



# “ RESEARCH ON FORMULATION AND EVALUTION OF FACE PACK FOR ACNE PRONE AND

## DULL SKIN ”

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### ABSTRACT

The objective this work is to formulate and evaluate an herbal face pack for cosmetic purpose from herbal ingredients neem powder, orange peel powder, sandal wood powder, multani mitti, rice flour. Beauty care products are the items used to clean, improve appearance. The objective of this work is to formulate and evaluate a herbal face pack for cosmetic purpose from herbal ingredients . The upside of home grown beauty care products is their non harmful nature, diminish the hypersensitive responses and reliable value of quite a large number of fixings. Consequently in the current work, we found great properties for the face packs and further enhancement studies are expected on this review to find the valuable advantages of face packs on human use as restorative item

KEYWORD – Neem powder , herbal, beauty, skin care, natural ,face pack, acne

### INTRODUCTION

Everybody wants to get fair and charming skin but nowadays acne, blackheads, whiteheads, pimples; dark circles are common among youngsters and persons who suffers from it. Acne vulgaris is an extremely common disorder of the skin (pilosebaceous unit) that affects virtually all individuals at least one during life. The incidence of acne most observed in teenage<sup>[1]</sup> A good herbal face pack must be able to penetrate subcutaneous tissue and deliver essential nutrients to the skin<sup>[2]</sup> 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. 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. They have no added preservatives. They can be easily formulated and stored over a larger span of time. Present research article deals with the formulation and evaluation of herbal face pack for glowing skin by using natural materials i.e., multani mitti, turmeric, sandalwood, rice flour, orange peel.<sup>[3]</sup>

Different types of herbal face packs are used for different types of skin. Herbal face packs are helps to reduce wrinkles, pimples, acne and dark circles. Also increase the fairness and smoothness of skin. It also helps someone to boost their confidence. Ayurveda is the most useful and successful means for achieving this purpose<sup>[4]</sup>

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, black heads usually control the rate of sebum discharge from sebaceous glands and fight the harmful bacteria present inside acne lesion. Herbal face packs are being used on a large scale, due to the various benefits of them over chemical based packs. They are nontoxic, non-allergic and non-habit forming. They are natural in every aspect, having large shelf lives. They have no need preservatives and they can be easily formulated and stored over a larger span of time<sup>[5]</sup>



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 <sup>(6)</sup> Rough skin and when they don't take sufficient care, then the skin turns dark due to overexposure to the sun, other pollutants etc. 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. They are natural in every aspect, having larger shelf lives. They have no added preservatives.<sup>[7]</sup> Dry and damaged skin is one of the most common conditions marked by scaling, itching, and cracking of skin, faced due to excessive water loss from skin (dehydration), UV rays damage by sun and excessive screen time, hectic and unhealthy lifestyle climate change, aging, use of medications or other factors Such type of skin problem can be effectively overcome by using variety of skin care preparation like: moisturizers, creams, lotions, face pack, face scrub, oils, serums etc.<sup>[8]</sup>

### Types of Mukhalepa:-

Mukhalepa (face pack) has been classified mainly into three types based on their therapeutic use-

•**Doshahara (alleviator of Dosha):** This variety of Lepa (face pack) includes such drugs which exerts their alleviatory action directly on the Doshas.

•**Vishahara (alleviator of poisonous effect):** This kind of Lepa (face pack) includes the drugs which nullifies the poisons directly at local level after application.

•**Varnakrita (promoter of complexion):** This kind of Lepa (face pack) includes the drugs which improve the complexion after application.<sup>[9]</sup>

People always have great concern about their health and beauty. Beauty is not just a visual experience; it is characteristic that provides a perceptual experience to the eye, the ear, the intellect, the aesthetic faculty, or the moral sense. It is the quality that gives pleasure meaning or satisfaction to the senses.<sup>[10]</sup>

### Effect of Herbal Drugs in Cosmetic Problems

Not solely cures the pathological but conjointly protects health of healthy person. My research work is in addition on healthy one UN agency have only skin discoloration because of exposure to external environmental conditions. There are various over-the-counter merchandise accessible at intervals the market promising for his or her smart cosmetic results still because of chemicals they may not be 100% solution. Middle aged sorted patients of 20-45 years were registered for the study higher than. They were distressed concerning issues like pimples, wrinkles, dark spots, tanning of skin etc. To improve the skin quality and to clear the discoloration of skin. to examine the effectualness of herbal medicine with Panchakarma method on grouping prasadhan complexion to permit ayurvedic resolution for the pigmentation/dyscoloration with none adverse impact. Materials and Methods; . For this study thirty patients were chosen. at intervals the center aged cluster of 20-45 years having cosmetic problem concerning their look was chosen. They were grouped in 2 as per their skin texture i.e. dry and oily skin. methodologies: Method for chosen therapy was done as following step. In written material there is nice description concerning the herbs that can overcome of those issues. They are described for his or her impact on complexion, fairness, cleansing, skin adjustment

