



Herbal Medicinal Plant Used in Facewash for Skin Care

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ABSTRACT: -

Skin diseases are most common form of infection occurring in people of all ages. The aim of the study is not only to prescribe remedies for skin diseases in human being but also draw back for the need a detailed study on medical plants. We used some nature remedies for more acceptable in the belief that they are safer with fewer side effect than the synthetic ones. Herbal formulation have a growing demand in the global market. The present study deals with the evaluation of safety and efficacy of the herbal face wash made by turmeric, Multani Mitti, sandalwood, gelatin, rose, has no side effect.

The plants have been taken in this article having better anti-inflammation, antimicrobial and antioxidant properties in every ingredient is herbal an is readily available in the market. Now this review has highlighted the role and utilities of some medical plants on different skin diseases.

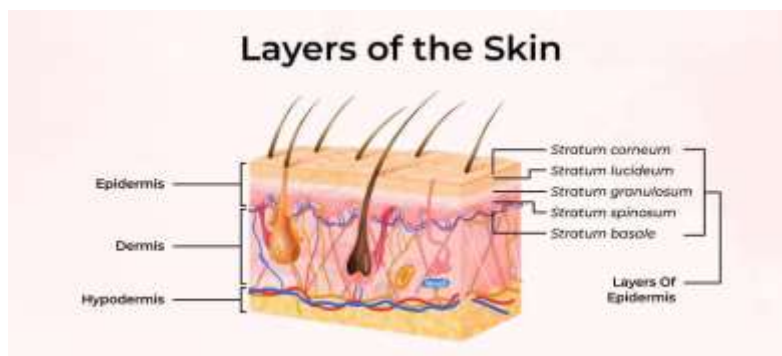
Key words: - Acne, Dry Skin, Pigmentation, Pores, Rosacea, Sundamage .

INTRODUCTION

Herbal facewash are skin care products made from natural plant based on ingredient that are used to glowing skin, brightens skin and fight ace and improve the health of the face wash.

The skin is a vital and extensive organ of the body and it plays a significant role in human personality especially the skin on the face which is sensitive and often considered a representation parameter. The skin can also be an indicator of their overall health. The composition of the skin includes various material like carbohydrates, amino acids and lipids.

A herbal facewash have been created to address a variety of a skin issues including treating pores, fights sun damage, acne, pimple, redness, pigment and also sensitive skin. There product are design to enhance the appearance and texture of the skin leading to more youthful and a complexion that appears healthier.



Skin is the largest organ of the body according for about 15% of the total adult body weight. The skin is made of multiple layers of cells and tissues that are joined to the structure by connective tissue greater layer of skin has many blood vessels and is well vascularized(vessel). Addition sensory feature include the presence of sympathetic and autonomic nerve fibers communication within and between the brain. The three layers of skin are as follows: -

- Epidermis.
- Dermis.

- Subcutaneous (hypodermis).

Epidermis :

Epidermis is the top layer of skin in our body. It is the superficial layer of the skin and provide the first barrier of protection from the invasion of substance.

Dermis :

Dermis has a 0.4mm in lids and 1.2mm in forehead and cheeks. The dermis is a fibrous structure composed of collagen, elastic tissue and other extracellular component that includes vascular, nerve ending, hair follicles and glands. The dermis is to support and protect the skin and deeper layer.

Subcutaneous(hypodermis) :

It is the deepest skin layer composed of fat cells, collagen, blood vessels, and nerve.

There are several common face skin problems :

Pimple:

Pimple is a small raised spot on the skin . caused by an oily substance that lubricates your hair and skin and dead skin cell plug hair follicles.

Acne:

Acne is a caused when tiny holes in the skin known as hair follicles become blocked . they can caused by hormones oil based beauty product stress and anxiety ,diet, pimple popping , pressure on your skin.

Pigmentation:

Skin gets darker and body makes too much melanin. Pigmentation is caused by genetics. Skin damages, sun exposure and hormones.

Pores:

Pores are tiny opening in your skin that release oil and sweat from your glands. They can caused by certain food, pollution , stress, and anxiety, washing, or scrubbing your skin too hard.

Dead skin cells:

Dead skin are caused by changes by changes temperature or humidity, using soaps with harsh chemicals cold weather, dry air , unbalanced skin ph, smoking spending too much time in direct sunlight.

Sun damage:-

Sun damage is also called as actinic keratoses are dry and scaly patches on skin that have been damaged by the sun. when ultraviolet(uv)light hits skin unprotected by sunscreen causing DNA changes at a cellular level.

Dry skin:-

Dry skin are known as xerosis has causes by cold or dry weather, sun damage, harsh soaps and overbathing , vitamin, deficiency.

