

FORMULATION AND EVALUATION OF HERBAL FACE PACK

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Abstract:

Nowadays, there's a worldwide trend towards the utilization of herbal merchandise and therefore the adoption of additional natural fashion. Individuals like natural foods, herbal treatments and different natural product. There's plenty of interest in Victimization by cosmetics and merchandise having fewer adverse effects. Herbal cosmetics are cosmetics containing a bioactive element or a medicine. They function cosmetics for the care of body and its elements and. The presence of botanic ingredients influence biological performance of skin and supply nutrients necessary for the healthy skin. Goal of this project was to develop and take a look at a polyherbal face pack made from herbal substances for cosmetic functions. The presence of botanic ingredients influence biological performance of skin and supply nutrients necessary for the healthy skin. In current state of affairs, individuals would like a cure for varied skin issues without facet effects. Herbal ingredients opened the alternate to formulate cosmetics with none harmful impact. Herbal face packs are thought-about as sustaining and productive means to advance the looks of skin. Everybody aspires to own truthful and engaging skin. Acne, blackheads, pimples and dark circles are very common among today's youth and people that suffer from it. Skin disorders are sometimes caused by blood pollutants, in line with Ayurveda. Impurities within the blood are the foremost common explanation for skin problems. Skin malady are caused by toxins accumulating within the blood as a results of poor diet and life-style decisions. Ayurveda describes a variety of herbs and remedies for blood purification. The herbal paste are used to cure skin condition, pimples, scars, markings and pigmentation on the face referred to as "Mukha Lepa". In Ayurveda "Mukh Lepana" refers to the method of smearing this seasoning mixture on the face. A good seasoning face pack ought to offer the skin with the nutrients. So as to administer the required nutrients, it should penetrate the hypodermic tissues. Completely different skin varieties necessitate different seasoning face pack. These face packs are offered in various varieties and principally classified into following categories;

- Plastic masks: Wax based, latex based or vinyl based.
- hydrocolloid masks: Gel masks (ready to use)
- Argillaceous masks; Clay based or earth based (ready to use or dry powder).

KEYWORDS:

Abstract, Introduction, Herbal face pack, anti-acne, astringent, nephroprotective, anti-inflammatory, Antibacterial,

Introduction:

Ayurveda

Ayurveda is an ancient Indian system of holistic medicine that emphasizes the balance of body, mind, and spirit to promote overall well-being and prevent disease. The term "Ayurveda" literally means "life knowledge" or "science of life." This traditional system of medicine has been practiced for over 5,000 years and is based on the concept of the interconnectedness of all living things. According to Ayurveda, every individual has a unique physical and mental constitution, known as a dosha, which is composed of three fundamental energies: vata, pitta, and kapha. The goal of Ayurvedic medicine is to identify an individual's dosha and use diet, lifestyle, and herbal remedies to balance and harmonize the body's energies, promoting health and well-being. Ayurveda also emphasizes the importance of living

in harmony with nature and the environment, and encourages individuals to adopt a lifestyle that is in tune with the natural world. This includes following a daily routine (dinacharya) that includes practices such as yoga, meditation, and self-care, as well as eating a diet that is tailored to one's individual constitution (1).

Ayurveda is a holistic system of medicine that takes into account the physical, mental, and spiritual aspects of an individual's health, and seeks to promote balance and harmony in all aspects of life. It is a unique and comprehensive approach to health and wellness that has been practiced for thousands of years and continues to be a valuable resource for promoting overall well-being (2).

Herbal face packs

Herbal face packs have gained immense popularity in recent times due to their numerous benefits for the skin. These packs are made from natural ingredients, which are rich in antioxidants, vitamins, and minerals that help to nourish and rejuvenate the skin. The main advantage of using herbal face packs is that they are pure and do not have any side effects on the human body (3). They are also non-toxic, non-allergic, and non-habit forming, making them a safer alternative to chemical-based face packs. Herbal face packs can be used to address a range of skin concerns, including dark spots, acne, wrinkles, and dryness. They can also help to improve skin tone, reduce the appearance of pores, and provide a natural glow to the skin. The ingredients used in herbal face packs can vary depending on the specific skin type and concern, but common ingredients include turmeric, sandalwood, rose petals, and green tea.

