

# Review on Formulation of Herbal Papaya Face Pack

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**Abstract:** *The purpose of this project is to prepare a papaya face pack from natural ingredients. The objective of this work is to formulate and to evaluate a cosmetic preparation. It is used to remove the dead skin cell build up. A face pack will force out stubborn grime and dirt from the deeper layer of your skin and help to maintain the elasticity of the skin. The advantage of herbal cosmetic face pack is their non-toxic nature reduce, the allergic reaction our skin is sensitive soto get a glowing skin we prepare cosmetic face pack from natural ingredients to remove tan, dirt and whitening the skin. Natural ingredient has no side effect or minimum side effect.*

*Herbal cosmetic represents cosmetic associated with active ingredients. This project aims to create and assess a cosmetic herbal face pack for healthy looking skin utilizing natural elements. Papaya fruit extract and coffee powder will be used as the main ingredients in the face pack. Both ingredients are well renowned for gently detoxifying the skin which makes them effective for treating acne.*

*Herbal face packs or masks are used to establish the herbal cosmetics is their non-toxic nature, reduce the allergic reactions and time-tested usefulness of many ingredients. Thus, in the present work, we found good properties of the face packs and further optimization studies are required on this study to final the useful benefits of face packs on humans, use as cosmetic product..*

**Keywords:** Formulation, evaluation, Skin, Herbal facepack, cosmetic preparation

## I. INTRODUCTION

Cosmetics are the product used to clean beautify and promote attractive and beautify skin of the face is the major part of the body. Natural face packs are easy to use. They increase the circulation of the hood within the veins of the face. This papaya face pack has natural skin lightening property and can be prepared at home easily essential for papaya face packs with natural constituents are rich in vital vitamins that are essential for the health and glow of the skin. This face pack is used for the glowing, brightening and beautifying the skin to remove the tan or darkness of the skin or it is used for treat the skin or it is used for treat the skin.

Face pack is smooth powder used for facial use. These preparations are applied to the face in the form of liquids or pastes and are allowed to dry and set to form a film that gives firmness, and cleansing effect to the skin roughness or chapped skin, prevent pimple, treat oily skin, prevent spots or freckles due to sunburn smoothness the skin. Face pack are basically excipient they give some additional benefits. Skin can get dry from exposure to the sun and even can cause skin tone become oily which tends to produce excessive amounts of oil and acne pore. Skin needs moisture. Sebaceous glands which create the sebum that provide skin is overexposed to the sun and this excessive sebum production. They are usually left on the skin for ten to twenty-five minutes to allow all water to evaporate can be easily removed. The warming and firming effect produced by the use of facial packs produces the refreshing sensation of the rejuvenated face, while the colloidal clay and adsorption used in this preparation remove impurities and oils form the facial skin.

When the use facial pack is finally removed the skin residues and impurities are removed as well. Face pack is a smooth powder used for facial use. These preparations are applied to the face in the form of liquids or pastes are allowed to dry and set to form a film that gives firmness, and cleansing effect to skin. Now days different types of pack are available separately for the oily, normal and dry skin. Face packs are used to increase the fairness and smoothness of skin. It reduces wrinkles, pimples acne and dark circles of the skin. Face packs which are recommended for oily skin prone to



acne, blackhead usually control the rate sebum discharge form sebaceous glands and fight the harmful bacteria present inside acne lesion.

### **1.1 Benefits of face pack**

1. Reduce the darkness pimples/spot from the skin.
2. Moisturize the skin.
3. Improve the skin tone.
4. keeps acne away from the skin
5. compacts fine lines, wrinkles and crow feet.
6. Ensures a glowing and bright complexion.
7. It makes the skin soft and firm by helping to increase collagen production.

### **1.2 Applications**

1. Apply this face pack on cleansed face avoiding eyes and lips.
  2. After 15 to 20 minutes massage with finger tips while rising off with lukewarm water.
  3. Do not use any face wash or soap for at least 2 hours after applying this face pack.
- Use 1-2 times per week.

## **II. IDEAL PROPERTIES OF HERBAL FACE PACK**

1. It should be produced a definite tightening effect after application.
2. It should be free from toxic or gritty particles.
3. It should be non-toxic or gritty particles.
4. It should easily and evenly on application.
5. It should be provide smooth texture and moisture to the skin after application.
6. It should not cause irritation to the skin.
7. It should not cause irritation to the skin functionin

## **III. OBJECTIVE**

1. To formulate and evaluate a herbal face pack for shining and moisturizing skin by using natural ingredients.
2. To make a face pack ideal for all skin types.
3. To give the useful benefits of face pack on human use a cosmetic use.
4. To provide the natural glow to the skin in optimum period of time.
5. To formulate herbal face pack to remove tan, dark spot, wrinkles etc.

