

**A REVIEW ON MULTI-HERBAL ANTI-ACNE FACEWASH****Mohd. Bilal<sup>\*1</sup>, Prashant Kumar<sup>2</sup>, Nitesh Kumar Singh<sup>3</sup>, Mohd. Adil<sup>4</sup> and Kunal Arora<sup>5</sup>**

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**ABSTRACT**

Acne vulgaris is the most common chronic inflammation disorder that occur when oil cells and dead skin cells blocked the hair follicles. From ancient we believe that the herbal medicine are more safer and has low side effect as compare to the synthetic medicine. Herbal therapeutic industry is the oldest cure method of disease and also seen in vedas. The aim work is to developed and evaluate multi-herbal formulation for acne vulgaris containing the drug such as bel patra (*Aegle mermelos*), neem (*Azadirachta indica*), curry leaves and ghritkumari (*Aloe vera*). These plant have good anti-inflammatory, anti-microbial, anti-oxidant and anti-fungal property and as reported in the literature.

**KEYWORDS:** Acne vulgaris, Neem, Anti-microbial, Hair follicle.

**INTRODUCTION**

In 1885, the first medical monograph which was dedicated to acne was publish in USA. Acne i.e. acne vulgaris is a common skin disease death occurred atleast one time in the life specially at the time of puberty. It occur at the age of between 18-25. As per the report around 8-10 M cases introduce every year in India. Around 70%-80% people affected by acne in their life and it is mainly common in male as compared female.

Acne may be divided in the categories cysts, noduler, postular and comadones. Comadonal acne are divided into two type blackheads and whiteheads. Whiteheads are the close comedo and present at the skin as white dot and blackheads are the open comedo and present at surface of skin in dark colour.<sup>[1-3]</sup>

## INGREDIENTS

**NEEM** (*Azadirachta indica*) is the most common tree found in India and other country of the world. Neem has anti-microbial, anti-inflammatory and anti-fungal property. Neem is also refers as the “village pharmacy”. There are over 18M tree of neem in India. Neem is used in many skin disease like rashes, irritation, acne because of its anti-inflammatory, anti-bacterial property.

**BEL PATRA** (*Aegle marmelos*) is also known as the wood apple and commonly found in India. Bel patra had the anti-oxidant property and thus it is very useful for the skin disorder.

**CURRY LEAVES** (*Murraya koenigii*) is also known as the “Sweet Neem” and it has a long history of being used in the Indian traditional food. Curry leaves has the rich anti-oxidant and anti- inflammatory property that is beneficial for many skin disorder like as acne etc.

**GHIKUMAR** (*ALOE VERA*) is evergreen medicinal plant and widely used in the beautification or in the treatment of various skin disease. It is ordinarily found in India. Aloe has rich anti-fungal, anti-oxidant property.<sup>[4-5]</sup>

## TYPES OF ACNE

### 1. Non-Inflammatory Acne

**Whitehead-** Whiteheads are the non inflammatory type of acne. These are close comedons which are developed due to oil and dead skin cell. They seen white due to sebum collection inside the skin.

**Blackhead-** Blackheads are also similar to the whiteheads. They are open comedons. There are no cover of skin over the collected sebum. They are exposed due to external environment and than oxidised. So they seen black and called blackheads.<sup>[6-7]</sup>

### 2. Inflammatory Acne

These are swollen, red in colour and painful.

#### There are various types of inflammatory acne

**Papules** -They occur when excessive oil, bacteria and dead skin cell goes to the deeper layer of the skin so inflammation occur. Our skin became red and swolled which is referred as red inflamed papules.

**Pustules** – These are also infected papules and consist of pus.

**Cysts**- Cysts are more severe than the regular pimples and occur very deeply in the skin. Pores became blocked so more infection will begin and cause pain.

**Nodule**- These may be in red or skinny colour.<sup>[8-10]</sup>

### COMBINED EFFECT OF THESE HERBAL AGENT ON ACNE

Neem is easily available remedy for acne. Acne is developed when oil and dead skin cells blocked the hair follicle. The oil in the pore is the major reason for developing the pimples on oily skin. This oily skin produced lots of oil. Neem is work by the mechanism that contain the skin free from oil and sebum. Neem is powerfull anti-bacterial, anti-inflammatory agent. Neem also used for the maintain PH of skin and and relief from pain.

Aloevera helps to reduced the acne scar formation by increasing the immune system response to inflammation and this reduced the appearance of acne scar. Aloe is also an anti-aging agent, by increasing the collagen and elastin fibre production aloe reduced the signs of scar.

Belpatra is very effective against the skin disease and used to treat varios kind of skin disease because of bel had good anti bacterial, anti oxidant property.

Curry leaves is a good source of vitamin A and vitamin C leads to cure various kind of skin disease including acne.<sup>[11]</sup>

### CONCLUSION

There are lots of synthetic skin formulation are available in the market but synthetic formulation have some side effect or adverse effect. Herbal formulation are the safest and surest method to treat any skin disease and easily availabe. Now a days herbal formulation are in trending and demand. So our purpose is to develop multi herbal face wash formulation for acne. The formulation contain the anti-bacterial, anti-acne, anti-aging, anti-oxidant, and anti-inflammatory property that is used to glow of skin and promote beautiness except treat skin disorder.

The preposed multi herbal formulation is more efficacious, stable and patent as compare to synthetic formulation in the treatment of skin ailments.

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