



Original Researcher Article

Formulation And Evaluation Of Polyherbal Facial Scrub Enriched With Avena Sativa And Aloe Vera

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INTRODUCTION

The largest organ of the body is Skin which acts as a protective barrier against UV rays, infection, injury etc. Skin also helps in regulating the body temperature and maintains water balance of the body. Skin consists of multiple layers namely Epidermis (Outer layer), Dermis (Middle layer) and Subcutaneous tissue (Hypodermis).

Abstracts: Herbal facial scrubs are becoming popular these days due to their skin benefits and cost efficiency. The main goal of this investigation was to prepare an herbal scrub using all the natural ingredients that are available easily. The skin should always be kept clean and dirt free for a healthy and attractive look. In this formulation we have used various natural ingredients that helps in preventing acne, pimples, tanning etc. Ingredients like Chickpea flour, Aloe vera gel, Oats powder, Tomato juice, Turmeric powder, Orange oil, Moringa powder, Sandalwood powder, Rose Water are used that have cleansing, exfoliating, hydrating, anti- tanning, moisturizing properties. The ingredients that are used in the formulation also acts as anti-oxidants and prevents acne resulting in a brighter skin. Evaluation tests include appearance, texture, consistency, pH, grittiness, washability, irritability. The scrub shows good result in all skin types.

Keywords: Chickpea flour, Aloe vera gel, Oats powder, Tomato juice, Turmeric powder, Orange oil, Moringa powder, Sandalwood powder, Rose Water.

Conditions like acne, pimples, dryness, itching, infection etc hampers the normal function of skin. Thus, it is very important to keep our skin free from dirt, excess oil etc. Acne can sometimes become serious when it is not treated properly as it affects pilosebaceous units, that are skin hair follicles connected to the oil glands.

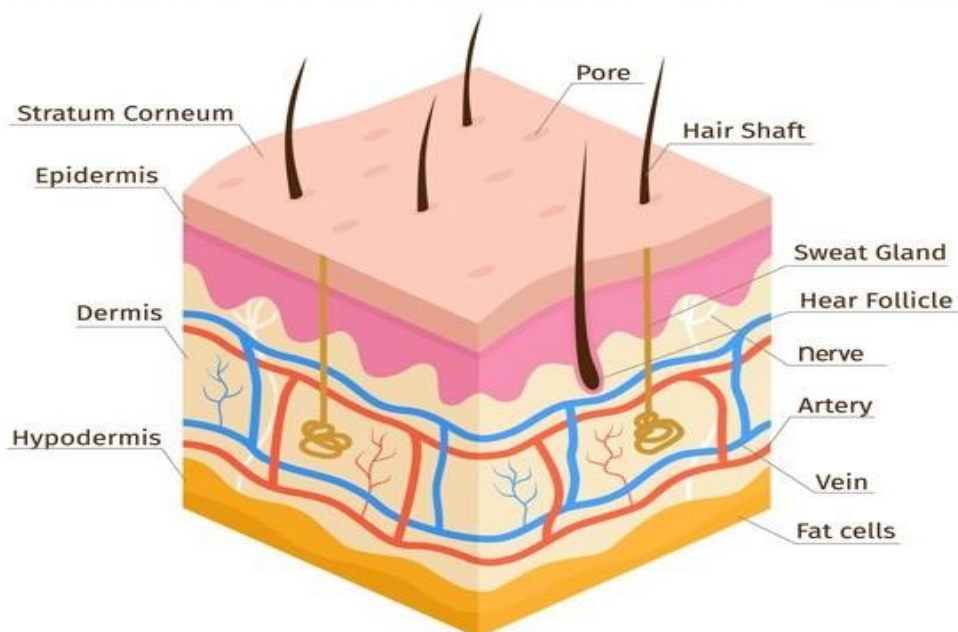


Fig 1: Diagram of Skin

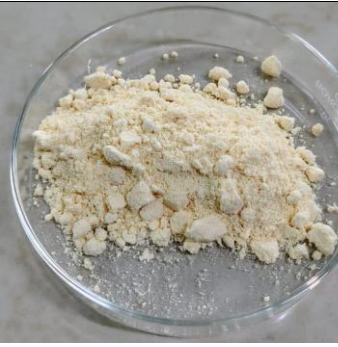
Cosmetics are substances that enhances the beauty of skin. It helps the skin to remain healthy and attractive. Scrubs are basically applied by rubbing them on the surface to remove dead skin, dirt and extra oil of skin. Nowadays, herbal scrubs are in demand because they can clean skin and keep it moisturized without causing any side effect. Our skin suffers the most due to environmental pollution, dehydration and excessive heat during summer. Ayurveda has always been a boon to

mankind and thus the best way to treat our skin is by using natural ingredients.

