



Herbal Face Pack

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ABSTRACT:

The purpose of this effort is to develop and evaluate a cosmetic herbal face pack that uses natural components in different concentrations for all skin types. Herbal face masks or packs are used to support, energise, and improve blood flow to the muscles. The materials used to clean, beautify, and encourage an attractive appearance are called cosmetics. Cosmetics made with natural ingredients, including herbs, have shown to be highly effective in meeting the demands of many skin types nowadays. The constituents of this face pack are orange peel, haridra, manjistha, saffron, and multani mitti.,manjistha , saffron and orange peel.

INTRODUCTION

These days, dark circles, pimples, black heads, and acne are all quite common in young people and those with the condition. Ayurveda says that skin problems are usually caused by blood impurities. Toxins from an improper diet and lifestyle accumulate in the blood and cause illnesses relating to the skin. Many herbal remedies and medications for blood purification are described in Ayurveda. Herbs that are useful for blood purification include orange peel, saffron, manjistha, multani mitti, and haridra. "Mukha lepa" is the name of the herbal paste used in Ayurveda medicine to treat acne, pimples, scars, marks, and pigmentation. This herbal concoction is applied to the face and is referred to as "mukha lepana." This cosmetic therapy is popular as a facial. The fine powder used to cover the skin pack An effective herbal face pack should nourish the skin. It needs to get into the subcutaneous tissues in order to provide the required nutrients. Various herbal face packs are required based on the kind of skin.[1,2,3]

Benefits of herbal face pack.

- ❖ Herbal face masks nourish the skin.
- ❖ Herbal face packs can reduce acne, pimples, scars, and blemishes based on the herbs they include.
- ❖ Usually, face packs exfoliate the dead cells on the skin.
- ❖ The skin responds to these face masks in a relaxing and rejuvenating way.
- ❖ They help to prevent premature ageing of the skin.
- ❖ They help to swiftly restore the skin's lost brightness and glow.
- ❖ The skin appears healthy and youthful when using natural face packs.
- ❖ It preserves the suppleness of the skin.
- ❖ When applied regularly, natural face masks enhance the skin's tone, texture, and brightness.
- ❖ With ideal use, face packs can effectively moderate the harmful effects of pollutants and extreme weather.[4]

Advantage of herbal face pack:

- ❖ There are no undesirable side effects from herbal products.
- ❖ It helps to get elimination of dead skin cells.
- ❖ Herb-based products are readily available.
- ❖ It's used to give our skin a glowing look.

Disadvantage of herbal face pack

- ❖ In rare cases, our skin experiences indications of irritation and redness.
- ❖ A state of inflammation has arisen.
- ❖ The face pack's effects will appear gradually.

Ingredients used for formulation

Multani mitti:

Multani mitti helps the skin in many ways, it minimises acne and blemishes, reduces pore size, gets rid of blackheads and whiteheads, fades freckles, soothes sunburns, cleanses the skin, increases blood circulation, and improves complexion. Because they are full of beneficial nutrients, they also make the skin appear radiant. The astringent and adsorbent properties of multani mitti may help reduce acne. It may achieve this by drawing out excess oil and sebum in the affected areas and decreasing irritation.

Multani mitti is generally thought to be safe. It might, however, cause only minor skin discomfort. This clay is frequently used in cosmetics and personal hygiene products since it is rich in different minerals. However, if you have a fuller's earth allergy, it might not be good for you. It may also irritate your eyes if it gets in them. Currently made synthetically, multani mitti is categorised as sedimentary clay. In varied proportions, silica, iron oxides, lime, magnesia, and water make up its main constituents.

Multani mitti is a popular natural skincare product that is most likely found in almost every Indian home.

Multani mitti is said to have originated in Multan, Pakistan, however it has been imported to India for a long time. Despite having a clay-like appearance, it is considerably easier on skin. It is rich in water and minerals and comes in a range of colours, such as brown and green. It is odourless. In English, this clay is known as "Fuller's Earth." [5,6]



Haridra:

Also referred to as curcuma longa, which is derived from Zingiberaceae plants. In order to achieve powder with a uniform size, it was pulverised and run through mesh #40. Customers choose haridra because its main active ingredient, curcumin, is a powerful antioxidant that is similar to vitamins C, E, and beta-carotene. It is used to prevent premature ageing, liver damage, and cancer. A number of studies have shown that haridra is not harmful to individuals. [7,10]



Manjistha:

Manjistha has synonyms such as Indian madder, Jingi, Yojanavalli, Samanga, and Raktanga. The plant species *Rubiacordifolia* Linn is a flowering one. It is called manjistha in common language. The pharmacological benefits of this plant include blood purifying activity, astringency, anti-acne, anti-

inflammatory, anti-microbial, antiseptic, nephroprotective, antirheumatic, and hepatoprotective properties.^[6] Additionally, there are three species of manjistha: *Rubia tinctorum* (African or European madder), *Rubia akane* (Asian madder), and *Rubia cordifolia* (Indian madder).

[6] The anti-acne activity of *R. cordifolia*'s anthraquinone-rich fraction in a gel formulation against *propionibacterium acnes*, *Staphylococcus epidermis*, and *Maoassezia furfur* has been demonstrated when compared to regular clindamycin gel. [8]



Saffron:

It primarily consists of the dried stigmas and upper portions of the *Crocus sativus* plant, which is a member of the Iridaceae family. It contains a high concentration of carotenoid glycosides, primarily terpenoids. It produces fair, glowing skin and lightens the tone of the skin. [9],



Orange peel :

Orange peel, the primary byproduct of making orange juice, contains flavonoids with antioxidant properties. The glycosides hesperidin and naringin are the primary ingredients that contribute to the suggested antioxidant activity of citrus peel extracts. When taken as orange peel molasses, other phenols found in orange peels, such as coniferin and phlorin, have been shown to aid in radical scavenging. Citrus fruit coverings like orange peel are rich in minerals like calcium, magnesium, potassium, and vitamin C. It offers protection against free radical damage, oxidative stress, and skin dryness. It also has the power to prevent wrinkles, ageing, blemishes, and acne while providing an instant glow. [11,12,13]



RESULT

Herbal face masks have been found to be an excellent way to give skin a radiant appearance. According to its beneficial impacts on humans, the complete investigation is crucial to bolster product declarations. Because natural medicines are safer and less likely to have negative effects than synthetic ones, people are more receptive to their ingredients. Herbal formulations are becoming more and more popular worldwide. Herbal face packs are applied

topically to improve blood circulation, rejuvenate muscles, maintain skin suppleness, and unclog pores. We truly tried to make a herbal face mask with only organic herbal components.

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