



Review On: Polyherbal Face Scrub

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Abstract

The main objective of present study was to prepare a herbal scrub incorporated into gel. The use of natural ingredients to fight against the acne, wrinkles and also to control secretion of oil is known as a natural or herbal cosmetics. For the healthy and nourish skin periodic cleansing requires which removes the dirt, dead skin, sebum other secretion. Extends the skin and their appendix by chemical topical application. This is useful for making skin charming and beautiful.

Cosmetic plays very important role in everyone's life to make joyful skin. Nowadays herbal cosmeceuticals are in demand due to less or no side effect. Hebal cosmeceutical usually contain plant part which posses antimicrobial, antiaging, antiacne, antioxidant property. The number of research has studied rice benefit namely good nutritional value, resistance to high blood pressure. The problem like blackhead, whiteheads, acne might irritate nowadays here scrubbing become useful. These natural ingredients such as reetha powder, orange peel powder which work to exfoliate, whiten and prevent free radical damage. Rose water are used to hydrate the skin. Neutralizes and herbal preservatives like neem and sandalwood are used in formulation. The preparation washroom evaluate for various parameters, such as Colour, odour consistency, pH, spreadibility, viscosity and foamability. the results form the evaluation indicated that the scrub was satisfactory after application after and was non irritating to the skin.

Key words

Scrubbing, cleansing, antiacne, whitening, neutralize.

INTRODUCTION :

Cosmetics Throughout History

The origin and evolution of cosmetics, from ancient times to the modern era.

Facial Scrubs and Exfoliation

Facial scrubs use mechanical or chemical means to exfoliate the skin, removing dead cells and promoting cell turnover. Herbal facial scrubs offer benefits such as reducing age-related changes and environmental damage.

Facial scrub is a cosmetic or a beauty product or a treatment which cleanses and exfoliates the skin of the face or body. Facial scrubs are beneficial to remove dirt, skin cells and sebum or oil, blackheads and Whiteheads. It helps to maintain skin appearance.[1]

There are three kinds of skin types, oily skin, sensitive skin and dry skin. For a person with dry skin must use the facial scrub, which contains the moisturizing and hydrating ingredients. If the person is having sensitive skin, he or she should use gentle scrub. And the person with oily skin should be using an exfoliation which prevents pimples dullness and breakouts and helps to control oiliness.[2]

Depending on the skin types facial scrubs are advised to use twice or thrice a week. But for the newbies, facial scrubs are recommended to use weekly. People with dry or sensitive skin types should only exfoliate one or two times a week. In some conditions, peoples with acne prone skin are recommended to use products containing salicylic acid and dermatologist-grade 4% glycolic and polyhydroxy acid complex. This helps to exfoliate skin and clear acne with giving smoother appearance.[3]

BENEFITS OF FACIAL SCRUB

1. Gets Rid Of Dead Skin Cells
2. Face Scrub Benefits By Unblocking Pores
3. Reduces Acne Scarring
4. Softens Your Skin
5. Removes Blackheads & Whiteheads

6. Improves Skin

Advantages:

1. Rejuvenation of the skin
2. Deals with flaky skin
3. Removes dead skin
4. Imparts glow to the skin
5. Removes scar

Disadvantages

1. for a sensitive skin can have a allergic reaction
2. Skin irritation
3. Inflammation

Materials can be used as active ingredient**1) Reetha powder**

Biological source:- sapindus mukoriasi tree

Family:- sapindaceae

Chemical constituents:-

Saponins: The fruit contains 10–11.5% saponins, and the roots, flowers, and galls contain triterpenoid saponins.

Fatty acids: The seeds contain fatty acids, including behenic, oleic, linoleic, palmitic, stearic, oleanolic, and sapindic acid. p-hydrobenzoic acid, and cinnamic acid.

