

A REVIEW ON FORMULATION AND EVALUATION OF HERBAL SCRUB

ABSTRACT

Most of the marketed cosmetics when applied on the skin cause dryness of skin after its long term use which results in less life of skin problems of acne and redness. Solution for this problem is use of scrub gel once or twice in week which consist all herbal ingredients which increases cleansing, softening, moisturizing, fairness of skin. In the present work we have formulated the herbal facial scrub by using a different herbal powders and it was evaluated by using the parameters like smoothness, appearance, spreadability, irritation etc.

Keywords : Scrub gel, softening, and cleansing, moisturizing, fairness

INTRODUCTION

Herbal cosmetics are prepared by the association of bioactive ingredients and pharmaceutical products. The presence of number of photochemical and botanicals in the herbal products have dual significance, one that they are used as cosmetics for body care and another that photochemical improve the biological functions of human body naturally results in healthy skin. As the realization said that the chemical medicines are not always work as magic bullets and they may have side effects. The current trend moves toward the herbalism and use of natural products. Indian herbs are the richest source to be used in cosmetic industries. Herbal cosmetics were gaining tremendous demand in the world market. There is a wide range of herbal cosmetic products used as beauty regime to satisfy the purpose of beautification.

Scrub is formulated to remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grime, sebum and other secretions, dead cells, crusts and applied make-ups.

A gel is a solid or semisolid system of at least two constituents, consisting of a condensed mass enclosing and interpenetrated by a liquid. Gels and jellies are composed of small amount of solids dispersed in relatively large amount of liquid, yet they possess more solid-like than liquid-like character. The characteristic of gel and jelly is the presence of some form of cutaneous structure, which provides solid-like properties.

MATERIAL USED

1. Wheat cover powder :



- **Synonym** – cereal.
- **Biological source** - It consists of dried seed covers of *Triticum aestivum* belonging to family Poaceae.
- **Description-**
Colour - White
Odour – Sweet
Taste- Sweet
- **Chief chemical constituents** - Bran fibre, Cellulose and pentosans
- **Uses** - Provides Nourishment, Protects Against Sun Damage, Fights Acne

2. Neem Leaves Powder :



- **Synonym** – Nim
- **Biological source-** It consists of dried leaves of *Azadirachta indica* belonging to family *Meliaceae*.
- **Description-**
Colour - Green
Odour - Pungent
Taste - Bitter
- **Chief chemical constituents-** Nimbinin, Nimbidin, Quercetin
- **Uses-** Skin toner, Lightens skin blemishes, Remove blackheads

3. Turmeric Powder :



- **Synonym-** Curcuma longa
- **Biological source-** It consists of dried rhizomes of *Curcuma longa L* belonging to family *Zingiberaceae*.
- **Description-** Colour
- Yellow
Odour -
Aromatic
Taste -
Bitter
- **Chief Chemical constituents-** Curcumin, Curcuminoids.
- **Uses-** Reduce acne, Glowing skin, Lightens skin.

4. Orange Peel Powder :



- **Synonym -** Orange zest
- **Biological source-** It consists of dried fruits of *Citrus sinensis* belonging to family *Rutaceae*.
- **Description-**
Colour- Dark orange red
Odour –
Aromatic
Taste – Bitter
- **Chief chemical constituents-** Terpenes, Carotenoids, Flavonoids
- **Uses-** Reduce skin marks, skin spots, Help to skin whitening, Treat pimples, acne

5. Sandalwood Powder :



- **Synonym-** Sandalwood tree
- **Biological source** – It consists of dried bark of *Santalum album* belonging to family *Santalaceae*.
- **Description-** Colour- Brown
Odour - Aromatic
Taste – Unpleasant
- **Chief chemical constituents-** Santalol, Cedrol, Esters
- **Uses** - Soothe sunburn, Remove suntan, Reduce signs of aging skin

6. Multtani Mitti :



- **Synonym-** Multan clay
- **Biological source-** It consists of hydrous aluminum silicates (clayminerals).
- **Description-**
Colour- White
Odour - Pleasant
Taste – Pleasant
- **Chief chemical constituents-** Montmorillonite, Kaolinite, Attapulgit
- **Uses-** Nourishes skin, Reduce oiliness, Remove blackheads

7. Honey :



- **Synonym-** Shahad
- **Biological source-** It consists of saccharine liquid prepared from the nectar of the flowers by the hive-bee *Apis mellifica* belonging to family *Apidae*.
- **Description-**
Colour- Yellow brown coloured liquid
Odour – Sweet
Taste – Sweet
- **Chief chemical constituents-** Dextrose and laevulose (70-80%) Dextrin (0.06-1.25%), Proteins
- **Uses-** Good for wrinkles and aging, Prevent acne, Remove dirt from pores.

