

Formulation and Evaluation of Herbal Face Pack for Radiant Skin

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Abstract: *The aim of this work is to formulate and evaluate an herbal face pack for glowing skin by using natural Herbal ingredients. The natural herbal ingredients such as multani mitti, turmeric, sandalwood, saffron, milk Powder, rice flour, orange peel were purchased from local market in the form of dried powder. The powder Of banana peel was prepared by shade drying commercially, all powdered natural ingredients were sieved Using #120 mesh, weighed accurately and mixed geometrically for uniform formulation and then evaluated For parameters including morphological, physicochemical, physical, phytochemical, irritancy along with Stability examination. Thus, in the present work, we formulated a herbal face pack which can be easily made with the easily Available ingredients. After evaluation, we found good properties for the face packs, free from skin irritation And maintained its consistency even after stability storage conditions. Results of the study scientifically Verified that herbal face pack having enough potential to give efficient glowing effect on skin. The overall Study is useful to substantiate product claims due its useful benefits on the human beings*

Keywords: Skin, Herbal face pack, Formulation, Evaluation

I. INTRODUCTION

Since the ancient era, people are aware of the use of plants for the essential needs of a healthy and Beautiful skin. Cosmetics are products used to clean, beautify and promote attractive appearance. Skin of the Face is the major part of the body, which is a mirror, reflecting the health of an individual. A balanced nutrition Containing amino acids, lipids and carbohydrates are required for the skin to keep it clear, glossy and healthy. In ancient times, women were very conscious about their beauty and took special care of their specific skin Types. Even today, people especially in rural areas, and hilly regions go for the natural remedies like plants Extracts for various cosmetics purposes like neem, aloe vera, tulsi, orange peel, rose etc. Herbal cosmetics are The products which are used to purify and beautify the skin. The main advantage of using herbal cosmetic is that it is pure and does not have any side effects on The human body(1). People have rough skin and when they don't take sufficient care, then the skin turns dark due to overexposure to the sun, other pollutants etc. In this article we have formulated herbal face pack to Whiten, lighten and brighten the skin naturally for men and women. This face pack has natural skin lightening Property and can be easily prepared at home. Face packs with natural constituents are rich in vital vitamins that are essential for the health and glow of the skin. These substances have been proven to be beneficial for Skin in many ways. Natural facial packs are easy to use. They increase the circulation of the blood within the Veins of the face, thereby increasing the liveliness of the skin. A good herbal face pack must supply necessary Nutrients to the skin, available in the form of free-flowing powder applied facially for the external purpose. It Should penetrate deep down the subcutaneous tissues to deliver the required nutrients. Every type of skin is Specific for the requirement of skin pack. Nowadays different types of packs are available separately for the oily, normal and dry skin. Face Packs are used to increase the fairness and smoothness of the skin. It reduces wrinkles, pimples, acne and dark Circles of the skin. Face packs which are recommended for oily skin prone to acne, blackheads, usually control The rate of sebum discharge from sebaceous glands and fight the harmful bacteria present inside acne lesion. The leftover marks of skin can be reduced by incorporation of fine powders of sandalwood, rose-petals and Dried orange peel. Herbal face packs are nowadays being used on a large scale, due to the various benefits of Them over chemical based packs. They are non-toxic, non-allergic and non-habit forming.

Benefits of applying face pack:

- 1) It should be nourishing the skin many fruit face pack provide essential Nutrition to the skin
- 2) Herbal face pack should be reduce pimple, scars, and black or white head of Skin these type of formulation are used to discharge harmful bacteria from
- 3) The skin lesions.eg fine powder, orange peels, rose water etc
- 4) Face pack are the formulation which is capable to remove of dead cell from The skin
- 5) This type of formulation provides emollient and relaxing effect to the skin After the application on it.
- 6) Face pack gives the protection from the harmful pollutant and direct after Application to this on face.

