

Herbal Scrub for the skin

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ABSTRACT - Many of the marketed products when applied on the skin cause dryness of skin after its long-term use which results less life of skin problems of acne and redness. Solution for this problem is use of scrub. which consist all herbal ingredients which increases cleansing, softening, moisturizing, fairness of skin. The use of natural ingredients to fight against acne, wrinkle and also to control secretion of oil is known as natural or herbal cosmetics. Herbal cosmeceuticals usually contain the plant parts which possess antimicrobial, antioxidant and anti-aging properties. Herbal cosmetics are the safest product to use routine with no side effects and cosmaceuticals are the product which influences the biological function of skin.

key words - Abc 123

INTRODUCTION

Herbal Cosmetics, here referred as Items, are formulated, using different permissible cosmetic ingredients to form the base in which one or more herbal ingredients are utilized to supply characterized corrective preferences as it were, might be called as "Herbal Cosmetics" Starting 1990's cosmetic manufacturer update a term 'cosmaceuticals' to describe the OTC skin care items that claims therapeutic advantage by addition of plant based active ingredient such as alpha-hydroxy acid, retinoic acid, ascorbic acid and coenzyme These active ingredients serves numerous purposes viz. increase in skin flexibility, delay in skin aging by decreasing the wrinkles, protection against UV radiation by antioxidant property and to check degradation of collagen respectively.

DEFINITION OF COSMETICS: The cosmetics, according to the Drugs and Cosmetics Act is characterized as articles intended to be rubbed, poured, sprinkled or sprayed on, introduced into or otherwise applied to the human body or any part there of for cleansing, beautifying, advancing attractiveness or modifying the appearance. The cosmetic does not come beneath the preview of drug license".

Definition of Herbal Cosmetics: These are the makeup which are prepared utilizing plant products having cosmetic actions. Recently the utilize of botanicals in beauty care products have expanded primarily due to the mild action and non-toxic nature. In cosmetics, both natural and Phyto-ingredients are utilized. Natural products Include oils, extracts, secretions etc. Phyto-ingredients include unadulterated constituents obtained by different process.

Herbal Cosmetics for Various Types of Skin [7]

1. For Dry Skin

Example of Herbs

- 1) Rubia Cardifolia (Manjista),
- 2) Triphala,
- 3) Tulsi,
- 4) Glycerihza glabra in sesame oil.
- 5) Fruit face mask
- 6) Banana or avocado pulp.

2. For Sensitive Skin

Example of Herbs

- 1) Usheero,
- 2) Curcuma longa,
- 3) Triphala,
- 4) Azadirctia indica mustaka,
- 5) Nimba in coconut oil.
- 6) Fruit face mask
- 7) Banana or pineapple pulp.

3. For Oily Skin

Example of Herbs

- 1) Tulsi,
- 2) Idhora,
- 3) Nimba,
- 4) Curcuma longa.
- 5) Fruit face mask
- 6) Strawberry or papaya pulp.

Ideal Properties of Scrub An ideal scrub is accepted to possess the following properties [8]

- 1) It should be Non toxic
- 2) Possess small gritty particles
- 3) Mild abrasive
- 4) Non irritating

5) Non sticky Able to remove dead skin cell .

Termric powder

Synonym-Curcuma longa

• Biological source - It consists of dried rhizomes of Curcuma longa belonging to family Zingiberaceae.

• Description - Colour - Yellow Odour - Aromatic Taste - Bitter

• Chief chemical constituents - Curcumin, Curcuminoids

• Uses -Reduce acne, Glowing skin, Lightens skin.

2)Honey

• Synonym- Shahad

Biological source -It consists of saccharine liquid prepared from the nectar of the flowers by the Honey-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

3) Aloe vera

Synonym- aloe vera, burn plant

Biological source- dried latex of leaves of it also known as cape aloe belong to the family-liliaceae

Decription- Colour- clear to slightly yellow / translucent gold Odour-similar like rotten garlic or onion

taste- Bitter

Chemical constituents- aloe emodin

Uses- heals burns and clears acne

4) Multani mitti

• Synonym- Multan clay

• Biological source It consists of hydrous aluminum silicates (clay minerals)

• Description Colour- White Odour - Pleasant Taste – Pleasant

• Chief chemical constituents Montmorillonite, Kaolinite, Attapulgit

• Uses- Nourishes skin, reduce oiliness, Remove blackheads

3.) Tulsi leaves powder

• Synonym- Tulsi

• Biological source -It consists of dried leaves of Ocimum sanctum L belonging to family Lamiaceae.

• Description Colour - Green Odour - Aromatic Taste – Pungent

• Chief Chemical constituents -oleanolic acid, ursolic acid, rosmarinic acid

• Uses Prevents acne and pimples, Improve skin texture, Cleanser

Evaluation Parameters

Colour: The colour of the face scrub can be checked visually

Odour: The odour of the scrub is checked by smelling it.

pH: The pH of the product can be checked by applying it on pH paper.

Consistency: Consistency can be determined manually.

Why the herbal scrub?

Herbal medicine has prolonged history of use and better patient tolerance as well as acceptance. Medicinal plants have a renewable source, which is our only hope for sustainable supplies of inexpensive medicines for the world growing population. Herbal face scrub will not only be safe to use but it will also exfoliate your skin, making it look healthier and more glowing. You can buy these instead of chemical ones because Face scrubs that contain natural ingredients have no side effects and are absolutely safe to use. However, you must avoid exfoliating your skin with a face scrub on a daily basis. This is because when the skin gets exfoliated on a daily basis with scrubs, the cells can get damaged and that will result in rough skin. So, you should know how to use it and what things you need to prevent. By using an herbal Face scrub through an exfoliation method, you can stimulate the collagen production on your skin and that will help your skin look moother and give a radiant look to your skin. You can also save your skin from breakouts by using an herbal face scrub. You should make sure that your skin is not coming

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