

Preparation and Evaluation of Herbal Face, Pack Multani Miti, turmeric, aloe vera, sandalwood, orange peel, rose water, etc.

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ABSTRACT: The goal of this project is to develop and test a herbal face pack for cosmetic use using herbs such as Multani Miti, turmeric, aloe vera, sandalwood, orange peel, rose water, etc. that were obtained from the local market, dried, powdered, then geometrically mixed and evaluated for organoleptic and physico-chemical, general powder, microscopical characters, and chemical evaluation. The combined dry powder exhibited satisfactory flow properties, making it ideal for use as a face pack. The microscopical characteristics of a dried powder in a mixed state were observed. Herbal face packs or masks are used to increase blood circulation, rejuvenate muscles, and aid in the healing process. Herbal cosmetics have the benefit of being nontoxic, reducing allergic reactions, and having many substances that have been proven effective. As a result, we discovered good qualities for face packs in our study, and additional optimization studies are needed to uncover the relevant benefits of face packs as cosmetic products for humans.

INTRODUCTION:

Everyone aspires to have beautiful, pale skin. Acne, blackheads, pimples, and dark circles are all too common among today's youth. Skin issues are usually caused by blood pollutants, according to Ayurveda. Skin illnesses are caused by toxins accumulating in the bloodstream due to poor diet and lifestyle. Ayurveda prescribes a variety of herbs and treatments to purify the blood.

Blood purifiers include herbs such as Multani mite, turmeric, orange peel, sandalwood, aloe vera, and neem bark. In Ayurveda, "Mukha lepa" refers to an herbal paste that is applied to the face to heal acne, pimples, scars, markings, and pigments. "Mukha Alpana" refers to the application of this herbal mixture on the face. A facial is a popular beauty treatment. The fine powder [1].

Women can get rid of wrinkles, dark bags, pimples, and acne by using the face packs suggested in Ayurveda. Herbal face packs improve skin's radiance and smoothness. We can get the most out of herbal face packs if we use them appropriately for our skin type. These face packs brighten the skin and are the best ayurvedic therapy for fairness. Face packs are one of the most ancient and attractive ways of skin cleansing. Ayurveda describes a variety of face packs that include feeding, healing, cleansing, astringent, and antiseptic effects. Face packs can be made at home using common household and kitchen ingredients. Herbal face packs are less expensive and have no adverse effects when it comes to naturally achieving fair skin. Herbs have been used for cleansing, beautification, and management since antiquity. Cosmetics are products used for washing, beautifying, enhancing attractiveness, or changing one's appearance. Smooth, vibrant, and silky skin can be achieved with homemade natural face packs and masks. Mukhin leap is an ayurvedic herbal paste used to cure acne, pimples, scars, markings, and pigmentation on the face. The procedure of smearing a "Mukha Alpana" [2].

The main use of face packs is to promote face glow, make the face attractive, reduce pigmentation, and clean the face skin promoting attractiveness. From the ancient t different rent herbs are used for cleaning face skin and managing them. This herbal face pack is used for reducing acne, skin whitening, preventing early signs of aging, removing makeup, reducing pigmentation preventing events in skin faction. The face pack is a fine, smooth pair that are used for facial application. This preparation is applied on the face in the form of a paste tightening and strengthening thing the cleansing effect on the face skin. The face pack is the best Ayurveda therapy to increase the whitening and fairness of the skin. This is one of the bygone methods of the reduce oiliness and cleansing skin. There are many types of face packs present like an antiseptic face pack, antiaging face pack, and antiacne face pack, for glowing and whitening skin. This face pack can easily be prepared at home and have many nature property. This face pack has all-natural ingredients, which are very useful and important for the skin. A face pack is applied to the skin for external purposes. Ingredients used in this face pack are non-toxic, non-allergic, totally natural, and have a large shelf life. There is no preservative added in this formulation. This will be applied to the external part of the skin.