8. Rose water :



- **Synonym-** Attar of rose, lavender water, scented liquid.
- **Biological source-** Rose water is obtained from sepals and petals of *Rosa damascena* through steam distillation.
- **Family-** Rosaceae.
- **Description-**
 Colour- a light pink-blush color.
 Odour- exactly like fresh petals.
 Taste- Predominantly floral flavor that is not quite savory, and not quite sweet.
- **Chief chemical constituent-** The volatiles mainly consist of 2-phenylethanol, linalool, citronellol, nerol, geraniol, etc.
- **Uses-** Smoothens skin irritation, reduce skin redness, heals cuts and scars, treat burns.

METHODS OF COLLECTION

1. Collection of Orange peel powder:

Fresh orange were collected from college botany garden. The orange were washed well using tap water. The peel is separated, then the pulp of orange was separated and cutting them into small pieces then it was dried in shade for a period of 3-4 days. The dried samples were grinded properly grinder to obtain the powdered form. Pass through sieve no. 60.

2. Collection of Neem leaves powder :

Fresh neem leaves were collected from college campus. Fresh neem leaves were dried in shade for 4-5 days. These leaves are grinded properly using mixture to obtain and pass through sieve no. 60.

3. Collection of Tulsi leaves powder :

Fresh tulsi leaves were collected from college campus. They were dried in shade for 3-5 days. Then grinded properly to form powder. Pass through sieve no. 60.

4. Collection of Wheat cover powder :

Wheat was soaked in the water for 3-4 days then crushed, squeezed and separated the covers and pass through sieve no. 60.

5. Other ingredients like turmeric, multani mitti, sandalwood, honey, rose water were collected from local market.

FORMULATION

Sr. No.	Crude Drug	Quantity	Uses
1.	Wheat cover powder	1%	Provides Nourishment
2.	Neem leaves powder	1%	Remove blackheads
3.	Turmeric powder	1%	Glowing skin
4.	Orange powder	1%	Treat pimples
5.	Sandalwood powder	1%	Soothe sunburn
6.	Multani mitti	1%	Remove blackheads
7.	Honey	0.5%	Good for wrinkles and aging
8.	Rose water	q.s.	Vehicle

METHOD OF PREPARATION

1. Add measured quantity of powdered herbs in it.
2. Make up the volume and stored in the suitable well-closed container.



EVALUATION

To evaluate the quality of prepared formulation, several quality tests were performed.

1. Colour :

The colour of the face scrub was checked by visually.

2. Odour :

The formulation was evaluated for its odour by smelling it.

3. Consistency :

It was determined manually.

4. pH:

pH of 1% solution of the formulation was measured by using a calibrated digital pH meter at constant temperature.

5. Washability :

Formulation were applied on the skin easily remove by washing with water were checked manually.

6. Spreadability :

The spread ability of the gel was found manually by applying the on the skin with hand or face gentlerub which easily spread through the face.

7. Rheological study :

The viscosity of the developed scrub gel formulation was determined by using Brookfield viscometer(DV- Eviscometer) with spindle no.62

8. Sensitivity :

The formulated preparation applied on human volunteer's (hand and face) and observe for any sideeffects.

RESULT

1. **Colour-** Yellow
2. **Odour-** Pleasant
3. **Consistency-** Good
4. **pH-** pH of formulation was found to be 4.2.
5. **Washability-**Formulation easily removed by washing with water.
6. **Rheological study-**Viscosity of formulation was found to be 505 cp at 20 rpm, 50% Torque and S-62.
7. **Sensitivity-**No any irritation, itching and redness occurs when applied on the human skin.



CONCLUSION

The scrub was prepared by using various crud drugs powders and evaluated by various parameters which report prepared formulation has good consistency, better result and does not have side effects. From given study, it can be conclude that prepared herbal formulation exhibited satisfactory results.

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