



Formulation and Evaluation of Polyherbal scrub Name- Prerana Naganath Gore

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ABSTRACT-

Our research's primary goal was to create gelled polyherbal scrubs. Cosmetics are used by both men and women to alter the way their skin looks in daily life. The majority of cosmetics on the market are dry to the touch, eliminate dark spots after usage, and reduce the duration of skin conditions like redness and acne. The use of an exfoliating gel once or twice a week is the solution to this issue. These are all herbal compounds that improve the cleaning, suppleness, moisturization, and neutrality of the skin. Plants having antibacterial, antioxidant, and anti-aging qualities are frequently used in plant-based cosmeceuticals. Aloe vera gel, casturihardi, rice flour, sandalwood powder, green tea, almond oil, mint, and saffron are the active constituents in this composition.

Keywords – polyherbal, Antioxidant, Antibacterial, Anti aging herbal cosmetics

Introduction –

Cosmetics are defined as products that are used to clean, beautify, convey elegance, or change one's appearance. The association between pharmaceutical products and bioactive ingredients is how herbal cosmetics are arranged. The variety of photochemicals and botanicals found in natural commerce serve two purposes: first, they are employed as cosmetics to take care of the body, and second, they improve the body's organic capacities, which inevitably leads to healthy skin. Herbs have been utilised for nutrition, beauty, and purification since ancient times. The largest area of the body that shows a person's health is their face's skin. Maintaining healthy and youthful- looking skin requires proper care. The market is flooded with skin care products.

Skin care is a field that lies between dermatology and cosmetology, although unlike dermatology, skin care doesn't always need a doctor. There are three main categories of skins. Skin types include sensitive, oily, and dry. Use a facial scrub with moisturising elements if you have dry skin, and don't forget to moisturise your skin afterward. Kindly scrub gently if you have sensitive skin. Getting an exfoliating agent that thoroughly eliminates dead skin cells is crucial for oily skin in order to avoid pore blockage and maintain a balance in the skin's oil production. Use a mild facial oil after cleansing your face with a scrub a few times a week.

Scrubs with a cream base work well on dry skin. Soft granule peeling is a wonderful option for delicate skin. It is advised to massage the area gently before applying the peeling gel. This enhances blood flow and encourages skin surface oxygenation on all sides. The swelling that results from solvent penetration during gelation is caused by the polymer network stretching to maintain its structure and entangle the drug particles inside. Due to the gel's solution-like consistency, a particular polymer concentration is needed to boost its viscosity.

Benefits of scrubbing for skin-

- For Immaculate Skin: Scrubbing leaves your skin clear of perspiration, oil, and debris. Actually, not all of the dust that builds up in your skin's pores can be removed by the bottles of cleansing milk, face wash, and cleansers. Scrubbing effectively completes this task.
- Releases Your Skin from Flakes: Dry patches are a result of flaky skin. Over time, it permits dead cells to amass. You may effectively manage your flaky skin by giving your skin a good scrub.
- Aids in the Removal of Dead Cells: Dead cells give the appearance of worn, lifeless skin. Use a soft cloth to gently scrape them off.
- Enhances Skin Glow: Exfoliation has the ability to enhance skin glow.
- Removes Dark Patches: To see results, use a scrub twice a week. It works particularly well on knees, elbows, and knuckles.
- Eliminates Acne Scars: Exfoliation contributes to the removal of acne scars.
- Prevents Ingrown Hair: Scrubbing is the best way to avoid the recurring issue of ingrown hair.
- For Smooth Skin: Having smooth skin is essential to becoming more attractive. Your skin will appear absolutely smooth after the scrub, but it will also feel supple and full of nutrients.

- Enhances Skin Texture: Scrubbing your skin leaves it smooth, clean, and with a better texture
- Encourages Clear Complexion: Immediately upon eliminating the flake, dead cells, imperfections, and collected contaminants. With a natural skin-whitening component in the scrub, the results are even better.