Aim And Objective:

Aim: Formulation and Evaluation of Herbal Face Pack for Radiant Skin

Objective:

- 1) As due to increased pollution, allergy, microbe's etc. human skin has become more sensitive and prone
- 2) To faster aging. An attempt has been made to synthesize a pack ideal for all skin types.
- 3) Synthesis, all the parameters have been calculated in order to meet up the quality standards.
- 4) To formulate and evaluate a cosmetic preparation poly herbal face pack made from herbal ingredients.
- 5) Herbal face packs or masks are used to stimulate blood circulation, rejuvenates and help to maintain
- 6) The elasticity of the skin and remove dirt from skin pores.
- 7) To moisturize, cleanse, tone and rejuvenate your skin. Masks are designed for each skin and age.
- 8) To prepare effective herbal face packs and evaluate with some specific Parameters.
- 9) To prepare and submit pharmaceutical herbal formulation face pack for Cleansing and nourishing the skin.
- 10) To prepare herbal formulation face pack for applying in face to giving Cleansing and whitening effect.

II. MATERIAL AND METHOD

In our present study we will deals the formulation and preparation of herbal Face pack for immediate cleansing and whitening of the skin by the help of Some natural ingredient. In our experiment we will use turmeric, multani Mitti, sandalwood, milk powder, orange peel, saffron. These all are ingredient Were purchased from local market in basically dried powder form. All Ingredients are analytical tested (authenticated) at chaudhary charan singh.

Ingredients:

1. Aloe Vera:

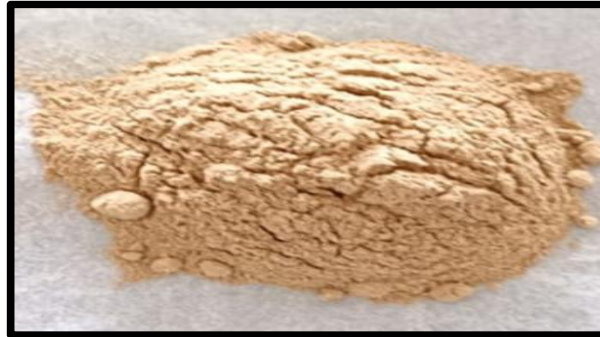
Biological source: Dried latex of leaves of it

Family: Asphodelaceae

Uses: treat skin injuries (burns, cuts, insect bites, and eczemas) and digestive problems etc.

aloe Vera has the plant used by the ancient time since thousand Of the years in various medicinal preparation mainly used to cure skin Infection. Plant has been one of the oldest plant mainly known and it was First time used in human basically in Egypt papyrus 3500BC.aloe vera has Available in different variety Aloe barbadensis Mil, Aloe vulgaris lam. Which have the family of Asphodelaceae. Most of the aloe plant has non Toxic but some species are extremely poisonous aloe vera is most potent and Most poular plant among of the many plant, mostly species are growing as A ornamental plant.

Aloe vera act on the skin as a good moisturizing agent to moisturize the Skin gloe also rejuvenates the skin, due to its moisturizing property it help To rehydrate skin to keeps the looking skin fresh all time, aloe Vera has also Antimicrobial properties which protect skin from acne and pimples. It has The tendency to rejuvenate the skin. In aloe vera powder contains so many Nutrients like glycerin, sodium carbonate, sodium palmitate, sorbitol etc



2. Turmeric

Biological sources: Curcuma longa

Family: Ginger

Uses: Moisturises dry skin

Helps reduce blemishes.

Helps heal skin wounds.

It is a medicinal plant has botanical name is curcuma longa and The family is zingibriaceae .the plant have wide variety of biological Avtivity it is used to cure many chronic and acute disease turmeric palnt Mainly cultivated in tropical and subtropical region in various country of Asia mainly in India.

3. Multani Mitti

Scientific name: calcium bentonite

Uses:

Cleanses Skin Gently.

Tightens Pores.

Exfoliates Skin.

used to give Smoothness of hair. In modern era it is used as bleaching agent and as dust Absorbent Multani mitti helps to skin by different behavior like it removing the Blackheads and whiteheads of the skin, effective against sun rays to prevent Skin, usable for improving blood circulation, remove complexation and for Skin glowing.Fuller earth contain health beneficial nutrients mainly rich in Magnesium chloride Multani mitti helps skin by different ways like diminishing pore sizes, removing blackheads and Whiteheads fading freckles, soothing sunburns, cleansing skin, improving blood circulation, complexion, Reducing acne and blemishes and gives a glowing effect to a skin as they contain healthy nutrients. Multani Mitti is rich magnesium chloride.