One of the key benefits of herbal face packs is that they can be easily formulated and stored for a longer period of time. They do not require any added preservatives, making them a popular choice for those who prefer natural and organic products (4).

Face acts as mirror to show the health condition of person. Herbs are used for the purpose of adding beauty to the skin and the ancient people used herbs for the purpose of adding charm to the skin. Mukha lepa "mentioned in Ayurveda for herbal face pack Face pack cause the tightening the skin to cause an effect that show an effect of a rejuvenate effect to skin. Turmeric face pack is the herbal face pack which use for the purpose of glowing, beautifying, cleaning the skin. According to Ayurveda the major cause of skin problem is due to impurities in the blood (5). There are different plants extracts and their derivatives are used to remove the impurities in the blood like turmeric, manjishtha, sandalwood. Skin is the home of many microorganisms which include yeast, fungi and many microscopic organism which gives favourable environment for the growth of microorganisms.

Additionally, herbal face packs can be customized to suit individual skin types and concerns, making them a versatile and effective solution for a range of skin issues (6).

Aim & Objective:

Aim:

Formulation and evaluation of herbal face pack

Objective:

Helps to reduce, acne, acne, scars and marks depending on its medicinal ingredients.

Herbal face packs can be used to address a range of skin concerns, including dark spots, acne, wrinkles, and dryness. They can also help to improve skin tone, reduce the appearance of pores, and provide a natural glow to the skin.

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Plan of work:

- Review of articles.
- Selection of topic.
- Literature review.
- Collection of materials.

- Extraction of ingredients.
- Formulation.
- Evaluation Test.
- Results and discussion.
- Conclusion.
- Submission of research report.

MATERIALS AND METHODS

1. Materials

1.1 Multani mitti



It is also known as Fuller's Earth, already popular in South Asia as a home remedy substance. For ages, it has been used as a cleanser for skin and hair in this region of the world. Any clay Material that has the potential to decolourize oil or liquids without the use of chemicals is Known as Multani mitti. Multani mitti is a clay named after the town of Multan in pre-Partitioned India, which is currently in Pakistan. Multani mitti is clay made up of primarily Aluminium Silicate with trace amounts of other impurities Multani mitti is non-plastic clay that contains enough water (7).

Properties:

- It may show anti-acne property.
- It may have anti-inflammatory property.
- It may demonstrate astringent activity.
- It may have absorbent property (8).

Uses:

- Pimples and Acne,
- Face packs,
- Skin toning,
- Antiseptic (9).

1.2 Manjishta

Manjishta or Indian Madder is considered to be one of the best blood-purifying herbs. It is mainly used to break down blockages in the blood flow and remove stagnant blood.

Manjishta herb can be used both internally and externally on skin for promoting skin whitening. Applying Manjishta powder along with honey or rose water (at least 2-3 times a week) helps manage acne and pimples by inhibiting the growth of acne-causing bacteria due to its antioxidant property. Topical application of Manjishta oil and coconut oil



reduces inflammation and skin rashes associated with acne due to its anti-inflammatory property. It is also helpful in keeping the hair shiny and healthy (10).

Properties:

- Antioxidant,
- Anti-inflammatory,
- Skin whitening,
- Antibacterial (11).

Uses:

- Anti-aging and anti-inflammatory.
- Skin toning and balancing.
- Acne and pimple treatment (12).

1.3 Turmeric (*Curcuma longa*)



Turmeric is mainly used to rejuvenate the skin. It delays the signs of aging like wrinkles and also possesses other properties like antibacterial, antiseptic and anti-inflammatory. It is best source of blood purifier. It is effective in treatment of acne due to its antiseptic and antibacterial properties that fight pimples and breakouts to provide a youthful glow to your skin. It also reduces the oil secretion by the sebaceous glands (13).

Properties:

- Antioxidant properties,
- Anti-microbial properties,
- Antibacterial (14).

Uses:

- Hydrates and moisturizes.
- Fights acne and reduces inflammation.
- Brightens and evens skin tone.
- Provides UV protection (15).

