

REVIEW ON HERBAL SCRUB

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ABSTRACT

Scrubbing Soap are the agents which are use to remove the dead cell from skin , pigmentation and blackheads, white heads and make skin glowing, smooth, soft and healthy. Scrub can be directly applied onto the skin by gently massage is recommended on application of the scrub which helps to improve blood circulation and increase oxygen supply to all surface of the skin. In today's human life face scrubs are quite popular and achieved more amount of success in low cost. The prepared scrub was evaluated using varies parameters and was found to be satisfactory after application of the scrub it was non irritant to skin and the skin became even more softer.

Key words: Pigmentation ,White heads, Black heads, Glowing skin etc.

INTRODUCTION

Cosmetics are defined as “the products used for the purposes of cleansing, beautifying, promoting attractiveness or alternating the appearance of body”. Body scrub ingredients can be made from synthetic and natural ingredients. On regular use of scrubs ,skin become glowing, smooth, soft and healthy because dead cells of skin are removed and exposing new skin cell. Different evaluations tests are carried out for the prepared herbal this formulation, such as appearance, Spreadability, irritability, PH, washability, etc. Thus, the prepared formulation of body scrub was effective for healthy, clear and glowing skin.

Ayurveda is India's holistic healthcare system and science of life that goes as far back as 5,000 years. The Ayurvedic use of dry body brushing is called Gharsana, in a process done to stimulate circulation and blood flow. Traditionally, raw silk or linen gloves were also used. The Ancient Egyptians are credited as the pioneers of extraordinary beauty rituals. They were said to have originated the dry body brushing technique, and were also known to use pumice stones. Additionally, they discovered that the lactic acids found in sour milk and wine were great for skin renewal too - the first known use of chemical exfoliants. Exfoliation refers to the removal of old skin cells from the body's surface. the body has its own natural skin renewal process, and it's called 'desquamation'. This is an incredibly unsexy name, so we'll stick to calling it natural skin renewal. It takes around 28-30 days for the outer layers of skin to shed off on its own, however this process slows down over time.⁴ When scrubbed against the skin, the beads polish the skin by removing the dead skin cells from the top layer of the skin. The steps involved to use a micro-bead scrub include softening the skin using lukewarm water, gently scrubbing the product against the skin in circular motions, and rinsing the product off the skin.



Fig.1 Body Scrub

ADVANTAGES:

- Body scrubs remove dead skin cells, and so provide several benefits.
- They allow your skin to absorb moisturizer better. By doing dead skin cell buildup, any moisturizer applied afterward will soak into the skin more thoroughly.
- They unclog pores and prevent ingrown hairs.
- They leave your skin smoother and more even.

DISADVANTAGES:

- Hard scrubbing motions and hard scrubbing chemicals may cause skin irritation including redness, inflammation.
- Over scrubbing can result in open pores which are exposed to pollution and UV rays at the same time.



Fig.2 Benefits of body scrub

General Scrubbing Agents :

1.Fenugreek :



Fig.3 Fenugreek seeds

Glowing Skin: The presence of vitamin C in fenugreek seeds lightens the skin complexion and gives it a beautiful glow⁵. **Cleanses Skin, Facial Toner ,Exfoliates Skin:** It not only removes the dead skin cells but also reduces excess oil from the skin. **Moisturizes Skin:** Fenugreek seeds nourish and moisturize the skin by removing all the dryness.⁶ **Reduces Blemishes and Dark Circles:** Fenugreek seeds contain vitamin K and vitamin C that help in reducing blemishes and dark circles from the skin⁷ **It having Anti-Aging Properties:** It kills the free radicals which cause wrinkles and dark spots on the skin. **Cure Acne:** Fenugreek seeds are enriched with antibacterial properties which can help to cure acne.⁸

2.Coffee:



Fig.4 Coffee

Coffee has various benefits in skin and hair care, such as: **Exfoliates:** Coffee grounds don't dissolve when added to water. This makes them perfect being the main ingredient in exfoliating scrubs. The removal of dead skin and the nourishing of the skin are easily some of a coffee face mask's benefits. **Cleans and Nourishes the Feet.** **Fights Acne:** The stimulants, acids, and antioxidants found in coffee make it the perfect scrub and/or face mask to use on acne to completely clean the pores.

