



Formulation and Evaluation of Face Pack for Healthy Glowing Skin

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ABSTRACT

This study aimed to create an herbaceous face pack using natural ingredients like multani mitti, turmeric, sandalwood, edible grain, and coral peel. The powder was prepared by drying commercially and filtered using 120 mesh. The face pack was evaluated for its semantic, physicochemical, tangible, photochemical, irritancy, and stability properties. The study found that the herbaceous face pack was effective in reducing skin sensitivity and providing a glowing effect on the skin. The results confirmed that the herbaceous face pack could be beneficial for human health due to its potential to provide beneficial benefits. The study contributes to the understanding of herbal products and their potential benefits for human health.

Keywords: face pack, natural standardization, cosmetics, herbal face pack.

INTRODUCTION

A face pack is a fine powder used for applying to the face. This product is applied to the face in the form of a liquid or paste, left to dry and set, forming a film that tightens, strengthens, and cleanses the skin. Typically, it is left on the skin for ten to twenty-five minutes to allow the water to evaporate, causing the resulting film to contract and harden, making it easy to remove. The warmth and tightening effect of the face pack create a rejuvenating sensation, while the clays used in these products remove dirt and grease from the skin. When the face pack is removed, it takes away skin debris and accumulated dirt, providing additional benefits. Various herbal face packs cater to different skin types, effectively reducing wrinkles, pimples, acne, and dark circles while enhancing skin fairness and smoothness. These products also contribute to a confidence boost. Ayurveda stands out as a highly effective method for achieving these results. In ancient times, women placed significant emphasis on their beauty and diligently tended to their individual skin needs. Today, individuals, particularly those in rural and hilly areas, continue to turn to natural remedies such as plant extracts, including orange peel, rose powder, and turmeric, for various cosmetic purposes. Skin problems in Ayurveda are often attributed to impurities in the blood. The application of a herbal paste on the face to address acne, pimples, scars, marks, and pigmentation is referred to as "Mukhalepa" in Ayurveda. This practice of applying the herbal mixture on the face is known as "Mukhalepana." This traditional beauty treatment has evolved and is now commonly known as a facial. Nowadays, various packs tailored for oily, normal, and dry skin are available separately. Cosmetic goods have increased significantly. Despite the claimed advantages, overuse of synthetic cosmetic chemicals is having a negative impact on human skin.¹As a result, the market for plant-based, herbal cosmetics is growing since they may benefit the body by providing it with essential minerals and nutrients while posing little to no risk. The concept of "herbal cosmetics" refers to the use of natural plant and animal extracts as an active component in cosmetic formulations. These agents promote sustainable living by placing a greater emphasis on the usage of green, plant-based materials. Since ancient times, topical treatments have frequently included phytochemicals or phytoconstituents derived from natural sources as active ingredients. These bioactive phytoconstituents' beneficial qualities, which are utilized to make topical treatments, Dry and damaged skin is a prevalent issue characterized by skin scaling, itching, and cracking due to excessive water loss (dehydration), UV ray exposure, screen time, a busy and unhealthy lifestyle, climate change, aging, medication use, or other factors. This skin problem can be addressed with various skincare products such as moisturizers, creams, lotions, face packs, face scrubs.

Types of Mukhalepa:-

Mukhalepa (face pack) has been classified mainly into three types based on their therapeutic use.

Doshahara (alleviator of Dosh): This variety of Lepa (face pack) includes such drugs which exert their alleviatory action directly on the Doshas.

Vishahara (alleviator of poison effect): This kind of Lepa (face pack) includes the drugs which nullifies the poisons directly at local level after application.

