A REVIEW: FORMULATION AND EVALUATION OF HERBAL FACE PACK

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ABSTRACT

The main objective of this work is to formulate and evaluate a cosmetic herbal face pack for the skin using different concentrations of natural ingredients. The herbal pack formula containing ingredients like Multani mitti, rice flour, turmeric, amla powder, neem powder and sandalwood powder was purchased from the local market in dry powder form. This prepared formulation is evaluated based on some important parameters such as organoleptic, phytochemical, physicochemical and physical properties. The main purpose of Herbal face packs is to remove dark circles under the eyes, acne, scars, increase and maintain blood circulation, as well as rejuvenate the skin and remove dirt particles in the pores of the skin. The conclusion is that all the face pack is found good in terms of physical parameters and does not cause skin irritation, so we found that the face pack has good properties and useful benefits of human herbal face packs as cosmetic products.

Keywords: Herb, Face Pack, Sandlewood, Turmeric, Neem.

I. INTRODUCTION

The main advantage of using herbal cosmetics is that it is clean and has no side effects on the human body. In this article, we have compiled a herbal face pack that whitens, brightens and lightens skin naturally for both men and women. This face pack has natural skin lightening properties and is easy to prepare at home. Natural face packs are easy to use. This research paper deals with formulation and evaluation of herbal face packs for glowing skin, using natural materials like Multani Mitti, Turmeric, Sandalwood, Rice Flour, Neem Powder, Amla Powder. Today, herbs are widely used as conditioners because they are simply not available at a cheaper price. Herbs have been used since ancient times to cleanse, beautify and treat various skin ailments. Facial skin is the largest part of the body, but some common skin conditions are acne, black head, pimples, dark circles appear in youth and these dark circles reduce the smoothness of the face. In ancient times, women were very conscious about their beauty and used to treat facial skin problems with herbs like neem, aloe vera, tulsi, orange peel, rose and some blood purifying herbs like Manjistha, Chandana, turmeric. The main benefit of cosmetics is that it is pure and has no harmful effects on the human body side effects. classified into the following categories:

1. Plastic masks: wax, latex or vinyl
2. Hydrocolloid masks: gel masks (ready to use)
3. Clay masks: Clay or soil-based (ready to use or dry powder)

The face pack is a smooth powder containing natural vitamin-rich ingredients, antioxidants to be applied on the face for healthy and glowing skin. These preparations are applied to the face in the form of liquids or pastes and left to dry and harden, forming a film that gives the skin a firm, strengthening and cleansing effect. Natural face packs are easy to use.

II. MATERIALS AND METHOD

Herbal Ingredients Profile

1. Rice flour
   Botanical name: Oryzasativa
   Family: Gramineae
   Genus: Oryza
Uses: Rice flour can be applied to cure some forms of skin ailments. In Indian subcontinent, rice water is duly prescribed by Ayurvedic practitioners as in undigested form. It aids the growth of useful bacteria for normal bowel movements an effective ointment to cool off inflamed skin surfaces.

2. Multani mitti

Botanical name: Bentonite clay

Uses: It helps to remove the impurities in the form of dead skin cells. It helps to make the skin radiant. It has been proven best for the irritation-prone skin. Its soothing action calms the skin, cures the inflammation. It is perfect for oily skin. It removes the dirt and excess of oil by acting as a perfect adsorbent. It provides fresh, radiant and glowing skin.

3. Amla Powder

Botanical name: Emblica officinalis Gaertn.
Family: Phyllanthaceae

Uses: Regular application of the amla powder face pack lightens the scars and blemishes. It also works effectively against pigmentation and help to give an even tone to your skin.
4. Sandalwood
   
   **Botanical name:** Santalum album  
   **Family:** Santalaceae  
   **Genus:** Santalum

   **Uses:** Sandalwood has an anti-tanning and anti-aging property. It also helps skin in many ways like toning effect, emollient, antibacterial properties, cooling astringent property, soothing and healing property.

5. Turmeric
   
   **Botanical name:** Curcuma
   **Family:** Zingiberaceae
   **Genus:** Curcuma L.

   **Uses:** Turmeric has been shown to anti-inflammatory, antimicrobial, antioxidant properties. It mainly use for rejuvenate the skin. It is best source of blood purifier. It is effective in treatment of acne due to its antimicrobial, antioxidant and anti-inflammatory property. It also reduce the oil secretion by sebaceous glands.

