



A RESEARCH ARTICLE ON: “FORMULATION AND ASSESSMENT OF THE HERBAL FACE PACK”

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ABSTRACT :

Herbal formulations have growing demands in the global market place. The current study focuses on the creation and assessment of the herbal face pack containing dried powder of green gram, sandalwood, almond, turmeric, rose petals, green tea leaves were produced from the local market they were ground into a powder after drying, then sieved through number 100, combined geometrically, and packed in air tight container for further evaluation.

KEYWORDS: Neem, Natural Plants, Cosmetics, Herbals, Materials

INTRODUCTION:

From the ancient era herbs are used by people cleaning, beautifying and to manage them. Cosmetics are defined as the products used for the purpose cleansing, purifying, enhancing, advertising or alternating one’s appearance. Homemade natural face packs and masks way for smooth, radiant and oily skin. The herbal paste in ayurveda applied on the face to cure pigments, scars, markings, pimples, and acne are referred as “ mukha lepana” is the process of smearing a herbal mix on face. This therapy popularly now termed as Facial. A face pack is a powder that is applied to the face. A good herbal face pack should penetrate the subcutaneous tissues and provide the skin with the nutrients it needs. Different types of natural herbal face packs are required for different skin texture. Ayurvedic face packs help minimize dark circles, wrinkles, acne, and pimples. Additionally, they make skin smoother and more fair.

AIM:

Herbal face packs or masks are used to clean the pores of the skin, increase blood flow, revitalize muscles, and preserve skin suppleness. Therefore, in the current study, we discovered favorable qualities for the face packs; however, more optimization research is needed to determine the practical advantages of face packs as a cosmetic product for humans. The non-toxic nature of herbal cosmetics, their ability to minimize allergic reactions, and the proven efficacy of numerous components are among its benefits.

BENEFITS OF APPLYING FACE PACK

1. 1.Nourishes fruit face packs provide vital nutrients to the skin.
2. 2.Helps to reduce scars, markings, pimples, and acne depending on its herbal ingredients. Usually face packs made of neem and Tulsi help to reduce acne and pimple. Face packs that are suggested for acne, pimples, and black heads typically reduce excessive sebum production from sebaceous glands and Rose petals and sandal powder can be added in small amounts to lessen skin scars and blemishes and orange lentils with acne face pack
3. 3.These face masks provides a soothing and relaxing effect on skin.
4. 4.They assist the restoring in missing shine and glow of skin in short span of time.
5. 5. When used appropriately, face packs can successfully counteract the negative effects of pollution and severe climates.
6. 6.They aid in halting the skin's premature aging.
7. 7.Formation of wrinkles, fine lines and sagging of skin can be effectively controlled by using natural face pack.

ADVICE TO BE ADHERED TO WHEN APPLYING FACE PACK

Before using a face pack, see a natural therapist or a skin specialist. The face pack should not be used for longer than 15 to 20 minutes at a time. An extended period of time might cause wrinkles, skin sagging, and enlarged pores. Use a face pack once every seven days. The dry face pack should not be

attempted to be peeled or scratched. This could damage the skin underneath. Before removing the dry face pack, mist the face with room-temperature water. Roll an ice cube over your face after taking off the mask. This tightens the skin and helps to seal open pores.

MATERIALS AND METHODS :

1. Multani Mitti
2. Turmeric
3. Sandal wood
4. Gram flour
5. Fresh Milk
6. Rice flour
7. Neem powder
8. Lentils powder

1. Multani Mitti (calcium bentonite): Because they contain beneficial nutrients, multani mitti aids skin in a variety of ways, including lowering pore diameters, removing blackheads and whiteheads, fading freckles, treating sunburns, washing skin, boosting blood circulation, enhancing complexion, minimizing acne and blemishes, and giving skin a glowing appearance.



Fig.1 Multani Mitti

2. Turmeric (Curcuma Longa): Haridra has anti-inflammatory and anti-allergic activity. It purifies blood and help as antiseptic. It possesses best blood purification action so it is used in all disease with impurities origin. Harida is a skin rejuvenator that delays wrinkles and other aging symptoms.



Fig.2 Turmeric Powder

3. sandalwood: Sandalwood, also known as Santalum alba, offers anti-aging and anti-tanning properties. Sandalwood keeps the skin cool, fair, and healthy while protecting it from the damaging effects of the environment. Sandalwood is beneficial. Antimicrobial Ayurvedic herbs are used to treat a variety of skin conditions and to get rid of scars.



Fig.3 Sandal wood Powder

4. Gram Flour (Cicer arietinum): Gram flour's high zinc concentration will aid in the fight against acne-causing infections. It is astringent, protecting, and eliminates dead skin.



Fig.4 Gram Flour

5. Fresh Milk: Raw milk is very beneficial for skin, as it provides nourishment for dry, rough skin for longer duration. It provides shine to skin. It helps to deeply hydrate the face and leaves the skin looking young, shiny, and perfect. It lightens skin to get rid of acne, pigmentation, and dark spots.



Fig.5 Raw Milk

6. Rice Flour (Oryza sativa): Rice flour can be applied to cure some forms of skin ailments. Rice water in the Indian subcontinent is prescribed by ayurvedic practitioners in the form of undigestion. It prevents the growth of microorganisms necessary for regular bowel motions and effective to cool off inflamed skin surface.



