

REVIEW ARTICLE**Akanksha Yavalkar* and Mayuri Sonar**

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ABSTRACT

The main aim of the study is to prepare polyherbal scrub. Polyherbal scrubs are free from synthetic chemicals. Now a days these creams are very important in female and male also. The scrub became prepared and evaluated to avoid acne, tanning, wrinkles, aging and redness. For healthy and good apperence the natural ingredients play vital role. The skin required repeatedly cleaning washing, remove oil, remove of dead skin. the herbal and natural scrubs has less side effect on face and skin. it maintain the health of skin and glowing skin.

Motivation

1. Curiosity about new things.
2. Desire to face the challenge in solving the unsolved problems.
3. Desire to get intellectual joy of doing some creative work.
4. Desire to be service to socity.
5. Desire to get respectability.

INTRODUCTION

The word cosmetic means arises from a Greek word "Kosmeticos" which means to beautify. skin cover most of the area of body. Cosmetics are applied on skin these cosmetics are available in many forms like solid, liquid and sami solid. The Herbal cosmetics are available various forms like skin, protective, sunscreen, antiacne, nourishing skin for glowing skin etc.^[2-3] It has less side effect.

Natural Cosmetics - Natural cosmetics are those made on a naturally derived ingredients. That means plant and minerals. In thease only natural raw material are used and natural product is formed.^[4]

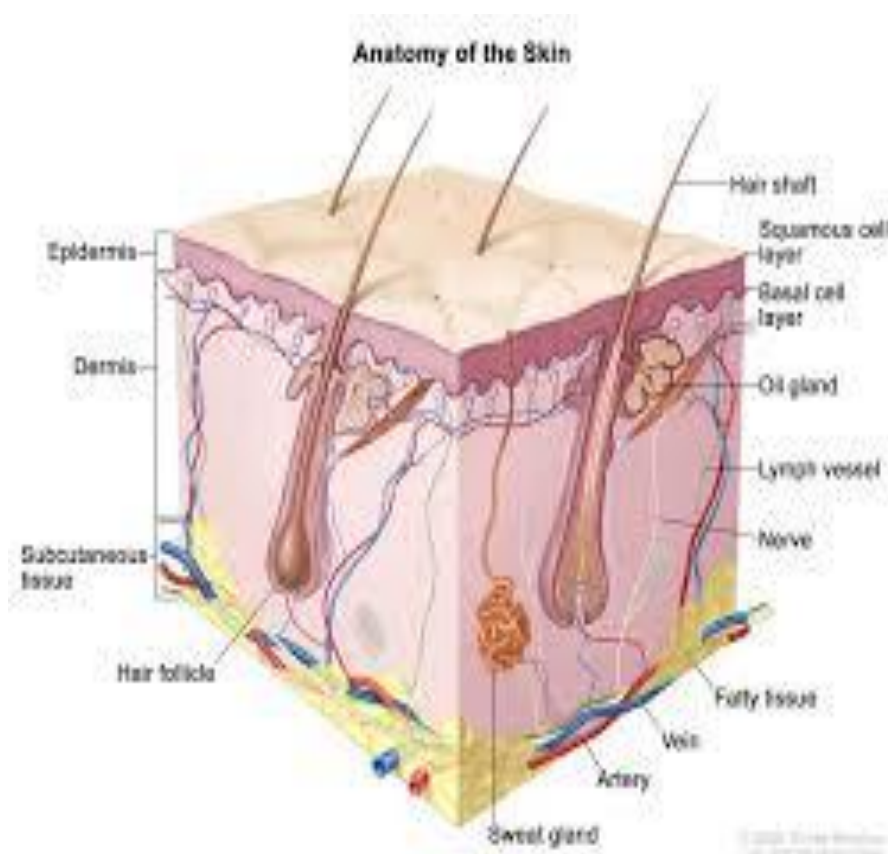
Synthetic Cosmetic - These are made up of various types of chemicals. This product was formulated in a laboratory. Another word for synthetic is artificial. These are derived from the natural source.^[5]

In general, the cosmetics are external preparations applied externally on the body. The cosmetic may be classified into four groups.

