

Formulation and Evaluation of Turmeric Based Herbal Face pack

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Abstract: Alcohol dependence poses a significant public health challenge, with cravings being a pivotal factor in relapse. This comprehensive review delves into the landscape of anticraving agents for alcohol dependence, categorizing pharmacological (e.g., disulfiram, naltrexone) and non-pharmacological interventions (e.g., cognitive-behavioral therapy). Clinical trials' outcomes, challenges, and patient perspectives are analyzed, providing insights into short-term and long-term efficacy, limitations, and real-world applicability. The review also explores combination therapies and emerging interventions, offering a nuanced understanding. Intended for clinicians, researchers, and policymakers, this review synthesizes current knowledge and suggests future directions for anticraving strategies in alcohol dependence treatment.

Keywords: Alcohol Dependence, anticraving agents, disulfiram, naltrexone

I. INTRODUCTION

Herbal face packs are agents that are applied to the skin to provide the following benefits: smoothing, glowing, reduction of dark spots, reduction of acne, reduction of oiliness, and reduction of visible pimples. The powder that is used for facial application is called face pack. These mixtures are applied to the face as gels or glues, allowed to dry, and then set to film, providing the skin with a sealing, strengthening, and clearing effect.

The luminosity and stabilizing effect produced by using a face pack. The face pack's warming and tightening effect gives the appearance of a revitalized face and the colloidal and adsorption mud's used in these configurations remove dirt and oil from the skin. When the face pack is finally removed, stored soil and floating debris are also removed from the skin, leaving the face revitalized. Meanwhile, the colloidal and adsorption moisturizer in these treatments removes oil and debris from the skin.

The bright and corrective effects produced by using a face pack. The face pack's warming and tightening effect leaves the skin of the face feeling revitalized, and the adsorption and colloidal mud's used in these configurations remove dirt and oil from the skin. The revitalizing feeling of a revitalized face is enhanced when the applied face pack is finally removed, revealing skin that is free of stored soil and heaps of debris. The employment of colloidal and adsorption mud's in these configurations removes dirt and debris from the face's skin.

When the face pack is finally removed, skin debris and any preserved dirt are removed along with it. A face pack made of common ingredients is rich in essential nutrients that are vital to the health and brightness of the skin. Numerous benefits of these compounds for skin have been demonstrated. Using regular face packs is not difficult. Enter your desired changes in this section. Then, use the button below to paraphrase. It really is that simple!

They enhance the blood flow within the facial veins, thereby augmenting the skin's radiance. A decent face pack made at home should provide the skin with essential vitamins that are available as a powder that flows freely. Different types of packs are now available separately for the normal, dry, and glossy skin. Face packs are used to increase the skin's reasonableness and perfection. It reduces skin irritation, wrinkles, acne, and dark circles.[9]Changes to your text are indicated by orange highlights, and you may make more edits by clicking on words and changing them to synonyms. Try it out!

These mixtures are applied to the face as glues or fluids, and then let to dry and produce a film that fixes, strengthens, and purges the skin. Natural face packs and coverings made at home provide a smooth, radiant, and velvety skin tone. The natural face pack used on the face to heal acne, pimples, scars, stamps, and colors is referred to as "mukhalepa" in

Ayurveda .The most common method of spreading a naturally blend on face is Mukhalepana. Nowadays, this procedure is referred to as a facial.

II. BENEFITS OF HERBAL FACE PACK

1. The skin is being sustained by the face pack.
2. It relies on its natural ingredients and helps with skin inflammation, acne, and scarring. Neem and Tulsi reduce acne and breakouts, regulate excessive sebum production from the sebaceous organs, and get rid of harmful bacteria that cause skin breakouts. The fine powder of shoe and flower petals can be added to reduce the appearance of scars and skin features.
3. It helps exfoliate the face's dead skin cells.
4. They are offering amity gating and lessening the impact on skin.
5. Using face packs on a regular basis aids in enhancing the skin's luster and composition.
6. The use of face packs can lessen the hazardous effects of pollution and harsh surroundings.
7. They help to forest alluntimely maturing of skin.
8. They prevent the organization of wrinkles, hardly noticeable variations, and skin drooping.