Uses:- Reetha isn't limited to hair; it's also a fantastic addition to skincare routines. Its antimicrobial and cleansing attributes make it suitable for treating acne, removing dead skin cells, and promoting clear skin. When considering the benefits of reetha for skin, it's evident that reetha can be beneficial for skincare. Many people wonder, "Is reetha good for skin?" The answer is yes. Its natural properties make it a gentle yet effective solution for cleansing the skin without stripping it of essential oils. This quality is particularly advantageous for those with sensitive or acne-prone skin.

Also, reetha's ability to unclog pores can help reduce the occurrence of breakouts and blackheads, leaving your skin refreshed and rejuvenated. So, if you're looking to enhance your skincare routine naturally, don't underestimate the benefits of reetha for skin. In skincare, Reetha's benefits continue to shine. It's used in soaps, cleansers, and exfoliants, thanks to its ability to cleanse deeply without causing irritation.

Pharmacological activity:- Reetha for Skin Care

1. Fighting acne and breakouts: As an antibacterial, Reetha is essential in combating the bacteria that cause acne. It can also cleanse the skin while unclogging the pores, preventing blackheads or acne formation for healthier skin. Encouraging a youthful appearance: Reetha's gentle washing mechanism removes all the dry skin cells from the body, making the skin tone look more radiant and fresh.

2. A gentle cleanser for sensitive skin: It cleanses the skin without stripping its natural oils, unlike most chemical-based soaps. It helps leave the skin balanced and refreshed. So, it is recommended for people with sensitive skin or acne-prone skin.

3. **Anti-inflammatory:** Reetha's anti-inflammatory properties can treat skin disorders like acne, eczema, and psoriasis.

4. **Antimicrobial:** Reetha's antimicrobial properties can help control dandruff by reducing inflammation, regulating oil production, and inhibiting the growth of dandruff-causing fungi.

5. **Wound healing:** Reetha oil can help with wound healing.

6. **Anti-bacterial:** Reetha extract can stop the growth of bacteria like *Helicobacter pylori*.

7. **Anti-fungal:** Reetha extract can stop the growth of *Candida albicans*, which causes skin candidiasis infection.

8. **Skin moisturizing:** Reetha's moisturizing property can keep skin hydrated and prevent it from drying out.

9. **De-tanning:** Reetha may have de-tanning properties.

2) Amla powder

Biological source:- Indian gooseberry or *Phyllanthus emblica*

Family:- Euphorbiaceae

Chemical constituents:-

Amino acids: Amla contains many amino acids, including glutamic acid, proline, aspartate, alanine, and lysine.

Alkaloids: Amla contains alkaloids such as phyllantine and phyllantidine.

Polyphenols: Amla contains many polyphenols, including ellagic acid, gallic acid, chebulinic acid, chebulagic acid, aepigenin, quercetin, corilagin, and leutolin.

Uses:- It is loaded with antioxidants and Vitamin C that help to reduce dark spots, and hyperpigmentation, and restore the natural glow of skin. Amla powder acts as a blood purifier and nourishes skin as well. It helps to protect the skin from any damaging effects of environmental pollutants. Applying amla powder on the face has enormous benefits for the skin. One such is to get rid of all the dark spots and blackheads easily.

It is full of antioxidants that help make skin look brighter and glowing. Regular use of amla powder on the skin helps to prevent skin infections, damage, fine lines, and spots to appear. The sun's rays are often the reason for a lot of skin damage. Skin tan is a problem that occurs from a lot of sun exposure.

Pharmacological activity:-

Amla powder, also known as Indian gooseberry, has several pharmacological activities on the skin, including:

1. **Anti-aging:** Amla's antioxidant properties can reduce the number of free radicals in the body, which can help slow the aging process. Amla can also help prevent the breakdown of collagen, a protein that gives skin its firmness and flexibility.

2. **Skin lightening:** Amla can help lighten skin color.

3. **Improved skin elasticity and hydration:** Amla can help enhance skin elasticity and hydration.

4. **Reduced wrinkles:** Amla can help reduce wrinkles.