4. Sandal wood

Biological sources: Album, or Indian sandalwood

Family: Santalaceae

Uses: Anti-inflammatory, skin care.

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623

The tree of sandal wood is most valuable tree used for many Purpose in Indian tradition, its wood are the most expensive and the tress Also known as for its aroma. Sandalwood are mainly use d in many form Like wood, oil, powder etc oil is used for cosmetics, perfumes, and Pharmaceuticals formulations]. The plant belong to the class of Santalum album have family santalaceae in india it is also known as Hindi Name chandan. (29)Sandalwood is used to treat many way like diuretic, Expectorant, and stimulant it has sweet and aromatic in odor.



5. Neem

Biological sources: Fresh or dried leaves and seed oil of *Azadirachta indica* J. Juss (*Melia Indica* or *M. azadirachta* Linn.).

Family: Mahogany

Uses: efficacious against a variety of skin diseases, septic sores, and infected burns.

- Neem a tree of *azedarach indica* which belongs to the family of *Meliaceae*, it grown in tropical region evergreen plant has related to Mahogany. neem is basically is Indian tree it also grown in several other Countries like Burma, south asia and west Africa (37). Neem leaves consist Of several chemical moieties such as nimbin, nimbandiol, Hydroxyazadiradione, ascorbic acid etc]. Neem leaves powder has and Many medicinal properties like anti- cancer, anti- inflammatory and Antiseptic neem are very beneficial to oily and acne skin it is used as anti Acne due to its have antibacterial and anti inflammatory properties. The Powder has also had anti oxidant agent and it's prevented and cures skin Pimples, neem has potency to pure the blood.(38)

Neem is anti-inflammatory, antiseptic and highly beneficial for oily and acne prone skin . An anti-acne Effect is due to antimicrobial, anti-inflammatory and anti-oxidant activities of different chemical Constituents. Neem has anti-microbial, anti-inflammatory, and antioxidant properties that make it good for oily and acneprone skin. Neem also has antiseptic and antiinflammatory properties.

6. Orange peel

Biological sources: Fresh or dried outer part of the pericarp of *Citrus aurantium* Linn

Family: Rutaceae

Uses: Help remove tan and give your skin a youthful radiance.



The citrus natural product orange gives different Supplements, including calcium, potassium, magnesium & L-ascorbic acid. It makes preparations for oxidative Pressure, skin drying out & free extreme harm. Also, it forestalls wrinkles,

maturing, skin break out & flaws. Orange peel is a covering of citrus fruit which contains different nutritional source such as vitamin.

7. Nutmeg

Biological source: Myristica fragrans

Family: Myristicaceae

Nutmeg is indeed valued for its various beneficial properties, including analgesic, anti-inflammatory, antiseptic, and antibacterial qualities. These properties can help in soothing pain, reducing inflammation, and preventing infections.



Moreover, nutmeg is also recognized for its ability to diminish wrinkles, fine lines, and signs of aging. It can aid in fading acne scars, making them less prominent over time. These attributes contribute to nutmeg's reputation as a versatile natural remedy for skin care.

III. METHODS OF PREPARATION

1. Ingredients Selection and Preparation:

You selected various ingredients for your face pack, each with specific concentrations. These ingredients were accurately weighed out and ground into a fine powder using a sieve #120. Grinding ensures that the particles are fine and uniform, which helps in achieving consistency in the face pack.

2. Mixing Method Geometrical by Serial Dilution:

After grinding, the ingredients were mixed geometrically using a serial dilution method. This method involves gradually adding one ingredient to another in a sequential manner to achieve a uniform distribution. It helps ensure that each formulation has the correct concentration of all ingredients.

3. Packaging:

Once the formulations were mixed thoroughly, the prepared face pack was packed into self-sealable polyethylene bags. Proper labeling is crucial for identification and further studies.

4. Further Studies:

The packed formulations are now ready for further studies. These studies could include testing for efficacy, stability over time, sensory evaluation, and safety assessments. The use of a sieve #120 indicates a fine particle size, which is important for cosmetic products to ensure smooth application and even distribution on the skin. The serial dilution method ensures uniformity across different batches of the face pack formulations. If you have specific questions about the formulations or further steps in your study, feel free to ask!