III. PRECAUTION TO BE TAKEN FOR APPLYING HERBAL FACE PACK

1. Select the face pack that best suits your skin type. See a skin specialist or a natural supplier before using a face pack.
2. After applying the face pack to the skin, rinse it off with cold water after ten to fifteen minutes. If face wash is left on the skin for more than fifteen minutes, it can lead to an increase in the person's skin
3. You can apply the face pack once daily or for no more than two to three days per week.
4. Mist your skin with room-temperature water before taking off the face mask that has dried. After taking off the mask, roll an ice cube over your face. This aids in sealing open pores and tightening the skin. It also tones and soothes the skin.
5. Avoid the "eye zone" while applying a face pack because the skin around your eyes is extremely sensitive. The process of removing the face pack may cause harm to the skin around the eyes.

IV. LITERATURE REVIEW

These days, dark circles, black heads, pimples, and juvenile acne are frequent among young people who experience them. Ayurveda says that blood impurities are typically the cause of skin issues. Skin-related diseases are brought on by blood toxins that have accumulated as a result of poor diet and lifestyle choices. "Mukha Lepa" is an Ayurvedic herbal paste used to cure acne, pimples, scars, markings, and pigmentation on the face. "Face Pack" refers to the smooth powder that is applied to the face. For a herbal face pack to be effective, it must be able to reach the skin's subcutaneous tissue and supply the necessary nutrients.

This herbal paste was used to the face to treat pigmentation, scars, acne, and pimples. The silky powder used for applying makeup to the face is called a face pack. Because they believe natural medicines are safer and have fewer side effects than synthetic ones, these particular people prefer to utilize natural medicines. Cosmetics are goods that are used to clean, beautify, increase attractiveness, or alter appearances. Since ancient times, people have used a variety of plants for aesthetic, therapeutic, and management purposes. The skin of a person's face is the largest part of the body that reveals their health. In Ayurveda, the paste made of herbs called "mukhlepa" is used as a facial treatment.

Liquid or paste sand preparations are applied to the face and allowed to dry and set to form a film that has the effect of tightening, strengthening, and purifying the skin.

In order to let all the water to drain, they are typically kept on the skin for fifteen to thirty minutes. This allows the resulting film to shrink, sandharden, and make removal easier.

The use of a face pack results in a tighter and warmer sensation that stimulates the skin , while the preparations containing colloidal and adsorption clays eliminate oil and debris from the face's surface. Skin debris and accumulated dirt are finally eliminated together with the applied face pack. Herbal face masks improve skin's smoothness and fairness.

By utilizing herbal face packs that are appropriate for our skin type, we may maximize their benefits by increasing blood flow in the People today seek treatments for a variety of skin conditions that don't have negative side effects. The use of herbal components in cosmetic formulations allowed for full benefit without risk. Herbal face masks are regarded as a long-lasting and effective method of improving skin look. A face pack is a silky powder made of natural ingredients that is high in vitamins and antioxidants. It is applied to the face to promote healthy, radiant skin. These preparations are applied to the face in molten liquid or paste form, then allowed to dry and solidify to form a film that has the ability to tighten, fortify, and cleanse the skin.

Facial veins, which raises the amount of living lines. Gentle skin Regular usage of a herbal face pack enhances the tone and texture of the skin. Harsh weather and pollution have a negative impact on skin. Therefore, an attempt was made in the current work to manufacture a poly-herbal face pack using substances that are readily available in nature. The greatest region of the body is the skin of the face, which serves as a mirror to reflect personal wellness .A diet rich in fats, amino acids, and minerals that is well-balanced is necessary to maintain healthy, radiant skin. Ancient women were especially conscious of their beauty and took considerable care to maintain their skin types.

When creating and assessing a herbal face pack A display in a mask that they designed a herbal face pack for skin utilizing a variety of herbal ingredients. The major goals of the face pack were to minimize dark circles, reduce spots, and enhance the complexion. They have made use of sandal wood, saffron, banana, orange, and turmeric peels. They saw that after creating this face pack, the dark spots were getting lighter and these were getting better. There was no irritation or enlargement observed.