Ideal Characteristics of Herbal Scrub:

- 1) It is nourishing and hydrating.
- 2) It has mild abrasiveness.
- 3) It is easily washable.
- 4) It can be easily applied to the skin.
- 5) It is non-irritating.
- 6) It is cost effective.

Table No.1 Ingredients

S. No	Ingredients	Biological Source	Family	Uses	Images
1	Chickpea flour	Ground seeds of <i>Cicer arietinum</i>	Fabaceae	Gentle exfoliator, Controls extra oil, Brightens skin, Tightens skin pores	

2	Aloe vera gel	<i>Aloe barbadensis</i> Miller	Liliaceae	Provides deep hydration, fights against acne, anti-ageing effect, hydrates skin	
3	Oats Powder	Ground grains of plant <i>Avena sativa</i>	Poaceae	Natural cleanser, exfoliates skin	
4	Tomato Juice	Juice of the fruit of plant <i>Solanum lycopersicum</i>	Solanaceae	Brightens skin, reduces signs of ageing, anti-acne	
5	Turmeric Powder	Dried and ground rhizomes of the plant <i>Curcuma longa</i>	Zingiberaceae	Brightens skin, anti-inflammatory, anti-ageing, anti-bacterial	
6	Orange Oil	Rind of the fruit of <i>Citrus sinensis</i>	Rutaceae	Collagen booster, antioxidant, antimicrobial, natural toner	

7	Moringa Powder	<i>Moringa oleifera</i>	Moringaceae	Reduces fine lines, anti- acne	
8	Sandalwood Powder	<i>Santalum album</i> tree	Santalaceae	Clears pores, rejuvenates skin	
9	Rose Water	Flowering plant of genus <i>Rosa</i>	Rosaceae	Protects skin, Hydrates skin	

Method of Preparation:

1. All the materials are weighed by using a weighing balance.
2. Materials are ground properly and passed through sieve no. 120
3. All the ingredients are mixed in mortar with the help of pestle and rose water was added slowly with continuous trituration.
4. A homogenous mixture was obtained.
5. At last few drops of orange oil was added to the mixture.
6. The final product was stored in a well closed container.



Fig 2: Prepared of Scrub



Fig 3: Final Product

Table No. 2: Formulation

Sl No	Ingredients	F1	F2	F3
1	Chickpea flour	2gm	2gm	2gm
2	Aloe Vera gel	1.5ml	2.5ml	3.0ml
3	Oats Powder	1.5gm	2.0gm	2.5gm
4	Tomato Juice	1.5ml	2.0ml	2.5ml
5	Turmeric Powder	0.5gm	1.0gm	1.5gm
6	Orange Oil	0.5ml	0.5ml	0.5ml
7	Moringa Powder	0.35gm	0.4gm	0.45gm
8	Sandalwood Powder	1.5gm	1.5gm	1.5gm
9	Rose Water	q.s	q.s	q.s

Evaluation Tests for Face Scrub:

- Appearance
- Odour
- Texture
- pH
- State
- Irritability
- Spreadability
- Washability

Table No.3: Evaluation Tests

Sl. No	Test	F1	F2	F3
1	Appearance	Yellow	Yellow	Yellow
2	Odour	Citrus	Citrus	Citrus
3	Texture	Gritty	Gritty	Gritty

4	pH	4-6	4-6	4-6
5	State	Semi-Solid	Semi-Solid	Semi-Solid
6	Irritability	Non-irritant	Non-irritant	Non-irritant
7	Spreadability	Uniform	Uniform	Uniform
8	Washability	Easily washable	Easily washable	Easily washable



Fig 4: pH of F1



Fig 5: pH of F2



Fig 6: pH of F3



Fig 7: Before Application of Scrub



Fig 8: Application of Scrub



Fig 9: After application of Scrub

RESULT

The Scrub is made up of all natural ingredients and thus the chances of side effects are very less. It is suitable for all skin types.

CONCLUSION

The Scrub helps in cleansing and exfoliating the skin. It also brightens the skin and removes acne.

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