5. Procedure for face pack application:

Take the face pack as per Requirement in a vessel and mix it with rose water in sufficient amount. Before the application mix it a proper way and apply to skin cover all the Face with some portion of neck. Allow after application allow to stand for 15-20 minute it on face and weight for complete dry then wash the face with Cold water and rinse it with cotton.

6. Observation and Evaluation

Observation: There following test were preformed to the find out the Superiority of are herbal face pack.

1. Organoleptic Evaluation: The Organoleptic evaluation is also called As organoleptic or physical observation which includes observing its Color, odor, taste, smell and feeling which studies to evaluate its Physical character were.

2. Physicochemical Evaluation: Physicochemical parameters were Resolute, counting the determination of ash value, pH and moisture Content

3. Physical Evaluation: The particle size was tested by the help of Microscopy method. The flow property of the dried powder of Combined form was evaluated by performing Angle of Repose by Funnel method, bulk density and grittiness by physical touching.

4. Phytochemical evaluation: The aqueous extract of the herbal face Pack was evaluated for the presence of different phyto-constituents as Per the standard procedures.

5. Irritancy test: The Irritancy Test is performed to determine if a Product has the tendency to affect skin irritation when used by Consumers. By penetrating through the skin's outer layer, several Cosmetic items might irritate the skin.[20]

6. Antimicrobial Evaluation: The antimicrobial activities of all prepared Formulations were determined with the help of modified agar well Diffusion methods. This method is very useful for the evaluation of any Formulation that used for any skin disease treatment.

7. Result of evaluation test:

1. Organoleptic Evaluation: The all organoleptic parameters like as color, Odour and texture were observe by physically. The colour and texture was Observed by seen and physically touching respectively, odour and smell Were evaluated through an odour sensitive person. (Director, HOD, self)

Organoleptic Evaluation.

- 1) Appearance: Powder(Free Flowing)
- 2) Color: Slight Yellow
- 3) Odor: Slight
- 4) Texture: Fine
- 5) Smoothens: Smooth

2. Physicochemical evaluation: The physicochemical evaluation were studied Through a suitable procedure that present our research laboratory.

1. pH: The pH of sample was measure with the help of digital pH meter.

2. Moisture Content: This parameter is very essential for every natural drug Because insufficient drying of powder may lead to increase deterioration of Active ingredients. In this procedure, we take about 2gm of powder drugs in A petri dish and put in a Hot air oven. The petri dish removed after 30 Minutes and measures the total weight of powder contents with standard Weight balance.

3. Ash Value: The Ash value of natural drugs to determine the organic Content which shows the characteristics of any herbal plant. We taken Silicon dish and about 2gm drug content put in this that previously ignited And measure weighed. The temperature continuously increased but not Exceeding to red color of contents. When the powder contents are Completely burned, the ash is collected and weighed it .(39)



IV. CONCLUSION

Natural and Ayurveda treatments are broadly suited with inside the belief that They're more secure with fewer adverse effects than the chemical materials. Herbal Face packs are used to stimulate blood circulation, rejuvenate the muscle and assist To hold the pliability of the skin and eliminate dust from skin specially face pores. Herbal cosmetics benefits

are safe nature, lessen the allergic reaction. These face Packs are the formulation beneficial, economical, and surpassed all assessment Parameters. It has been found out that natural face pack having sufficient capacity To present efficient sparkling impact on skin. The common take a look at is Beneficial to verify product claims because of its beneficial blessings at the human Beings. The natural face pack is used to rejuvenate the muscles, hold the pliability of the Skin, remove adhered dust debris and enhance the blood circulation. It is used Withinside the remedy of acne, pimple, scars, and marks, and gives a soothing, Calming and cooling impact at the skin. The herbal face packs are used for Controlling premature getting older to the skin, wrinkles, fine strains and loosing of Skin. It can offer herbal face after the usage of this. It is a excellent mixture of Natural face pack containing evidently to be had components like multani mitti, Turmeric, aloe vera, sandalwood, orange peel, neem .

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