



Formulation And Evaluation Of Herbal Face Pack

Pratap Abhishek, Martoli Jaya
Dev Bhoomi Institute of Pharmacy & Research
Assistant Professor, School of Pharmacy & Research

Abstract:- Our study focused on formulating and evaluating a herbal face pack as a natural skincare solution. We carefully selected herbs known for their beneficial properties and combined them to create the face pack. Through a series of tests and trials, we assessed its quality, safety, and effectiveness. Our findings indicate that the herbal face pack offers promising potential for nourishing and rejuvenating the skin. It demonstrated good safety profiles and showed efficacy in improving skin health and appearance.

The quest for effective and natural skincare products has led to the study of many botanical compounds known for their therapeutic properties. The combined health advantages of sandalwood, cinnamon, turmeric, neem leaf, are investigated in this study. . It contains bioactive ingredients like vitamins, minerals, and polysaccharides that could be good for your skin's condition. Neem leaves are a crucial part of therapies for skin infections and for clearing up the complexion since they possess both antibacterial and anti-fungal properties. Because of its anti-inflammatory and antioxidant properties, cinnamon may help improve blood flow and reduce inflammation of the skin. Turmeric has long been used to lighten skin because of its powerful anti-inflammatory and antioxidant properties.

Keyword: - combination of actions, skin care, Comforting, Hydrating, Complexion of Skin Health, Antimicrobial, anti fungal, antioxidant, and reducing inflammation Make it brighter

INTRODUCTION

Cosmetics are products and chemicals that are used to alter or enhance the appearance of the face and body. Their use may be traced back to the oldest civilisations, and they have long been an essential part of human society. Although cosmetics are mostly used to improve appearance, they can also be used for more beneficial purposes including improving hygiene and protecting skin.

Makeup is arguably the most well-known category of cosmetics. Among other things, it has products like blush, eyeshadow, lipstick, mascara, and foundation. Makeup can be used to improve facial appearance. Cosmetics are items that alter the appearance of the body. Any products used on the skin to improve, accentuate, or heighten beauty are considered cosmetics. Women primarily use makeup to take care of their skin.

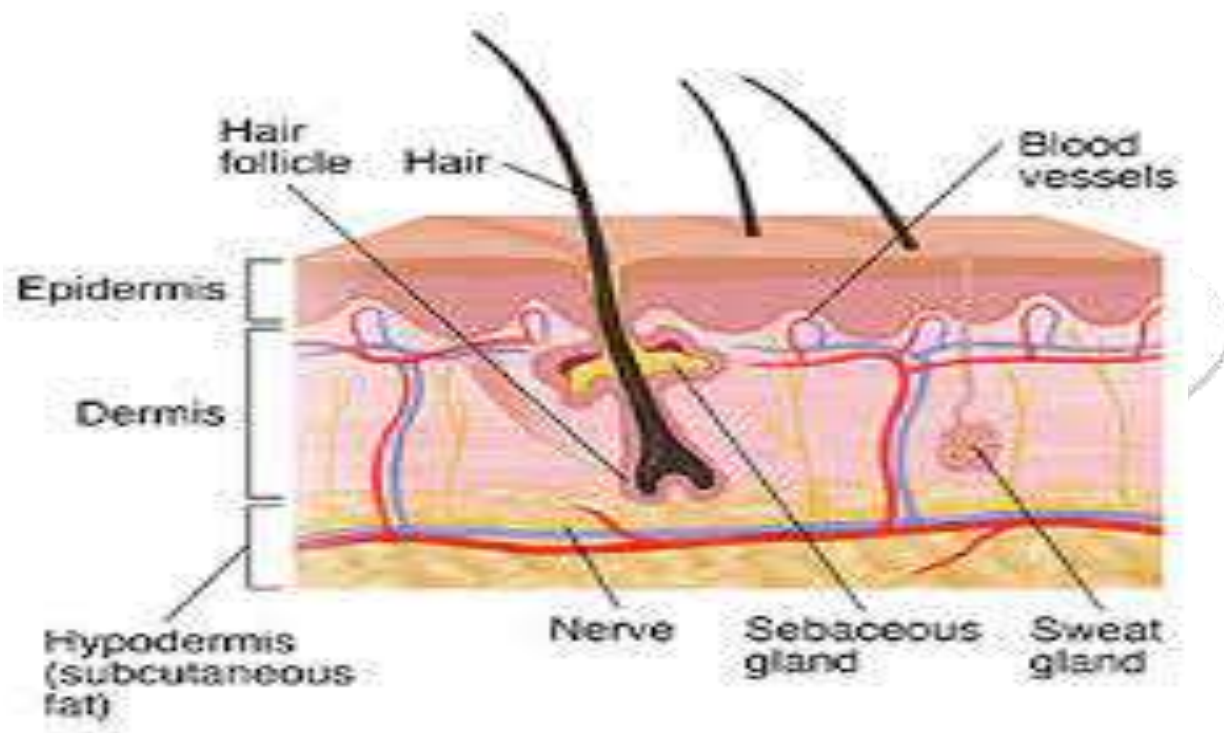
Cosmetics come in a wide variety of forms. Face cosmetics can be made from both natural and synthetic ingredients. Adverse effects are rare or nonexistent in natural substances. Cosmetics labeled as herbal also contain medications, dietary supplements, or other active components

