

FORMULATION AND EVALUATION OF HERBAL FACE SCRUB BY USING COFFEE BEANS

¹Md Amin Md Sajid Dosani, ²Ambika D. Nagarbhadiya, ³Dr. Ranajit D. Tijare

¹Student, ²Assistant professor, ³Principle

¹B pharmacy, ²M pharm (Pharmacology), ³M pharm (Pharmacognosy)
Ishwar Deshmukh Institute of Pharmacy, Digras, Maharashtra, India.

Abstract- The research aimed to produce an herbal facial scrub. The use of natural components in a facial scrub is a Great way to promote healthy skin without exposing it to harsh chemical. Herbal face scrubs have become increasingly popular in recent years due to their ability to improve skin Health and are available at a low cost. Coffee is indeed a great source Of antioxidants and can provide exfoliating properties. Nutmeg is also known for its antibacterial Properties, while masoor dal and rice flour can provide gentle exfoliation. The addition of glycerin can Help to moisture and smooth the skin. Coffee contains a lot of antioxidant properties. coffee grounds have a different Aroma and a coarse grain and can be used to remove dirt skin cells that have died. . The scrub was made with a simple mixing Procedure and a variety of materials, including coffee beans, nutmeg, masoor dal, Rice flour. Other ingredients such as glycerine, light liquid paraffin, stearic acid, tween 80, and a perfuming agent was added To this formulation with effective results. Overall, it's great to see research being done On natural and safe skincare alternatives.

Keywords: Herbal scrub, coffee, Nutmeg, Masoor dal, antioxidants.

INTRODUCTION

Facial scrub is a cosmetic or a beauty product or a Treatment which cleanses and exfoliates the skin of the Face or body. Facial scrubs are beneficial to Remove dirt, Skin cells and sebum or oil, blackheads and Whiteheads. It helps to maintain skin appearance. There are three kinds of skin types, oily skin, sensitive Skin and dry skin. For a person with dry skin must use the Facial scrub, which contains the Moisturizing and Hydrating ingredients. If the person is having sensitive Skin, he or she should use gentle scrub. And the person With oily skin should be Using an exfoliation which Prevents pimples dullness and breakouts and helps to Control oiliness. The use of a scrub Is suitable for all skin types, but the Choice of essential oil used as an ingredient in the scrub Should vary depending on the individual's skin Type. A gentle massage with a scrub gel Can help stimulate Blood circulation and oxygenation of the skin and Production of new skin calls. By Removing dead skin cells, It can help smooth out rough or uneven patches and Reveal brighter, more radiant, Looking skin. This helps to deep cleanse the skin, making it glow and attractive, and removes the dead skin cells. The process of facial scrub Is straightforward: select a regular scrub suitable for the skin type, rub it for One minute on the moisturized skin, and then wash it off. The scrub is suitable for all skin types. Three Different skin types are sensitive, oily, and dry skin. After using the scrub gel, gentle massage is Recommended to stimulate blood circulation and oxygenate all skin areas.

Ideal Properties of Herbal Scrub

It must be non-toxic, include small rough granules, and be Slightly rough, non-irritating, non-sticky, and capable of Removing dead skin cells. Helps In Removing Dead Cells, Adds Glow To Skin, Removes Dark Patches, Removes Acne Scars ,Prevents Ingrown Hair, Improve the Smoothness Of Your Skin, Promotes Clear Complexion. .It must be Non-toxic, non- irritating, on sticky and capable of removing dead skin cells. Improve the skin texture and appearance.

Benefits of Scrubbing Skin

- Provides individuals with a clean complexion free of dirt, oil, sweat, and other impurities.
- Exfoliation is an effective way to remove all the dust that accumulates in the skin's pores.
- Scrubbing can help to free skin from dry spots caused by irritated skin and can assist in managing Irritated skin more effectively.
- Scrubbing the skin helps to remove dead skin cells.
- Scrubbing the skin improve blood circulation.
- Remove dead skin cells.
- Remove of acne scars.

Composition of herbal scrub

Sr. No	Ingredients	Scientific Name	Quantity
1.	Coffee	Coffee Arabica	4 gm
2.	Nutmeg	Myristica fragran	3.5gm
3.	Masoor dal	Lens culinaris	2.5gm
4.	Rice flour	Oryza sativa var glutinasa	3gm
5.	Glycerin	-	2ml
6.	Rose water	-	Q. S

MATERIAL AND METHOD

- COFFEE**

Coffee has relaxing properties. It reduces inflammation Improve blood circulation. Remove dead skin Cells. Making skin smoother and brighter.