Sr. No.	Constituent	Scientific Name	Percentage
1	Multani mitti	Calcium bentonite	15
2	Turmeric Powder	Curcuma Longa	15
3	Saffron	Crocus sativas	10
4	Sandalwood	Santalum Album	05
5	Banana peel	Musa acuminata	10
6	Orange peel	Citrus sinensis	10
7	RiceFlour	OryzaSativa	20
8	RoseWater		Q.s

TableNo-1

M. K. But akaar, sir, used a variety of herbal ingredients to formulate a herbal face pack for skin. The main goal was to reduce dark circles, minimize pores, reduce acne, and figure out how to lower the activity of the acne by utilizing different herbal ingredients to formulate the herbal face pack. In this paper, sir talked about how the face pack is used to maintain skin elasticity, stimulate blood circulation, and remove dirt from pores. The effort to create a herbal face mask with various plant powders is excellent. They have made use of the different ingredients displayed.

Sr. no.	Ingredients	Quantity
1	Orange peel	10
2	Fullers Earth	15
3	Cicerpowder	15
4	Kaolin	10
5	Aloe powder	5
6	Turmeric powder	10
7	RoseWater	Q.s

TableNo-02

V. PLAN OF WORK

The work strategy focused on creating and assessing a herbal face pack for radiant skin, and in order to gain insight into the formulation process, a suitable collection of research papers was gathered.

To precisely understand how to formulate the herbal face pack, we have consulted a number of study papers

We have developed our own formula for developing our face pack after seeing the other research paper; we made our own quantity by consulting the other research paper.

The following components were utilized in the appropriate amounts: turmeric, sandalwood, neem powder, rose water, milk powder, gram flour, and multani mitti.

Turmeric was the primary ingredient in the face pack's creation since it brightens skin and minimizes pores and zits.

The formulation was made by following a few uncomplicated steps.

1. Accurately weigh each component based on the specified amount.
2. Thoroughly combine all ingredients.
3. Put every intruder through sieve number 150.
4. Spoon the powder into each sachet.

How to apply face pack

Pour one tablespoon of frozen water into a basin containing five grams of face pack powder. After thoroughly mixing and applying it to the face pack, leave it on for 15 to 20 minutes before rinsing it off with water.

A variety of assessments, including flow characteristics and physical characterization, were conducted to determine whether or not the face pack was manufactured correctly.

VI. AIM AND OBJECTIVE

the creation and evaluation of a herbal face pack for radiant skin that contains natural ingredients such as milk powder, gram flour, turmeric, multani mitti, sandalwood, and neem powder. The remainder was used for home purposes, and the sandalwood and multani mitti were removed from the market.

A straightforward procedure is utilized to prepare herbal face packs, and it is as follows:

1. Accurately weigh each item in relation to the quantity.
2. Thoroughly combine all the ingredients.
3. Put every component through the Siemens 150.
4. Fill the sachets with the powder.

VII. PHYTOCHEMICALPROFILEOFDUG

Multani mitti

Scientific Name-Fullers earth

Synonyms-Multani Mitti

Chemical Constituents – Silica, iron oxide and water

Uses- Remove tannin, Remove dark circle, Reduce spore size.

Numerous benefits of multani mitti include pore reduction, removal of whiteheads and blackheads, reduction of markings, relief from sunburns, cleaning of the skin, improvement of blood circulation, improvement of complexion, and reduction of breakouts and acne. Because they are full of essential nutrients, they also provide the appearance of having bright skin. Multani mitti has an abundance of magnesium chloride.

Turmeric



Scientific Name-Curcuma longa

Synonyms-Turmeric root, Wild Curcuma

Chemical components: 3-6% polyphenolic compounds, curcuminoids, dihydro curcumin, curcumin I, II, and III, Curcumin that is demethoxy and bisdemethoxy.

Uses-Antibacterial,

Antifungal,

Wound healing,

Glow Skin,

Reduce irritation,

Reduce Swelling,

The main benefit of turmeric is that it keeps skin looking young. It also contains anti-inflammatory, antibacterial, and antimicrobial qualities in addition to delaying the appearance of wrinkles. Below are the best blood purifiers on the market. Because of its antiseptic and antibacterial qualities, which combat breakouts and pimples to restore skin's young appearance, it aids in the treatment of acne. And give your skin a radiant appearance. It also reduces sebaceous gland oil production.