Varnakrita (promoter of complexion):

This kind of Lepa (face pack) includes the drugs which improve the complexion after application^[1] Acharya Charak's Kushtha Roga, later divided into Kshudra Kushtha and Mahakushtha, addresses all skin disorders. He mentions various Lepas, including Kitaghna Lepa, Suryavartahar, Ardhavabhedakahara, Kurandhara, Yoni Sankochaka, Yonidravaka, Lingavridhikara, Stanavridhikara, and Vashikarana Lepas. In Sharangadhara Samhita, 91 Lepas are mentioned, each named according to Vyadhis or their ingredients. Modern chemical formulations for beautification have side effects and are not good for health. Ayurveda's main motto is to maintain healthy individuals and cure diseased conditions. Beauty is a quality that provides pleasure to the senses, and while everyone desires attractive and healthy skin, only a few are naturally blessed with flawless skin.²

Effect of Herbal Drugs in Cosmetic Problems

The study focuses on middle-aged individuals aged 20-45 who suffer from skin issues like pimples, wrinkles, dark spots, and tanning. The aim is to improve skin quality and alleviate discoloration using natural face packs and Panchakarma techniques. Thirty patients were selected, grouped into dry and oily skin types. The chosen therapy was performed as follows. The study provides a detailed description of herbs that can effectively control pigmentation and discoloration, highlighting their effects on complexion, equity, cleaning, pores, and skin adjustment. Over-the-counter products may not provide a 100% solution due to their chemical composition. The study highlights the importance of natural remedies for skin issues and their potential benefits.^[3] Traditional Chinese Medicine (TCM) has been using combinations of single agents for centuries, with over 2000 years of therapeutic experience leading to the development of multiple components and formulae. In South Africa, traditional healers combine plant parts or species to create herbal mixtures. The commercial herbal industry has grown, with an estimated 50 billion USD market and 6.5% annual growth. The World Health Organisation encourages scientific approaches to traditional medicine through the Alma-Ata Declaration and guideline

DEFINITION OF COSMETICS:-

Cosmetics are products used for cleansing, beautifying, promoting attractiveness, or altering appearance. Natural face packs contain vitamins essential for skin health and glow. They improve blood circulation in skin veins, but their effect is temporary. For regular glow, use 2-3 times a week.^[4]

Benefits of Applying Face Packs

Fruits face packs are a natural skincare solution that provide essential nutrients, remove dead skin cells, reduce acne, pimples, scars, and marks, and provide soothing effects. They improve skin texture, complexion, and restore shine, combating pollution and harsh climates. Regular use can restore lost shine and glow, making the skin look younger and healthier.^[5]

Precautions to be Taken While Applying Face Pack

Choose a face pack based on your skin type and consult a natural therapist or skin expert before application. Avoid leaving the pack on your face for more than 15-20 minutes to prevent wrinkles, sagging, and enlarged pores. Avoid applying the face pack near the eye zone due to its delicate nature.

Ideal Properties of Face Packs

The product should be non-irritant, non-toxic, stable, free from gritty particles, have a pleasant odor, effectively cleanse skin, and provide a sensation of skin tightening after application, forming a smooth paste.^[5]

MATERIAL AND METHOD

The study details the plant materials used in the formulation of a face pack, which were purchased from a local market and powdered for further use.

1. Multani Mitti [Calcium Bentonite]

Multani mitti, rich in magnesium chloride, aids skin by diminishing pore sizes, removing blackheads and whiteheads, fading freckles, soothing sunburns, cleansing, improving blood circulation, reducing acne, and enhancing complexion with a glowing effect.

2. Sandalwood Powder [Santalaceae]

Sandalwood's properties include anti-aging, anti-tanning, toning, emollient, antibacterial, cooling, astringent, soothing, and healing properties, promoting skin health and reducing signs of aging.^[6]

3. Turmeric [Curcuma Longa]

Turmeric is used in this preparation due to its blood purifying properties, wound healing, and antiseptic action. It cures skin diseases caused by blood impurities, acts as an anti-inflammatory and anti-allergic agent, and its phytoconstituents, mainly terpenoids, lighten skin tone, delay aging signs, improve skin elasticity, and treat pigmentation, uneven skin tone, and dull skin.^[6]

4. Orange Peel

Orange peel, a citrus fruit covering, contains vitamins C, calcium, potassium, and magnesium, which protect skin from free radical damage, hydration, and oxidative stress, and has instant glow properties, preventing acne, blemishes, wrinkles, and aging.^[6]

PROCEDURE

Accurately weigh and mix various herbal powders like orange peel, Neem, and sandal wood powder to form a uniform mixture. Add rice powder, Multani Mitti, Turmeric, and Masoor dal to the mixture. Add prepared herbal drug and triturate to create a uniform face pack drug powder.

