

A Review on Herbal Face cream

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Abstract: *Aloe vera, amla and cucumber peel are medicinal plant they are used as traditionally from ancient year in various herbal medicines such Ayurveda, siddha, and Homeopathic. Cosmetics and some medicinal products are made up from the mucilaginous tissue in the centre of aloe vera leaf and called Aloe vera gel. Aloe vera gel contains no Antraquinone. Which are Responsible for the strong laxative affects of aloes. However, total leaf extract may contain Antraquinone. Aloe vera contains 75 potentially active constituents like Vitamines, Enzymes, Minerals, Sugars, Saponis, Amino acids. Amla contain Amino acid like glutamic acid, proline, And Aspartic acids etc. Protein, Minerals. Cucumber peels are rich in fiber and contain minerals like magnesium, potassium, and silica. The silica is an essential component to keep your muscles, bones, and tendons healthy. It also hydrates our skin, improves complexion and vision.*

Keywords: Aloe vera, Amla, Cucumber peels, face cream, Evaluation

I. INTRODUCTION

The Demand of herbal cosmetics due to the availability of new ingredients the financial rewards for developing successful products and maintained of quality standard. Cosmetics are the products applying on the body. Face cream are used as cosmetic for softening and cleansing action. The Ayurvedic system of medicine was one of the most important systems that uses herbal plant and extract of the treatment of management of various Diseases state [1] Aloe vera Synonyms-Aloe Barbadensis Belong To Family-Liliaceae, which having 300 specie, Aloe vera is cactus like plant that grow readily in hot, dry climates, and Aloe vera cultivated in very large Quantities. Cosmetics and some medicinal products are made up from the mucilaginous tissue in the centre of aloe vera leaf and called Aloe vera gel. Aloe vera gel contains no Antraquinone. Which are Responsible for the strong laxative affects of aloes. However, total leaf extract may contain Antraquinone. [2] Aloe vera contains 75 potentially active constituents like Vitamines, Enzymes, Minerals, Sugars, Saponis, Amino acids.[3]Amla, Synonyms- Emblica Officinalis. Family- Euphorbiaceae. Which also known as Indian gooseberry. It contains Vitamin C considered important to slow the ageing radicals. Vitamins C is a Scavenger of free radicals which break them down. And also contain Amino acid like glutamic acid, proline, And Aspartic acids etc.

Protein, Minerals.[4,5]Amla having show Antioxidant, Anti-cancer, Antibacterial

Activity.[6.7.8.9] Cucumber (Cucumis sativus L.) belongs to Cucurbitaceae family such as melon, watermelon, pumpkin and zucchini. It is widely consumed fresh in salads or fermented (pickles) or as a cooked vegetable. They are widely used for various skin problems including swelling under the eyes and

sunburn. It is believed that they promote refreshing, cooling, healing, soothing, emollient and anti-itching effect to irritated skin . The nutrient profile of Cucumis sativus L. includes water (96.4%), protein (0.4%), fat (0.1%), carbohydrate (2.8%), mineral (0.3%), calcium (0.01%), phosphorus (0.03%), iron (1.5 mg/100 g) and vitamin B (30 IU/100 g). Ascorbic acid and Enzyme such as crepsin, proteolytic enzyme, oxidase, succinic, malic dehydrogenase have also been reported in the fruits . The bioactive compounds isolated from cucumber includes cucurbitacins, cucumegastigmanes I and II, cucumerin A and B, vitexin, orientin, isoscoparin

2''-O-(6'''-(E)-p-coumaroyl)glucoside, apigenin 7O-(6''-O-pcoumaroyl)glucoside)[10]

Cosmetological Importance Of Aloe

Aloe vera has been used since ancient times for healing infection and burns. However with the improvement in cosmetology, it has been proved that Aloe vera is a very important component of cosmetics. It contains almost 20 amino acids, minerals like calcium, magnesium and sodium in sufficient quantities, enzymes, vitamins,

polysaccharides, nitrogen and other components that make it a miracle beauty herb. Some of the most important applications of Aloe vera for purpose of Cosmetology are being explained here briefly.



Fig No.1 Aloe Barbadensis

Itching and Blister

Aloe vera also provides relief from itching and also helps to treat blisters. Aloe contains vitamin B1, B2, B6, B12 and vitamin C that provide soothing and pleasing sensation to skin [11,12].

Skin Aging

Aloe vera initiates the synthesis of elastin as well as collagen. These proteins are essential for preventing the aging of the skin [13,14].