Sandalwood



Scientific Name -Santalum Alba

Synonyms-Sandal, Indian sandal wood oil

Chemical Components: 90% sesquiterpene alcohols, of which 20%–25% are beta-santalol and 50–60%, are tricyclic alpha-santalol.

Uses-

Intensifies the light

Reduces the shadowy areas,

Act as though you're mending

Used as antiseptic.

Sandalwood has anti-aging and anti-tanning effects. Its soothing and healing qualities, along with its emollient, antibacterial, cooling, astringent, and therapeutic qualities, are just a few of the many advantages it offers.

Sandalwood oil is a common fragrance in incense, cosmetics, perfumes, and soaps due to its warm, woody scent. It also adds flavor to meals and drink. The density of the wood has made it valuable for carving.

Neem

Scientific Name-Azadirachta indica

Synonym-Neem tree, Indian lilac

Chemical constituents: Ascorbic acid, n-hexacosanol, amino acids, 6-desacetyl-7-benzoylazadiradione, 7-desacetyl-7-benzoylgedunin, 17-hydroxyazadiradione, nimbiol, and nimbin are among the compounds found in leaves.

Uses: Diminish shadows,

Reduce aging effect,

Reduce the spores,
It functions similarly to detanin.



Because of its antibacterial, anti-inflammatory, and antiseptic qualities, neem is a great choice for people with oily or acne-prone skin. Because of the phyto-constituents' anti-inflammatory, anti-microbial, and antioxidant qualities.

Milk Powder



Scientific Name-

Synonym-Dehydrated milk

Chemical composition: minimum 26% fat, maximum 34% protein, maximum 5% moisture, maximum 0.18% acidity, minimum 34% lactose, maximum 7.3% ash. pH on a dry-matter basis is 6.6-7.8.

Uses: smoothes the skin,

Give the skin a glossy look.

Moisturize and nourish the skin enhances the glow

Since milk powder nourishes dry, rough skin for an extended period of time, it is particularly beneficial to the skin.

Skin is left with a gorgeous sheen after using milk cream, which is created from either raw milk or powdered milk.

Deep facial hydration is achieved by doing this, which helps maintain youthful, smooth, and beautiful skin. It bleaches the skin to remove pigmentation, dark spots, and acne. Additionally, this product naturally removes whiteheads, blackheads, and other skin blemishes. This face pack aids in sunburn relief.

Gram Flour



Scientific Name- CicerarietinumL

Synonym-Chicken pea flour

Chemical constituents: 58.9% carbohydrates, 5.2% fat, 22.5% protein, and 11.2% moisture.

Uses:

Lowers oil levels,

Dehydrate the epidermis.

hydrates the skin,

Expanded Applications: Reduces oil levels, the sheen,

Boost equity

Diminish the shadowy areas

The high zinc content of gram flour will help battle infections that cause acne. It is protective and astringent when the dead skin is removed.

Rice flour



Scientific Name - Oryza Sativa

Synonym-Rice Powder

Chemical components: are 7–11% protein, 71–91% starch, 8–8.10% fat, and 4–1.10% ash

Uses-

Uses: It's employed for illuminating

It protects skin from UV radiation.

It has an exfoliating effect on your skin.

It has a cooling impact on the skin.

Applying rice flour topically can be used to treat a variety of skin disorders. In the Indian subcontinent, ayurvedic doctors recommend drinking raw rice water appropriately. It works as a strong ointment to soothe irritated skin and promotes the growth of beneficial bacteria to facilitate regular bowel movements.