Table of Ingredients

Sr. No	Ingredients	F1	F2
		Qty in Gram	Qty in Gram
1	Orange peel powder	10	10
2	Neem powder	10	10
3	Sandal wood powder	15	17
4	Turmeric powder	5	4
5	Fullers earth	15	12
6.	Masoor daal	8	7
7.	Rice flour	10	13

Procedure for Development of Formulations Face Pack Application

A face pack powder was prepared according to a table. A paste was mixed with rose water to form a smooth paste, applied to acne, blackheads, and whiteheads, and left on for 30-40 minutes before washing with cold water. ^[5]

EVALUATION

Physical Evaluation: The physical parameters of our face pack, including color, odor, appearance, and texture, were visually checked.

Determination of Moisture Content:- To prepare powdered face pack, weigh 2gm into a thin porcelain dish, dry in a hot air oven at 100°C-105°C until two consecutive weighings do not differ by more than 0.5mg, cool in a desiccator, and weigh the moisture loss.

Particle size:- Particle size, a parameter influencing properties like spread ability and grittiness, was determined using I.P. Standard sieves and mechanical shaking for 10 minutes.

Angle of Repose:- The maximum angle between the surface of a powder pile and the horizontal flow is defined.

Bulk density:- Bulk density is the ratio of a powder's mass to its bulk volume. To calculate it, dry the powder, fill a 50ml measuring cylinder, drop it onto a hard wood surface, measure its volume, and weigh it. Repeat this process to get average values. The formula for calculating Bulk Density is provided.

Washability:-

The common method for assessing the washability of a formulation involves applying it to the skin and manually checking the ease and extent of washing with water using 1 liter of water to remove all formulation content.

Tapped density:- Tapped density is the increased bulk density obtained by mechanically tapping a container containing a powder sample. It is expressed in grams per cubic centimeter (g/cm³) and is observed after observing the initial powder volume or mass.

RESULT AND DISCUSSION

The result of evaluation test carried out of a face pack which includes nature, color, odour, taste, texture, ash values, mixture, contents and pH of dried powder provide information about organoleptic and physicochemical evaluation.

Sr.no	Evaluation Parameter	Observation
1.	Nature (appearances)	Powder
2.	Colour	Brownish yellow
3.	Odour	Fragrance/Slight
4.	Taste	Characteristics

5.	Texture	Fine
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Tableno:1OrganolepticEvaluation

1	Moisture Content	0.39gm
2.	pH	7.5

Table No 2. Physiochemical Evaluation

1	ParticleSize	25-30um
2.	Angle of Repose	28.60°
3.	TappedDensity	0.5747gm/ml
4	Natureoffaceafterwash	Soft and fresh, clean from Dirt

Table No 3. General Powder Characters

1	ParticleSize	25-30um
2.	Angle of Repose	28.60°
3.	TappedDensity	0.5747gm/ml
4	Nature offaceafterwash	Soft and fresh, clean from Dirt

CONCLUSION:-

Nature remedies are more acceptable to the people than synthetic, in the belief that they are safer and fewer side effect that they compare with synthetic. In the 21th century, the demand for herbal formulation has been increased day to day. So we try to establish the herbal face pack containing the natural ingredient of plants. Thus in present work we found good properties of herbal facepack and further optimization studies are required on this study to find useful benefits of herbal face pack on human.

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