Cosmetics are substances that are applied to the skin in order to improve, clean, enhance, or change one's appearance. Many herbs have been used for managing, cleaning, and decorating them since ancient times. The primary area of the body that shows one's health is the skin on the face. Cosmetics are available in many different forms, and each one has a specific purpose for the skin. Cosmetics are readily available items that are used to enhance one's look by beautifying, cleansing, and improving attractiveness. Numerous plants have been employed for management, cleaning, and aesthetic purposes since ancient times. The largest part of the body where a person's health could be revealed is their face. Lipids, carbohydrates, and amino acids are some of the components that make it up. Therefore, to keep the skin bright, glowing, and healthy, a balanced diet is required.

Skin :- The human skin is the organ most exposed to the external environment, making it the body's first line of defence against chemical and microbial threats. It preserves a microbiological ecology that is unique to each person and varies substantially over the body's surface. Recent studies suggest that the composition of skin microbiota and the use of makeup or deodorants may be connected.

Little is known about the chemicals that reside in the skin's microbiome or how skin care products impact it, despite the fact that it can last for years. Mass spectrometry can be used to identify host molecules and customised lifestyles including food, medications, and personal care items. No research has yet looked at how responsive the skin chemistry is, despite evaluations of the impact of brief dietary interventions on the gut microbiota.

Many natural ingredients, including skin-friendly herbs, are included in herbal face packs. Neem, turmeric, sandalwood, and rose petals are among the often utilised botanicals. While turmeric is well-known for its anti-inflammatory and skin-brightening benefits, neem is beneficial against acne due to its antibacterial qualities. Rose petals provide hydration and a natural glow, while sandalwood offers a calming scent and aids in cooling the skin. For a revitalising effect, these herbs are usually pounded into a fine powder and combined with yogurt, milk, or water to create a paste that is applied to the face. To make sure the herbal face pack is compatible with your skin type, you must do a patch test first. If you have certain skin concerns, always see a dermatologist or herbalist.



Face pack: -

A face pack, often known as a face mask, is a skincare product made of cosmetics. It is an application of a thick, paste-like or gel-like substance to the face that is left on for a set period of time before being rinsed off. Face packs are designed to provide various skin benefits based on their components and intended use. Some ingredients in hydrating face packs that help to hydrate and moisturise the skin are hyaluronic acid, aloe vera, and glycerin. They are beneficial for dry or dehydrated skin since they restore the skin's suppleness and youthfulness. Among the materials used in deep-cleansing face packs include mud, charcoal, and clay.