3.Walnut :



Fig.5 Walnut shell

The natural walnut shell particles exfoliate dead skin cells and skin impurities which may cause blackheads and whiteheads. It helps in nourishing and revitalizing the skin, leaving it smoother, velvety and beautiful.

4.Poppy seeds:**Fig.6 Poppy seeds**

The use of poppy seeds in all-natural skin care products is becoming very popular due to their gentle yet very effective exfoliation properties. Mild enough for everyday use, poppy seeds used in soaps and scrubs bring back that youthful appearance to your skin. They also remove impurities and built-up oils and grime.

5.Himalayan Pink Salt:**Fig.7 Himalayan pink salt**

Pink Himalayan Salt is a natural exfoliant that sloughs away dead skin cells and stimulates circulation to create a healthy glow.

6.Oats :**Fig.8 Oats**

Oats Exfoliators soaks up the excess oil on your skin ,unclog the pores and reduces the risk of blackheads. and acne. They remove the dirt and exfoliate the skin. It has anti-inflammatory properties that absorb, remove oil and bacteria from skin. Oats

Exfoliator enriched with Amino acids and Vitamin B helps in removal of the oldest dead skin cells on the skin's outermost surface, and gives you a fresh, glowing and youthful skin.

METHOD OF PREPARATION

1. Combine sea salt and oil in a mixing bowl.
2. Mix thoroughly all the ingredients.
3. If desired, add one or two drops of your favourite essential oil and stir it into the mixture.
4. Once you're satisfied with the consistency and fragrance of your scrub, spoon it into a container.



Fig.9 Mixing steps



Fig.10 Scrubs

EVALUATION PARAMETERS

The prepared scrub was evaluated for appearance, PH, consistency, spreadability, viscosity ,irritability,washability,extrudability,grittiness,foamability,patch test, stability study.

1.Appearance: The prepared scrub was evaluated for its colour and odour.

2.PH: Ph of the scrub was evaluated by using ph paper .small amount of scrubs applied on ph paper.

3.Consistency: It was found to be semi solid visual observation.

4.Spreadibility :Two slide are taken and small amount of scrub was placed on the glass slide and another glass slide was placed on the gel. A wooden weight was placed on it . The time required for the scrub to spread and the area was measured. The amount and the area of scrub on glass slide represent the efficiency of spreadability.

5.Extrudability: Small amount of scrub was taken into collapsible tube. One end open and other kept closed .slight pressure applied on closed side. The time taken to extrude the amount of scrub extruded was noted.

6.Viscosity: Brookfield viscometer was used to measure the viscosity of scrub.

7.Irritability:Small amount of scrub was applied on skin and kept for few min. To be non irritant.

8.Washability: Little quantity of scrub was applied over the skin and was washed with water. formulation on applied on skin was easily removed by washing with water tested manually.

9.Grittiness: This test is checked for the presence of any gritty particle by applying it on the skin.

10.Foamability: Small amount of formulation was taken in a measuring cylinder and water in it ad shake for 10 times and note the final volume.

11.Patch test: Patch testing is well established method for diagnosing the hypersensitivity as well as to determine the potential of the substance to cause allergic reaction on skin. In patch test reaction of formulation on skin is observed in 2-3 days.



Fig.11 Patch Test of Scrub

12.Stability Study: Stability of formulation was tested by filling the scrub in place containers and plcing it in humidity chamber at 45c and 75% relative humidity. The stability of formulation was inspected for 3 months at interval of 1 month each.

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CONCLUSION

The above results suggest that the new scrub formulation is safe to use, and the coffee powder used to get good effects as a scrubbing agent. The majority of the substances are natural, and there are low chances of adverse effects. It is suitable for all skin types, including dry, oily, and normal. It produces better results and leaves the skin looking radiant and bright. A less amount of the mixture was applied to the dorsal area of the hand for some times and found to be edema, non-irritating, with no redness or other adverse effects.

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