5. **Inhibits matrix metalloproteinases:** Amla can inhibit matrix metalloproteinases, which can help with skin aging.

6. **Promotes procollagen production:** Amla can promote the production of procollagen, which can help with skin aging.

7. **Protects from UVB-induced oxidative stress:** Amla can protect cells from oxidative stress caused by UVB.

8. **Deactivates MAPK signaling pathways:** Amla can deactivate MAPK signaling pathways, which can help with inflammation.

3) Neem powder

Biological source:- It is obtained from fully matured seed oil of *Azadirachta indica* Linn

Family :- meliaceae

Chemical constituents:-

Azadirachtin: The most important active constituent in neem leaves

Quercetin and β -sitosterol: Polyphenolic flavonoids found in fresh neem leaves that have antibacterial and antifungal properties

Nimbolinin, nimbin, nimbidin, nimbidol, sodium nimbinate, salannin, and gedunin: Other active constituents Alkaloids, triterpenes, flavonoids, and saponins: High amounts of these compounds are found in neem leaves

Uses:-One of the most important benefits of neem is its anti-ageing characteristics. It is known for reducing wrinkles, fine lines and also maintaining moisture levels.

Neem guards the skin against harmful UV radiation, pollution and other environmental causes because of its antioxidant capabilities. Vitamins and fatty acids present in neem help to retain skin suppleness and diminish wrinkles and fine lines. The antimicrobial qualities present in the neem help to reduce acne. It clears up outbreaks and also calms itchy skin. It can be trusted to treat acne because it includes ingredients that fight acne causing germs. Neem oil enters deeply into the skin and helps to lighten the scars. As a result, it minimises the appearance of scars and spots by increasing collagen formation and enhancing skin flexibility. Acne, pimples and burns can be treated with neem paste. Neem paste also aids in the treatment of scars.

Pharmacological activity:-

Neem powder has many potential pharmaceutical activities on the face, including:

1. **Anti-aging in neem:** Neem powder can reduce the appearance of wrinkles and fine lines. It can also help heal infected skin, pimples, and rashes.
2. **Antibacterial:** Neem's antibacterial properties can prevent skin infections and kill germs and bacteria from the skin.
3. **Skin brightening:** Neem powder can brighten up the skin tone and increase your skin's natural glow.
4. **Skin tightening:** Neem powder can tighten the skin pore.
5. **Skin moisturizing:** Neem powder can help get rid of dryness of the skin without making it oily.
6. **Skin pigmentation:** Neem powder can decrease skin pigmentation.
7. **Skin detoxification:** Neem powder can pull out the impurities from the skin, working effectively on blackheads and whiteheads.

4) **Aloe Vera**

Other names:-Aloe vulgairis Lamarek, Aloe barbadensis Mil., Aloe officinalis Forskal

Family:-Asphodelaceae

Uses:-Skin lotions, cosmetics, ointments, and gels for minor burns, skin abrasions, insect bites, and windburn **chemical constituents:-**

Vitamins: Vitamin A, C, E, and B12

Minerals: Zinc, copper, selenium, and calcium

Enzymes: Amylase, catalase, and peroxidase

Sugars: Monosaccharides like mannose-6-phosphate and polysaccharides like glucomannans Anthraquinones: Barbaloin,

isobarbaloin, aloesin, and aloeresin A **pharmacological**

activities :-

1.Wound healing:-Aloe vera can help with a variety of skin disorders, including burns, diabetic dermal wounds, and infectious wounds. It can increase collagen in wounds, change the composition of collagen, and increase collagen cross-linking.

2.Skin flexibility:-Aloe vera can increase the flexibility and reduce the fragility of the skin.

3.Moisturizing:-Aloe vera can improve the skin's ability to hydrate itself and remove dead skin cells.

4.Anti-aging:-Aloe vera can produce collagen and elastin fibers, which can make the skin more elastic and less wrinkled.

5.Softening:-Aloe vera can soften the skin by its cohesive action on superficial flaking epidermal cells.