Acne

Aloe vera helps to eradicate acne scars by performing as an immune booster and an antiinflammatory agent. Beauty products composed of Aloe vera may diminish the rigorousness of acne. It is also composed of the chemical ingredients which have the property to save the skin to initiate the acne [15,16]

Freshness

Aloe vera impart the sensation freshness. It helps in increasing distribution of blood therefore providing easier oxygen exchange among the cells, hence giving them nourishment [17]

Sun-burns

Aloe Vera has an outstanding possession in diminishing the hurting of sunburn. For this purpose, it is rubbed directly on skin. The fresh fluid from the plant or Aloe vera containing aftersun creams may be used for sun-burns [18].

Moisturizing Agent

Aloe vera may also be used for softening and moisturizing the skin. There are so many products available in the market containing Aloe vera which may be used post-showering to obtain the skin in super soft shape. Aloe vera gel, cream or lotion applied on the face forms a delicious cover that helps to shield the skin from dust and other natural elements which may be injurious to the skin [19,20].

Pigmentation

Melanin is a pigment which is responsible for the color of the human skin. Hyper pigmentation is a situation in which large amount of melanin is synthesized. This generally happens due to excess exposure of the skin to the sun. In reaction to UV rays in sunbeams, the skin cells called melanocytes initiate to synthesize melanin. This increased synthesis of melanin is responsible for the emergence of darkened patches on the skin. Aloe vera has the property of diminishing the pigmentation and dark spots on the face [21,22]

Skin Eruption

Aloe vera containing creams are beneficial for skin eruptions. Aloe vera gels have been proved to be the best remedy for burns and wounds. Actually, cellular regeneration, anti-bacterial and anti-fungal activities of Aloe vera make it useful for skin eruption [23,24].

Cosmetological Importance Of Amla [25]

Well, you must be wondering how gooseberry can be used to your skin. You can consume it with honey or you can also apply it on your skin directly and reap its benefits. If you are finding it hard to consume this sour fruit, then try making juice out of it and consume it. This will do good for your skin. Here are some health benefits of gooseberry for your skin.



Fig No.2 Emblica Officinalis

Anti-Ageing Properties

Consuming gooseberry juice can help your skin age slowly. As you begin to age, you would always want to look younger and that is one particular phase of growing older. However, who does not want to look young? So, simply just make some amla juice and add some honey to it and drink it. This drink has loads of antioxidants in it that can help make your skin look better and beat ageing cells. Vitamin C is found in amla and this aids in glowing skin. Regularly drinking amla juice will prevent premature ageing, fine lines, dark spots and wrinkles.

Treats Acne

You can also make amla paste and apply it over the affected area of your face and leave it to dry for not more than 15 minutes. This will help in managing the pimples, fine lines and reduce scarring done by acne. It is a natural blood purifier that keeps pimples and the after-effects of acne away. Thus, amla juice gives you flawless skin.

Good Skin Tone

High amounts of collagen contents in your skin help in skin firmness and make your skin appear soft. Regular consumption of amla juice boosts vitamin C levels and helps increase the production of collagen level in your skin. This will make your skin look soft and youthful.

Treats Skin Pigmentation

Applying or drinking Amla juice is said to cleanse your skin and reduced skin pigmentation. All you need to do is to apply some amla juice onto your face and once this dries, make sure that you use a small piece of cotton and wipe it away. Also, keep your eye closed when you are doing this. Doing this on a regular basis will help lighten your skin marks and reduce skin pigmentation.

Removes Dead Skin Cells

Amla juice is said to rejuvenate your skin and add an extra layer of skin brightness that will make your skin outshine itself. How more confident can you get with your skin appearing all bright and vibrant. This adds to some extra boost of

your self-confidence. Also, amla juice is an excellent cleanser whether it is applied directly or consumed. This will help remove dead cells and make promote anti-ageing.

Cosmetological Importance Of Cucumber Peels

Do not discard cucumber peel it has many health benefits. The benefits include its beneficial effects in eye disorders, vitamin A& C deficiency, constipation and bones and muscles disorder. Cucumber peels are rich in fiber and contain minerals like magnesium, potassium, and silica. The silica is an essential component to keep your muscles, bones, and tendons healthy. It also hydrates our skin, improves complexion and vision. and continuous stirring was don until semisolid.

