



# REVIEW ARTICLE: HERBAL FACE PACK

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## ABSTRACT

This project aims to formulate and try a herbal face mask for gleaming skin with organic ingredients. Some of the vitamins required to maintain the health and radiance of our face are included in the Natural Face Pack. The changed structure was examined using a variety of criteria, including physico-chemical and organoleptic structures, stability and sensitivity tests, and microbial load. The purpose of this project is to create and assess an herbal face pack for cosmetic use using a variety of natural ingredients, including Multani mitti, turmeric, aloe vera, neem, rose petal powder, sandalwood, and lemon peel, which were all bought from local markets. All powdered natural ingredients were carefully measured, accurately weighed, passed through a sieve with a #120 mesh, mixed, and then tested for morphological, physicochemical, physical, phytochemical, irritancy, and stability examination parameters. Herbal face packs are used to open up skin pores, improve muscular tone, revitalize the muscles, and keep the elasticity of the skin. This review centers on the investigation into and analysis of existing research on herbal face packs.

**Keywords:** Natural ingredient, Skin, Cosmetic, Herbal facial pack, Preparation, Evaluation.

## INTRODUCTION

Herbs have been used for cleaning, beautifying, and managing humans since the beginning of time. Cosmetics are products that are used to clean, beautify, make someone appear more attractive, or change their look. and masks pave the way for silky, luminous, and flawless skin<sup>[1]</sup>. "Mukha lepa" is the Ayurvedic term for the herbal paste used on the face to cure pigmentation, scarring, marks, and acne. "Mukha lepana" refers to the application of a herbal concoction to the skin. This treatment is now commonly referred to as cosmetic<sup>[2]</sup>. The face pack is a fine powder that is applied to the face. A good herbal face pack should provide the epidermis with the nutrients it needs and should also reach the subcutaneous tissues. Commercially accessible cosmetics come in a variety of forms and are used to enhance one's appearance by cleansing, beautifying, and enhancing attractiveness<sup>[3]</sup>. A variety of plants have been used for various purposes since the preserving, controlling, and cleaning them as well. The largest portion of the body that reflects one's health is the skin on the face. It is made up of substances like fats, carbohydrates, and amino acids. Therefore, the face needs a balanced diet to stay clear, glossy, and healthy. In Ayurveda, the herbal paste is known as this "mukha lepa" used as a facial therapy. The herbal paste is applied to the skin to treat pigmentation, acne, pimples, scars, and marks. The face pack is a silky powder that is applied to the surface of the skin. These solutions are applied to the face as pastes or liquids, left to dry, and then set into a film to give the skin a tightening, nourishing, and cleansing effect<sup>[4]</sup>. To enable all the water to evaporate, they are typically left on the skin for ten to twenty-five minutes<sup>[4]</sup>. As a result, the resulting film contracts, hardens, and can be easily removed. While the colloidal and adsorption clays used in these preparations remove the dirt and grease from the skin of the face, the warmth and tightening effect produced by the application of the face pack produces the stimulating feeling of a rejuvenated face. Skin impurities and deposited dirt are removed along

with the applied face pack when it is finally removed. Face creams are supplements that offer some extra advantages. For various kinds of epidermis, various herbal face packs are used. Dark circles, acne, pimples, and wrinkles can all be diminished with herbal facial packs. Also, they improve the skin's brightness and smoothness. Additionally, it gives someone trust. The most practical and effective method for reaching this goal is Ayurveda. These packs come in a wide range of varieties and can be broadly categorized into the following groups:

1. Masks made of hydrocolloid
2. Gel masks (ready to use)
3. Earth-based or clay-based argillaceous masks (ready-to-use or dry powder)



### The positive aspects of using a face pack <sup>[5,6]</sup>

1. Feeds the epidermis. Fruit face packs give the epidermis vital nutrients.
2. Depending on the herbal components, aids in the reduction of acne, pimples, scars, and marks. Neem and tulsi face packs frequently aid to lessen acne and pimples. The overproduction of sebum from sebaceous glands is typically controlled by face packs prescribed for acne, pimples, and blackheads, and the dangerous bacteria inside acne lesions are usually eliminated. By mixing fine sandal, rose petal, and orange lentil powder with an acne facial pack, the scars and marks on the skin can be diminished.
3. Face packs typically eliminate skin's dead cells.
4. The top layer of skin is affected by the calming and soothing advantages of these face mask.
5. They aid in quickly restoring the skin's lost radiance and luster.
6. Using natural face masks on a regular basis makes skin glow and enhances complexion and skin texture.
7. When used properly, face packs can successfully counteract the negative effects of pollution and extreme weather.
8. They aid in preventing early skin deterioration.
9. Using natural facial packs is a good way to prevent the development of wrinkles, fine lines, and skin sagging.