Redness/rosacea's:-

This can be caused by burns, allergic reaction , infection and some health condition, folliculitis, heat rash, seborrhea and acne. Sensitive skin:-

This can be caused by detergents, fragrances, skin care products, soaps, vitamin B deficiency, genetics.

FACE WASH :

A face wash is a type of facial cleanser made specifically to remove makeup dirt oil , dead skin cells and other impurities from the face. This help to clearing clogged pores and prevent skin condition like acne, leaving the skin feeling clean and renewed. A facewash is a part f a daily skincare routine along with toner and moisturizer.

In which facewash preparation mainly content turmeric, coconut oil, neem, Multani mitti, sandalwood, honey, gelatin, rose water, mulethi. It show many properties like antibacterial, antifungal or many skin problem.

Categories of therapeutic agent used in face wash :

Antibacterial :- antibacterial is inhibit the growth of bacteria on the skin. The antibacterial facewash are not only effective in cleaning our face but also help in getting rid of the acne and skin breakout that are pretty common in those with greasy or oily skin types.

Antiacne :- acne cleanser are highly effective excess sebum without cause your skin to dry. Different types of antiacne drugs are used for different treatment purpose depending on the severity of the condition.

Anti-inflammation:- it is properties of substance or treatment that reduce inflammation or swelling. Antiinflammation drug make up about half of analgesic, remedying pain by reducing inflammation as opposed to opioids, which affect the central nervous system to block pain signaling to the brain.

Additives used in face wash.

Antioxidants:-

Antioxidants help protect skin cells from damage and aging and may improve skin texture and appearance.

Humectants:-

Humectants are substance that have a natural ability to attract and retain moisture making them ideal ingredients for face wash product. These contain hygroscopic molecular hydrophilic group such as hydroxyl group that allow them to absorb water vapour from surrounding air and lock it the skin to maintain the skin natural moisture balance. Humectants can help prevent dryness flakiness and other common skin issues.

Foaming agents:-

Foaming agents is a material that formation of foam such as a surfactant or a blowing agent. Foaming agent work by decreasing the surface tension of the mixture and creation bubbles. These bubbles then expand and create a foam or froth on the surface of the liquid.

Preservatives:-

Preservatives are substance used to prevent the growth of microorganisation in various product such as food cosmetic and pharmaceuticals certain microorganisms have the ability to produce harmful substance known as which can pose a significant risk to human health and in some case lead to falality.

Gelling agent:-

Gelling agent are substance that can transform a liquid phase weather it be water or oil, into a gel like texture that is thick but not rigid. When added to emulsion, gelling agents can create a more fluid and easily can create a more fluid and easily movable consistency as opposed to a sift one.

Some gels make a it possible to create thick products that can be shaken or stirred under high shear, for easier bottling or for spraying.

Herbal ingredients used:

1. Turmeric powder
2. Multani mitti
3. Sandalwood powder
4. Neem powder
5. Honey
6. Coconut oil
7. Rose water

METHODOLOGY

1. Turmeric powder :



Synonyms: haldi , Curcuma; Rhizoma curcumae; Saffron Indian, haridra .

Biological source: Turmeric is the dried rhizome of *Curcuma longa* Linn.

Family:Zingiberaceae

Chemical constituents:

Curcumin , Curcaminoids Cymene Tarmeron ,Isdemethoxylar curmin ,Demethoxy curcumin ,Diaryl heptanoids .

Condition:

- Reduces acne
- Natural glow
- Ageing
- Helps with psoriasis
- Reduces dark circles
- Moisturizes dry skin

Physical properties:

- ✦ Colour: yellow orange solid/ bright yellow colour
- ✦ Molecular weight:368 g/mol
- ✦ Melting point:180°c
- ✦ pH: 5.9
- ✦ Turmeric is alkaline
- ✦ Odour: aromatic order
- ✦ Tast: slightly bitter taste

Uses:

- 1.Turmeric helps brighten skin and the appearance of uneven tone, leaving you with clearer skin.
 - 2.It is used to treatment of psoriasis and rosacea.
 - 3.Turmeric is naturally gold,it can help bring out your natural glow.
 - 4.Anti- aging properties.
 - 5.Helps treat stretch marks.
2. Neem powder:



Synonyms: sandalwood , Chandana, neroli, tatiapuramam.

Biological source: obtained by heartwood of the stems & roots of Santalum album linn.

Family: Santalaceae.

Chemical constitute :

Volatile oil ,Santenon ,B- santalol, Aldehyde santalol C15H22O.

Condition:

- ✦ Anti-aging. • Fight acne.

