

Review on Herbal Body Wash

Mr. Mayur Jaysing Rathod, Prof. Komal Baride, Dr. Sanjay Ingale

Dharmaraj Shaikshnik Pratishthan College of Pharmacy, Walki, Ahmednagar, Maharashtra, India

Abstract: *We use a body wash, which is a specific liquid, when having a bath or shower. Personal hygiene is the activity of keeping oneself clean. Neglecting one's personal hygiene can lead to a variety of illnesses. Since the customer may get the desired outcome, it is expected that multifunctional herbal wash would show to be more economical than traditional items. The pH, surface tension, viscosity, percentage of solids contents, filth dispersion, cleaning action, foaming ability and foam durability, antibacterial activity, and antifungal activity of the prepared herbal wash formulations were evaluated. According to the findings, each of these traits fell within reasonable ranges. There were two physical attributes: hue and scent. Coffee has antioxidant qualities that help protect skin from UV rays. Rose oil is high antioxidant content. Honey Heals Burning Skin, Reduces the Indications of Early Aging . Aloe Vera Hydrates and moisturizes the skin, leaving it feeling soft and supple.*

Keywords: cleanser, lathering, rejuvenated, exfoliating ingredients, nourishment, invigorating, hypoallergenic

I. INTRODUCTION

The exterior layer of the human body, the skin, serves as the body's first line of protection against a variety of diseases. Because the skin interacts with the environment, it is constantly exposed to a variety of environmental stimuli. This makes skin injuries more likely. The development of scar tissue, which is usually darkened and depigmented, is a common healing strategy for serious skin injuries. Human diseases and infections have been treated with plants ever since antiquity. Organic body wash is derived from natural ingredients and leaves the skin feeling nourished, hydrated, and clean without causing irritation or itching. The ingredients in organic body wash are derived from plants and are effective but gentle. For those who have sensitive skin or prefer not to use artificial perfumes or irritating chemicals in their personal care products, this makes it the ideal option. The most common use for body wash is cleaning the body. Its light weight and ease of rinsing off make it the perfect face cleanser. It's easy to apply with a loofah or shower puff and is portable. Ayurvedic body washes are used for ages in India and provide advantages over regular skin washing. Your skin will remain clear and healthy because of the nourishing and antimicrobial ingredients in their formulation. Unfortunately, despite their nice aroma, body washes that include a lot of artificial colours, scents, and harsh chemicals appear to appeal to the younger generation. India provides natural body washes that are free of extraneous substances that might irritate your skin and are both cleaning and nourishing.¹

Anatomy of Skin:

The skin constitutes approximately 15% of an adult's overall body weight, making it the largest organ in the human body. It fulfills numerous functions, such as providing protection against chemical, physical, and environmental threats, preventing excessive water loss, and regulating body temperature.¹

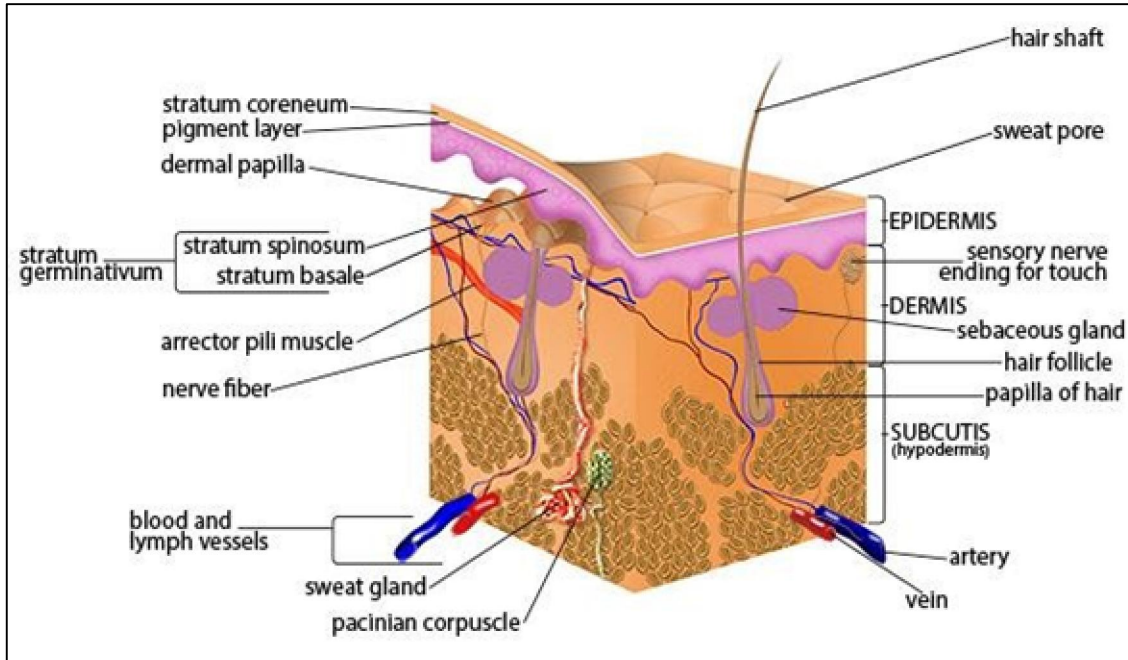


Fig: 1 Anatomy of Skin

Components of skin:

- Epidermis
- Dermis
- Skin appendages
- Subcutaneous fat

A) EPIDERMIS :

The epidermis is composed of four distinct layers: the basal cell layer, stratum spinosum, stratum granulosum, and stratum corneum, arranged in an ascending order. This structure begins at the outermost surface with the stratum corneum and extends down to the junction with the dermis, culminating in the basal cell layer. The primary function of the epidermis is to provide a protective barrier against microbial invasion.¹

Basal Cell Layer

The rapidly multiplying, undifferentiated cells are referred to as basal cells. These skin stem cells generate keratinocytes and are located within the basal layer of the interfollicular epidermis. Typically, daughter cells originating from the basal cell layer migrate upward and initiate the differentiation process, which is essential for maintaining skin homeostasis.¹

Stratum Spinosum

Keratinocytes, originating from the basal cells located beneath them, constitute the stratum spinosum, positioned above the basal layer. The primary constituent of the outermost layer, known as the stratum corneum, is keratin, a fibrous protein synthesized by keratinocytes.¹

Stratum Granulosum

The epidermis contains a thin layer of these cells. Keratinocytes known as granular cells migrate from the underlying stratum spinosum. These have keratohyalin granules and protein structures that aid in keratin cross-linking and hydration.¹

B] DERMIS :

Blood veins, nerves, and cutaneous appendages are all housed in the dermis, a robust yet flexible support layer. It remains structurally intact and physiologically active by interacting with and managing cell activities.¹

The dermis's structural elements include:

Collagen

Elastic fibres

Extrafibrillar matrix

The dermis ranges in thickness from 1 to 4 mm.

The bulk of the dermal matrix is composed of collagen, elastic, and ground material, all of which are produced by dermal fibroblasts. Collagen makes nearly seventy percent of the dry weight of skin. The skeletal matrix is made up of elastic fibres and collagen, two fibrous proteins that work together to provide strength and flexibility.¹

C] SKIN APPENDAGES :

Skin appendages are structures that are attached to the skin and provide a variety of functions, including sensation, contractility, lubrication, and heat loss. Nails, sebaceous glands, arrector Pilli, and hairs are among the most common skin appendages in humans.¹

THE SKIN APPENDAGES INCLUDE

1. Eccrine Sweat Glands

Apocrine Sweat Glands

Hair Follicle

Sebaceous Glands

Nails

D] SUBCUTANEOUS FAT :

There is a layer of subcutaneous fat situated between the dermis and the underlying fascia. It supplies the body with a store of energy, functions as a buffer against physical trauma, and shields the body from cold.¹ fat beneath the skin:

1. Insulates

Absorbs trauma

Is a reserve energy source

Is biologically active

SKIN FUNCTIONS :

Protective function:

The body's first line of protection is the skin. It protects our body from harmful UV radiation, pollutants, and illnesses.

Sensory function:

The skin acts as a sense organ, helping the body perceive touch, heat, cold, and discomfort.

This information might cause the body to move voluntarily or regurgitate.

Secretory function: includes using sebum to smooth the skin and sweating to control body temperature.

The function of heat regulation: The body's temperature is regulated in part by cutaneous blood flow and perspiration.

Excretory function:

Through the secretory gland, urea, salt, and fatty substances are ejected.

Synthetic function:

Sunlight is used by the skin to create vitamin D naturally. Skin produces a pigment called melanin.

Water balance:

The skin regulates the body's water balance in part through sweating.

Blood supply:

It holds eight to ten percent of the blood in circulation.

HERBAL BODY WASH:

Cosmetics and chemical formulations or preparations used to the human body with the intention of cleansing, conditioning, protecting, beautifying, or altering appearance are referred to as body products. One kind of liquid soap used for personal hygiene is called body wash.¹ Body wash is used to

Get rid of extra oil from the skin

Scrub away dirt and dust

Treat skin ailments including rashes, dry skin, and itchy skin.

The following are the benefits of body wash over bar soap: •Unlike soap, body wash does not make the skin as dry.

•Body wash is a liquid, making it more sanitary than soap because soap raises the danger of bacterial development and potential cross-contamination between persons.

Benefits of using Body Wash:

HYDRATING:

Glycerine, aloe vera, and shea butter are popular moisturizers included in body washes that help hydrate and prevent dry skin.

CLEANING: Cleansing your skin using body washes is meant to effectively remove oil, dirt, and sweat, leaving it feeling refreshed and clean.

