skin irritation and maintained its consistency even after stability storage conditions. Results of the study scientifically verified 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.⁽²⁾

KEYWORDS:

Face Pack, Cosmetics, Glowing, Natural, Formulation, Evaluation, Skin, Herbal.

INTRODUCTION:-

Since the ancient era, people are aware of the use of plants for the essential needs of a healthy and beautiful skin. Cosmetics are the products used to clean, beautify and promote attractive appearance. Skin of the face is the major part of the body, which is a mirror, reflecting the health of an individual. A balanced nutrition containing amino acids, lipids and carbohydrates are required for the skin to keep it clear, glossy and healthy⁽⁴⁾

In ancient times, women were very conscious about their beauty and took special care of their specific skin types. Even today, people especially in rural areas, and hilly regions go for the natural remedies like plants extracts for various cosmetics purposes like neem, aloe vera, tulsi, orange peel, rose *etc.* Herbal cosmetics are the products which are used to purify and beautify the skin. The main advantage of using herbal cosmetic is that it is pure and does not have any side effects on the human body. Men have rough skin and when they don't take sufficient care, then the skin turns dark due to overexposure to the sun, other pollutants etc]. In this article we have formulated homemade face pack to whiten, lighten and brighten the skin naturally for men and women. This face pack has natural skin lightening property and can be easily prepared at home. Face packs with natural constituents are rich in vital vitamins that are essential for the health and glow of the skin. These substances have been proven to be beneficial for skin in many ways. Natural facial packs are easy to use. They increase the circulation of the blood within the veins of the face, thereby increasing the liveliness of the skin]. A good herbal face pack must supply necessary nutrients to the skin, available in the form of free-flowing powder applied facially for the external purpose. It should penetrate deep down the subcutaneous tissues to deliver the required nutrients.⁽⁴⁾

Age of Synthetic cosmetics In the leisure time of the 20th century, when soap and synthetic chemistry was at the urge in cosmetic preparation, surfactants made preparations reached to the market and replaced home made cosmetics and became less burdensome. A big population started using cosmetic preparations containing synthetic ingredients for their instant effects with some advantages like; less time consuming, ease of application, high aesthetic appeal, ease to store, easy to carry etc. with some limitations like; sporadically deterioration, more unwanted after effects, skin allergies and cost effectiveness (4). Modern age of Herbal cosmetic Botanical extracts that support the health, texture and integrity of skin and hair are widely used in commercial cosmetic formulations. Plant materials, from which these extracts are prepared, have a long history of traditional "cosmeceutical" use, although the term itself is of recent origin. In most cases, these cosmetic applications are adequately supported by efficacy and safety data documented in scientific literature. Among the more popular functional natural ingredients, several antioxidants used in cosmetics are scientifically proven to offer additional benefits in supporting skin texture, appearance and tone⁽⁶⁾

Face packs are basically additives delivering some additional benefits. Different types of herbal face packs are used for different types of skin. Herbal face packs are helps to reduce wrinkles, pimples, acne and dark circles. Also increase the fairness and smoothness of skin. It also helps someone to boost their confidence. Ayurveda is the most useful and successful means for achieving this purpose

these packs are available in various types and forms and broadly classified into the following categories:

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

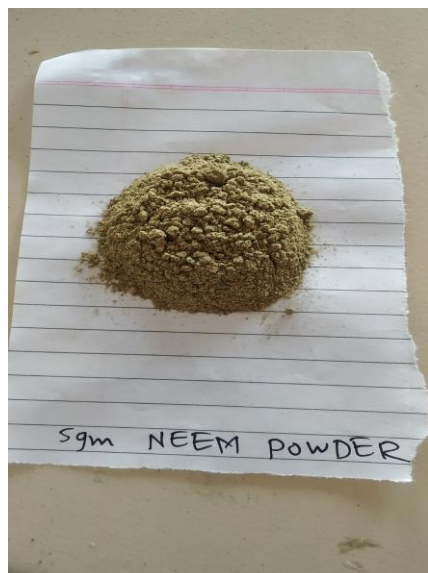
Present research article deals with the formulation and evaluation of cosmetic herbal face pack for glowing skin at home by using natural materials i.e., multanimitti, turmeric, Aloe vera, sandalwood, orange peel, neem and nutmeg⁽⁵⁾

