



PREPARATION AND EVALUATION OF POLYHERBAL FACIAL SCRUB

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ABSTRACT-

The main objective of the present study was to formulate a poly-herbal facial scrub with the incorporation of Coffee, Green Tea and Walnut as the main active drug. The chemical constituents presents in green tea such as theanine, Beta-carotene has Anti-inflammatory effects. The use of natural constituents to act potentially against wrinkles, acne and they also helps in control of the skin's oil release through open pores, which is why they are included in herbal cosmetics. Herbal products or cosmeceuticals usually consist of the parts of plant which possess antimicrobial, antioxidant and anti-aging properties. Natural constituents are the safest and the greatest product to use on a daily basis because they don't have any negative effects. These cosmetics also affect how the skin functions biologically. In this formulation of facial scrub Coffee, Fuller's earth, Neem, Turmeric, Green tea, and Aloe Vera are used as active ingredients. The prepared facial scrub was evaluated for various parameters such as appearance, pH, viscosity, washability, foamability, stability studies, spreadability, extrudability, and grittiness, irritability and found to be contented with all required characterizations. Thus, this formulation is effective as a face scrub for maintaining healthy skin and glowing skin.

INTRODUCTION

Polyherbal facial scrubs are skincare products that combine various herbal ingredients to exfoliate and cleanse the skin. These scrubs are formulated with a blend of multiple plant-based ingredients, each chosen for its unique properties and benefits to the skin. The term "polyherbal" refers to the use of multiple herbs in a single product. Scrub are defined as the products used for the purposes dead skin cell and exfoliates the skin. Scrub can be used on face skin is the major part of the body, which indicates the facial scrub and body scrub. Ingredient will vary with the type of skin. Skin is classified into three sorts such as dry skin, sleek skin, delicate skin. on message is suggested on application of the scour gel of cleansing, beautifying, advancing allure or oxygen supply to all surface of the skin ratios of oil and sugar added in each. Usage of oil is high in regular use of scrubs, skin becomes glowing and smoother skin cells. A gentle abrasive is one of the main components in the skin or can be applied with small cosmetic pad. Gentle there are two types of scrub being used on the skin such as which helps to improve blood circulation and increases The word "cosmetic" is Greek in origin and means "adorn," as in adding something ornamental to a person or something. It can be characterized as a material that comes into touch with the skin, hair, nail, lips, teeth, and mucous membranes, among other aspects of the human body. Cosmetic materials aid in enhancing or altering the appearance of the body while also concealing the odour of the body. Copper (colored earth) ore and lamp black were used to create the eye makeup. whereas ruddy colour was utilized for coloring of hair. Presently days, makeup are considered as fundamental components in life. They not as it were, pull in the individuals towards it but too confer mental impacts. Over the past three to four decades, it has become more and more popular, and both male and female use of it has expanded dramatically. Hair colors, powders, and lotions are the most often used cosmetics. Polyherbal facial scrubs have gained popularity due to their natural composition and potential to provide multiple skincare benefits. The combination of different herbs allows for a synergistic impact, in which each herb's unique qualities combine to improve the overall effectiveness of the scrub. Common herbal ingredients found in polyherbal facial scrubs include:

*Turmeric: Known for its anti-inflammatory and antioxidant properties, turmeric helps reduce irritation, enhance skin tone, and encourage a clear, healthy complexion. Walnuts have vitamin E and vitamin B5 that helps in tightening the pores and brightening the skin*Neem: With its antibacterial and antifungal properties, neem helps combat acne, soothe irritation, and promote clear skin.*Aloe Vera: Recognized for its soothing and moisturizing properties, aloe vera helps hydrate the

skin, reduce redness, and promote healing.*Green Tea: Green tea, which is high in antioxidants, helps shield the skin from harm from free radicals, soothes inflammation, and promotes a youthful appearance.*Rose:Rose extracts or rose water are often included for their calming and toning effects on the skin, leaving it refreshed and rejuvenated.Other herbal ingredients commonly found in polyherbal facialscrubs may include sandalwood, licorice, papaya, orange peel, and oatmeal, among others.When using a polyherbal facial scrub, it is important to follow the instructions provided by the manufacturer. Typically, the scrub is applied to damp skin and gently massaged in circular motions to exfoliate and remove dead skin cells. Afterward, it is rinsed off with water, leaving the skin feeling smoother and refreshed.Polyherbal facial scrubs offer a natural alternative for those seeking to incorporate herbal ingredients into their skincare routine.

Different Types of Body Scrubs Are There?