Aloe vera contains many active components, including:

Vitamins A, C, E, and B12

Enzymes like Bradykinase, which helps reduce inflammation

Minerals

Sugars

Anthraquinones like aloin and emodin

Lignin

Saponins

Phenolic compounds

Hormones like auxins and gibberellins

Salicylic acid

5) Orange Peel

Biological source :- Citrus sinensis tree, a hybrid of the mandarin and pomelo trees

Family:- Rutaceae

Uses:-

Skin brightening: Orange peels contain citric acid, which can help brighten skin tone.

Exfoliating: Orange peels can help remove blackheads and unclog pores. **chemical compounds,**

including:

Essential oils:-Orange peels contain essential oils, including limonene, valencene, octanal, decanal, carvone, and limonene oxide.

Flavonoids and carotenoids:-Orange peels contain flavonoids and carotenoids, which give them antioxidant properties.

Pectin and cellulose:-Orange peels are rich in pectin and cellulose, which can be used to produce bioethanol or biogas.

Other chemical compounds:-Orange peels also contain steroids, terpenoids, alkane groups, ethyl esters, alpha and beta hydroxy acids, non-water miscible oil, and phenylethyl resorcinol. **pharmacological activities on the skin, including:**

1. Hesperidin: A flavonoid with antioxidant, anti-inflammatory, and anticarcinogenic properties. It may be used in skincare products to treat hyperpigmentation, UV radiation damage, and wound healing.
2. Antioxidants: Protect the skin from free radical damage and premature aging.
3. Antimicrobial properties: Combat acne-causing bacteria.
4. Vitamin C: Keeps skin supple, avoids dullness, and gives it a radiant, healthy appearance.
5. Limonene: Lowers the risk of cancer.
6. Collagen-stimulating: Stimulates collagen production.
7. Skin lightening: Lightens the skin and treats hyperpigmentation and uneven skin tone.
8. Orange peels can be used in skincare products to: Tighten pores, Control excess oil production, Remove dark spots and skin blemishes, and Function as a natural sunscreen.

Material and method

Collection and preparation

The herbal face scrub was composed of reetha powder, aloe vera, neem powder, amla powder, orange peel powder which was sourced from the herbal garden and some ingredients from local market in accordance with species chosen.

Reetha powder

1. Collect the reetha from reetha plant and washed to remove any dust or impurities
2. Then, the fruit were dried .
3. After drying, the fruit are blended to a fine powder with a grinding machine and passes through sieve.



Neem powder

1. The leaves of the neem plant are taken from the plant and washed to remove the dry or impurities
2. Then leaves were dried
3. After drying the leaves are blended to fine powder whit grinding machine and passes through sieve.



Aloe vera

1. The aloe vera leaves were collected from herbal garden.
2. The leaves were washed and cleaned to remove dust and other impurities
3. The aloe vera gel was extracted from leaves

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Amla powder

- 1.The amla are taken from the plant and washed to remove any dust and impurities.
- 2.Then the fruit were dried .
- 3.After drying, the leaves are blended to a fine powder with a grinding machine and passes through sieve.



Orange peel powder

- 1.peel your oranges and reserve the skins.
2. Dehydrate the orange peels in the sun or alternatively in a dehydrator for up to 24 hours.
- 3.Place the dehydrate orange peels in blender and combine until they become a fine powder.
- 4.Store in the fridge until you are ready to use.



Conclusion

In comparison to other cosmetic products available in the market, natural and herbal cosmetics are easy, safe and effective to use. One of the main reason of herbal products use is that they can be used for all skin types. The major use of herbal products is for health promotion and therapy for serious skin conditions. However, usage of traditional remedies increases when conventional products is ineffective or may causes harmful effects. The use of polyherbal face scrub gives effectiveness and healthier skin type . The antioxidant, antiseptic, anti aging effect of reetha, neem and amla enhance the importance of use of polyherbal face scrub.

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