



Formulation and preparation of herbal face scrub.

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ABSTRACT :

Natural beauty is a blessing, and cosmetics can enhance and showcase a person's personality and beauty. The current study's goal is to create and assess a polyherbal face scrub that may be the best substitute for chemical products. This herbal remedy for a variety of skin conditions is created using orange peel powder, honey, and gram flour. Human skin is now more sensitive to aging, atopic dermatitis, acne, and other skin-related issues. These issues are mostly brought on by increased pollution, allergies, microorganisms, etc. Since natural therapies are thought to be safer and have fewer negative effects than synthetic ones, they are more acceptable for treating common issues like acne and dull skin that affect many individuals. The need for herbal formulations is rising globally. This work's goal is to create and assess a face scrub for dull skin and acne. According to this study, the substance has strong anti-inflammatory, antioxidant, and antimicrobial properties.

Keywords: Skincare, Acne, Dull skin, herbal formulations.

INTRODUCTION :

Since ancient times, people have understood the need for using plants for healthy, attractive skin. Cosmetics are goods that are intended to clean, beautify, and improve one's appearance. The greatest part of the body is the skin of the face, which serves as a mirror reflecting a person's health. A well-balanced diet high in fats, amino acids, and minerals is necessary to maintain healthy, glowing skin. Ancient women paid close attention to their skin types and were especially self-conscious about how they looked. People still use natural medicines, such as plant extracts for various cosmetic uses, including orange peel, sandalwood, and aloe vera, especially in rural and hilly areas. In Ayurveda, the herbal paste known as MULTANIMITTI is applied to the face as a facial therapy to heal pigments, scars, markings, and acne. Herbal face packs for naturally achieving fair skin are less expensive and come with no negative side effects. While some people are made to look beautiful, others are born with beauty. In the present situation, the market for herbal goods has grown significantly. The high health advantages of synthetic components, which contribute to environmental degradation, are driving up demand for herbal goods. In skincare products can boost people's self-esteem. Although men are now equally concerned with their looks, women were formerly expected to be the primary users of skincare products. A balanced diet should be consumed to keep the skin healthy and smooth. In issues will be worse by environmental factors such as UV rays, pollution, dust, and climate variations. There are numerous varieties of herbal products, and each one has a special purpose for the skin. Numerous reasons can cause skin to seem lifeless and dull, but scrubs are an effective way to alleviate these issues. There are two kinds of scrubs for the skin: body scrubs and face scrubs. It removes dead skin cells and exfoliates the skin. You can use scrub on any kind of skin.

BENEFITS OF ORANGE PEEL SCRUB-

1. **Skin Brightening:** The citric acid present in orange peel helps lighten dark spots and blemishes.
2. **Moisturization:** Orange peel contains essential oils that help hydrate and nourish the skin preventing dryness and keeping your feet moisturised.
3. **Anti-inflammatory:** The anti-inflammatory properties of orange peel help soothe tired and achy feet, reducing swelling and discomfort. brighter and more even-toned skin.
4. **Exfoliation:** Orange peel contains natural acids that gently exfoliate the skin, removing dead cells and impurities, thus revealing softer and smoother skin underneath.
5. **Antioxidants:** Rich in antioxidants like vitamin C, orange peel helps fight free radicals that can damage the skin and accelerate ageing, making your feet healthy and radiant.

Orangepeelpowder:

- Synonyms-Orange zest
- Biological source-It consists of dried fruits of Citrus sinuses
- Family-Rutaceae.
- Description Colour-Darkorangered Odour-Aromatic Taste-Bitter
- Chemical constituents-Terpenes,Carotenoids,Flavonoids
- Uses-Reduceskinmarks, skinspots, helptoskinwhitening, Treatpimples,acne.

Lemon peel powder :

- Synonyms:Cortexlimunis
- Biological source-Lemon peel is the outer part of the pericarp of the ripe fruits of citrus limon is burm. it contains not less than 2-5% of volatile oil.
- Family-Rutaceae
- Description Colour-yellow Odour-fresh, clean, biting Taste –sour
- Chemical constituents-Camphene,bpinene,Sabineneetc.

MULTANIMITTI:

- Synonyms-Multaclay
- Biological source- It consists of hydrous aluminum silicates (clay minerals)
- Description Colour-White Odour-Pleasant Taste- Pleasant
- Chemical constituents-Montmorillonite, Kaolinite, Attapulgite
- Uses-Nourish skin, reduce oiliness, Remove blackheads.

MASOORDAL/REDLENTIL:



- Synonyms-red lentil
- Biological source- bushy annual plant of the legume family.
- Description Colour-Orange Odour-sweet, Taste-earthy, sweet
- Chemical constituents-Phenolic acid, Phytic acid, Flavonoids, Saponins
- Uses-for the heart and for managing blood pressure and cholesterol, Exfoliator.

HONEY:



- Synonyms-Madhu, madh
- Biological source- Honey is a sugary substance deposited in the honeycomb by the bee *Apis mellifera*
- Family-Apidae
- Description Colour-Pale yellow Odour-Pleasant Taste-Sweet
- Chemical constituents-Glucose, Fructose, dextrin
- Uses-Demulcent, Antiseptic, Antioxidant.