### DEFINITION OF COSMETICS: -

Cosmetics are defined as products used for the purpose of cleansing, beautifying, promoting attractiveness or altering one's appearance. The natural facepack contain some vitamins which are essential for health and glow of skin. The herbal face pack act by improving blood circulation in the veins of skin but the effect of facial face packs generally temporary, so for regular glow it should be used 2-3 times a week<sup>[12]</sup>.



### Benefits of Applying Face Packs

- Nourishes the skin. Fruits face packs supply essential nutrients to the skin Face pack usually remove dead cells of skin.
- Helps to reduce acne, pimples, scars and marks depending on its herbal ingredients
- These face packs provide a soothing and relaxing effects on skin.
- Regular use of natural face masks bring glow to skin, improve skin texture and complexion.
- They help to restore the lost shine and glow of skin in short span of time.<sup>[13]</sup>

### Ideal Properties of Face Packs

- It should be non- irritating and non-toxic. It should be stable both physically and chemically
- It should be free from gritty particles.
- It should have pleasant odour.
- They should be capable of producing significant cleansing of the skin.
- They should produce a sensation of tightening of the skin after application.

- They should form a smooth paste.<sup>[14]</sup>

### Precautions to be Taken While Applying Face Pack

- Select the face pack according to your skin type. Take opinion of natural therapist or concerned skin expert before applying face pack.
- The face pack should not be left on face more than 15 to 20 minutes. Keeping for very long time may result in formation of wrinkles, sagging of skin and enlargement of open pores.
- Avoid applying face pack near “eye zone”. The skin around eye is very delicate.<sup>[15]</sup>

### DRUG PROFILE

#### 1 :Multani Mitti



**Benefits of Multani mitti:** Multani mitti or fuller's earth is used as a natural cleanser and astringent, offering a host of benefits for the skin, including:

- reducing oil
- fighting acne
- balancing and brightening skin tone
- reducing pigmentation
- Acne

**Multani mitti is effective at treating acne. It does this by:** removing sweat, impurities, and dead skin cells

- eliminating blackheads and whiteheads
- controlling excessive oil production
- shrinking the appearance of pores
- cooling the skin

## 2: Sandalwood



### Benefits of sandalwood :

The wood is used as a source of Sandalwood oil, which is a stimulant and disinfectant of the genito-urinary tract. It is also used in perfumery.

The wood is also used to make boxes, carvings and similar articles.<sup>[16]</sup>

## 3.Neem



**Benefits of neem :** All parts of neem tree used as anthelmintic, anti fungal, anti diabetic, anti bacterial, anti viral, contraceptive and sedative.

- Oil of neem used in soap, shampoo, balms and Cream as well as toothpaste. <sup>(17)</sup>
- Neem gum is used as a bulking agent and for the preparation of special purpose food (For diabetic).
- A decoction prepared from Neem roots is ingested to relieve fever in traditional Indian medicine. <sup>[18]</sup>

## 4: Turmeric

**Uses:**

Turmeric is used as a condiment or spice, and colouring agent, especially for ointments and creams. Chemically, it is used for the detection of boric acid. It is antiseptic and anti-inflammatory too. Curcumin is also powerful antioxidant. Apart from traditional uses, curcumin has been proved as antiinflammatory drug. Antiarthritic agent has been isolated from *C. aromatica*. In China, *C. wenyuin* (*C. aromatica*) has been used in cervical cancer.<sup>[19]</sup>

**5:Orange Peel****Uses :**

Bitter orange peels are used as stomachic, aromatic and carminative. Pharmaceutically, used as a flavouring agent for several oral liquid preparations and also for the extraction of pectin. Now-a-days, terpeneless orange oil is preferred commercially as a flavouring agent, as it has stronger flavour and is more readily soluble than natural oil. It has about 25 times stronger flavour as compared to the natural orange oil.<sup>[20]</sup>

## 6:Massor Dal



**Benefits of massor daal:** Masoor dal offers many health benefits, the components of masoor dal may be responsible for these beneficial effects, these beneficial properties are listed below.

- It may have antioxidant activity
- It may show anticancer properties
- It may have Hypolipidemic (reduces the concentration of lipids in the blood) properties
- It may show antidiuretic activity.<sup>[21]</sup>

## MATERIAL AND METHOD

The materials used in the present purchased from local market, powdered for further use. The below are the details of the plant materials study. The details of the plant material used for the formulation of face pack are mentioned below.