ABOUT THE SKIN –

Skin is categorized into three layers-

- 1-Epidermis
- 2-Dermis
- 3-Hypodermis

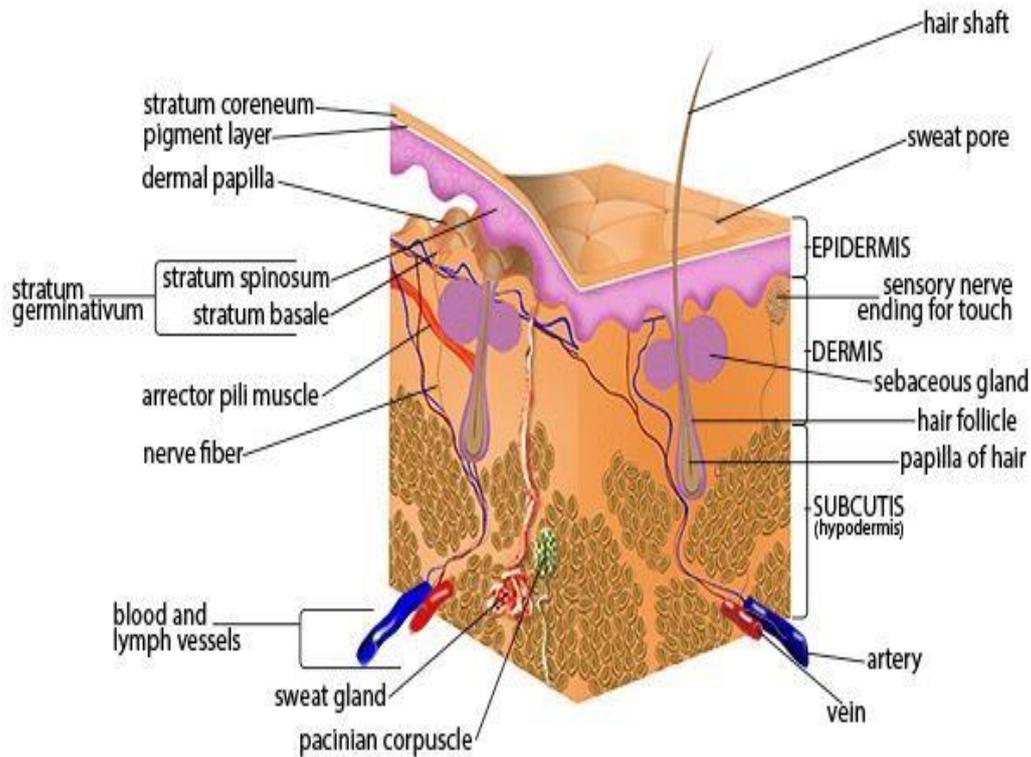


FIG 1 – Structure of the skin

Epidermis:

This is the outermost layer of the skin. It is responsible for the protection of you from the outside of the world.

Dermis:

This is the inner layer of the skin. The dermis has connective tissue, blood vessels, air follicles, and other structures. It is made up of a thin layer called the papillary, dermis and a thick lower layer called the reticular dermis.

3-Hypodermis:

This is also called the subcutaneous layer. It provides the main structural support for the skin, as well as insulating the body from cold and shock absorption. It is interwoven with blood vessels and nerves.

How do face pack work on the skin?

- The face pack traps the moisture or ingredients in the skin and creates a film that helps to either hydrate, moisturize, dry, or exfoliate the skin depending on the ingredients used and its purpose.
- Face packs can soak excess oil and have a slightly exfoliating effect.

Benefits of applying face pack:

- 1-The main use of the face pack is to remove the dead skin cells of the face.
- The 2-Herbal face pack is used to reduce most skin problems. With minimum side effects
- 3-It makes skin glowing and young.
- 4-It helps to get rid of acne.
- 5-Face pack provides hydration of the skin.
- 6-It helps to reduce blackheads.
- 7-It prevents skin infection.
- 8-They help to prevent premature aging of the skin.
- 9-Natural face pack makes the skin look young and healthy. [3]

PRECAUTIONS:

These are some precautions that are helpful for nourishment, glowing skin, and cleaning skin:

- Select the face pack according to your skin type.
- Consult it to a skin expert before using any product on your skin or face.
- Face should be completely dried, when you are applied face pack on your face.
- Avoid applying face packs near the eyes.
- Stay time of the face pack on your face will be a maximum of 15-20 minutes and after that wash, the face and completely remove the face pack.

Application:

- Wash your face with normal water.
- Take some amount of face pack.
- Apply the face pack to your face.
- Let it dry for 20-25 minutes.
- Then wash it with normal water.
- It can apply twice a week.

TO, formulate and evaluate a cosmetic herbal face pack is, to a build-up of dead skin removing excess oils from the face, and from all types of skin by using natural ingredients with a confirmed concentration.

Experimental-the accurate ingredients were weight and ground into fine powder by using sieve #120.

Procedure:

- Weight accurately all herbal ingredients in powder form.
- Mix them to form a uniform mixture with the help of a mortar and pestle.
- Add some amount of aloe vera gel in powder with the help of a measuring cylinder.
- Mix rapidly together with the help of mortar and pestle.
- Prepared formulation packed into a container.

Material and method:

Two different formulations were prepared with different concentrations of all ingredients named as F1 and F2. Weigh quantity into fine powder by using sieve 120. The material which is used in this formulation that all purchased from the local market, dried, and powdered for further use. Aloe vera leaves were also purchased from the local market and then made into gel. [4]. Then all ingredients were mixed into aloe vera gel by serial dilution method for uniform mixing. Then the prepared face pack was packed into a container.

The materials for this study were purchased from a local market, dried, and powdered before being used. The plant materials used in the formulation of the face pack are listed below. (The materials used in this study were purchased from a local market, dried, and powdered for later use.)

