

Review on Acne and the Role of Herbal Constituents in Anti-Acne Face Wash Formulation

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Abstract: *Acne vulgaris is a very common dermatological disorder, mostly occurring in teenagers and young adults. It is mainly due to excess sebum secretion, follicular hyperkeratinization, proliferation of Propionibacterium acnes, and inflammation. Traditional treatments like antibiotics, retinoids, and chemical agents are usually accompanied by side effects such as dryness, irritation, and antibiotic resistance. This has elicited the increased interest in using herbal and natural products in the treatment of acne because of their safety, efficacy, and low side effects. This paper discusses the anatomy and physiology of the skin, the pathophysiology of acne, and the possible role of herbal ingredients in the management of acne. Herbal extracts like neem (Azadirachta indica), turmeric (Curcuma longa), aloe vera (Aloe barbadensis), tulsi (Ocimum sanctum), and tea tree oil (Melaleuca alternifolia) have good antibacterial, anti-inflammatory, and antioxidant activities, rendering them good candidates for use in anti-acne face wash products. The application of these plant-based products is well-suited with the growing trend of green cosmetics and dermatologically safe products. This review summarizes the modes of action, advantages, and scientific evidence in favor of using these herbs. The research points out the therapeutic potential of herbal-based anti-acne products to foster healthy, clear skin while minimizing dependence on chemical-based formulations.*

Keywords: Acne vulgaris, Herbal ingredients, Anti-acne face wash, Neem, Turmeric, Aloe vera.

