



Face Scrub by Herbal Drugs

¹Ms.Reshma U. Jadhav, ²Ms Bhavana D. Tambe*

¹Student, ²Lecturer

¹SMBT Institute of Diploma Pharmacy, Dhamangoan, Nashik, Maharashtra, India.

ABSTRACT:

Herbal face scrub will not only be safe to use but it will also exfoliate your skin, making it look healthier and more glowing. You can buy these instead of chemical ones because face scrubs that contain natural ingredients have no side effects and are absolutely safe to use. In this formulation use active ingredients like a Turmeric, rice, masoor dal, honey, orange peel, Multani mitti, aloe vera, sandal wood and green tea . In this herbal formulation use an herbal ingredients which have many different properties. It herbal cosmetic are safest product it have no any side effect or no harmful to the skin. The main aim of this herbal scrub are prepare use for the protect the various skin problems like a dark spot ,pimple, acne , wrinkle ,black head ,dark circles and also use for the stop the oil secretion from the surface of skin .

KEY WORDS: Herbal drugs, Herbal drug powders, Herbal face scrub, bighting agent

INTRODUCTION:

Scrub is a beauty product Herbal is the leaf part of a plant that is used for formulation these can be used fresh or dried. It is a semisolid dosage form are used as a topically .It facial which are given cleansing, moisturising, smoothing effect on skin as well as body surface. Facial scrubs are useful for the remove dirt particle on body surface, remove dead cell from the skin, oil, black head as well as white heads from the skin without pain or irritation and help the increase the skin appearance or attractiveness.

In this formulation use moistening and hydrating ingredients. If any persons having sensitive skin as well as oily skin he should also use the its herbal facial scrub and have also use for the prevents a pimples, dullness and control the secretion oil from the skin .and help to the glowing skin

SKIN:

Skin is the largest organ in the body and covers the body's entire external surface. The skins main layer includes the epidermis, dermis and hypodermis. All three of which vary significantly in their anatomy and function. The skins structure is made up of an intricate network which severs as the body initially barrier against pathogens, UV light, and chemicals and mechanical injury.

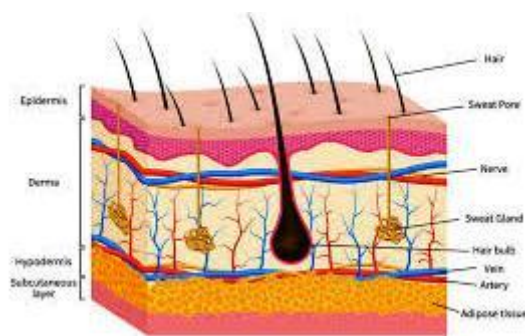


Figure.1 Anatomy of Skin

BENEFITS OF HERBAL SCRUB:








1. Scrubbing provide people with clean skin free of grime, oil and sweat. Cleansing milk, face wash, and facial cleansers are incapable of removing all of the dust accumulated in the skins pores.this is completed through scrubbing.
2. Dead cells make skin look pale and old, so it is essential to get rid of them. Using a mild scrub remove them.
3. Exfoliation can give skin healthy glow.
4. Remove Dark patches: use the scrub twice a week for best results. It works particularly well on knuckles, elbows, and knees.





IDEAL PROPERTIES OF HERBAL SCRUB:

1. It should be non-toxic.
2. Possess small gritty particle.
3. Mild abrasive.
4. Non-irritant.
5. Non sticky Able to remove dead skin cell.

HERBAL DRUGS AND THEIR USES:

Table .1: Herbal drugs and their uses

Name of crude drug/ Medicinal plants	Botanical name	Uses	Picture
Turmeric	Curcuma longa	Antiseptic	
Rice	Oryza	Glowing skin	
Masoor dal	Lens culinaris	Lightining to skin	
Honey	Melifera	Anti-oxidant	
Rose water	Rosa damascena	Solvent	
Glycerine	--	Skin hydration, softness	
Multani mitti	Fullers Earth	Remove black heads and white heads	

Aloe Vera gel	Aloe barbidensis	Skin moisturising	
Orange peel powder	Citrus sinesis	Anti-inflammatory, fight against wrinkle, dark spot	
Green tea powder	Camelia sinesis	Heal the wound, glowing	
Sandalwood powder	Santalum album	Smoothing, improve fairness	

MATERIALS AND METHODS:

Materials: Turmeric, rice, masoor dal, honey, orange peel, Multani mitti, aloe Vera, sandal wood and green tea collected from local market.



Figure.2 Herbal Powders

PREPARATION METHOD OF HERBAL SCRUB:

Take all powders and weight accurately and mix them in mortar pestle. Add required amount of honey, Aloe-Vera gel, glycerine in mortar pestle and triturate it then add sufficient amount of rose water in mortar pestle and triturate them. I have prepared five formulations F1, F2, F3, F4, and F5.