### THE MUKHA LEPA:

Mankind's common desire is to be attractive and have fit skin, but very few people are born with inherently beautiful skin. Beauty is a quality that gives a perceptual familiarity to the eye, the ear, the intellect, the artistic faculty, or the ethical sense; it is not just an optical phenomenon <sup>[7]</sup>. Unfortunately, acne is a condition that disturbs the face from pubescence to adulthood and, if left untreated, can leave a scar that lasts a lifetime <sup>[8]</sup>. It is a distressing skin condition that can cause significant psychological disability and have a significant impact on quality of life, even though it is not a life-threatening illness. Numerous cosmeceuticals have proliferated on the market as acne treatments, but instead of improving the condition, they make it worse. However, Ayurveda offers a wide range of examples for treating different skin issues, with Lepa being the most popular dosage type. "Mukha Lepa" is the name of the herbal paste used to treat scars, marks, pigmentation, and acne on the skin. The application of this herbal concoction to the skin is referred to as "Mukha Lepana"<sup>[8]</sup>. This famous beauty treatment is used as a facial, and the "Face Pack" smooth powder is used for facial applications. Different herbal face packs are required for various skin kinds. Ayurveda is in high demand in the cosmetology industry due to its distinctive conception of beauty and effective, affordable, and long-lasting beauty therapies that are free of adverse effects. Face packs are helpful for preventive, promotive, and curative of any skin issues. The word Mugdha in the

formulation refers to the attractiveness and charismatic appearance of the facial texture, and it was created with the aforementioned points in mind after a thorough search of ancient Ayurvedic classical textbooks as well as contemporary sciences research papers. Beauty, the quality that provides pleasure to the senses, is perhaps the desire of every human being on earth. Some are born attractive and some are made beautiful <sup>[9]</sup>. Mankind's wish to have beautiful, healthy skin and a charming personality is instinctual. But very few people have skin that is flawless by nature. People are constantly very concerned about their appearance and wellbeing. Beauty is a quality that gives a perceptual experience to the eye, the ear, the intellect, the aesthetic faculty, or the moral sense; it is not just a visual experience. It is the characteristic that lends pleasure its significance or senses' fulfilment. In Ayurvedic literature, the idea of using herbs for beauty is well explained. Herbal extracts, in whole or in part, have been used for many years to treat a variety of conditions affecting the skin, hair, and overall appearance. Ayurveda is in great demand in the cosmetology industry due to its distinctive conception of beauty and effective, affordable, and long-lasting beauty therapies that are free of adverse effects. In Ayurveda, the plant paste used to cure acne, pimples, scars, marks, and pigmentation is referred to as a "face pack" (Mukha Lepa). One of the most well-known, efficient, and traditional techniques for cleansing and improving the condition of the skin is through the use of a mukha lepa (face pack). In order to improve the skin's appearance by both cleansing the skin and creating a temporary tightening effect, it is allowed to dry or set. varying face packs are required for varying skin types. Mukha Lepas assists us in taking care of our epidermis and demonstrates its value by promoting blood flow through the face's veins. Mukha Lepas is beneficial for both the prevention and treatment of any skin issues <sup>[10]</sup>.

### **The herbal face pack's primary goal is to:**

An ordinary/verdant Face pack has safe essential components. They also contain nutrients that are free from risk.

## **Advantages as well as disadvantages**

### **ADVANTAGES**

- Strengthen the musculature.
- Preserve the skin's suppleness.
- Eliminate debris that has become stuck.
- Increased vascular flow.
- It nourishes the facial epidermis.
- It provides the epidermis with essential nutrition.

### **DISADVANTAGES**

- Some people might find its potent plant odor offensive.
- Can be a little tricky to wash off; has a tingling feeling on the skin that might be a little uncomfortable
- Has parabens, so it doesn't have all-natural components.

### **OBJECTIVES**

Human skin has become more sensitive and prone to faster aging due to greater pollution, allergy, microbes, etc. An effort has been made to synthesize a pack ideal for all skin types. All the parameters have been calculated after the synthesis in order to satisfy the quality standards.