VIII. INSTRUMENT USED IN HERBAL Face Pack

Sr. No	Instrument
1	Sieve No. 150
2	Hot AirOven
3	pH Meter
4	Weighing balance

TableNo-03

IX. FORMULATION TABLE

Sr. No.	Ingredient	Quantity
1	Turmeric Powder	10 gm

2	Multani Mitti	5 gm
3	Sandalwood Powder	5gm
4	Neem Powder	10 gm
5	Milk Powder	3gm
6	Rice Flour	2gm
7	Gram Flour	5gm
8	Rose Water	Q.S

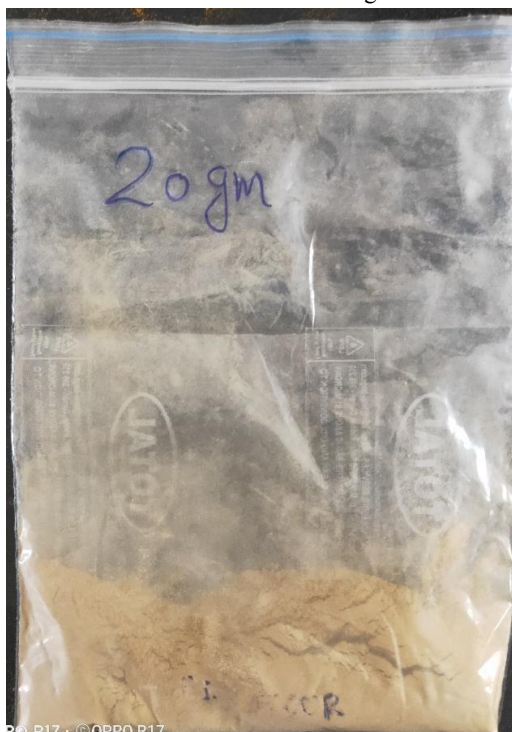
X. PROCEDURE OF HERBAL FACE PACK

A straightforward procedure is utilized to prepare the herbal face pack, which is as follows:

1. Accurately weigh each item in relation to the quantity.
2. Thoroughly combine all the ingredients.
3. Run every ingredient through sieve number 150.
4. Spoon the powder into each sachet.

How to apply face pack

Place 1 tablespoon of rose water into a bowl along with 5 grams of face pack powder. After thoroughly mixing and applying it to the face pack, let it sit for 15 to 20 minutes before rinsing it off with water.



Formulated Face Pack

XI. EXPERIMENTAL WORK

1. Physical characterization
 - I Color
 - II Odor
 - III Appearance
 - IV Texture
 - V Smoothness: smooth.
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- 2. Flow properties
 - i) Tapped density
 - ii) Bulk density
 - iii) Angle of repose
 - iv) Hauser ratio
- 3. Irritancy test
- 4. Wash ability
- 5. PH test
- 6. Stability test

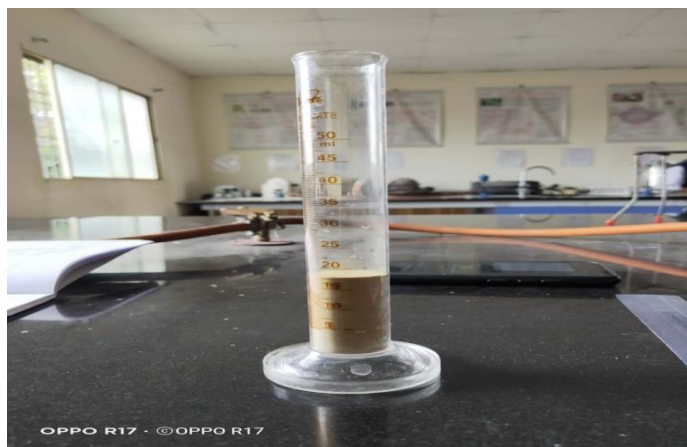
1. Physical characterization

Physical parameters such as color, odour, appearance, and texture were checked visually.

- i) Color: light brown
- ii) Odor : Aromatic
- iii) Appearance : smooth & fine
- iv) Texture: Fine
- v) Smoothness: smooth.

2. Flow properties

i) Tapped density: This is the higher bulk density that results from mechanically tapping a powder sample container. Following the observation of the initial powder volume, the cylinder was mechanically tapped fifty times, during which time variations in the volume reading were noted. The most crucial aspect of angle of repose is its tapered density, which is used to determine whether the powder flow is within the permitted limit.