- ✦ Remove scarring.
- ✦ Anti- tanning.
- ✦ Reduces pigmentation. • Removal of dark spots.

Uses:

1.Fights Acne and Pimples: Acne and pimples are signs of unhealthy and under-nourished skin. Due to pollutants, bad diet, and lack of daily care, our face suffers from acne breakouts.

2.Prevents Signs of Aging: After a certain age, our skin starts to lose its elasticity, and signs of aging such as wrinkles, fine lines, and sagging start to appear. To Neem powder is an excellent and natural anti-aging treatment. It is rich in antioxidants and nutrients that fight the symptoms and helps the skin to remain firm and toned.

3.Cleanses Skin: Cleansing the skin with chemical driven products further damages the skin and makes it dry. Neem powder effectively cleanses the skin from dirt, oils, and impurities. It is a natural exfoliating agent and helps to fight blackheads and whiteheads.

4.Prevents and Cures Skin Disorders: Neem leaves are widely popular for their miraculous properties that help to treat skin diseases. For convenience, people now use neem powder for skin disorders. Its antibacterial properties help to cure skin conditions like psoriasis, eczema, ringworms, ulcers, etc.

3. Sandalwood powder:



Synonyms: sandalwood, chandana, neroli,ananditam , taliaparnam.

Biological source: Obtained by distillation from heart-wood of Santalum album.

Family: Santalaceae

Chemical constituents:

Volatile oil 2 to 5 %, Santenone, A-santalol, Aldehyde santalol .

Condition :

- Anti-aging
- Fights acne
- Remove scaring
- Anti-tanning
- Reduces pigmentation
- Removal of dark spots

Physical properties:

- ✦ Colour: pale yellow
- ✦ Odour: warm , woody and earthy
- ✦ Taste: unpleasant

Uses:

1. Anti-ageing :

Sandalwood is rich in antioxidants that prevent skin sagging and the consequent formation of wrinkles' it's also capable of fighting the damage caused by the presence of free radicals in the skin.

2. Fights acne:

The antiseptic properties of sandalwood reduce bacterial growth on the skin, which makes it very effective in treating acne, boils, and sores and preventing them from worsening.

3. Removes scarring :

Sandalwood is known to heal your skin tissues. This healing property helps in getting rid of scars from wounds, blemishes, dark spots and eczema. You can also use sandalwood powder for skin whitening as it removes skin impurities to give you an even tone.

4. Soothes the skin :

Sandalwood is rife with anti-inflammatory properties, which makes it an ideal remedy for sunburns and skin rashes.

5. Anti-tanning :

The effects of a suntan can last for long if not treated quickly. Rubbing sandalwood oil or applying its paste on the affected parts can remove suntan gradually as well as reduce the redness and burning caused by overexposure to the sun's rays.

4. Multani mitti:



Synonyms: Multan clay

Biological source: It consists of hydrous aluminium silicate.

Chemical constituents: Hydrated aluminium silicate, Magnesium chloride, Calcium bentonite.

Condition:

- Gentle cleansing
- Exfoliate
- Brightens Skin
- Prevent clogged pores
- Leads to glowing skin
- Fight acne

Physical properties:

- ✦ Colour: white
- ✦ Multani powder pH : 8
- ✦ Odour: pleasant odour
- ✦ Taste: pleasant test

Uses:

1: Gentle Cleansing :

Multani mitti can help remove all dirt, grime, and other impurities that could be present on your face.

2: Exfoliates:

Multani mitti removes all the dead skin cells from your skin.

3: Brightens Skin :

If you don't know how to get an even skin tone then this ingredient blessed with anti-tanning properties can give you an even-toned and brighter skin. Regular usage can help attain a healthy and glowing complexion.

4: Fights Sun Burns:

Multani mitti is a soothing ingredient that can help calm your skin. This makes it the perfect remedy for sun burns. This magical beauty ingredient can combat all forms of inflammation.

5: Prevents Clogged Pores:

Multani mitti absorbs all the dirt and impurities from your pores, leaving it clean. It tightens your pores and removes excess sebum from the face. Multani mitti is ideal for oily skin types.

6: Leads To Glowing Skin :

Multani mitti stimulates blood circulation and makes your skin supple. It fades blemishes to unveil glowing and radiant skin.

7: Fights Acne :

Multani mitti detoxifies your skin and combats breakouts. This clay mask is a boon for those with acne-prone skin. It helps cleanse your skin and gets rid of impurities in your pores.

5.Honey:



Synonyms: madhu , madh, mel, purified honey.