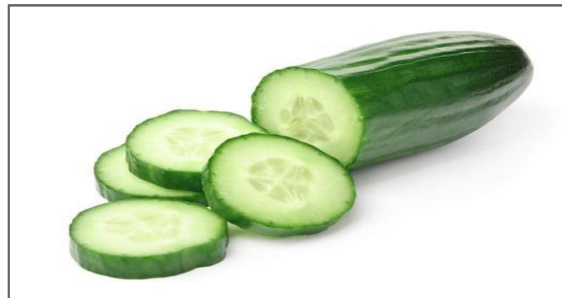


Fig No.3 Cucumber Peels

Beneficial for the skin:

Cucumber peels helps in revitalizing the skin from within. Regular application of cucumberbased face packs or grated cucumber appears to be effective in reducing the signs of skin aging. It is also good for your dark circles, open pores, blemishes, etc.

Reverses Skin Tanning

Cucumber has a mild bleaching property that can help you get rid of skin tan. Just grate the cucumber and apply the juice on your face and you're all set to face harsh UV rays!

Cools You Off

Due to its cooling qualities, cucumber has a tendency to calm and refresh you in this pricking heat. Just put water and some peels in an infuser and you're all set to beat the heat.[26]

II. MATERIAL AND METHODS

Plant materials: The proposed study of Aloe vera, Amla. Cucumber peel Collected from the local area.

Materials:

Sr.no.	INGREDIENTS	QUANTITY
1	Aloe vera	6gm
2	Amla	2gm
3	Cucumber peels	3gm
4	Bees wax	20gm
5	White soft paraffin	56.25ml
6	Methyl paraben	1.87ml

7	Distilled water	q.s
8	Menthol	1.19ml
9	Glycerine	6.25ml
10	Propylene glycol	6.25ml
11	Zinc oxide	4.37gm
12	Sodium benzoate	10ml

Table no.1.1 Formula of cream formulation.

Preparation of Extract: Air dried and coarsely powdered of Aloe vera, Amla and cucumber peel. Were placed in Soxhlet separately, using petroleum ether and then successively with Ethanol. The extract was then concentrated to dryness under reduced pressure and controlled Temperature, and they were preserved in a Refrigerator

Cream Formulation:

Beeswax, propylene glycol was taken in first beaker. Then heat on a water bath for uniform mixing. After few minutes oil phase was formed. Aloe vera extract and Amla extract, cucumber peel extract, Distilled water, white soft paraffin and glycerine, zinc oxide, Sodium benzoate was taken in second beaker. Mixing all the ingredients by heating on a water bath, the aqueous phase was formed. Oil phase was added into aqueous phase mass was formed.

III. EVALUATION OF CREAM

1) pH:

pH of prepared herbal cream was measured Evaluation of herbal cream was following. by using digital ph meter. Prepare solution of cream by using 100 ml Distilled water and set aside 2h.

2) Spreadability:

For the determination of Spreadability place excess sample between 2 glass slide and place 100gm of weight on slide. Apply pressure on the slide for 5 min to compress the sample to uniform thickness. The time required to separate 2 slides to measure for spreadability in second.

3) Physical Appearance:

The physical appearance of cream evaluated by using colour and odour determination

4) Skin Irritancy test:

The cream apply on the skin to check the Irritancy of cream by applying it on skin it produce redness, swelling or itching.

5) Accelerated stability study:

Accelerated stability study is conducted for formulation according to ICH guidelines.

6) Acid value:

10gm of substance is dissolved in accurately weighed 50ml mixture of equal volume of alcohol and solvent ether, the flask was connected to reflux condenser and slowly heated, until sample was dissolved completely, to this 1ml of phenolphthalein added and titrated with 0.1N NaOH, until faintly pink colour appears after shaking for 30 seconds.

Acid value = $n \times 5.61 / w$

Where, n = the no. of ml of 0.1 N KOH solution.

w = the weight of substance in gram.

7) Viscosity:

Viscosity of formulated creams can be determined by using Brookfield Viscometer

8) Homogeneity:

The formulation was tested for the homogeneity by visual appearance and by touch.

9) Removal:

The ease of removal of the creams applied was examined by washing the applied part with tap water.

10) Dye test:

The scarlet dye is mixed with the cream. Place a drop of cream in a slide and cover with a cover slip and examine it under a microscope. If the disperse globule appears red and the ground colourless then it is o/w type and the reverse condition appears in w/o type of cream.

IV. CONCLUSION

A review on herbal cream formulation was done. In this review of cream the material and method of formulation, evaluation, its properties was studied. It helps in the elimination of acne, pimple, scars & marks. They restore the natural glow of skin in the optimum time period.

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