

Formulation and Evaluation of Herbal Face Scrub

S. T. Gore¹, P. M. Khandare²

^{1,2} Dr. Babasaheb college Mahad, Raigad Maharashtra (402301)

Abstract

Herbal products or cosmeceuticals usually consist of the parts of plant which possess antimicrobial, antioxidants and anti aging properties. Natural constituents are the safest and the best product to use in day to day life because they do not have any adverse effects and these cosmetics also influences the biological function of the skin. In this formulation of facial scrub sandalwood, Fuller's earth, Neem, Turmeric, Green tea, Kalonji, Giquorice and aloe vera are used as active ingredients.

The research aimed to produce an herbal facial scrub. The majority of times, the skin on the face is in regular contact with dirt, pollution, and other contaminants. The scrub comprises various natural components that are safe to use, have fewer adverse effects, and have antibacterial, anti-infective, antioxidant, anti-aging, and moisturizing characteristics.

Keywords: Aloe vera gel, Fullers Earth (Multanimitti), Turmeric (Haldi), Green Tea, Amla, Neem, Kalonji, Liquorice, Sandal wood Powder

Intoduction

1. By eliminating superficial dead cells and encouraging the development of cells in the sub-epidermal layer, herbal exfoliating scrub reduces age-related changes and neutralizes the environment's damage.^[1] Cleaning the surface technically with a scrub or utilizing herbal products containing anti-aging, vitamins, antioxidants and antiseptics characteristics that assist help depth to cleanse the skin and make it shine and appealing remove these dead skin cells.^[2] Facial scrub was simple to use: choose one regular scrub suitable for skin, rub it in for one minute on moisturized skin, and then wash it off.^[3] The scrub is appropriate for all skin types. Only such essential oil utilized as a scrub ingredient will differ based on the skin type. Sensitive, oily, and dry skin are three different types of skin. On use of the scrub gel, a gentle massage is indicated to stimulate blood circulation and oxygenation of all skin. The herbal facial scrub prepared in the laboratory was found to be comparable to the scrub with several parameters. The prepared scrub was evaluated for various parameters like colour, odour, consistency, pH, spreadability, extrudability, viscosity, irritability, washability, grittiness and foamability. Conclusion: The prepared scrub was evaluated using varies parameters and was found to be satisfactory to improve the appearance of skin without any side effects.^[4] Medicinal plants have been used historically for various ailments and are now recognized as important sources of drugs. Extraction methods, including distillation, maceration, and solvent extraction, are used to obtain active components from plants for medicinal purposes.^[5] Face skin is the major part of the body, which indicates the health of an individual.^[6]

Benefits of Scrubbing Skin:

1. Dead cells make skin look pale and old, so it is essential to get rid of them. Using a mild scrub, remove them.
 - Exfoliation can give skin a healthy glow.
 - Removes Dark Patches: Use the scrub twice a week for best results. It works particularly well on knuckles, elbows, and knees.
 - Get Removal of Acne Scars: Exfoliation can assist get rid of acne scars.^{9,10} eas.
2. This is completed through scrubbing. Frees Skin from Flakes: Dry spots are caused by irritated skin. It allows for the accumulation of dead cells over time. Scrubbing the face can assist in dealing with irritated skin efficiently.

Material

- Aloe Vera gel
- Fullers Earth (Multanimati)
- Turmeric (Haldi)
- Green Tea
- Amla
- (Indian gooseberry)
- Neem
- Kalonji
- Liquorice (Mulethi)
- Sandal wood Powder

Herbal drug and Cosmetic Uses

- 1) Aloe vera gel



Soothe sunburn, moisturize the skin and fight skin aging, reduces acne and lightens blemishes.

2) Fullers Earth (MultaniMatti):

In the skin oil and impurities absorber, provide fairness and glow, fights acne and pimples and improves skin elasticity.

3) Turmeric (Haldi):

Reduced acne and any resulting scars , anti inflammatory , anti -oxidant and provides glow

4) Green Tea:

Antioxidant antimicrobial, treats acne and oily skin reduce sebum secretion.

5) Amla



- Anti-aging treat acne.
- Evens skin tone
- Treat skin pigmentation
- Remove dead skin

6) Neem



- Treat dry skin
- Stimulate collagen production
- Reduces scar
- Treats acne

7) Kalonji



- Anti- bacterial
- Prevent acne
- Clear skin complexion

- Fight skin inflection
- 8) Liquorice



- Brighten skin
 - Hide sun damage
 - Firm and fightens skin
 - Treat acne
- 9) Rose water
- Cleanses and brightes skin
 - Soothes irritated skin
 - Balances uncle
- 10) Sandal wood powder



- Sooth inflammatory skin conditions like eczema
- Dermatitis skin impurities
- Heal your skin tissues
- Remove skin impurities

Chemical Constituents

Herbal Drug	Chemical Constituents
Aloe vera gel	<ul style="list-style-type: none"> ● Betacarotene ● Aloe emodin ● Aloin
Fullers Earth	<ul style="list-style-type: none"> ● Hydrous aluminium ● Silicates ● calcite
Turmeric	<ul style="list-style-type: none"> ● Curcuminoids
Amla	<ul style="list-style-type: none"> ● Chebulagic acid ● Gallic acid ● Ellagic acid
Green Tea	<ul style="list-style-type: none"> ● Catechin ● Theanine ● carotene
Neem	<ul style="list-style-type: none"> ● Azadirachtin ● Nimbin ● Gedunin
Kalonji	<ul style="list-style-type: none"> ● Thymoquinone ● Linoleic acid ● Palmitic acid
Liquorice	<ul style="list-style-type: none"> ● Glycyrrhizin ● Liquirtin ● Anethole

Material and Method

Herbal Drugs	Quantity
Aloe vera gel	Q. S
Fuller Earth	12.5gm
Turmeric	10 gm
Green Tea	12.5gm
Amla	5gm
Neem	1.5 gm
Kalonji	3.5 gm
Liquirice	5 gm
Rose water	Q.S
Sandal wood powder	1 gm

Formulation of herbal face scrub preparation

- Accurately all the herbal powders such as green tea, amla, neem powder and sandal wood powder and mixed them together to form a uniform mixture with mortar and pestle
- Weighed accurately fullers earth, turmeric, kalonji, and liquirice powder and triturated them together to form a uniform mixture in that mixture added prepared herbal drug and triturated to obtain a uniform drug powder of face Scrub
- In mortar pestle add aloe vera gel (as base) and all herbal powder were triturated to obtain a paste like consistency and rose water d fragrance.

Method of Evaluation

PH

PH of prepared of scrub formation and determination by use PH meter.

Irrability

Little quantity of scrub was applied over the skin and washed with water. Washability

Little quantity of scrub was applied over the skin and washed with water.

Homogeneity

Homogeneity of the formation was inspected visually.

Result

Days	Colour	Odour	PH
Day 1	Buff green	Aromatic & Pleasant	6.81
Day 3	Buff green	Aromatic & pleasant	6.50
Day 5	Buff green	Aromatic & pleasant	6.36
Day 8	Buff green	Aromatic & pleasant	6.25
Day 10	Buff green	Aromatic & pleasant	5.30

Conclusion

In the current study herbal face scrub was formulated , formulated, evaluated the results indicated that the formation passed the tests, the prepared poly herbal formations Nourish moisturise cleanses, protect the skin against premature aging , acne & pimples.

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