

# PREPARATION AND EVALUATION OF HARBAL SKIN CARE FACEPACK

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## Abstract

*The aim of this study is to prepare and evaluate herbal treatment of inflamed skin using natural medicinal plants. Natural herbal ingredients such as manjistha powder, banana powder, red pepper powder, rose petal powder, sandalwood powder were purchased in dry powder form from the local market, and aloe vera was purchased from the factory. All powders were sieved using a #85 sieve, carefully weighed and mixed geometrically to ensure uniformity, and evaluated on Parameters, including morphology, physicochemical, physical, phytochemical, irritation, and stability assessments. Therefore, in this study, we designed face plants that can be easily made with easily available materials. After testing, we discovered that the face mask has good properties, does not irritate the skin and remains stable even after proper storage. The results of the research have scientifically proven that facial herbs have sufficient capacity to provide a positive effect on the skin. Research is often useful in validating products that claim to benefit humans.*

**Keywords :** Skin, Herbal face pack, Formulation, Evaluation.

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## Introduction

Face masks mentioned in Ayurveda help women get rid of wrinkles, dark circles, freckles and acne. Herbal face masks improve the balance of the skin. We can get great benefits from facial masks depending on our skin type. These face masks improve skin tone and are a good Ayurvedic treatment to improve fairness. Facial masks are one of the oldest and best ways to cleanse the skin. Ayurveda describes different types of facial masks that are nourishing, cleansing, healing, astringent and antiseptic. We can prepare a package at home with basic items found at home and in the kitchen. Facial treatments are cheap and have no side effects to get healthy skin naturally. Since ancient times, people have used medicinal plants for cleansing, beauty and care.

Since prehistoric times, people have known about using plants for their important role in maintaining healthy skin. Cosmetic oils are products commonly used to cleanse, beautify and promote beauty. Facial skin is the largest part of the body and reflects a person's health. In Ayurveda, a herbal pack/paste called "mukhalepa" is used as facial care. This herbal pack/paste is used to treat acne, pimples, scars, blemishes, and pigment spots. The biggest advantage of using this face cream is that it is pure and has no harmful effects on the human body. People's skin is sensitive and if not properly cared for, it can be exposed to the sun, other pollutants, etc. their skin darkens due to overexposure. This face mask has natural brightening properties and can be easily prepared at home. Facial masks with natural ingredients rich in essential vitamins are essential for healthy and glowing skin.

This Ingredients have been proven to benefit the skin in many ways. Face masks are generally easy to use. They increase blood flow in facial vessels and thus improve skin health. A good herbal mask should provide the skin with essential nutrients available in the form of a loose powder used for external purposes. It must penetrate deeply into the lower layers to provide the necessary nutrients.

## Benefits of Herbal Skin Care

1. Nourishes the skin. Fruit packs provide essential nutrients to the skin.
2. According to herbs, it helps in reducing acne, pimples, scars and blemishes.
3. Facial masks usually remove dead skin cells.

4. These face masks have a soothing and soothing effect on the skin.
5. They help the skin regain its lost shine and radiance in a short time.
6. Regular use of facial masks naturally brightens the skin and improves skin texture and appearance.
7. The adverse effects of pollution and harsh weather conditions can be effectively prevented by using responsive packaging.
8. They help prevent premature aging.
9. The appearance of wrinkles, fine lines and sagging skin can be effectively prevented with regular packs.
10. This natural face mask makes skin look younger and healthier.

## Materials and method

### Materials 1.Manjishta



Belonging to the Rubiaceae family, Manjistha is a climbing or green plant with a red rhizome base and roots. It can grow up to 1.5 meters. The body is smooth and four-sided. The leaves are dark green, green in groups of 4-7 around the trunk, arranged in a spiral of four at the node, and oval in the middle, like a tall tree. When used externally and internally, it helps brighten and brighten the skin and helps remove acne, Freckles and pigment spots. The paste should be used for various skin diseases such as acne, black spots on the face, acne, leucoderma.