### **USED MATERIALS:**

#### **1. Multani mitti**

Human skin has become more sensitive and prone to faster aging as a result of greater pollution, allergy, microbes, etc. An effort has been made to synthesize a pack ideal for all skin types. All the parameters have been calculated after the synthesis to satisfy the quality standard. Human skin has become more sensitive and prone to faster aging

as a result of greater pollution, allergy, microbes, etc. An effort has been made to synthesize a pack ideal for all skin types. All the parameters have been calculated after the synthesis to satisfy the quality standard. Multani mitti (Calcium bentonite). Multani Mitti benefits the skin in a variety of ways, including reducing pore size, eliminating blackheads and whiteheads, fading freckles, relieving sunburns, cleaning the skin, and enhancing overall appearance. As they contain beneficial nutrients, they improve blood circulation, complexion, lessen acne and blemishes, and give the face a glowing appearance. Magnesium chloride is prevalent in Multani Mitti.



Fig.1

## 2. Turmeric (*Curcuma longa*)

The primary function of turmeric is face rejuvenation. It has additional qualities like antibacterial, antiseptic, and anti-inflammatory characteristics in addition to delaying the appearance of wrinkles. The greatest place to find blood purifiers is here. Its antiseptic and antibacterial properties, which combat breakouts and pimples to give your face a youthful glow, make it successful in the treatment of acne. Additionally, it lessens sebum glands' oil secretions.



Fig.2

## 3. Aloe Vera (*Aloe barbadensis*)

Aloe vera works wonders as a face moisturizer. Aloe vera moisturizes, refreshes, and maintains the skin's natural youthful appearance. Aloe vera has anti-microbial qualities that make it the perfect solution for treating acne and blemishes. Glycerin, sodium carbonate, sodium palm kernelate, sodium palate, and sorbitol are among the minerals found in aloe vera powder.



Fig.3

#### 4. Sandalwood (*Santalum alba*)

The anti-aging and anti-tanning benefits of sandalwood. The toning impact, emollient, antibacterial properties, cooling astringent properties, and soothing and healing properties are just a few of the ways it benefits the face.



Fig.4

#### 5. Orange peel (*Citrus reticulata*)

The citrus fruit orange includes a variety of nutrients, including calcium, potassium, magnesium, and vitamin C. It guards against oxidative stress, skin dehydration, and free radical harm. Additionally, it prevents acne, blemishes, wrinkles, and aging and has instant glow qualities.



Fig.5

6. **Neem (*Azadirachta indica*)** Neem is extremely beneficial for oily and acne-prone skin because it is anti-inflammatory and antiseptic. The antimicrobial, anti-inflammatory, and anti-oxidant properties of various chemical components cause an anti-acne impact.



Fig.6

#### 7. Nutmeg (*Myristica fragrans*)

Nutmeg is extensively used for its analgesic, anti-inflammatory, antiseptic, and anti-bacterial properties. It assists in minimizing fine lines, creases, and other aging symptoms. Additionally, it aids in minimizing the appearance of acne marks.



Fig.7

## Discussion and Result:

- **Physical Parameters:**

The various face pack formulations were made and tested for physical parameters. Free-flowing characteristics were evident in the flow property measure. Due to differences in the contents' composition, formulation colours varied. Formulas F1, F2, and F4 had a faint yellow tint, while F3 had a greenish yellow hue. For cosmetic formulations, it is preferable that the odour of made formulations be well-tolerated. The formulas had particles that ranged in size from 22.5-2.85 m to 26.4-5.44 m. The pH of all formulas is between 6 and 7, which is close to the neutral range. Ash and moisture levels were within the permitted range.

- **Irritancy test:**

The inclusion of turmeric powder in formulations F1, F3, and F4 caused mild irritation in test subjects. During irritancy tests, the formulations F2, which were created by lowering the concentration of turmeric, did not cause redness, edema, inflammation, or irritation. This formulation is suitable to use for the skin.

- **Stability studies:**

The stability studies revealed that the formulation's pH changed slightly when it was kept at 40°C, but not at room temperature or 35°C. (Figure 3). After one month of stability studies at 40°C, the formulation's odour slightly changed, but at the other stability conditions stated, there was no change in colour or odour.

## Conclusion:

The use of herbal face packs helps to keep the elasticity of the skin, stimulate blood flow, revitalize muscles, and clear dirt from skin pores. Herbal cosmetics have the benefit of being non-toxic, reducing allergic responses, and containing numerous ingredients that have a long history of being effective. As a result, the face packs in the current work have excellent properties, and further optimization studies on this study are needed to maximize the benefits of face packs for human use as a cosmetic product.

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