Uses-

Pores, skin tone, and texture are all improved. Dead skin cells, dust, and oil accumulating at the surface of your skin each day can leave it looking and feeling lifeless and parched. 1. It opens up pores. 2. It makes scars and fading spots possible. 3. It facilitates speedier skin care and pore penetration.

Makes it possible to fight ageing signs and symptoms.

Eliminates dead skin cells and pores. 6. Lessen scars from acne. Aim and objective-Formulation and evaluation of polyherbal facial scrub Objective-

- To create a polyherbal face scrub, combine items like rice powder, saffron, kasturi haldi, almond oil, orange peel powder, mint, hibiscus leaves, and Aloe Vera gel.
- Assessment of the polyherbal face scrub test, including formability, patch test, stability studies, spreadability, extrudability, viscosity, irritation, washability, and grittiness.
- To investigate the various facets of the extensive traditional herbal medicine of India. To investigate the various facets of the abundant traditional Indian herbal medicine.
- To utilise the knowledge acquired throughout the course to assess the efficacy of herbal remedies.

Plan of work-

Literature Review Methods and materials List of ingredients.

Excipients profile Composition of profile Evaluation Test Evaluation parameters

Material-

All ingredients were powdered and sieved with # 1 sieve. 120. Then they were packed in a well-sealed, moisture-proof container.

Preparation of extracts-

The technique of bloodless maceration helped to organise the extract. Following 72 hours of floor and storage in water, all of the active ingredients—turmeric, cinnamon, aloe vera, activated charcoal, honey, inexperienced tea, lemon juice, onion, and coconut oil—were added. This was dried and kept for a similar procedure in a desiccator.

Preparation of gel-

To utilise potato starch as a gelling agent, weigh out sodium lauryl sulphate, dissolve it in water, and then mix the mixture in. Pour in the previously made extract and stir for five minutes. To give the gel some graininess, add microbeads made from walnut shells to this combination.

Evaluation Test-

Color: The color of the face wash gel was checked visually.

Odour: The formulation was evaluated for its odour by smelling it.

pH: 1% solution of our sample was measured by using a digital pH meter at constant temperature.

Consistency: It was tested manually.

Spreadability: Two slides are taken and herbal sample was placed on one slide. Other slide was placed on the first slide. 100 g of weight was kept on the slides so that it spreads as a thin layer. Weight was been eliminated much high than the prisons. Next weight of 20 g was kept on the upper slide. Spreadability was calculated by using the following formula, $S=M \times L/T$

Where, S- Spreadability; M- Weight tied to the upper slide (20 g); Length of the glass (6.5 cm); Time in sec.

Viscosity: Brookfield viscometer was used to measure the viscosity of our sample. Viscosity of sample and water were taken in poise.

Washability: Formulations when applied on the skin can be easily removed by washing with water were tested manually.

Grittiness: The product was checked for the presence of any gritty particles by applying it on the skin.

Foamability: Small amount of gel was taken in a beaker containing water. Initial volume was noted; beaker was shaken for 10 times and noted the final volume.

Grittiness: The formulation was checked for the presence of any gritty particles by applying it on the skin.

Patch test: Patch testing is well established method for diagnosing the hypersensitivity as well as to determine the potential of a specific substance to cause the allergic action on patient skin. In patch test a small area of skin is exposed to those chemicals in dilute form whose specific effect on skin is to be studied. In patch test reaction of formulation on skin is observed in 2-3 days.

Stability studies: The stability of the formulation was tested by filling the scrub in plastic containers and placing it in humidity chamber at 45°C and 75% relative humidity

Result and discussion

- Colour : Green
- Odour : Characteristics
- Consistency – Good
- pH : 7.0 5)
- Viscosity : 1.4580 poise
- Spreadability : 6.72g cm/sec
- Washability : Easily Washable
- Grittiness Small gritty particles
- Foam ability :Foam volume !00ml at 5 minutes
- Irritability : Non irritant
- Extrudability : Easily Extruded

Conclusion-

The goal of the current study

was to make a scrub with many herbs. After a set of criteria were applied to the prepared scrub, it was determined to be satisfactory for applying to the skin to leave it shining and healthy-looking with no negative effects.

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