6. Neem powder
   
   **Botanical name:** Azadirachta indica  
   **Family:** Meliaceae  
   **Genus:** Azadirachta
III. METHOD OF PREPARATION

<table>
<thead>
<tr>
<th>SN.</th>
<th>Ingredients (in powder form)</th>
<th>Quantity for 50 gram</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rice flour</td>
<td>12 gm</td>
</tr>
<tr>
<td>2</td>
<td>Multani mitti</td>
<td>12 gm</td>
</tr>
<tr>
<td>3</td>
<td>Amla powder</td>
<td>10 gm</td>
</tr>
<tr>
<td>4</td>
<td>Sandalwood powder</td>
<td>5 gm</td>
</tr>
<tr>
<td>5</td>
<td>Turmeric powder</td>
<td>6 gm</td>
</tr>
<tr>
<td>6</td>
<td>Neem powder</td>
<td>5 gm</td>
</tr>
</tbody>
</table>

Procedure
1. Weigh accurately all the ingredients- rice flour, multani mitti, amla powder, sandal wood powder, turmeric powder and neem powder.
2. Pass all the ingredients from sieve #40 mesh.
3. Mix all the ingredients properly to form uniform mixture.
4. Then the prepared face pack was packed into a self-sealable polyethylene bag, labeled and used for further studies

Procedure of face pack application
Take prepared face pack powder in a bowl as per the requirement and add rose water or water. Mix well to form a paste with optimum thickness. Apply evenly on the face with the help of a brush Keep it for 20-25 minutes. Then wash with cold water.

Use of face pack
- Reduces acne and exfoliates the skin cells.
- Reduces dark spots, pigmentation and oil production
- Moisturizes the skin, slows down the ageing process and tightens the pores.
- The mask traps the moisture or ingredient in the skin and creates film that helps to either hydrate, moisturize, dry or exfoliate the skin.
- The regular use of the facial masks will help you stimulate the blood circulation. The process of the mask drying on your skin and beginning to harden, along with the removal of the mask, causes an expansion of the blood vessels in your skin.

IV. RESULT AND DISCUSSION

Organoleptic evaluation showed that the pack is smooth and pleasant smelling powder. Physicochemical parameters reflected that the moisture content was as minimal as 4%. pH was found 6 to suit the requirements of all the skin types. Rheological findings justified the flow properties of the pack as it was found to be free-flowing and non-sticky in nature. The results proved that the formulation was stable in all aspects. It is rich in the major phytoconstituents such as carbohydrates, alkaloids, and glycosides which act as true nourisher for the skin. Irritancy test showed negative results for irritancy, redness and swelling as the herbals in their natural form without addition of chemicals were found to be compatible with the skin proteins. Stability tests performed at different temperatures over a period of one month revealed the inert nature of the pack in the terms of color, odor, appearance, texture, and pH.

V. CONCLUSION

A herbal face pack is used to rejuvenate the muscles, maintain the elasticity of the skin, remove adhered dirt particles and improve the blood circulation. The benefits of herbal based cosmetics are their nontoxic nature. It nourishes the facial skin. This face pack supplies vital nourishment to the skin. It helps in the elimination of acne, pimple, scars, and marks. Face pack exfoliates skin and provides a soothing, calming and cooling effect on the skin. They restore the natural glow of skin in the optimum time period. Frequent uses of natural face packs
improve skin texture and complexion. Pollution and harsh climates badly affect the skin and these effects can be countered by the regular usage of face packs. They help to retain the elasticity of skin cells, thereby controlling premature aging of the skin. Wrinkles, fine lines, and loosening of skin can be effectively controlled by using natural face. In this work, we found excellent properties of the face packs and further studies are needed to be performed to ascertain more useful benefits of face packs as cosmetics. Natural remedies are accepted nowadays with open hands as they are safer with fewer side effects than the chemical based products. Herbal formulations are required in large amounts to fulfill the needs of the growing world market. It is an effective attempt to formulate the herbal face pack containing different powders of different plants with multiple therapeutic benefits.

VI. REFERENCES

[1] View at: Google scholar