1. Cosmetic for skin
2. Cosmetic for hair
3. Cosmetic for nails
4. Cosmetic for hygiene

Cosmetics are formulated as solid, semi-solid or liquid.^[6,7,8]

Cosmetic for skin



Components

The epidermis contains no blood vessels, and is nourished by diffusion from the dermis. The main type of cells which make up the epidermis are keratinocytes, melanocytes, Langerhans cells and Merkel cells. The epidermis helps the skin to regulate body temperature.^[9,10]

Layers

Epidermis is divided into several layers where cells are formed through mitosis at the innermost layers. They move up the strata changing shape and composition as they differentiate and become filled with keratin. They eventually reach the top layer called stratum corneum and are sloughed off, or desquamated. This process is called keratinization and takes place within weeks. The outermost layer of the epidermis consists of 25 to 30 layers of dead cells.^[11,12]

Sub layers Epidermis is divided into the following 5 sub layers or strata

- Stratum corneum
- Stratum lucidum
- Stratum granulosum

Functions: Skin performs the following functions

1. Protection: an anatomical barrier from pathogens and damage between the internal and external environment in body and its defence cells in the skin are part of the immune system. Perspiration contains lysozyme that break the cell of bacteria.
2. Sensation: It contains many nerve endings that react to heat and cold, touch, pressure, vibration, and tissue injury.
3. Heat regulation: the skin contains a blood supply far greater than its requirements which allows energy loss by radiation, convection and conduction. Dilated blood vessels increase perfusion. while constricted vessels greatly reduce cutaneous blood flow and conserve heat.
4. Control of evaporation: the skin provides a relatively dry and semi-impermeable barrier to fluid loss. Loss of this function leads to the massive fluid loss in burns.
5. Aesthetics and communication: others see our skin and can assess our mood, physical state and attractiveness.^[11,12,13]

Difference between Natural Cosmetic and Synthetic Cosmetic.^[16]

Natural Cosmetic	Synthetic Cosmetic
1.Natural doesn't mean vegetarian.their are natural cosmetic products made from bovine and fish collagen, snail slime, shark liver oil.	1.synthetic cosmetics are made from products that are formulated in laboratory. Think of synthetic as another word for "artificial" or "manmade".
2.A natural product can be extracted or produced in unsustainable way.	2.The environmental foot print of lab derived ingredients is often smaller than that of natural ingredients.
3.Natural doesn't mean 100% natural . Since there are so few regulation on cosmetic product labeling, a "natural" product may contain majority of natural ingredients.	3.Industrial flower and plant growing for fragrances and cosmetics typically involve fertilizers, pesticides and herbicides that may kill pollinators and contaminate water supplies.
4.Natural doesn't always mean beneficial. Arsenic, mercury, petroleum and snake venom are all naturally occurring product.	4.Synthetic ingredients can often be made cheaply than natural ones , and this savings trickle down the consumer.
5.The terms "natural" and "organic" are not interchangeable not by long shot. A "100% natural" fruit based cosmetic might be made with fruit that's treated with pesticides and artificial fertilizers.	5. If performance is the objective, synthetic ingredients often show superior results to natural ones.

Properties^[17]

1. Non toxic
2. Remove dirt
3. Dead skin
4. Non- irritation

Objective

1. It helps to remove dead skin and provide several benefits.
2. They allow your skin to absorb moisturizer better. By doing dead skin cell build up any moisturizer applied after ward will soak into skin more thoroughly.
3. They unlock pores and prevent in grown hairs. By regularly using body scrub, you will unlock your pores, which can prevent razor bumps and in grown hairs.
4. They leave your skin smoother and more even. When dry skin isn't removed it makes skin rough to touch and has a dull skin, cracked texture and appearance. by removing the dead, dry cells, you should have smoother and more even skin.^[18]

Advantages

1. It improves skin tone and texture.

2. Every day dead skin cells, dirt and oil build up on the surface of your skin.
3. To leave it feeling and looking dull and dry.
4. A gentle exfoliator removes this build up, fresher, smoother and healthier looking skin
5. It helps to lighten the skin.^[19]

Disadvantages

1. Facial scrub damage your skin.
2. Redness.
3. Dryness.
4. Scratches and wounds.
5. Inflammation.^[19]

MATERIAL AND METHOD^[20-21]

All the natural material used in the study were obtained from local market in the powder form. The details of the ingredient mentioned in below table.