The literature in Ayurveda, especially Charak Sahita, stated numerous medicinal plants in Varnya kashaya. The herbs like chandan, haldi, khas, nagkeshara, manjistha, yastimadhu are used to obtain glowing complexion and arusa, amala bavchi, guduchi, chakmard are mentioned as kustaharan (1-2). Herbs like amalaki, haridra, abhaya, khadira, vidyanga, jati saptaparna, karavira of various potential from Khshthagna and Mahakashiya are mentioned effective in skin disorder. Charak and other sages Sushruit stated in the literature that the Eladi Gana containing ela, tagar, kusstha, jatamani, tvak, dhmamaka, potra harenuka, shutki, stouneyaka, choraka, guggol sarjarasa, agaru, devedaru and padmakesher could be used to eliminate toxins from the body and clear the complexion that leads to grow on the skin and protect from kushtha and boils.⁽⁶⁾

MATERIALS AND METHODS:-

The crude drugs used in this study were procured from the nearby local area. All the ingredients were washed, shade dried and powdered finely for further use. The following ingredients were used for the preparation of this herbal face pack formulation

1) NEEM POWDER:- Neem leaf powder is an integral part of Ayurvedic medicine, and it is used to balance pitta and kapha dosha and treatment of vatta disorders. Neem leaf powder purifies the blood, battles free radical damage, flushes out toxins, treats insect bites and cures ulcers. Furthermore, the powerful anti-fungal, anti-bacterial properties of neem leaf powder facilitates in treating worm infestation, burns, skin disorders and triggers the immune system.⁽⁷⁾



2) POTATO:- Potato skins are a rich source of iron. One whole baked potato gives men 57 percent and women 25 percent of their recommended daily intakes, but the skin provides 88 percent of the total amount. You'll also get 20 percent of the daily intake of potassium and 15 percent of magnesium. Sixty percent of the total for both comes from the flesh. In addition to transporting oxygen, iron helps make neurotransmitters and supports your immune system by regulating the growth of cells that fight pathogens. Potassium and magnesium carry electrical charges that stimulate muscle contraction and nerve transmission. Potassium maintains a regular heartbeat, while magnesium helps lower blood pressure by relaxing muscles in blood vessel walls⁽⁸⁾



3) CASTOR OIL:-

- Acne: The antimicrobial and anti-inflammatory properties of castor oil make it useful in reducing acne. Ricinoleic acid can inhibit growth in the bacteria that cause acne.
- Texture: Castor oil is also rich in other fatty acids. These can enhance smoothness and softness when applied to facial skin.
- Complexion: The fatty acids in castor oil can also promote the growth of healthy skin tissue, making it helpful in restoring uneven skin tones.
- Sensitive skin: Castor oil has a low comedogenic score. This means it is unlikely to clog pores in the skin and reduces the risk of developing blackheads, making it appropriate for use on sensitive skin.
- Inexpensive: Skincare products, and in particular facial creams and oils, can be very expensive. Castor oil is relatively low-cost and shares many similar properties, such as promoting a healthful complexion or moisture in the skin⁽⁹⁾



4) COFFEE :- The antioxidants, stimulants, and chlorogenic acids in coffee may make it an effective acne-fighting facial scrub.

Acne occurs when oil, dead skin cells, and other substances clog pores, which can become infected by bacteria, resulting in inflammation.

Scrubbing the face with coffee grounds can help to clear away dead skin cells and unclog the pores and for removing black and white heads.

The chlorogenic acids in coffee may also reduce inflammation and protect against some strains of bacteria⁽¹⁰⁾



5)ORANGE PEEL POWDER:- Orange peel powder is rich in Vitamin C that helps various skin types' especially oily skin types to form the collagen and elastin of the skin. Since orange peels have anti-bacterial properties, it fights upon acne forming bacteria too to give you flawless skin. Mix a few spoons of orange peel powder with a few drops of rose water and apply it to the affected spot⁽¹¹⁾



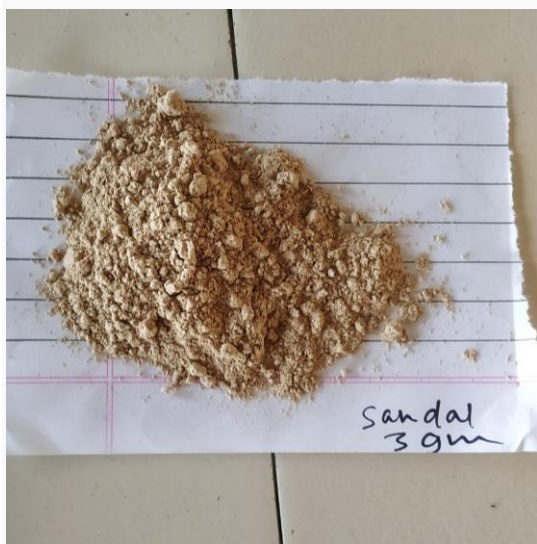
6)TURMERIC POWDER:- It may help with **acne scarring**