**Uses:** Blood purifier, Antibacterial and Antimicrobial, Antibacterial and Antimicrobial, Anti-inflammatory, Antispasmodic, Immune Booster, Anxiety.

### Banana peel powder:



Banana peel has antifungal and antibiotic properties. The ripe peel and flesh also contain a natural antibiotic that works against Mycobacterium, Norepinephrine, dopamine and serotonin.

### **Aloe Vera**



Aloe vera is probably the most commonly used. This is because the gel-like components of the plant appear to restore the skin to the level of minor ailments. The gel contains vitamin E, which has an excellent effect in preventing skin aging and skin irritation. Aloe Vera juice brightens the skin, makes it more harmonious, prevents skin aging and reduces fine lines and wrinkles. MultaniMitti Those facing bad skin effects will find relief in Aloe Vera. Aloe vera can be readily available as a moisturizer, gel, cleanser or skin care product for use on the skin.

### **Red lentils**



Works as a skin cleanser: Dal Masoor Dal is rich in various nutrients such as proteins, minerals and vitamins. It works great as a skin cleanser and removes all impurities from the skin. Masoor Dal is good and strengthens the skin and helps remove wrinkles and fine lines. It is a gentle and natural anti-aging treatment. Red beans have an antioxidant effect that eliminates free radicals. It is good for dark skin, acne-prone skin, acne and various other skin problems.

**Rose petals powder**



Rose petal powder is rich in antibacterial and beneficial effects of vitamins K, C and B. It is also rich in antioxidants<sup>12</sup>.

**Sandalwood powder**



Sandalwood has anti-aging and anti-aging properties. Sandalwood protects the skin against the effects of pollution and keeps the skin cool, supple and healthy. Sandalwood is an Ayurvedic herb with anti-inflammatory properties that is used to treat various skin conditions and remove scars. The oil in sandalwood, especially its heartwood, is the main source of commercial and cultural activities. If your skin is oily, you can use it to remove dark spots.

**Formulation of herbal face pack**

Sr.no	Ingredients	Quantity for 20gm	Properties
1.	Manjishta extract	10ml	Anti-bacterial
2.	Banana peel powder	1gm	Anti -fungal
3.	Aloe Vera gel	2gm	Smoothing
4.	Red lentils	1gm	Anti oxidant
5.	Rose petals powder	1gm	Anti bacterial
6.	Sandalwood powder	2gm	Anti tanning
7.	Glycerine	3ml	Skin hydration,
8.	Methyl paraben	0.4gm	Preservative

## Preparation method

The powder of all ingredients is not mixed and passed through a #85 grinder; Here all the components of the powder are mixed in a special way using a mortar and pestle. Add 10 ml of manjishta (liquor) and mix well with the paste. Add preservatives like glycerin and methylparaben and the mixture is good. Store in a tightly closed container.

## Avoiding and Using Facial Creams

1. Choose facial masks according to your skin type.
2. The facial scrub should not be left on the face for more than 15-20 minutes. Long-term exposure can cause wrinkles, sagging skin, and enlargement of pores.
3. Do not place the face mask near the “eye area”. The skin around the eyes is sensitive.
4. Use the face mask for a week. Do not attempt to remove or dry the drysuit.
5. Apply water to your face before removing the dry suit. After removing the ice cube mask on the facial skin, it helps to open the pores and tighten the skin.

## Evaluation of herbal face pack

### 1. Organoleptic evaluation

Organoleptic parameters, including texture, colour, aroma, texture and consistency, were manually evaluated for physical properties.

### 2. Irritancy Test

Total number of ready-made face masks used during a specific period observed Irritancy  
Redness  
Swelling

### 3. RHEOLOGICAL ANALYSIS

#### Tapped Density:

Tapped Density is the amount of mass obtained after pressing in the machine containing the powder material. After the size of the initial powder or mass is observed, the measuring cylinder or barrel is measured in the machine for 1 minute and the dimensions or overall measurements are taken until the smallest size or largest change is observed. It is expressed in grams per cubic centimeter.