POPPYSEEDS:



- Synonym: Papaver seeds/poppy kernels
- Biological source: the biological source of poppy seeds is the opium poppy plant, somniferum. this flowering plant is part of the papaveraceae family
- Family: Papaveraceae
- Description: Colour-white Odour- Nutty Taste -Mildly Sweet
- Chemical constituent: it contains alkaloids, fatty acids, other constituents like protein, carbohydrates, fibre, vitamins and mineral.
- Uses: Culinary uses- Baking, Cooking, Vegetable Dishes
- Medicinal uses: pain relief, sleep aid, Digestive issue
- Cosmetic Uses: Skin Care, Hair Care.

RICE POWDER:



- Synonym: ricedust/rice flour
- Biological source: it is derived from the edible starch seeds of the rice plant
- Main constituent: Carbohydrates, proteins, other constituents like fibre, minerals, vitamins, lipids
- Description: Colour: regular colour is creamy or creamy white
- Odour: rice powder typically has neutral odour
- Taste: slightly sweet, starchy, Mild
- Uses: Culinary uses- Baked Goods, Gluten-free recipes.

TURMERIC



- Synonyms- Curcuma longa
- Biological source- It consists of dried rhizomes of Curcuma longa belonging to the family-Zingiberaceae
- Description Colour- Yellow Odour-Aromatic Taste-Bitter
- Chemical constituents- Curcumin, Curcuminoids
- Uses- Reduce acne, Glowing skin, Lighten skin.

ROSEWATER

- Synonyms-Attarofrose,lavenderwater
- Biological source-Rose water is obtained from sepalsandpetalofrosadamsцена through steam distillation.
- Family-Rosaceae
- DescriptionColour-Lightpink-blushcolourOdour-ExactlylikefreshpetalsTaste-Notquitesweet
- Chemicalconstituents-Citronellol,nerol,geraniol
- Uses-Treatburns,healscutsandscars,reduce skinredness.

MATERIALSANDMETHODS:

- Orangepeel powder
- Lemonpeel powder
- Multanimiti
- MasoorDal/Redlentil
- Honey
- PoppySeeds
- Ricepowder
- Turmeric
- RosewaterQ.S.

FORMULATION:

Sr.no	Name	Quantity
1	Orange peel powder	5 gm
2	Lemon peel powder	1.8gm
3	Multani Mitti	2 gm
4	Massor Dal/Red lentil	1.8gm
5	Honey	3 ml
6	PoppySeeds	1.8gm
7	Rice powder	2 gm
8	Turmeric	2 gm
9	Rose Water	Q.S

Followingevaluationparameterswereperformedtoensuresuperiorityofprepared face Scrub:

- Physical Appearance:- Physical appearance of formulation was observed visually. In this test colour, odour, nature, and consistency were observed.
- Homogeneity:-Homogeneity of the formulation was inspected visually.
- pH:-pH of prepared scrub formulation was determined by using digital pH meter.
- Determination of spreadability of scrub: small amount of the scrub was placed on the glass slide and another glass slide was placed on the gel. A wooden weight of 20gm was placed on it the time required for the scrub to spread and the area was measured. The amount and the area of scrub on the glass slide represent the efficiency of spreadability, $\text{Spreadability} = \frac{M \times L}{T}$ Where, M=Mass, L=Length, T=Time

- Irritability:- Little quantity of the scrub was applied on the surface of skin and kept for few minute sand check redness or irritation occurs or not.
- Washability: Little quantity of scrub was applied over the skin and washed with water.
- Foamability: Small amount of scrub was shak enwi thaterina measuring cylindrand the foam was measured.
- Stability study: The formulation was stored at different temperature conditions or a period of 56 days and evaluated for parameters like colour , odour , ph and consistency.

HOW TO APPLY :

- Make the paste by mixing final mixture of herbs with rose water or buttermilk.
- Apply paste locally on face for 10-15 mins.
- Rub the face for 2-3 mins and wash with fresh water.



RESULTS OF EVALUATION

Parameters	Result
Colour	Yellowish
Odour	Characteristics
Consistency	Good
pH	7.0
Grittiness	Small gritty particles
Irritability	Non irritant
Washability	Easily Washable
Skin Sensitivity	No Rashes
Spreadability	Easily Spreadable

DISCUSSION :

The above results suggest that the new scrub formulation is safe to use, and the coffee powder is used to get good effects as a scrubbing agent. The majority of the substances are natural, and there are low chances of adverse effects. It is suitable for all skin types, including dry, oily, and normal. It produces better results and leaves the skin looking radiant and bright. A lesser amount of the mixture was applied to the dorsal area of the hand for some time and found to be oedema, non-irritating, with no redness or other adverse effects.

CONCLUSION :

In this study, we discovered that the face scrub had good aesthetic effects on human skin. The skin is the body's outermost organ, and it is regularly and directly exposed to prooxidants such as UV rays, medicines, and air pollution. Vitamin C is an important vitamin with antioxidant capabilities that is gaining popularity in the skin care industry. We discovered that Orange Peel powder, Lemon Peel powder, Tulsi leaves powder, neem leaves powder, Multani mitti, Masoor dal, Turmeric, Charcoal, and other components are excellent and efficient for the skin and may be used to stimulate blood

circulation, reduced dark circles, acne, and scars by conducting and analysing numerous formulations. The face scrub is beneficial, economical, & passed all evaluation parameters.

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