1.4 Sandalwood



It is a plant species in the Santalaceae family of the genus *Santalum* that is both Commercially and culturally valuable. The oil contained in the sandalwood timber, primarily In the heartwood, is the fundamental reason for its commercial and cultural importance, If

Your skin is oily, you can use it to remove dark spots. Anti-tanning and anti-ageing properties

Found in Sandalwood. It also benefits the skin in a variety of ways including toning, emollient, antibacterial, relaxing and healing characteristics (16).

Properties:

- Antiviral and antiseptic properties.
- Antimicrobial properties.
- Skin whitening properties (17).

Uses:

- Brightening and Skin Lightening.
- Anti-Acne and Anti-Inflammatory.
- Skin Toning and Tightening (18).

1.5 Aloe



Aloe Vera gel was used, that was obtained by peeling the Aloe plant and using the gel

Obtained. Using aloe vera on the face can help moisturize skin and help manage skin conditions, such as acne. It can be found in various products including face wash and toner.

Aloe vera is a common household plant known for its skin healing properties.

Regularly applying a small amount of aloe Vera to the face can help treat various skin conditions, including acne, eczema, and sunburn. A person can use the gel directly from an aloe vera plant or buy a bottled variety from a health store. This article explains how to use aloe vera for the face and looks at the benefits, the conditions it treats, and potential risks (19).

Properties:

- Hydrating.

- Skin elasticity.
- Hydrating (20).

Uses:

- Moisturizing.
- Anti-aging.
- Acne treatment (21).

2. Methods

2.1 Preparation

2.1.1 Formulation of product

Sr. No	Ingredient	F1
		Qty. in gm
1	Multani mitti	8
2	Manjishta	6
3	Turmeric	3
4	Sandalwood	6
5	Aloe vera gel	2

2.1.2 Methodology of preparation

Steps

- All the required herbal powders for the face pack preparation
- Were accurately weighed individually by using digital balance.
- The quantity and compositions are listed in Table.
- The herbal drugs such as Multani mitti, manjistha, turmeric, sandalwood, were Transferred to mortar and pestle and triturated.
- Separate mortar and pestle to form a uniform fine Mixture.
- Previously prepared mixture of herbal powders was transferred to the mixture of fine powders and triturated to obtain uniform drug powder of face pack.
- The powders were passed through sieve No. 44.
- The prepared face pack powder was are gently mix with water and mix all ingredient properly
- Store in an Air tight conaine

2.2 Evaluation of the formulation

2.2.1 Physical evaluation

The nature, colour, odour, taste and texture of Formulation Checked manually.

2.2.2 Bulk density

Bulk Density is the ratio between the given mass of a powder and its bulk volume.

$$\text{Bulk Density} = \text{Mass/Volume}$$

2.2.3 PH determination

The presence of acidic or alkaline nature of formulation was determined by PH paper.

7. RESULT AND DISCUSSIONS

We prepared formulation of face pack, using herbal ingredients and evaluated successfully, by various evaluation parameters. It was very to apply and suitable for the use.

Physical evalution:

Sr.no	Parameter	Observation
1	Colour	Slight reddish
2	Odour	Slight

Parameters of evalution:-

Sr.no.	Parameter	Observation
1	Colour	No change
2	Odour	Slightly change
3	Texture	Fine
4	Smoothness	Slightly change
5	Washablity	Easily wash
6	Ph	Basic
7	Bulk densitty	0.568gm/ml

Discussion:

- Helps to reduce, acne, acne, scars and marks depending on its medicinal ingredients.
- Facial pads made of multani mitti and Turmeric often help to reduce acne and pimples.
- Recommended packs for acne, acne, blackheads usually control the secretio
- the sebaceous glands and remove harmful bacteria inside the wound

CONCLUSION:

Herbal face packs or masks are used to stimulate blood circulation, rejuvenates the muscles And help to maintain the elasticity of the skin and remove dirt from skin pores. Natural Medicines are more acceptable since they are believed to be safer and have less adverse Effects than synthetic therapies. In the global market, herbal formulations are in high demand. Thus, we tried to formulate an herbal face pack complying with all the guidelines suggested by the literature although additional optimization studies are required to uncover the beneficial Properties. Formulation was found to be most satisfying. So the findings in our report suggested the beneficial use of different herbs involved in it and also opens up a window for Better herbal alternative with least possible hazard as of now, still further studies are required For its use in humans.

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