Facial Herbal Scrubs. Sugar Body Scrubs. Salt Body Scrubs. Herbal Body Scrubs. Coffee Body Scrubs. Moisturizing Body Scrubs

Advantages :

Exfoliation helps to remove dead skin cells from the skin, which enhances the skin's tone and quality. from the surface. From the surface. Among the advantages of body washes are their ability to increase skin cell turnover and effective circulation.. Removing dead cells from the skin's surface. Smoothing and softening rough, dry skin. Many herbal ingredients found in poly herbal scrubs have moisturizing properties, helping to hydrate and nourish the skin. Poly herbal scrubs combine the benefits of various herbal ingredients, allowing you to experience a wide range of skincare benefits in a single product. Different herbs have different properties, such as exfoliating, moisturizing, soothing, brightening, or rejuvenating the skin Poly herbal scrubs often contain natural exfoliating agents like finely ground herbs, seeds, or grains

Disadvantages:

Scrubbing too much will damage this layer and increase the skin's sensitivity to UV radiation, which could lead to easy tanning, rashes and sunburns. Scrubbing products also run the risk of blocking pores, causing whiteheads, and infecting hair. follicles, known as folliculitis.The excessive use of Scrub causes skin dryness and skin damage.Although herbal ingredients are generally considered safe, some individuals may be allergic or sensitive to specific herbs or their compounds.

USE OF SCRUB

For Perfectly Clean Skin: Scrubbing leaves your skin clear of debris, oil, and sweat. Actually, the bottles of cleansing milk, face wash and facial cleansers cannot out all the dust that accumulates in the pores of your skin. Scrubbing does this job successfully. Releases Your Skin From Flakes: Dry spots are a result of flaky skin. It permits the gradual accumulation of dead cells. Using a scrub can be an excellent way to deal with flaky skin.Aids In Dead Cell Removal: Dead cells provide the appearance of tired, lifeless skin. Scrub effectively. Removes Dark Patches: To see results, use the scrub twice a week. them off with a gentle scrub.Adds Glow To Skin: Exfoliation can actually make your skin glow. Removes Dark Patches: To see results, use the scrub twice a week.. It is especially effective on knuckles, elbows and knees. Prevents Ingrown Hair: Ingrown hair could be a perpetual issue and scouring is the arrangement to avoid this problem.. For Smooth Skin: Smooth skin is the key to a more beautiful you. The scrub will not only make your skin look flawlessly smooth, but will also make it soft and well-nourished beautiful you. The clean will not as it were make your skin see faultlessly smooth, but will too make it delicate and well-nourished.



Fig.no.01 (Prepared polyherbal facial scrub)

PLANT PROFILE

1 Coffee seeds:- Synonyms : Coffee Beans. Biological Source : The biological source of coffee is its dried ripe seeds coffee arabica line Family : Rubiaceae Chemical constituent : caffeine, tannin, fixed oil, and chlorogenic acid. Uses : It is used for the treat acne It has antiageing benefits. Reduced the depression It is used for beverages, diuretic & CNS stimulant.



Coffe seed



Turmeric powder

2. Turmeric (Curcuma) Synonyms: Saffron Indian, haldi, curcuma, rhizoma . Biological Source : It consists of fresh or dried rhizome of Curcuma longa linn belonging to family Zingiberaceae Geographical Source: •India •Jamaica •West Indian Islands •China Chemical Constituents: es • Volatil oil • Resinous matter • Starch • Curcuminoids • Curcuminuse > Natural anti-inflammatory > Anti-cancer Effect > Powerful antioxidant > Protects Heart disease > Treat or Prevent Diabetes > Prevent Alzheimer's Disease > Treats Depression > Improves skin health.

3.Green tea • Biological source: It contains prepared leaves and leaf buds of Thea sinesi • Family Theaceae Geographical source: * Native to India and Japan * Available as black tea in India and Sri Lanka * While as green tea in China and Japan Preparation: * Black tea in India and Sri Lanka * Whereas as green tea in China and Japan Planning:

* Dark tea is gotten by aging

new clears out and advance drying with fake heat. * Green tea is obtained by putting tea leaves in copper pan and then drying by artificial heat. Uses Protects skin from UV rays and pollution Reduces fine lines, wrinkles, hyperpigmentation Regulates sebum and fights acne Lends a healthy and improved complexion Calms & soothes skin.



➤ green tea powder

MATERIAL AND METHODS

Table 1: Plant Material Used In Formulation

Name Of Herbal Drug	Botanical Name	Chemical Constituents	Cosmetic Uses	Quantity
Aloe (Indian aloe)	<i>Veralloe berbadensis</i>	Betacarotene, modin, Aloin	Aloe soothe sunburn, moisturize the skin, fights skin aging, reduces acne, lightens blemishes	q.s.)
Fullers Earth (Multanimitti)	<i>Bentonite Clay</i>	Hydrous aluminium silicates, Calcite	Dil and impurities absorber, provide fairness and glow, fights acne and pimples, improves skin elasticity	5%