The smooth powder applied to the face is called a face pack. These solutions, applied to the face as pastes or liquids and left to dry and solidify into a film, tighten, nourish, and cleanse the skin. To enable all the water to drain, they are often left on the skin for ten to twenty-five minutes. After that, the resultant film contracts, solidifies, and becomes readily removable. The warming and tightening sensation of a face pack gives the impression of a refreshed face, while the colloidal and adsorption clays in these preparations remove oil and dirt from the facial skin.

Herbal face packs, a natural skincare solution, harness the power of botanical ingredients to rejuvenate and nourish the skin. Typically made from a blend of herbs, fruits, and other natural components, these packs offer numerous benefits. Ingredients like turmeric, sandalwood, neem, and rose water are commonly used for their antibacterial, anti-inflammatory, and moisturising properties.

Turmeric, with its anti-inflammatory and antiseptic properties, helps in reducing acne and brightening the complexion. Sandalwood is known for its cooling effect and ability to soothe irritated skin. Neem, a potent antibacterial and anti fungal agent, combats acne and other skin infections. Rose water provides hydration and helps maintain the skin's pH balance.

Applying a herbal face pack regularly can help in deep cleansing, tightening pores, reducing acne, and improving overall skin texture. It can also alleviate skin conditions like eczema and psoriasis. Additionally, the natural ingredients in these packs are less likely to cause allergic reactions compared to synthetic skincare products. However, it's essential to check for any allergies to specific herbs before use. Incorporating a herbal face pack into your skincare routine can promote healthier, glowing skin with fewer adverse effects compared to chemical-laden alternatives.

Benefits of Applying face pack:-

- Depending on the amount of herbs in it, it helps reduce acne, pimples, and scars.
- Preface Face packs exfoliate the skin frequently
- These face masks relax and soothe the skin.
- They help restore the skin's previous shine and brightness swiftly.
- Using natural face masks on a regular basis replenishes the skin, enhances skin texture and complexity, and leaves skin shining. Fruit face masks supply skin with essential nutrients.
- Adequate use of face masks can effectively mitigate the harmful effects of air pollution and extreme weather.
- They help keep skin from aging too rapidly.
Wrinkles, fine lines, and drooping skin can be effectively prevented by using natural face masks.
- When using natural face packs, skin seems youthful and healthy.

Aim and objectives

Aim:- To Formulation and evaluation of herbal face pack

Objectives:-

1. Skin Advantages
2. Component Choosing
3. Formulation Development
4. Examining Safety
5. Testing Efficacy
6. Aroma and Texture
7. Conformity of Packaging
8. Examination of Stability
9. User Contentment Regulatory Adherence

Material and methods

1. Neem leaf :- Because of its many skincare advantages, neem leaf powder is a staple in herbal face packs. Neem leaf powder, well known for its antibacterial, anti-inflammatory, and antioxidant qualities, helps calm inflamed skin, lessen inflammation, and fight acne. In addition to helping to tighten pores and control excessive oil production, its inherent astringent qualities also encourage smoother, more radiant skin. Neem leaf powder also helps to brighten complexion and prevent wrinkles and fine lines that come with ageing. Neem leaf powder has a strong blend of restorative and rejuvenating qualities that contribute significantly to the effectiveness of herbal face packs. This makes them a great option for holistic skincare regimens

Neem is antimicrobial, anti-inflammatory, and highly beneficial for oily and acne-prone skin. Several chemical components include antibacterial, anti-inflammatory, and anti-oxidant capabilities that have an anti-acne impact

In Ayurveda, the conventional Indian medical system, neem has long been used to treat a wide range of ailments. It is believed to have antibacterial, antiviral, anti fungal, anti-inflammatory, and immunomodulatory properties. Various bioactive compounds can be found in neem, including polysaccharides, alkaloids, essential oils, triterpenoids (like azadirachtin, nimbin, and nimbidin), and flavonoids (such quercetin and kaempferol). These components contribute to its therapeutic effects. Strong antibacterial qualities enable neem to effectively combat bacteria, fungi, and viruses. Infections of the mouth, skin, and urinary tract can all be fought off with its help.