You may want to try a turmeric face mask to help reduce acne and any resulting scars. The anti-inflammatory qualities can target your pores and calm the skin. Turmeric is also known to reduce scarring. This combination of uses may help your face clear up from acne breakouts⁽¹²⁾



7) SANDALWOOD POWDER:-

1. It has anti-ageing properties
2. A cure for pimples and acne
3. It removes scars and softens the skin
4. It has anti-tanning properties ⁽¹³⁾



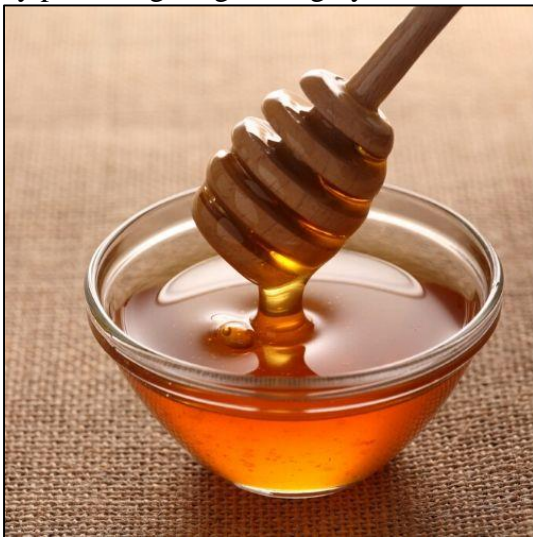
8) CUCUMBER:-

1. Reduces swelling and puffiness
2. acne-prone skin
3. Helps combat premature aging
4. Soothes irritation⁽¹⁴⁾

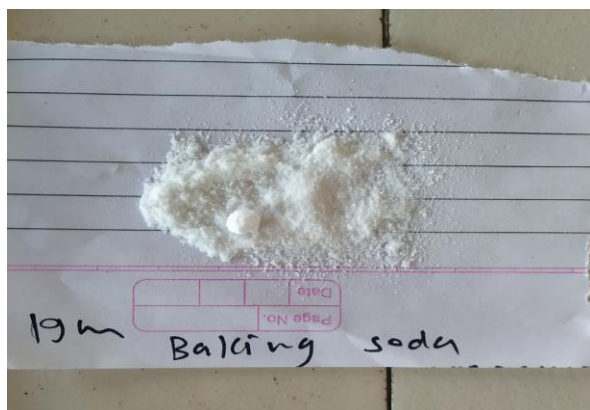


9) HONEY :- Fights acne , Healing , softness and many.

The sugar present in honey acts as a natural humectant, which means it draws moisture from the air into your skin. Raw honey hydrates your skin and leaves a soft, radiant, and shiny skin. It reduces the dryness of skin by providing long-lasting hydration⁽¹⁵⁾



10) BAKING SODA:- it help remove dead skin cells or soothe inflammation, some people include baking soda in a facial scrub or mask. After using a facial cleanser, mix no more than 2 tsp. of baking soda in a small amount of warm water until it forms a paste. This can be applied with your fingertips and massaged into your skin.⁽¹⁶⁾



PROCEDURE:-

- 1) Weight all the ingredients acurattely .
- 2) Mix it according to given in formula table
- 3) Mix it vigorously/properly with the help of mortar pestel
- 4) To get a consistency thin paste
- 5) Then put in a perfect mould for face pack containing proper label
- 6) Then do its IPQC TEST.

TABLE OF HERBAL FACE PACK:-

SR.NO	INGREDIENTS	ROLE
1	NEEM POWDER	AS AANTI ACNE & PURIFICATION OF BLOOD.
2	POTATO	TO REDUCE THE DARK SPOTS .
3	CASTOR OIL	PROTECT FROM SUNBURN AND ITCHING.
4	COFFEE	TO REMOVE BLACK AND WHITE HEDS.
5	ORANGE PEEL POWDER	TO REDUCE PIGMENTATION.

6	TURMERIC POWDER	FOR GLOW AND HEALING OF SKIN.
7	SANDALWOOD POWDER	TO PROVIDE NOURISHMENT OF SKIN.
8	CUCUMBER	TO REDUCE DARK CIRCLES
9	HONEY	FOR SOFTNESS & HEALING.
10	BAKING SODA	TO MAINTAIN THE PH OF SKIN.