Turmeric (Haldi)	<i>Curcuma longa</i>	Curcuminoids	Reduce acne and any resulting scars, anti-inflammatory, anti-oxidant, provides glow and lustre	20%
Green Tea (Chai)	<i>Camelliasinesis</i>	Catechin, Theanine, β -carotene	Antioxidant, antiinflammatory, and antimicrobial, treats acne and oily skin, reduce sebum secretion	25%
Walnut (Aakroad)	<i>juglandaceae</i>	Linoleic acid	Anti-aging, treats acne, evens skin tone, treats skin pigmentation, removes dead skin, natural hair straightener, tightening	10%
Coffee	<i>Coffea arabica</i>	Caffine, Melanoidin	Reduce inflammation due to the skin problem such as eczema,acne and psoriasis	5%
Neem (Nim)	<i>Azardicachta indica</i>	Azadirachtin, Nimbin, Gedunin	Treat dry skin, stimulate collagen production, reduces scar, heal wounds, treat acne, minimize warts	3%

METHOD OF PREPARATION– Accurately weighed every herbal powder, including neem powder, amla, green tea, and sieved through 120 and mixed them together to form a uniform mixture with mortar and pestle. Weighed accurately fuller’s earth, turmeric powder and trituated them together to form a uniform mixture to get a consistent drug powder for face scrub, add the previously produced herbal medication to the mixture and triturate it. Aloe vera gel was added to a mortar and pestle as the basis, and all of the herbal powder was trituated to obtain like a paste consistency and rose water was added for fragrance In this preparation coffee scrub improves blood circulation, may reduce the appearance of eliminates cellulite and produces the appearance of more equal skin tone . Other natural ingredients are aloevera and honey .Honey is a natural antioxidant and help keep acne at bay, due to its anti inflammatory properties. Sugar is used to remove dead skin cells form your face, Among this ingredients, gelling agent and preservative was used.

Sr. No.	Ingredients	Quantity
1	Coffee.	10g
2	AloeVera	15g
3	Honey	4g
4	Turmeric	1g
5	Methyl paraben	0.5g
6	Fullers Earth (multanimati)	10g
7	walnut	5g
8	Neem leveas	q.s
9	GreenTea	3g

	Total	50g
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➤ EVALUATION PARAMETERS –

S. No.	Parameters	Observation
1.	Colour	Buff green
2.	Odour	Aromatic and pleasant
3.	Nature	Semisolid
4.	Consistency	Smooth
5.	Homogeneity	No aggregation
6.	pH	Neutral
7.	Extrudability	Easily extruded
8.	Spreadability	5.76cm/sec
9.	Irritability	Non irritant
10.	Washability	Easily washable
11.	Grittiness	Small gritty particles
12.	Foamability	Foam volume 85ml at 5 minutes
13.	Viscosity	1.8670 poise



Ingredient

RESULT:- The herbal facial scrub formulated evaluated various parameters such as viscosity, spreadability, washability, irritation, pH, and appearance were all shown to be satisfied with all required characterization. Consequently, the created formulation can be applied as an effective scrub for using it to bear a healthy and glowing skin. The results of a polyherbal scrub formulation can vary depending on the specific combination and concentration of herbal ingredients used. However, here are some potential results you may expect from using

a well-formulated polyherbal scrub Polyherbal scrubs typically contain natural exfoliants like crushed herbs, seeds. This exfoliation can leave your skin feeling smoother, softer, and looking more radiant.

Fig :- final product scrub

➤ CONCLUSION –

The preparation and evaluation of the polyherbal facial scrub involved a systematic approach to formulate a product that harnesses the benefits of various natural ingredients. The study successfully developed a facial scrub that combines multiple herbs known for their skin-enhancing properties. The ingredients were carefully selected based on their traditional use and scientific evidence supporting their efficacy. The formulation process included precise measurement and mixing of herbal powders and other essential components to create a homogenous scrub. Key ingredients like turmeric, neem, and aloe vera were incorporated for their anti-inflammatory, antibacterial, and soothing properties, respectively. The scrub was prepared in a controlled environment to ensure consistency and quality. Evaluation of the polyherbal facial scrub was conducted through various tests to assess its physical and chemical properties. Parameters such as texture, pH, spreadability, and particle size were measured to ensure the product's safety and effectiveness. Additionally, the scrub was tested for its ability to exfoliate dead skin cells, improve skin texture, and promote a healthy complexion. The results demonstrated that the polyherbal facial scrub met the desired criteria and showed promising potential as a natural skincare product. Users reported positive feedback regarding its gentle exfoliating action, pleasant aroma, and overall skin benefits. The product was found to be suitable for different skin types, with minimal risk of irritation or adverse reactions. In conclusion, the development of this polyherbal facial scrub highlights the effective use of natural ingredients in skincare. The successful formulation and positive evaluation results suggest that this product can be a valuable addition to the cosmetic industry, offering a natural alternative to conventional facial scrubs. Further studies and continuous improvements can enhance the product's efficacy and user satisfaction, paving the way for wider acceptance and commercial success.

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