#### Bulk Density:

Density is the ratio of the specific volume of the powder to its mass. The required amount of dry powder is filled into the 50ml to 50ml measuring cylinder. The cylinder is then thrown onto the solid wood from a height of 2.5 cm for 2 seconds. The amount of flour was measured. Then the flour is weighed. This is repeated to obtain the average. Density is calculated using the following formula.

$$\text{Mass} = \text{Volume} / \text{Mass}$$

**Angle of repose:**

Defined as the maximum possible angle between the surface of the dust pile and the horizontal.

**4. Antimicrobial Test**

The activity of the antibacterial formulation was determined using the agar diffusion method. In this method, nutrient agar plates are seeded with a salt culture of *Proteus Vulgaris*, the organism that causes acne vulgaris. The agar plate was allowed to solidify. A sterile drill was used to make equal wells in each plate. 40 µl of plant extract was randomly added to the wells. The plate was placed at 37°C for 24 hours. The antibacterial activity reached inhibition zones (in mm) evaluated.

**RESULT AND DISCUSSION****Organoleptic Evaluation:**

Sr.No	Parameter	Observation
1.	Colour	Brown
2.	Odour	Pleasant
3.	Texture	Fine
4.	Appearance	Smooth
5.	PH(0.1 solution)	6.5
6.	Moisture Content	0.3
7.	Wash ability	Easily Washable
8.	Nature of face after wash	Soft and clean

**Irritancy Test:**

Sr.No	Parameter	Observation
1.	Irritation	Small irritation
2.	Redness	Nil
3.	Swelling	Nil



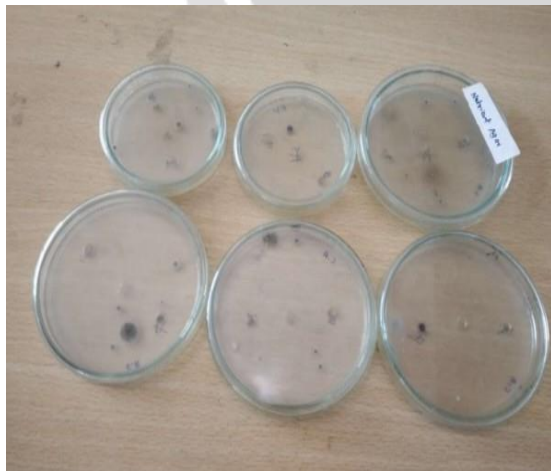
**Rheological Evaluation:**

Sr.No	Parameter	Banana peel powder	Sandal wood powder	Rose petal powder	Red Lentil
1.	Tapped Density	0.57	0.33	0.62	0.6
2.	Bulk Density	0.4	0.5	0.5	0.6
3.	Angle of repose	0.08	0.07	0.07	0.01

**Antimicrobial Assay :**

Sr.No	Bacteria	Zone of inhibition
1.	Proteus Vulgaris	

These are agar-well result of antimicrobial activity of herbal face pack. The herbal face pack is tested against pathogenic strains. Bacterial strain is tested against two different concentration of herbal pack. The inhibition zones are measured and recorded in mm unit.



**CONCLUSION:**

Herbal face pack is used to rejuvenate the muscles, maintain the elasticity of the skin, remove adhered dirt particles, and improve the blood circulation. The benefits of herbal based cosmetics are there as they are nontoxic nature. This face pack supplies essential nourishment to the skin. It helps in the elimination of blemishes, acne, pimple, scars, and marks. Herbal Face pack exfoliates the skin and provides a soothing, calming, and cooling effect on the skin. Frequent uses of herbal face packs improve skin texture and complexion. Pollution and harsh climates badly affect the skin. Thus, in the present work, an attempt was made to formulate the herbal face pack containing naturally available ingredients like banana peel powder, sandalwood powder, rose petals powder, red lentils, aloe vera. It is suggested that the prepared formulation was physicochemically and microbiologically stable and possessed characteristics of a standard cosmeceutical formulation for skincare.

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