## **IV. MATERIAL AND METHOD USED IN FACE PACK**

### **4.1 Papaya**

Papaya is the most useful fruit for the skin. It reduces dark spot and blemishes. It helps smooth irritated skin and treat sunburns. It acts a mild exfoliator to make a skin radiant and younger looking clearing oil dirt that can lead to acne breakouts. It makes the skin soft, supple and firm by helping to increase collagen production. Papaya a will give the skin moisture that can help battle dry and flaky skin which is a very common issue seen in many people now days. Using papaya as a face mask will help you achieve smooth and radiant skin.





Fig. No.1- Papaya

Biological source- It is cultivated fruiting tree known as Carica papaya.

Family: Caricaceae

Geographical Source: Topical America Sri Lanka, Tanzania, Hawali, Florida

#### 4.2 Aloe vera

Aloe vera is most beneficial for the skin. Aloe vera gel can eliminate dead skin cells and treat various skin condition including acne, acne scars, sunburns dark circles and wounds aloe vera gel can also be used to moisture the skin. Aloe vera gel is transparent, gel-like substance derived from the leaves of the aloe vera plant. The plant has been used for centuries for its medicinal properties and is now widely recognized for its skin care benefits. Aloe vera gel contain vitamins, minerals, antioxidants and enzymes that contribute to its smoothing and healing properties, making it a popular choice for skin care.



.Fig No.1: Aloe vera



Benefits of Aloe vera gel for skin

1. It has anti-ageing effect and helps to prevent breakdowns of elastin and collagen.
2. It helps to improve the firmness and elasticity of the skin.
3. It has anti-inflammatory properties which helps.

#### **4.3 Rose water**

Rose water is perfect for cleansing your skin and removing any impurities that could cause unwanted spot because of its gentle nature, it is suitable for people of any skin type even sensitive skin using rose water for face and body cleansing will ensure your skin does not become dry and irritated.



Fig No.3: Rose water

Benefits of rose water for skin:

1. Helps maintain PH balance.
2. It soothes Irritated skin.
3. It Hydrates and nourishes the skin.
4. It prevents early signs of ageing.
5. It reduces dark circles.
6. It helps to remove skin impurities.
7. Improves overall skin texture.
8. It uplifts mood.

#### **4.4 Curd**

Curd contains the very gentle AHA known as lactic acid which is a natural ingredient that helps exfoliate the skin. It removes dead skin cells, impurities, dirt and grime that form a layer on your skin and sit within your pores. Applying curd to your skin gently exfoliates while nourishing the skin. Curd is one of the most common skin care ingredients used by women. It is readily available, feels incredibly soothing on the skin, and helps to improve skin quality.





Fig No.4: Curd

Benefits of Curd:

1. It helps to exfoliate the skin.
2. It nourishes the skin.
3. It brightens the skin.
4. It reduces the acne.
5. It maintains skin health.
6. it keeps skin hydrated.

#### 4.5 Coffee Powder

The caffeine in coffee acts as natural anti-inflammatory that keeps the skin tight. There are more caffeine benefits. This benefit can be best extracted when used in the form of a mask, scrub or paste. The rough texture and the insoluble nature of coffee ground make them an excellent exfoliant. The caffeic acid present in coffee boosts the production of collagen, thus giving the skin a fresh glow. caffeic acid also contains antimicrobial properties, which help to protect the skin from any germs daily use of coffee scrub gives your skin a smooth appearance and helps to reduce any swelling. Coffee masks can rejuvenate the skin and give it a natural glow.



Fig No.5: Coffee powder

Benefits of coffee powder

1. It protects from UV rays.
2. Gets RID of puffy eyes.
3. Treats acne enhance the blood circulation.
4. Its moisture the skin.
5. It enhances the blood circulation.





#### 4.6 Rice Flour

Rice flour has anti-inflammatory and antioxidant substance that help prevent skin aging, reduce the harmful effect of UV rays, promotes the skin lightening. Rice flour is a type of four made from finely ground rice grains. It is a versatile ingredient used in cooking and baking, particularly in Asian cuisine. Rice flour is produced by milling rice grains into a fine powder and it can be made from different varieties of rice such as white rice, brown rice, glutinous rice. Rice flour benefits for skin are popular in Asian beauty practices for centuries particularly in countries like Japan, Korea and India. It is known for its gentle exfoliating and brightening effect on the skin. Rice flour help to remove dead skin cells and promote a smoother complexion.



Fig No.5 Rice Flour

Benefits of Rice flour for skin

1. Helps in exfoliation.
2. remove excess oil.
3. Provides lighter complexion.
4. Reduce skin irritation.
5. Promote better skin texture.