### 1.Multani Mitti [Calcium Bentonite]

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.<sup>(22)</sup>

### 2.Sandalwood Powder [Santalaceae]

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

### 3.Turmeric [Curcuma Longa]

Turmeric has been used in this preparation due to its blood purifying property and helps in wound healing, because of its antiseptic action. It cures the skin diseases occurring due to blood impurities. It is a very good antiinflammatory and anti-allergic agent. The phytoconstituents, mainly terpenoids present in it helps to lighten the skin tone. Turmeric delays the signs of aging like wrinkles, improves skin elasticity. It cures pigmentation, uneven skin tone and dull skin

### 4.Orange Peel

Orange peel is a covering of citrus fruit which contains different nutritional source such as vitamin C, calcium, potassium and magnesium. It prevents the skin from free radical damage, skin hydration and oxidative stress. Also it has instant glow property, prevent acne, blemishes, wrinkles and aging.

### 5.Neem Powder [Azadirachta Indica]

Neem has antibacterial, anti-inflammatory antiseptic and highly beneficial for acne prone skin and oily skin. An Antiacne property is due to the antioxidant, anti-inflammatory and anti-microbial activity of various phyto-constituents of neem.

### 8. Masoor dal

Lens culinaris has free radical scavenging capacity, Anti-oxidant activity. It is effective for dull skin, acne and various skin problem<sup>(23)</sup>

## PROCEDURE -

1. Weigh accurately all herbal powder such as Orange peel powder, Chandan powder, Neem powder and Tomato powder.
2. Mix them together to form a uniform mixture with the help of mortar pestle.
3. Weigh accurately Rice powder, Multani Mitti, Turmeric, Masoor dal, and mix them together to form a uniform mixture. In this mixture, add prepared herbal drug and triturate to form a uniform drug powder of face pack

## Table of Ingredients

Sr. no.	Ingredients	1	2
		Qty in gm	Qty in gm
1.	Orange peel powder	10	10
2.	Neem powder	10	10
3.	Sandalwood powder	5	7
4.	Turmeric powder	5	5
5.	Fullers earth	5	2
6.	Masoor daal	5	5
7.	Rice flour	10	3

## 6. EVALUATION

To evaluate the goodness of our prepared face pack we performed following evaluation parameter

**Physical Evaluation:-** Physical Parameter of our face pack such as colour, odor, appearance and texture were checked visually.

**Determination of Moisture Content:-** Weigh about 2 gm of powdered face pack into a weighed flat and thin porcelian dish. Dry it in Hot Air Oven at 100° C - 105° C, until two consecutive weighing do not differ by more than 0.5mg. Cool in desicator and weigh the loss in weight is usually recorded as moisture.

**Particle size:-** Particle size is a parameter, which affect various properties like spread ability, grittiness etc., particle size was determined by sieving method by using I.P. Standard sieves by mechanical shaking for 10 min

**Washability:-** This is the common method for checking the washability of the formulation were applied on the skin and then ease and extent of washing with water were checked manually by using 1 liter of water is used to remove all content of the formulation were applied on the surface.

**Tapped density:-** Tapped density is an increased bulk density attained after mechanically tapping a container containing the powder sample. After observing the initial powder volume or mass, the measuring cylinder or vessel is mechanically tapped for 1 min and volume or mass readings are taken until little further volume or mass change was observed. It was expressed in grams per cubic centimeter (g/cm<sup>3</sup>).

## RESULT AND DISSCUSSION

The result of evaluation test carried out of a face pack which includes nature, color, odour, taste, texture, ash values, mixture, contents and pH of dried powder provide information about organoleptic and physiochemical evaluation

Table -1

Sr. no	Evaluation Parameter	Observation
<b>I.</b>	<b>Organoleptic Evaluation</b>	
1.	Nature(appearances)	Powder
2.	Colour	Brownish yellow
3.	Odour	Fragrance/Slight
4.	Taste	Characteristics
5.	Texture	Fine

Table -2

<b>III.</b>	<b>General Powder Characters</b>	
1.	Particle Size	25-30 um
2.	Angle of Repose	28.60°
4.	Tapped Density	0.5747 gm/ml
5.	Nature of face after wash	Soft and fresh, clean from Dirt

## CONCLUSION:-

Nature remedies are more acceptable to the people than synthetic, in the belief that they are safer and fewer side effect that they compare with synthetic.

In the 21st century, the demand for herbal formulation has been increased day to day. So we try to establish the herbal face pack containing the natural ingredient of plants. Thus in present work we found good properties of herbal face pack and further optimization studies are required on this study to find useful benefits of herbal face pack on human.

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