Name of herbal drug	Botanical name	Family	Chemical constituent	Cosmetic uses	Quantity
Aloe Vera (Indian Aloe)	Aloe barbabensis	Asphodelaceae	Betacarotene, aloe emodin, aloin	Moisturize the skin, fights skin aging, reduces acne, lightens blemishes	Q.S
Fullers Earth (Multani Mitti)	Bentonite clay	Hydrous magnesium aluminium silicate	Hydrous aluminium silicate, calcite	Oil and impurities, absorber, provide fairness and glow, improve skin elasticity.	25%
Turmeric (Haldi)	Curcuma longa	Zingiberaceae	Curcuminoids	Reduce acne and any resulting scars, anti-inflammatory, antioxidant, provide glow	20%
Green Tea (Chai)	Camellia sinensis	Theaceae	Catechin, theanine, betacarotene	Antioxidant, anti-inflammatory, antimicrobial, treat acne and oily skin	25%
Amla (Indian gooseberry)	Phyllanthus emblica	Phyllanthaceae	Gallic acid, ellagic acid	Anti-aging, Treat acne, even skin tone, treat skin pigmentation, remove dead skin	10%
Neem (Nim)	Azadirachta indica	Meliaceae	Azadirachtin, nimbin, gedunin	Treat dry skin, stimulate collagen production, reduces scar, heal wounds	3%
Kalonji (Black caraway)	Nigella sativa	Ranunculaceae	Thymoquinone, linoleic acid, palmitic acid	Antibacterial, prevent acne, Antioxidant, fight hairfall, clear skin complexion	7%
Liquorice (Mulethi)	Glycyrrhiza glabra	Fabaceae	Glycyrrhizin, liquiritin, anethole	Brighten skin, hide sun damage, fade dark scars, treat skin condition.	10%

Ingredients



Aloe Vera



Multani Mitti



Turmeric



Amla



Neem

Methadology^[22]

- Weighed accurately all the herbal powder like green tea, amla, neem powder and sandalwood powder and passed through sieve number 120 and mix uniformly in mortal and pestle.
- Weighed accurately fullers earth, turmeric, kalonji and liquorice powder and mix uniformly in mortal and pestle.
- Add first mixture in second mixture of herbal powder.
- Then add aloe vera gel and rose water for fragrance.

Evaluation Parameter Of Facial Scrub^[23]

Parameters		Observation
Organoleptic evaluation	Nature Colour Taste Texture Odour	Powder Dark Green Characteristics Fine Pleasant
Physiochemical Evaluation	PH Total Ash Moisture content	6 0.3% W/W 4% W/W
General powder characteristics	Tapped density Bulk density Angle of repose Nature of face After wash	

RESULT AND DISCUSSION^[24]

All the evaluation parameters like organoleptic, physiochemical and general powder characteristic of herbal scrub was studied. These herbal scrub is useful and passed all the evaluation parameter.

These scrub mainly contain Aloe Vera, fullers earth, turmeric, green tea, amla, neem, kalonji, Liquorice. These ingredients are rich source of antioxidant nutrients and vitamins.

After using the scrub skin get soft, clean, beautiful and refresh it make skin glowing. Herbal cosmetic scrub show less side effects. Hence, it is most useful.

CONCLUSION^[25]

Skin is outer most organ of the body which exposed to prooxidative environment like air pollutant, UV radiation and drugs using above ingredients the herbal scrub is prepared which is useful to skin. The herbal scrub was formulated and evaluated all test are passed. This prepared scrub nurishes skin, moisturise skin, cleaning, protective against acne, aging and pimples.

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