2. Sandalwood:- Sandalwood powder is highly valued for its many skincare advantages and is often used in herbal face packs. Sandalwood powder, which is extracted from the heartwood of the Santalum album tree, has calming, antibacterial, and anti-inflammatory qualities that make it perfect for treating a range of skin conditions. It relieves inflammation, soothes sensitive skin, and helps with skin disorders including eczema and acne. Moreover, sandalwood powder improves skin tone, minimises dark spots, and adds a natural sheen. Its mild exfoliating effect leaves skin smoother and clearer by assisting in the removal of dead skin cells, clearing clogged pores, and encouraging cell renewal. Furthermore, the delicate scent of sandalwood powder gives herbal face packs an opulent sensory experience that makes them both efficacious and decadent for holistic skincare routines.



3. **Multani Miti:-**

Multani mitti, also known as Fuller's earth, is a natural clay that has been used in herbal face packs for millennia due to its numerous skincare advantages. This clay from Multan, Pakistan, is rich in minerals including silica, calcium, and magnesium, making it an effective ingredient for skincare products. In herbal face packs, multani mitti works as a strong cleanser, pulling away extra oil, dirt, and impurities from the skin's surface. Once dead skin cells are eliminated, the skin feels smoother and more invigorated due to its exfoliating properties. Additionally, by constricting the pores, it minimises their appearance and refines the skin's texture. The effectiveness of multani mitti in treating acne and flaws is widely recognised.



4. **Turmeric powder:-**

One of the many useful ingredients in herbal face packs is powdered turmeric. Its anti-inflammatory qualities contribute to bright, glowing skin by lowering redness, acne, and scars. Its antioxidants help fight free radicals, reducing premature aging, while its antibacterial qualities kill bacteria that cause acne. Turmeric is good for oily skin types since it also controls the production of excess oil. It also gives dull skin a natural glow by brightening it. Turmeric increases the effectiveness of face packs when mixed with other organic ingredients like honey, yogurt, or rose water, leaving the skin feeling renewed and energised. But before applying, people with sensitive skin should do a patch test because turmeric powder contains a wealth of bioactive components, including curcumin, it is a powerful ingredient in herbal face packs. Turmeric has therapeutic benefits in addition to cosmetic ones, such as mending wounds and relieving irritated skin. Its anti-inflammatory properties improve skin health by relieving psoriasis and eczema. Additionally, the natural exfoliating qualities of turmeric reveal a clearer complexion by gently removing dead skin cells. Regular application of face masks containing turmeric can enhance overall skin texture, reduce the appearance of dark spots, and level out skin tone. Although topical administration of turmeric is generally safe, people with allergies or certain medical issues should see a dermatologist before using turmeric.



5. Cinnamon powder :-

Because of its many health advantages, cinnamon powder, which is made from the bark of the Cinnamomum tree, has been used for generations in traditional medicine and cosmetic procedures. Cinnamon powder has several benefits for the skin when it is added to a herbal face pack. It's a great ingredient for people who break out easily because of its strong antibacterial qualities, which help fight bacteria that cause acne. Moreover, cinnamon has a high antioxidant content, which helps neutralize free radicals and shield the skin from harm and early aging. However, because cinnamon powder can irritate skin, especially sensitive skin, it must be used with caution in skincare products. Its effects can be lessened by diluting it with other calming and nutritious substances like honey, yogurt, or aloe vera gel.

Since cinnamon powder has so many skincare benefits, it's a common element in herbal face packs. Because of its antibacterial qualities, it effectively combats the germs that cause acne, minimising outbreaks and encouraging cleaner skin. Cinnamon also has a high antioxidant content, which neutralises free radicals to shield the skin from the sun and early aging. Its capacity to increase blood circulation improves the health of the skin and results in a glowing appearance. Moreover, cinnamon has a mild exfoliating effect that helps remove dead skin cells from the skin and exposes skin that is smoother and more luminous. Cinnamon can irritate skin, so it's best to take caution while applying it there, especially if you have sensitive skin. This risk can be reduced by combining cinnamon powder with calming substances like honey or yogurt.