- NUTMEG**

Nutmeg is well known for its anti-inflammatory, Antiseptic, and antibacterial properties. Reduces Pigmentation. Acne and spot should be treated smothens And soften the skin promote fairness and prevent rashes And burns.



- Masoor Dal**

Masoor dal exfoliates dead skin cells giving a healthy Glow. It is an excellent skin cleanser Natural Bleaching Agent and helps in remove of tan. Improve skin texture And moisturizes it. Give skin new lease of life.



- RICE FLOUR**

It works on signs of aging.take care of sun damage. It Offers a cooling effect to the skin and relieves the Inflammation caused due to scars and severe acne.



• ROSE WATER

Rose water will help remove oils, dirt and debris Accumulated on your skin. It helps to Maintain PH Balance of the skin. Rose water has astringent properties Which clean up your face pores and Prevent issues like Blackheads, whiteheads and acne.



METHOD OF PREPARATION

- All the ingredients are powdered and Weighed according the quantity given in above formulation table.
- 4gm of coffee and 3.5gm nutmeg are mixed in a glass beaker.
- Then added the remaining ingredient one by one and mixing properly.
- 1ml of glycerin was added then mixes properly and add rose water in sufficient quantity.
- Then all the ingredient is homogenously mixed until smooth texture appear.
- Then the prepared scrub was filled in air tight container and stored in cool and dry place away from Sunlight.

CHARACTERISTICS OF FACIAL SCRUB

PH, Physical appearance, Colour, Odour, Texture, Irritability, Viscosity, Spredability, and washability, Were evaluated as evaluation parameters for Facial Scrub-Formulation.

Sr. No	Parameters	Results
1.	Colour	Brown
2.	Odour	Lush
3.	Texture	Good
4.	Smoothness	Good
5.	Consistency	Good

ORGANOLEPTIC CHARACTERISTICS

Colors: The formulation's colors was carefully assessed and observed.

Odour: The smell of the product was tested when it spread on the palm.

Consistency: The consistency of the formulation and particles were used to evaluate the texture and Homogeneity of the preparation on the skin, such as grittiness, greasiness effect.

EVALUATION TEST

1.Colour

The colour of the formulation was visually tested and found To be brown.

2.Odour

The odour of the mixture was tested by spreading the solution On the hand and smelling it.

3.Consistency

The consistency of the formulation and particles were used to Evaluate the texture and homogeneity of the preparation on the Skin, such as grittiness, greasiness and stiffness effect. Nature Provided a semi-solid preparation.

4.Homogeneity and Texture

To see the uniform, a less amount of the prepared scrub was Rubbed between the thumb and index finger.

5.pH

A pH paper was used to determine the pH of a 1% aqueous Formulation solution, and the result was 6.5.

6.Skin Irritation

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.

RESULT AND DISCUSSION

The herbal scrub was thoroughly evaluated and found to be comparable to the scrub with several Parameters like colors, odour, consistency, pH, spreadability, irritability, washability.

Colors: shade of the scrub, which can affect its overall appearance and appeal to consumers.

Odour: The Fragrance of the scrub, which can impact its perceived effectiveness and desirability.

Consistency: It refers to the texture or thickness of the scrub, which can affect how easily it can be Applied and spread on the skin.

pH : The acidity or alkalinity of the scrub, which can affect how well it balance the skin's natural PH levels.

Spreadability: It refers to how easily the scrub can be spread over the skin's surface, which can affect How effectively it exfoliates and cleans.

Irritability: It refers to how likely the scrub is to cause skin irritation or sensitivity, which can be a major Concern for people with sensitive skin.

Wash ability: How easily the scrub can be washed off the skin, which can affect how well it cleanses and Exfoliates.

CONCLUSION

The scenario of present study conclude 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 edoema, non-irritating, With no redness or other adverse effects. We Also found that the herbal scrubs have the fewest side effects when made with natural ingredients It is Accessible to all ages, are less irritating on the skin, and provide the skin with an immediate glow. Based On the results of this research work, we believe that it is a promising formulation of herbal face scrub that Exfoliates the skin effectively. However, it is important to note that more extensive testing on a larger group of individuals with different Skin types may be necessary to fully determine the safety and effectiveness of the new scrub formulation.

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