FORMULA TABLE;-

SR.NO	INGREDIENTS	F1	F2	F3	F4
1	NEEM POWDER	6GM	6GM	5GM	5GM
2	POTATO	0.8ML	0.4ML	0.4ML	0.4ML
3	CASTOR OIL	0.4ML	0.8ML	0.4ML	0.4ML
4	COFFEE	1GM	1GM	2GM	1GM
5	ORANGE PEEL POWDER	3GM	2GM	4GM	3GM
6	TURMERIC POWDER	3GM	4GM	4GM	4GM

7	SANDALWOOD POWDER	4GM	3GM	2GM	3GM
8	CUCUMBER	0.4ML	0.4ML	0.4ML	0.8ML
9	HONEY	0.4ML	0.4ML	0.8ML	0.4ML
10	BAKING SODA	1GM	2GM	1GM	1GM

USES OF FACE PACK

- Softens the skin, removes the dryness as it is rich in hydrating agents as milk powder.
- Brightens the skin tone due to the presence of shwet Chandan, turmeric, and saffron.
- Cleanses the skin, due to the presence of gram flour as it clears the skin by removing the dirt particles adhered to it.
- Clarifies the skin by fighting the problems of acne and blemishes, by the removal of excess oil from the face due to the presence of Multani mitti.
- Contains antiseptic action to deal with the minor cuts, marks due to the presence of turmeric.
- Exfoliates skin by removing the dead cells, which also prevents early aging due to the presence of green tea.⁽²¹⁾



MORPHOLOGICAL EVALUATION

SR.NO	PARAMETER	OBSERVATION
1	COLOUR	pale yellow
2	ODOUR	Pleasant
3	APPEARANCE	Smooth and fine
4	PH	Neutral

DETERMINATION OF RHEOLOGICAL PROPERTIES OF THE PREPARED PACK

Physical parameters like Untapped (Bulk) density, tapped density, the angle of repose, Hausner's ratio, and Carr's index were observed and calculated for the formulation. Bulk density refers to the adjustment of particles or granules to pack themselves collectively. The formula for determination of bulk density (D) is $D = M/V$ where M is the mass of particles and V the total volume occupied by them. The volume of packing can be determined in a graduated cylinder⁽²¹⁾

SR.NO	PARAMETERS	OBSERVATION
1	TAPPED DENSITY	10.4gm
2	UNTAPPED DENSITY	18gm
3	ANGLE OF REPOSE	15°
4	HAUSNER'S RATIO	0.57
5	CARR'S INDEX	8.66

IRRITANCY TEST

SR.NO	PARAMETERS	OBSERVATIONS
1	IRRITATION	-
2	REDNESS	-
3	SWELLING	-

STABILITY TEST

SR.NO	PARAMETER	ROOM TEMPERATURE	35°C
1	COLOUR	NO CHANGE	NO CHANGE
2	ODOUR	NO CHANGE	NO CHANGE
3	PH	6.65	6.68
4	TEXTURE	FINE	FINE
5	SMOOTHNESS	SMOOTH	SMOOTH



RESULTS

Organoleptic evaluation showed that the pack is smooth and pleasant smelling powder. Physicochemical parameters reflected that the moisture content was as minimal as 5%. pH was found neutral to suit the requirements of all the skin types. The results proved that the formulation was stable in all aspects. It is rich in the major phytoconstituents such as carbohydrates, alkaloids, and glycosides which act as true nourisher for the skin. Irritancy test showed negative results for irritancy, redness and swelling as the herbals in their natural form without addition of chemicals were found to be compatible with the skin proteins. Stability tests performed at different temperatures over a period of one month revealed the inert nature of the pack in the terms of color, odor, appearance, texture, and pH.

CONCLUSION

An herbal face pack is used to rejuvenate the muscles, maintain the elasticity of the skin, remove adhered dirt particles and improve the blood circulation. The benefits of herbal based cosmetics are their nontoxic nature. It nourishes the facial skin. This face pack supplies vital nourishment to the skin. It helps in the elimination of acne, pimple, scars, and marks. Face pack exfoliates skin and provides a soothing, calming and cooling effect on the skin. They restore the natural glow of skin in the optimum time period. Frequent uses of natural face packs improve skin texture and complexion. Pollution and harsh climates badly affect the skin and these effects can be countered by the regular usage of face packs. They help to retain the elasticity of skin cells, thereby controlling premature aging of the skin. Wrinkles, fine lines, and loosening of skin can be effectively controlled by using natural face. In this work, we found excellent properties of the face packs and further studies are needed to be performed to ascertain more useful benefits of face packs as cosmetics. Natural remedies are accepted nowadays with open hands as they are safer with fewer side effects than the chemical based products. Herbal formulations are required in large amounts to fulfill the needs of the growing world market. It is an effective attempt to formulate the herbal face pack containing different powders of different plants with multiple therapeutic benefits. A variety of commercial skin care formulations like skin whitening, photo protective and antiaging are available. Such available herbal formulations are serving cosmetic domain other than medicinal benefits to the skin. The new avenue of research is required for delivery of herbal cosmetically active ingredients because the skin condition research became really exciting and significant progress has been made in this field.

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