#### 4.7 Honey

Honey draws moisture from the air and binds it to the skin. This added hydration gives the skin a fresh, youthfully glow and suppleness, making sine lines and wrinkle less noticeable. Honey also contains natural anti-oxidant that fight free radical. The sugar in honey function has a natural humectant absorbing moisture from the air into the skin. It deeply hydrates the skin. Honey help to hydrate the outer layer of the skin and lessen wrinkle and fine lines b giving it nourishment it calms irritable, dry and wrinkled skin. Honey functions as an anti -oxidant. Honey has a strong anti-inflammatory effect when applied topically, making it useful for a variety of inflammatory skin condition. Honey contains a tiny amount of hydrogen peroxide. This gives it mild lightening properties, which help to reduce acne scars and hyperpigmentation over time. These same properties also make honey an effective choice for brightening a dull complexion.



Fig No.6 Honey



Benefits of Honey for skin

1. It heals wound and has therapeutic effect.
2. It keeps the skin moisturize.
3. Honey helps to maintain the skin Ph
4. It is effective pore cleanser and gentle exfoliator.
5. It relives sunburn.
6. It lightens scars pigmentation.

#### Method of preparation Weighing

1. weight accurately all ingredients such as papaya, aloe vera, coffee powder, curd, rose water, Gram flour, Rice flour, Honey etc.
2. Weight accurately coffee powder, rice flour, honey, aloe vera, rose water, them together to form a uniform mixture.

#### Mixing

3. Mash the papaya slice and then add the other ingredients.
4. Mix them together to form a uniform mixture with the help of mortar and pestle.

#### Storage

5. add perfume into it for good smell then keeps it into dry place. Store it in a closed container.

Table No .1 Composition of ingredient

Sr.no	Ingredients	F1	F2	F3
1	Papaya fruit extract	30gm	35gm	40gm
2	Aloe vera	10gm	15gm	20gm
3	Rose water	10ml	15gm	20gm
4	Curd	5gm	10gm	15gm
5	Coffee powder	15gm	20gm	25gm
6	Rice flour	5gm	10gm	15gm
7	Honey	5gm	10gm	15gm

## VI. RESULT

Organoleptic evaluation showed that the face pack is smooth and pleasant smelling semi solid formulation. Physicochemical parameters reflected pH was found neutral to suit the requirements of all the skin types. The result proved that the formulation was stable in all aspects.

Table No.2 Organoleptic evaluation

Sr. No	Parameter	Observation
1	Color	Brown
2	Oduor	Pleasant
3	Texture	Fine
4	Appearance	Smooth

#### Irritancy test

Irritancy test showed negative result for irritancy, redness and swelling as the herbal in their natural form without addition of chemicals were find to be compatible with the skin proteins.

Table No.3 Result of Irritancy test

Sr. No	Parameters	Observation
1	Irritation	No irritation
2	Redness	No redness
3	Swelling	No swelling



### Stability test

Stability test performed at different temperature over a period of one month revealed the inert nature of the pack in the terms of color, odor, texture and PH. Stability test shows different result at different room temperature and at 35° C

Table No.4 Result of stability tests

Sr. No	Parameter	Room temperature	35°c
1	Color	No change	No change
2	Oduor	No change	No change
3	PH	6.48	6.60
4	Texture	Fine	Fine

### Discussion

From the above observations, it has been notified that the since the formulation is made up of naturally occurring dried herbal ingredients, there are almost negligible chances of the deterioration of the formulation, as there no moisture containing the element in raw as well as processed form. The formulation was kept for one month at room temperature to observe the changes in its color, odor, texture and appearance. The formulation was found to be stable.

It can be easily used at any temperature, at any place. Since it is an herbal formulation, it takes time to show the results. However, the use provides smooth and clear skin within 4-5 days. Its continuous use shows superb effect such as flawless, radiant and clear skin. Since natural ingredients are non-toxic, non-habit forming, they take time but remove the defects from roots. Since no chemical, preservative, artificial color or perfume has been added in the pack, the chances of its degradation are almost negligible. This leads to an increased shelf life with stable ingredients.

### VII. CONCLUSION

Natural papaya face pack help clear out your skin and unclog your pores. Incorporating papaya into your face packs will help you attain a glowing and healthy complexion. Papaya face packs are great for all skin types. They help to retain the elasticity of skin cells, thereby controlling premature aging of the skin. Wrinkles, fine lines, and loosening of skin can be effectively controlled by using natural face. In this work, we found excellent properties of the face pack and further studies are needed to be performed to ascertain more useful benefits of face pack as cosmetics. Natural remedies are accepted now a days with open hands as they are safer with fewer side effect than the chemical based products.

Herbal formulation are required in large amounts to fulfils the needs of the growing world market. It is an effective attempt to formulate the herbal face pack containing different plants with multiple therapeutic benefits. The benefits of herbal based cosmetic are their nontoxic nature. It nourishes the facial skin. This face pack supplies vital nourishment to the skin. It help in the elimination of acne, pimples, scare, and marks. Face pack exfoliates skin and provides a soothing, and cooling effect on the skin. They restore the natural glow of skin in the optimum time period. Frequent uses of natural face packs improve skin texture and complexion. Pollution and harsh climates badly affect the skin can be countered by the regular usage of face

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