Bulked density: the ratio of a powder's mass to bulk volume is known as bulk density. Since it is used to determine the powder's bulk amount, it is the most crucial parameter test to perform when examining the powder's properties. Due to the interparticle force that plays the role of cohesiveness or adhesiveness, it is the most significant process carried out in the pharmaceutical industry.

Bulk density = volume/ mass



I) Angle of repose: This is the largest angle that can exist between the powder pile's surface and the horizontal flow. This is the most crucial approach since it provides the precise result of whether your powder flows well or poorly. This approach mostly depends on the powder's angle; as the pile's angle grows, the flow property decreases. The computed angle of repose fell within the region of moderate flow. The following formula is provided to determine the angle of repose.

Tan $\phi = h/r$ Angle of repose is calculated by using formula:



i) Hauser ratio:

is calculated by given formula
Tapped density /bulk density

The major function of the hausners ratio is to check the powder's flow ability since it is the primary phenomenon of flow property. If the hausner ratio is falling, the powder has great properties; if it is increasing, the powder's flow ability decreases. It's also reported that the flow is good.

3. Irritancy test:

On the left-handed dorsal surface, mark a spot. A set amount of the prepared face pack was applied to the designated region, and the application time was recorded. Angry, erythematous,



4) Wash ability test: This is the standard procedure for determining the formulation's wash ability. The skin is treated with the formulation by massaging the affected area, and water is then used to facilitate and intensify cleaning. The amount of water used to wash your hands is standard. The hand's face pack that had been applied may be readily taken out of the water. There was no visible redness or irritation when the face pack was taken out of the hand.



1) PH test: pH of 1% aqueous of the formulation was by using a calibrated digital pH meter at constant. The role of pH is most important when you formulate herbal face pack. The pH must be sensitive to your skin while applying the herbal face pack on skin, it should not be acidic or not be strong base it should be the weakly acidic in the nature.



1) Stability test: A created formulation was tested for stability by storing it at various temperatures for a month. Physical characteristics such as color, odor, pH, consistency, and feel were assessed. The results of stability testing indicate whether or not our formulation is in the stable form. The sample was placed in a hot air oven with a temperature set to fifty degrees Celsius. After the temperature is adjusted, the sample is primarily checked for stability. The product was determined to be stable, meaning that its color, pH, odor, texture, and smoothness did not change. It was also established that there were no changes in the stability.



XI. RESULT

Physical Characterization:

Sr.no.	Parameter	Observation
1	Color	Light brown
2	Odor	aromatic
3	Appearance	Smooth , fine
4	Texture	fine
5	Smoothness	smooth

TABLE NO.05

Evaluation of flow properties:

Sr. no.	Parameter	Observation
1	Taped density	1.25 gm/ml
2	Bulk density	2.08 gm/ml
3	Angle of repose	40°
4	Hausner's ratio	0.60
5	Wash ability	Easily washable

TABLE NO.06

Irritancy test:

Sr. no.	Parameter	Observation
1	Irritation	No
2	redness	No
3	swelling	No

TableNo-07

Physicochemical test evaluation:

Sr.no.	Parameter	Observation
1	pH	6.21
2	Stability	Stable

TABLE NO-8

Stability test Result

Sr .no.	Parameter	Observation
1	Color	Light brown
2	Odor	aromatic
3	Appearance	Smooth , fine
4	Texture	fine
5	Smoothness	smooth
6	PH	6.37
7	Stability	Stable

TableNo-09

XII. CONCLUSION

Herbal face packs and masks are utilized to improve blood flow, revitalize those muscles, preserve skin suppleness, and clear impurities from pores on the skin.

The effort to create a herbal face mask with various plant powders is excellent. Consequently, we discovered favorable features for face pack in the current work, although more optimization research is needed to determine the practical advantages of face pack.

Natural herbal components like multani mitti, turmeric, sandalwood, milk powder, rice flour, gram flour, and others are included in this herbal face pack. Following analysis, we discovered that the herbal face pack had good qualities and the capacity to effectively give the skin a radiant appearance.

According to this study, face packs are beneficial for people to use as cosmetics. People today require non-side effect cures for a variety of skin conditions. The use of herbal components in cosmetic formulations has opened up new, safe formulating options. Herbal face masks are regarded as a long-lasting and effective method of improving skin look.

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