Biological source: honey is a viscid and sweet secretion stored in the honey comb by various species of bees such as *Apis mellifera* , *Apis Dorsata* , *Apis Florea*, *Apis Indica*.

Family : Apidae.

Chemical constitute:

75% water ,

25% sucrose

Condition:

- Deeply moisturizes and hydrates the skin.
- Ageing.
- Pores cleanser.
- Fight acne .

Physical properties:

▪ Odour: pleasant and characteristic ▪ Colour: pale yellow to reddish brown. ▪ Taste: sweet, slightly, acrid

Uses:

1.Moisturises the skin deeply:

The reason why honey is often found as a base ingredient for almost every beauty product is because it deeply moisturises the skin from deep within. The enzymes present in Honey enables it to easily seep into the skin while conditioning it and softening it from deep within.

2.For using honey as a moisturizing mask:

Use one spoon of honey on clean, dry skin. It will serve as a perfect moisturizing mask.

3. Acts as a Pore Cleanser:

Very few that honey can be used to cleanse pores and get rid of blackheads. Since Honey contains antioxidants, antiseptic, and antibacterial properties, it helps to rid your skin of blackheads by removing dirt from pores. It then hydrates and tightens skin pores for clear complexion.

4. Gentle Exfoliator :

Artificial Exfoliators often cause your skin to go red and may cause irritation. Say goodbye to all the inconvenience by simply switching to honey as your exfoliator. Honey helps exfoliate your face & skin by gently removing the dead skin cells. This in turn also leaves your face with a brighter complexion.

5. Lightens Scars:

Honey is a natural moisturizer as well as a natural antiseptic. This not only keeps your skin soft and healthy, but also makes sure less of a scar is left behind. So how does something as basic as honey do this? It minimizes any inflammation and helps heal the skin faster. Additionally, the anti-oxidants present in honey help repair damaged skin.

6. coconut oil:



Synonym : coconut oil, copra oil.

Biological source: coconut oil is the oil expressed from the stired solid part of endosperm of coconut , coco nucitera.

Family: palmaeasa.

Chemical constituents: 95% saturated fatty acids ,Caprylic acid ,2 % capric acid , 50- 80% lauric acid ,Myristic acid

Condition:

- Dry skin highly Moisturising
- Treat acne
- Help to reduce inflammation
- Soften skin
- Reduces ageing skin

Physical properties:

- Colour: clear transparent

Uses:

1. The anti-inflammatory properties that coconut oil has means it has the ability to help treat acne.
2. Coconut Oil Can Help to Reduce Signs of Ageing Skin.
3. Coconut Oil Can Help to Soften Skin.
4. Coconut Oil for Dry Skin is Highly Moisturising.
5. to help reduce dark spots, soothe facial redness and help to fix an uneven skin tone.

7. Rose Water:



Synonyms: rose, rosebud.

Biological source:

rose oil is the essential oil extracted from the petals of rose species.

Chemical constituents:

Flavonoids, Triterpenen, Tannins, Phenolic acids, Polysaccharides, Fatty acids, Organic acids, Vitamins.

Condition:

- Minimizes the appearance of wrinkles
- Fine lines
- Age spots
- Ability to fight acne- causing bacteria.

Physical properties:

- ✦ Colour: yellow liquid or colorless
- ✦ Odour: specific of roses ▪ pH: 5.5

Uses:

1. Reduces skin irritation: Rose water has antifungal, anti-inflammatory, restorative, and healing qualities that are known to reduce skin irritation. Thus, it aids in lowering skin inflammation, redness, and acne. Additionally, it functions as a detoxifier, aiding in the removal of debris, oil, and bacteria that have built up in blocked pores.
2. Nourishes the skin and alleviates signs of ageing: You may have noticed that your skincare products have always included rose water. It is because of its calming qualities that it is essential to use it every day to promote skin health. Its anti-aging properties stop the appearance of fine lines, crow's feet, smile lines, and dark spots—all early indicators of ageing.
3. Supports the preservation of the skin's natural pH balance: By drawing out excess oil and impurities from the pores, rose water improves the texture of the skin. It accomplishes this without upsetting the pH balance. Chemically manufactured soaps can lower the pH of the skin, increasing the risk of rashes and acne.
3. Hydration, firmness, and glow: To hydrate your skin from the inside out, try using rose water. It accelerates the function of skin cells because it is enhanced with antioxidants like flavonoids and vitamins C and E. It protects the skin from clogged pores, dehydration, and acne, all of which contribute to the development of a layer of dead skin.

CONCLUSION:

Notwithstanding recent advancements in pharmacology and drug research, medicinal plants are still a major source of bioactive compounds and a major source of medicine for a sizable portion of the global population.

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