Fig.6 Rice Flour

7. Liquorice (Glycyrrhiza glabra): It is also called as “Mulethi”. It helps in removing blackheads from facial skin. It purifies and softens the skin. It purifies pores and detoxes skin. It helps to lighten suntan. It helps to pimples and pigmentation. It reduces fine lines and regulates oily skin. It brightens the skin.

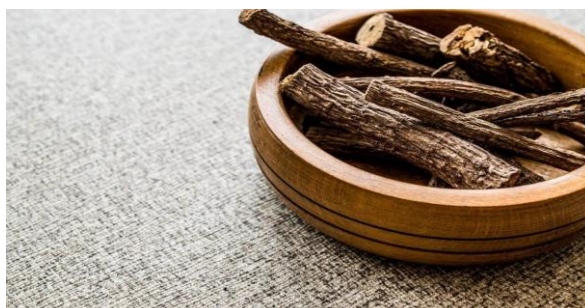


Fig.7 Liquorice

8. Lentils Powder (Lens culinaris Medik): Lentil powder contains essential nutrients that cleanse off the impurities. It acts as an excellent natural exfoliation. It has anti- ageing property. It improves skin texture and moisturizes the skin. It fights with acne and clears blackheads. It helps to prevent signs of ageing like fine lines and wrinkle.



Fig.8 Lentil Powder

9.Neem Powder (Azadirachta indica or A. indica or A. Juss): Neem contains fatty acids and vitamin E which nourishes the skin. Neem has anti-bacterial properties which get rid of pimples. It makes the scars lighter and less noticeable which remain after acne. It is rich in antioxidants which reduces wrinkles. It act as anti-inflammatory nature with its fatty acids and glycerides.



Fig.9 Neem Powder

Methods of Preparation:

- The powdered dried natural ingredients were sieved, for uniformity, precisely weigh and mix geometrically.
- Following preparation, the face pack was kept in a secure container for assessment of different parameters.

Composition of Herbal Face Pack:

CONSTITUENTS	PERCENTAGE
1.Turmeric	4gm
2.Multani Mitti	20mg
3.Sandalwood	9gm
4.Rice Flour	20mg
5.Fresh Milk	As per requirement
6.Lentil Powder	9gm
7.Liquorice	9gm
8.Neem Powder	9gm
9.Gram Flour	20gm
Total	100gm

Table no. 1 composition of herbal pace pack



Fig.10 Herbal Face Pack

Evaluation of Face Pack:

Organoleptic Properties: The color, odor, taste and texture of the powder were tested manually. General powder Characteristics: The powder's particle size was tested by Microscopy method. The flow property of the powder was evaluated by performing Angle of Repose by Funnel method, Bulk Density and tapped Density by Tapping Method.

PARAMETERS	OBSERVATION
1.Appearance	Powder (free flowing)
2.colour	Slight Yellow
3.Odour	Slight
4.exture	Fine
5.Smoothness	Smooth

Table no. 2 Organoleptic properties

Physicochemical Evaluation: Total ash and Acid insoluble ash was performed using incinerator, moisture content was measured, and pH was determined using a pH meter. Shinoda Test: Add concentrated hydrochloric acid and a few magnesium turnings to the extract. The appearance of red colour indicates the presence of Flavonoids. The particle size of formulations was in the range of $22.3 \pm 2.25 \mu\text{m}$. The pH of formulation lied near to neutral. The ash content and moisture content was within limit.

PARAMETERS	OBSERVATION
1. Particle Size	22.3 ± 2.25
2. Ash Content	94 ± 0.412
3.pH	6.86 ± 0.11
4.Loss on drying	3.10

Table no.3 Physicochemical Evaluation

Irritancy Test: Mark an area (1sq.cm) on the left-hand dorsal surface. Time was recorded while the designated area was covered with fixed amounts of prepared face packs. Any irritability, erythema, or edema was assessed and reported at regular intervals for up to 24 hours.

PARAMETERS	OBSERVATION
1.Irritant	No irritation
2.Erythema	No irritation
3.Edema	No irritation

Table no. 4 Irritancy Test

PREPARATION FOR APPLICATION OF FACE PACK:

1. Prepare powder of all herbs.
2. Mix all powder as per formula.
3. Keep it for 5 min.
4. Use twice a week.

USES OF FACE PACK:

1. Face pack nourishes the skin.
2. It prevents premature ageing of skin.
3. It helps to reduce acne, pimple, scars, marks, pigmentation.
4. It provides soothing and relaxing effect on skin.
5. Regular use of face pack bring glow to skin improve skin texture.
6. Herbal face pack makes skin look young and healthy.
7. It brightens the skin tone.
8. It cleanses the skin
9. It contains antiseptic action to deal with minor cuts, marks due to presence of turmeric.

CONCLUSION:

Herbal face packs or masks are used to clean the pores of the skin, maintain the elasticity of the skin, improve blood circulation, and revitalize the muscles. Herbal cosmetics have the advantage of being non-toxic, lowering allergic reactions, and having many substances that have been shown to be effective over time. Therefore, we discovered that the face packs had good qualities in our work, and more optimization research is needed to determine the practical advantages of using face packs as a cosmetic product. Based on the current study, it can be said that herbal face packs improve clinical parameters more than chemical face packs. It has a cooling, calming, and soothing effect and aids in the removal of acne, pimples, and scars.

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