

# Formulation And Evaluation of Herbal Face Pack Using Moringa Leaf

Nilam S. Valvi<sup>1</sup>, Krutadnya P. Patil<sup>2</sup>, Sunil P. Pawar<sup>3</sup>

## Abstract

*In the global market herbal cosmetics have a growing demand. Many cosmetics are being manufactured by pharmaceutical companies. Since ancient times, people have utilized herbal cosmetics, which are natural cosmetics. Since herbal cosmetics have lesser side effects than synthetic ones, they are more prevalent. Over 80% of people on the planet rely on herbs. These herbs not only treat the diseases but also are used in the form of cosmetics. Skincare cosmetics is one of the major classifications of herbal cosmetics. This review article contains the information about the herbs which are used in a face pack. People are using herbs for homemade natural face packs since the ancient era. In addition to treating acne, pimples, scars, marks, and pigments, these natural face packs leave skin feeling smooth and glowing. This review focuses on the formulation and potential benefits of a herbal face pack containing Moringa oleifera. The plant's bioactive constituents help in cleansing, nourishing, and rejuvenating the skin while preventing common skin problems such as acne, blackheads, and dullness. Studies indicate that Moringa oleifera enhances skin texture, promotes natural glow, and offers protection against oxidative stress. Thus, the incorporation of Moringa oleifera in herbal face packs presents a natural, safe, and effective approach for healthy and radiant skin.*

**Keywords:** Herbal face pack, Lemon peel, Moringa oleifera, Multani mitti, Rice flour, Sandalwood powder

## INTRODUCTION

Humans have known since the beginning of time that plants can supply the essential elements needed to have beautiful, healthy skin. Cosmetics are used to clean, beautify, and promote an attractive appearance [1]. The vast majority of the skin on the face acts as a mirror, reflecting the general health of the individual. To remain healthy, clear, and glossy, the skin requires a balanced diet that includes lipids, carbohydrates, and amino acids. In the past, women took extra care of their specific skin types because they were very self-conscious about how they looked [2]. Cosmetics are products that enhance the beauty and purity of the skin. The main advantage of using herbal cosmetics is that they are pure and do not have any harmful effects on the body. Because human skin is tough, it can turn black if people don't take proper care of it. Natural ingredients are used to make herbal cosmetics, which help to cleanse and nourish the skin. The fact that herbal cosmetics are safe and typically having no negative effects is their greatest advantage. Men frequently have rough skin, and excessive sun exposure and pollution can darken it if they don't take care of it [3].

### \*Author for Correspondence

Nilam S. Valvi  
E-mail: nilamvalvi07@gmail.com

<sup>1</sup>Student, B. Pharm, Department of Pharmaceutics, P. S. G. V. P. Mandal's College of Pharmacy, Shahada, Maharashtra, India

<sup>2</sup>Associate Professor, Department of Pharmaceutical Chemistry, P. S. G. V. P. Mandal's College of Pharmacy, Shahada, Maharashtra, India

<sup>3</sup>Principal, Department of Pharmaceutical Chemistry, P. S. G. V. P. Mandal's College of Pharmacy, Shahada, Maharashtra, India

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In Ayurveda, a herbal paste called “Mukha Lepa” is used as a facial treatment. This paste is applied to

the face to help treat acne, pimples, scars, dark spots, and pigmentation. For skincare purposes, a face pack is a mixture of smooth powders that are applied to the face [4]. Face packs made with natural ingredients are full of important vitamins that help keep the skin healthy and glowing. These natural ingredients are good for the skin in many ways. Natural face packs are also easy to use. They help improve blood flow in the face, which makes the skin look fresh and lively [5]. The skin should receive the nutrients it requires from a quality herbal face pack. Typically, it is applied to the face as a free flowing powder. The pack should go deep into the skin to deliver these nutrients.

Different skin types need different kinds of face packs—nowadays, there are special packs for oily, normal, and dry skin. Face packs contribute to smoother, more equitable skin. Additionally, they lessen dark circles, acne, wrinkles, and pimples [6].

Face packs made for oily skin with acne or black heads help control the amount of oil the skin produces and fight the bacteria that cause acne. Natural ingredients like sandalwood, rose petals, and dried orange peels can help reduce acne marks and scars. Herbal face packs are now widely used because they have more benefits than chemical ones. They are safe, don't cause allergies, and aren't addictive. They are completely natural, last longer, and don't need added preservatives. They are also easy to make and store for a long time. This research article is about making and studying a herbal face pack using natural ingredients [7].

### **Benefits of Applying Face Pack**

- Face packs give your skin important nutrients and help keep it healthy.
- Face packs can help reduce acne, pimples, scars, and marks, depending on the herbal ingredients they contain. Face packs made with neem and tulsi are especially good for treating acne and pimples. These packs work by controlling the extra oil (sebum) produced by the skin and removing harmful bacteria that cause acne. To help fade scars and marks, you can mix sandalwood powder, rose petal powder, and orange lentil powder into the face pack.
- Face packs usually help clean off old, dead skin from your face.
- These face masks help your skin feel calm and relaxed.
- They help bring back the skin's shine and glow quickly.
- Pollution and extreme weather can harm your skin, but using face packs wisely can help protect it [8, 9].