Table 1 - The concentration of all ingredients

s.no.	Name of ingredients	Scientific name	Quantity of ingredients	
			F1 for 20gm	F2 for 10gm
1-	Multani mitti	Calcium bentointe	5gm	2.5gm
2-	Turmeric	Curcuma longa	2gm	1gm
3-	Sandalwood	Santalum alba	2gm	1gm
4-	Orange peel	Citrus reticulate	2gm	1gm

5-	Aloe vera	Aloe barbadensis	5ml	2.5ml
6-	Rose water		5.5ml	2.75ml
7-	Neem bark	Azadirachta indica	.2	.1

Review of drug:**Multani Matti:**

[Fuller's earth]-Multani mitti, meaning 'mud from Multan' is also popular as fuller's earth. Multani Mitti helps to remove impurities in the form of dead skin cells it helps to make the skin radiant it has been proven best for irritation-prone skin. Its smoothing action calms the skin. Its information is accused of elevated phlogistic agents. It is perfect for oily skin. Multani mitti is a genuine and pure product sourced from the Multan region [the area that circles through Rajasthan (Barmer) and Multan. A wool refinery worker called a fuller would apply it to the wool. Multani mitti is packed with minerals, most significantly, hydrous aluminium silicates or clay minerals.

Description:

Multani Mitti (Calcium Bentonite): Multani Mitti will remove all impurities and dead skin cells from your skin. Multani mitti is good for irritated and aggravated skin. Its cooling action calms the skin and relieves inflammation brought on by aggravated pitta. It removes accumulated dirt and dead skin cells, revealing fresh, radiant, and glowing skin.

**FIG.2 Multani Mitti****□ Uses of Multani mitti on face:**

- Used as a natural cleanser and astringent.
- Reduce oil.
- Fighting acne.
- Balancing and brightening skin tone.
- Reducing pigmentation.
- Remove blackheads and whiteheads, giving skin a natural and healthy glow.
- Boosts circulation and improves skin health and tone.
- Boosts circulation.

Advantage of Multani mitti:

- It gives an even skin tone.
- Multani mitti helps fight dark circles and sun damage.
- Helps to reduce skin rashes

The disadvantage of Multani mitti:

- Its consumption can lead to poisoning and intestinal bleeding.
- It can result in muscle weakness and skin sores

Turmeric: Turmeric is a traditional Indian spice with a powerful compound called curcumin. The use of turmeric dates back nearly 400 years to the Vedic culture in India. Where it was used as a culinary spice and had some religious significance.

Density- 622.33kg/m

- **Description:** Turmeric is the dried knobby-shaped rhizome of the plant *Curcuma longa*. Noted for its bright yellow color, it is related to and similar in appearance to ginger. The origin of Latin name *Curcuma* originates from the Arabic word *Al-kumkum* which was the original word for saffron.

Order-Zingiber

Kingdom-Plantae

Family-Zingiberaceae

Species-C.Longa



FIG.3 TURMERIC

Uses of turmeric for skin:

- Provide glow.
- Luster to the skin.
- Fight acne.
- Helps to reduce pigmentation.
- It improves skin health.

Advantages of turmeric:

- The cooling properties of turmeric help reduce redness.
- Turmeric is antioxidant and anti-inflammatory.
- Turmeric has antibacterial properties.
- Turmeric can increase the antioxidant capacity of the body.
- It helps control blood sugar levels.
- It helps to improve heart health.
- It helps to fight depression.
- It could help treat erectile dysfunction.

- It helps with weight loss.
- It has anti-cancer properties.

□ **Disadvantages of trimeric:**

- Turmeric can temporarily stain the skin.
- If you are allergic, direct skin contact can cause irritation, redness, and swelling.

RESULT AND DISCUSSION:

Organoleptic Evaluation:

The face pack was made and tested for the organoleptic characteristics listed in Table 2. The flow property parameter indicated that the system was free-flowing. The formulation had a faint golden hue to it. The developed formulations have a pleasant odor, which is ideal for cosmetic formulations.

Texture and smoothness were satisfactory, which is ideal for cable **2: Organoleptic Properties**

Sr. No.	Parameters	Observation
1	Appearance	Powder (Free Flowing)
2	Colour	Slight Yellow
3	Odor	Slight
4	Texture	Fine
5	Smoothness	Smooth

Irritancy Test:

The results of the irritancy test were shown in Table 3. The formulation showed no irritation, redness, edema, and Inflammation during irritancy studies. This formulation is safe to use for the skin.

Table 3: Irritancy Test

Sr. No.	Parameters	Observation
1	Irritant	No Irritation
2	Erythema	No Irritation
3	Edema	No Irritation

CONCLUSION:

People today require a remedy for a variety of skin conditions that is free of negative effects. Herbal elements have made it possible to create cosmetics that are free of toxins. Herbal face packs are regarded as a long-term and effective method of improving skin's appearance. As a result, the current work is an excellent attempt to make a herbal face pack using naturally available materials such as Multani mitti, turmeric, aloe vera, sandalwood, orange peel, and Rosewater. The created formulation was said to be physicochemically and microbiologically stable, with properties similar to those found in a typical cosmeceutical skincare formulation.

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