FRAGRANCE: Body soaps come in a variety of smells that may leave your skin feeling crisp and clean.

RESTORING: Some body washes feature scrubbing beads or acids, such as beta-hydroxy and alpha-hydroxy acids (BHAs), which can improve skin texture and help remove dead skin cells.

CONVENIENT: Using your hands, a sponge, or a washcloth, body washes are easy to apply. They come in a variety of packaging options, such as squeeze tubes and pump bottles, which makes them easy to transport and store.

CALM: Body washes usually leave the skin feeling gentler than bar soap, which may be unpleasant and drying. Body washes are ideal for those with sensitive skin because they are meant to be less harsh on the skin.¹

Materials:

COFFEE:



Fig. 2 Coffea arabica

Benefits of Coffee in Body Wash:

- Slow down the process of photoaging
- Increase the blood circulation into the skin
- Anti-cellulite activity
- Antioxidant property
- Protect skin against UV radiation
- Exfoliates and removes all dirt and impurities
- Tightens skin
- Removes tan and helps diminish dullness
- Slows down signs of ageing
- Invigorates and hydrates the skin
- Brightens skin tone.¹

HONEY:



Fig:3 Honey

Honey's Benefits in Body Wash:

- Deeply Hydrating and Moisturizing Skin
- Reducing Early Aging Indications
- Mildly Exfoliating and Effectively Cleaning Pores
- Lightening Hyperpigmentation and Scars
- Fighting Breakouts and Acne - Healing Burning Skin.¹

ALOE VERA:



Fig:4 Aloe vera

Benefits of Aloe Vera in Body Wash:

- Aloe vera can help for smoothing.
- Cleansing and helping the body to maintain healthy tissue.
- Aloe vera has a minimum of three anti-inflammatory fatty acid.
- The clock on the effects aging has on skin.²

ROSE OIL:



Fig :5 Rose

Benefits of Rose oil in Body Wash:

- Rose oil has long been used for skin care due to its high antioxidant content
- It is a natural citrus with astringent qualities.
- It is effective for treating stretch marks, boils, acne, and wrinkles.¹

GLYCERIN :



Fig:6 Glycerin

Glycerine is beneficial to the skin because it serves as a humectant, a molecule that helps the skin retain moisture. It can improve skin hydration, alleviate dryness, and freshen the skin's surface.

It is also an emollient, which means it softens the skin.

This is ideal for rough or dry spots caused by eczema or psoriasis.

Glycerine also has antibacterial qualities, which means it may defend the skin from harmful microbes.¹

Benefits of Glycerine in Body Wash:

- Hydrate the outer layer of the skin
- Relieve dry skin
- Healing properties moisturizer
- Protects the skin barrier
- Exfoliates
- Anti-Aging
- Smoothens the skin
- Soothes the skin
- Improves complexion.¹

COCO GLUCOSIDE:

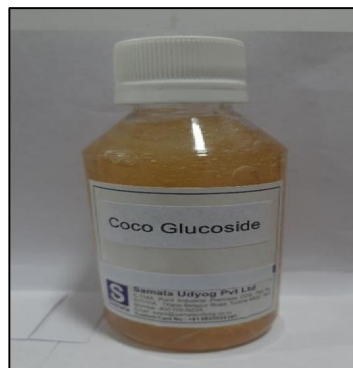


Fig: 7 Coco Glucoside
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Benefits of Coco Glucoside in Bodywash:

- Fruit sugars and coconut oil are the main sources of coco glycoside, a non-ionic surfactant that may also be produced from corn or potatoes.
- It is a completely biodegradable, incredibly gentle foaming cleaner.
- It is self-preserving due to its alkaline pH of around 12, but you will probably need to add a preservative and adjust the final pH of products containing it to a range that is more suitable for your skin or hair.¹

EVALUATION OF HERBAL BODYWASH:

- **Colour, odour and clarity:** Against a white background, colour and clarity were assessed visually, while scent was used to assess odour.
- **Determination of PH:** PH of formulated herbal body wash determined by using pH meter. 10ml of body wash placed in 150ml of beaker, stir vigorously and then check Ph meter.
- **Texture:** Take a small amount of the body wash in your hand and rub them together to assess the texture. It should feel smooth and easy to spread on the skin.
- **Viscosity:** To find the viscosity of herbal body wash, use the Brookfield viscometer.
- **Foaming Ability:** The foamability of formulated herbal body evaluated by taking small amount of formulation with water in measuring cylinder initial volume was noted and then shaken for 10 times. Final volume of foam was noted.³

II. CONCLUSION

All other parameters were satisfactory, and the formulated soap demonstrated significant cleaning activity compared to the commercial standard. As a result, it can be said that the formulated herbal bodywash needs to be standardized and has the potential to be a useful substitute for bodywashes made of chemicals.¹

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