6. Masur Dal :-

Red lentils, sometimes referred to as mahi dal, have long been a mainstay in Indian kitchens, valued for their many culinary applications as well as their numerous skincare advantages. Its high nutrient profile and mild exfoliating abilities have made it a popular element in herbal face packs in recent years. Masur dal, when ground into a fine powder and combined with other natural ingredients such as turmeric, rose water, and powdered sandalwood, creates a powerful face pack that exfoliates dead skin cells and leaves the complexion brighter. Because of its high protein content, the skin is left feeling nourished, renewed, and beautiful. Moreover, masur dal is well known for having anti-inflammatory qualities, which makes it helpful for relieving inflamed. :-

The accurate quantity of ingredients were weighed and ground into fine powder by sieve #120 Then the all ingredients are mixed geometrically by serial dilution method for uniform mixing Then the prepared face pack into a self sealable polyethylene bag labelled and used for further studies.

Procedure of face pack application

Take prepared face pack in bowl as per the requirement and add rose water to mix
Mix well and apply over the facial skin
Cover the acne and blemishes spots too
Keep as it is for complete drying for 20 to 25 min and then wash with cold water

Evaluation of herbal face pack

Morphological Evaluation:

Morphological evaluation of herbal face pack comprised of ingredients like Multani mitti , cinnamon , sandalwood , masur dal involves his physical characteristics, texture, columnists and particle size distribution .

Physiochemical Evaluation:

In order to determine a herbal face pack's composition, stability, and effectiveness, its physical and chemical properties must be evaluated. This process is known as physicochemical evaluation

Phytochemical Evaluation:

The aqueous extract of the herbal face pack was evaluated for the presence of different phytoconstituents as per the standard procedures.

Irritancy Test :

On the left dorsal surface, mark a square centimetre. A specific area was covered with a set number of prepared face packs, and the application time was recorded. For a full day, irritability, erythema, and oedema were monitored and reported at regular intervals.

Stability studies

The method used to assess the security of the organised definition involved storing it for a month at different temperatures. Tone, fragrance, pH, consistency, and feel were among the physical parameters evaluated.

Conclusion:-

Because herbal face packs are made with natural substances and have few adverse effects, their formulation and assessment show great promise for skincare. Herbal face packs are formulated with precision to address a range of skin types and concerns. Different herbs are blended for their unique advantages, such as antioxidant, anti-inflammatory, and moisturising qualities. Products are tested for safety and efficacy using methods such as stability tests, pH testing, and sensory analysis. The validity and reliability of the results are increased when references from reliable sources, such as textbooks and scientific publications, are included. As a natural option for consumers seeking to preserve healthy, glowing skin, the creation and evaluation of herbal face packs highlight their significance in the skincare sector.