Figure 3: Preparation Method

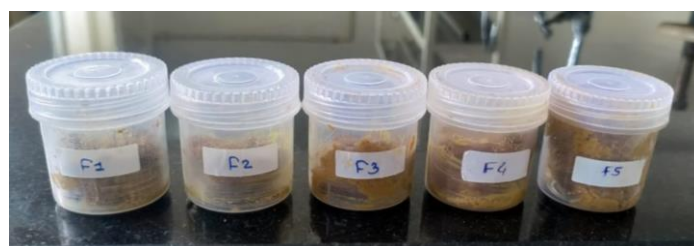


Figure 4: Formulations of Herbal Scrub (F1, F2, F3, F4 &F5)

FORMULATION TABLE:**Table.2: Formulation Table**

Name of Ingredients	F1	F2	F3	F4	F5
Turmeric	0.10 gm	0.03 gm	0.05 gm	0.06 gm	0.07 gm
Rice	1.5 gm	2 gm	2.5 gm	3.5 gm	4.5 gm
Masoor Dal	1 gm	1.5 gm	2 gm	2.5 gm	3.5 gm
Honey	1 ml	1.5 gm	2 gm	2.5 gm	3.5 gm
Rose Water	Q.S.	Q.S.	Q.S.	Q.S.	Q.S.
Glycerine	1 ml	2 ml	2.5 ml	3 ml	4 ml
Multani Mitti	1 gm	1.5 gm	2 gm	3.5 gm	4.5 gm
Aloe Vera gel	1 gm	1.5 gm	2 gm	3.5 gm	4.5 gm
Orange peel Powder	0.5 gm	0.10 gm	0.15 gm	0.20 gm	0.25 gm
Sandal Wood powder	1 gm	1.5 gm	2 gm	3 gm	4 gm
Green Tea Powder	0.5 gm	0.10 gm	0.15 gm	0.20 gm	0.25 gm

EVALUATION OF HERBAL FACE SCRUB:**Table.3: Evaluation Table**

Parameters	F1	F2	F3	F4	F5
Colour	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown	Yellowish brown
Odour	Peanut brown	Peanut brown	Peanut brown	Peanut brown	Peanut brown
pH	6.72	6.87	6.81	6.80	6.82
Consistency	Semi solid	Semi solid	Semi solid	Semi solid	Semi solid
Spread ability	Uniform	Uniform	Uniform	Uniform	Uniform
Wash ability	Easily washable	Easily washable	Easily washable	Easily washable	Easily washable
Grittiness	Free from grittiness	Free from grittiness	Free from grittiness	Free from grittiness	Free from grittiness
Irritation	No irritation	No irritation	No irritation	No irritation	No irritation
Removal	Easily removable	Easily removable	Easily removable	Easily removable	Easily removable

RESULT AND DISCUSSION:

Herbal plants used in the formulation of herbal scrub. These plants were Turmeric, Rice, Masoor dal, Honey, Rose water, Glycerine, Multani mitti, Aloe Vera gel, Orange peel Powder, Sandal Wood powder, Green Tea Powder. I have prepared F1, F2, F3, F4, F5 formulation. In all formulation F4 is better than F1, F2, F3, and F5. Because herbal F4 formulation give good effect having more glow after applying on skin. The prepared Scrub was evaluated using various parameters like colour, odour, PH, Consistency, spread-ability, Wash ability, Grittiness, Irritation and found to be satisfactory to effect skin.

CONCLUSION: Herbal scrub has good effect. They prevent dullness, pimples and to remove excess oil from skin and help to glowing the skin. Traditional herbs used to create an herbal scrub that is very safe and effective to use. They provide Smoothing effect to the skin.

REFERENCES:

1. Ms. Dethe Akanksha Ashok, Ms. Dhokale Manasi Avinash, Review on Herbal scrub vol-9 issue-2-20.
2. Dr. Nandu Jayande, Sejal Mahajan, Review on Formulation and Evaluation of Herbal scrub, vol-3, Issue-2 April 2022.
3. Vidya Keshav Kakad, Rutuja Sanjay Sanap, A Review on Herbal Face scrub for skin exfoliation.
4. S.B. Gokhale, C. K.Kokate, and A.R.Purohit Pharmacognosy: study of crud drug Nirali publication, pp 75-80.
5. K.R.Khandelwal, Dr. Vrundasheth, Practical Pharmacognosy, Nirali Prakashan.
6. Dr. Ashok G.Wali, Dr. Madhukar. Y. Bachulkar, Traditional Herbal drugy Ankur Publications, Kolhapur.
7. T. E. Wallis, Textbook of Pharmacognosy, CBS Publications and Distributors PVT.LTD.
8. Dr. R. A. Ahirrao, Dr. B. R. Rane, Mr. S. G. Desai, Pharmacognosy book, Tara Publishers.
9. Dr. Vinod D. Rangar, Pharnacognosy book and Phytochemistry, volume-2, second edition, Career Publications.
10. Dr. Y. V. Ushir, Dr. Rakesh eshwarlal Mutha, Ms. Supriya Garud, Textbook of pharmacognosy, Pharma Career Publications www.pharmacareerbooks.com.
11. Rahul. P. Phate, Human Anatomy and Physiology, Career Publication.
12. Gerard J. Tortora, Bryan Derrickson Anatomy and Physiology 13th Edition, Volume 1, International student Version.
13. Pooja Dave, Gira Patel, Parul Institute of Pharmac, Research Parul Universit, Vadodara Gujarat, India, Formulation and Evaluation of Herbal scrub containing Arabica linn, Myristica fragrans, and lens culinaris as an Antioxidant and Antiseptic activity, Vol-12, Issue 3, July 2022.