### **Precautions to be Taken While Applying the Face Pack**

- Avoid wearing the face pack for longer than fifteen to twenty minutes. Leaving it too long can • Use a face pack only once a week.
- cause wrinkles, loose skin, and bigger pores. The dried face pack should not be peeled or scratched. Your skin may get damaged as a result.
- Spray some room-temperature water on your face before removing the dry pack.
- Remove it and gently massage your face with an ice cube. It tightens the skin, reduces pores, and gives the skin a smooth, youthful feel. It helps close pores, tighten skin, and make
- Don't scrub your face too hard. It can cause pimples and dark spots [10].

## **DRUG PROFILE**

### **Ingredients Used in Formulation of Herbal Face Pack**

#### ***Drumsticks***

Moringa oleifera (MO), also called the drumstick tree, originally comes from South Asia, especially the foothills of the Himalayas in India. Many other nations, including Afghanistan, Nepal, Bangladesh, Sri Lanka, and others, now grow it as well. The leaf extract of Moringa oleifera is rich in phenolics and flavonoids, two beneficial natural substances. It also has strong antioxidant powers, which means it can fight harmful substances in the body called free radicals. Moringa is good for the skin. It helps prevent acne, and can also reduce pimples, dark spots, blemishes, and blackheads. It protects the skin from

damage caused by the environment (like pollution or sunlight) and helps slow down signs of early aging [11].

### **Multani Mitti (Calcium Bentonite)**

- *Biological Source:* The biological source of Multani Mitti (Fuller's Earth) is naturally occurring clay deposits formed from the decomposition of volcanic ash.

### **Chemical Constituents**

Multani Mitti (Fuller's Earth) is primarily composed of:

- Hydrated aluminum silicates (a type of clay mineral).
- Calcium carbonate.
- Magnesium.
- Silica.

Multani mitti will remove all the impurities and dead skin cells. Multani mitti will help to Make you skin radiant and excellent foag gravated and Irritation skin [12].

### **Sandalwood Powder (Santalum album)**

- *Biological Source:* Sandalwood powder is made by grinding the inner part (heartwood) of trees from the Santalum group. Santalum album, commonly referred to as Indian sandalwood, produces the most valuable and prevalent variety.
- *Chemical Components:* Sandalwood powder mainly contains natural oils called santalols, which give it its strong fragrance. The main ones are: Alpha-santalol (41–60%) Beta-santalol (16–25%).

These have strong germ-killing (antimicrobial) properties.

### **Benefits for Skin**

Helps fight bacteria that cause pimples and acne:

- Soothes sunburn.
- Reduces skin tanning.
- Keeps the skin clear and healthy [13].

### **Turmeric Powder**

- *Biological Source:* Turmeric powder comes from grinding the underground stems, known as rhizomes, of the Curcuma longa plant. This plant belongs to the ginger family, (Zingiberaceae).

### **Chemical Constituent**

- Curcumin (the most abundant).
- Demethoxycurcumin.
- Bisdemethoxycurcumin.
- Essential oils (3-7%).
- Turmeric has been used in the formulation due to antiseptic action. It cures skin diseases caused by blood impurities [14]. It cures the skin diseases [14].

### **Rice Flour**

- *Scientific Name:* Oryza Sativa.
- Rice flour can help with some skin problems. In the Indian subcontinent, Ayurvedic doctors suggest using undigested rice soup. This soup helps the digestive system grow good bacteria and can also be used as a cooling lotion for the skin.
- Rice powder is useful for oily skin. It helps tighten pores and reduce the amount of oil the skin makes.

- Using rice flour often can improve your skin's texture. It helps the skin renew itself and boosts collagen, which keeps skin firm and healthy [15].

### Lemon Peel

- Lemon, or Citrus limon, is an edible fruit that grows on a tiny tree or spreading bush of the rue family (Rutaceae).
- *Active Constituents*: Citric acid, Ascorbic acid, minerals, flavonoids and essential oils.
- Lemons are full of vitamin C and citric acid. They help clean out the body, especially when you add fresh lemon slices to your water. Lemons are good for health, so more people are now using them to treat skin problems like age spots and acne in a natural way [16–19].

### Evaluation of Herbal Face Pack

- *Organoleptic Parameters*: Its physical characteristics, such as its nature, color, odor, feel, and consistency, were assessed manually as part of the organoleptic parameters [20].
- *Physical Evaluation*: The particle size was tested using microscopy. The flow property of the dried powder of combined form was assessed by measuring the Angle of Repose with the funnel method, as well as bulk density and tapped density using the Tapping Method [21].
- *Physicochemical Evaluation*: Physicochemical Evaluation: Ash content was determined with an incinerator. pH was measured with a pH meter. Loss on drying was performed [22].
- *Irritancy Test*: Irritancy Test: A 1 cm<sup>2</sup> area was marked on the back of the left hand. A small amount of the prepared face pack was applied to that area, and the time was recorded. The skin was checked regularly for 24 hours to see if there was any irritation, redness, or swelling, and the results were noted [23].
- *Stability Studies*: The prepared formulation was tested for stability by keeping it at different temperatures for one month. The samples were stored in glass vials at room temperature, 35°C, and 40°C.

They were then checked for changes in color, smell, pH, consistency, and overall feel [24].

### CONCLUSION

The review on the herbal face pack using Moringa oleifera shows that it is a promising natural ingredient for skincare. Moringa oleifera has vitamins, antioxidants, and antibacterial compounds that cleanse, nourish, and protect the skin. Face packs made with Moringa can improve skin texture, reduce acne, and provide a healthy glow without harmful side effects. Overall, Moringa oleifera is an effective and safe herbal option for maintaining healthy and radiant skin.

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