Reference

- Kumar, R., et al. "Herbal Face Packs for Skin Diseases: A Review." *Journal of Chemical and Pharmaceutical Research*, vol. 7, no. 11, 2015, pp. 1316-1321.
- Srinivasan, K., & Shivanandappa, T. (2020). Review on phytochemical constituents and pharmacological activities of *Azadirachta indica*. *Asian Journal of Pharmacy and Pharmacology*, 6(1), 7-14.
- Pawar, H. A., et al. (2017). Herbal face pack formulation and evaluation. *Journal of Pharmacognosy and Phytochemistry*, 6(6), 280-283.
- Manandhar, M. D., et al. (2017). Phytochemical and pharmacological aspects of turmeric (*Curcuma longa*): A review. *Journal of Pharmacognosy and Phytochemistry*, 6(6), 1947-1954.
- Singh, S., et al. (2019). Techniques of extraction of medicinal plants. *Journal of Natural Remedies*, 19(1), 5-15.
- - Ali, S., et al. (2020). Clinical trials on herbal face packs: A systematic review. *International Journal of Pharmacognosy*, 7(3), 99-107.
- Nayak, B. S., et al. (2019). Standardization and quality control parameters for the formulation of herbal face pack. *International Journal of Green Pharmacy*, 13(1), 25-29.
- Sharma, S., et al. (2017). Formulation and evaluation of herbal face pack containing leaves extract of *Ocimum sanctum*. *Asian Journal of Pharmaceutical and Clinical Research*, 10(10), 363-366.
- Kaur, H., et al. (2019). Formulation and evaluation of herbal face pack containing aqueous extract of *Syzygium aromaticum*. *Journal of Drug Delivery and Therapeutics*, 9(3), 329-333.
- Kumar, M., et al. (2018). Formulation and evaluation of herbal face pack containing *Azadirachta indica* leaves extract. *International Journal of Research in Pharmaceutical Sciences*, 9(1), 101-108.
- Chaudhary, A., & Pundir, A. (2019). Formulation and evaluation of herbal face pack containing methanolic extract of *Centella asiatica*. *International Journal of Research in Pharmaceutical Sciences*, 10(3), 2055-2061.
- Verma, S., & Aggarwal, A. K. (2013). Formulation and evaluation of herbal face pack of *Rosa indica*. *International Journal of Green Pharmacy*, 7(1), 47-52.
- Gupta, R., Sharma, S., & Chauhan, N. S. (2019). Formulation and evaluation of herbal face pack of *Rubia cordifolia*. *Asian Journal of Pharmaceutical and Clinical Research*, 12(1), 38-43.
- Saxena, S., & Mishra, A. (2017). Formulation and evaluation of herbal face pack of *Syzygium aromaticum*. *International Journal of Herbal Medicine*, 5(2), 107-112.

- Kumari, S., & Kishore, N. (2014). Formulation and evaluation of herbal face pack of *Trigonella foenum-graecum*. *International Journal of Herbal Medicine*, 2(3), 84-89.
- Singh, P., & Srivastava, M. (2016). Formulation and evaluation of herbal face pack of *Withania somnifera*. *Journal of Pharmacognosy and Phytochemistry*, 5(6), 127-130.
- Gupta, A., Upadhyay, N., Saneja, A., & Sharma, S. (2018). Herbal face packs: An ancient modality for facial rejuvenation. *Journal of Cosmetology & Trichology*, 4(2), 1-5.
- Sharma, A., Bhat, T. K., & Handa, S. S. (2005). Estimation of different parameters in cosmetic herbal formulations. *International Journal of Cosmetic Science*, 27(6), 335-341.
- Kumari, A., Kakkar, S., & Saini, K. (2019). Formulation and evaluation of herbal face pack. *Asian Journal of Pharmaceutical and Clinical Research*, 12(1), 347-353.
- Patel, A., Shah, K., & Patel, M. (2018). Formulation and evaluation of herbal face pack. *Journal of Chemical and Pharmaceutical Research*, 10(5), 34-40.
- Tiwari, R., Singh, R., & Singh, M. (2019). Formulation and evaluation of herbal face pack of *Azadirachta indica*. *International Journal of Chemical Studies*, 7(3), 2703-2708.
- Mishra, A., & Joshi, A. (2016). Formulation and evaluation of herbal face pack. *Journal of Pharmacognosy and Phytochemistry*, 5(4), 295-300.
- Jain, V., & Jain, A. K. (2015). Herbal face packs: An overview. *International Journal of Pharmaceutical Sciences and Research*, 6(6), 2315-2323.
- Sood, S., Rathi, R., Kaur, G., Kaur, N., & Singh, M. (2013). Formulation and evaluation of herbal face pack. *International Journal of Pharmaceutical Sciences and Research*, 4(3), 1253-1258.