

Assessment And Development of Anti -Acne Herbal Facial Scrub

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Abstract—Acne vulgaris is a common dermatological condition affecting a large population, particularly adolescents and young adults. The use of herbal formulations in skincare has gained significant attention due to their safety, effectiveness, and minimal side effects compared to synthetic products. The present study focuses on the development and evaluation of an anti-acne herbal facial scrub using natural ingredients known for their antimicrobial, anti-inflammatory, and exfoliating properties.

The herbal facial scrub was formulated using selected herbal ingredients such as neem powder (*Azadirachta indica*), turmeric (*Curcuma longa*), aloe vera (*Aloe barbadensis*), and walnut shell powder, which are traditionally known for their anti-acne and skin-cleansing properties. The prepared formulation was evaluated for various physicochemical parameters including appearance, color, odor, pH, spreadability, consistency, washability, and skin irritation test. The antimicrobial activity of the formulation was also assessed against acne-causing microorganisms.

The results indicated that the formulated herbal facial scrub showed satisfactory physicochemical properties, good stability, and no signs of skin irritation. The antimicrobial study demonstrated noticeable inhibitory effects against acne-causing bacteria, indicating its potential effectiveness in acne management. The formulation was found to be safe, economical, and suitable for regular use.

In conclusion, the developed herbal facial scrub exhibited promising anti-acne activity and favorable evaluation parameters, suggesting that herbal ingredients can be effectively utilized in the formulation of safe and efficient skincare products.

❖ Objective

1. To formulate an anti-acne herbal facial scrub using natural ingredients.
2. To utilize herbs like neem, turmeric, aloe vera, and walnut shell powder for acne control.

3. To evaluate the prepared scrub for pH, appearance, spreadability, and washability.
4. To assess antimicrobial activity against acne-causing bacteria.
5. To check the safety of the formulation through skin irritation testing.

I. INTRODUCTION

The Greek word “kosmos” is where the word “cosmetics” originates. It depicts any aspect of tidying up, glittering, captivating, or meticulous appearance as something that is meant to be applied to the human body via rubbing, pouring, sprinkling, spraying, or other means.

Herbs have been used for their purifying and beautifying properties since ancient times. There are numerous varieties of cosmetics, and each one has a purpose for the skin. Of all the body parts, the skin is the largest. It controls temperature, exchanges water, lubricates, and offers protection.

There are several reasons why the skin does not become hot or dull. By using a scrub, this can be resolved effectively. The skin is treated with two kinds of scrubs: body and face scrubs. Because face scrub oils do not do a good job of exfoliating dead skin cells, people use them a lot.

➤ Three categories exist for skin types:

- Sensitive
- Oily
- Dry

Because of the dead skin cells removed during regular use, skin will appear smooth and glowing. By applying the topical medication directly to the lateral skin, skin exposure to external agents can be avoided.

➤ The correct foundation allows for the modification of makeup such as:

- Face packs
- Face creams
- Sunscreens
- Face scrubs

You can use a tiny makeup pad or just the sink to apply scrubs. When using the peeling gel, it is advised to massage it gently. This enhances blood flow and encourages skin surface oxygenation throughout.

Probably the world's oldest pharmaceutical system is found in India's Chinese herbal medicine industry. The Vedas, an ancient Indian religious text, highlighted the use of ancient herbal remedies in their history of medicinal use.

Herbs and other natural products are used to treat health issues in Ayurvedic and Unani traditional medicine. For Western therapists and physicians, these cottage cheeses, honey, milk, ghee, and sugar moisturise and bleach herbal remedies.

Even today's prescribed medications contain plant extracts, despite their apparent novelty. Presently, this form of traditional medicine is valued in many nations, and the high demand for Indian herbal medicine has resulted in its explosive growth, with an approximate annual growth rate of thirty percent.

Global demand for skin care products, herbal remedies, and even cosmetics has grown dramatically in recent years.[1]

II. LITERATURE SURVEY

1.Dhanshree Dilip Gavali, et al

"Formulation and evaluation of herbal scrub" For healthy and nourished skin, periodic cleansing is required which removes dirt, dead skin, sebum and other secretions from the skin and their appendages by chemical topical application. This is useful for making skin charming and beautiful. Cosmetics play a very important role in everyone's life to make joyful skin. Nowadays herbal cosmeceuticals are in demand due to less or no side effects. Herbal cosmeceuticals usually contain plant parts which possess:

- Antimicrobial property
- Anti-aging property
- Anti-acne property
- Antioxidant property

2.Mr. Chavhan Shankar Parmeshwar et al

"Review on cosmetic science preparation and evaluation of herbal scrub"

The Drugs and Cosmetics Act, 1940 is an act of the Parliament of India which regulates the import, manufacture and distribution of drugs in India.

The primary objective of the act is to ensure that the drugs and cosmetics sold in India are:

- Safe
- Effective

Conform to stated quality standards

The related Drugs and Cosmetics Rules, 1945 contain provisions for classification of drugs under given schedules and guidelines for storage, sale, display and prescription.

This act was originally known as the Drug Act and was passed in 1940.

➤ Schedule H

The drug label must display:

"Rx" on the left top corner

"Schedule H drug. Warning: To be sold by retail on the prescription of a Registered Medical practitioner only"

It can only be supplied to licensed parties and cannot be sold without a prescription.

3.Dr. Panaskar A.N, et al

"Formulation & Evaluation of Poly-Herbal Face Scrub for Skin Exfoliation"

The purpose of this study is to create and assess a polyherbal face scrub that may be used as an alternative to chemical products.

Natural ingredients are used in herbal cosmetics because they:

- Work against wrinkles
- Reduce acne
- Regulate oil flow from skin pores

Natural elements are the safest and greatest products to use in everyday life since they have no negative effects and also benefit the environment.

4.Gavhane Ritu R, et al

"Formulation and Evaluation of Polyherbal Facial Scrub"

Cosmetics are defined as products used for the purpose of:

- Cleaning
- Beautifying
- Enhancing attractiveness
- Changing appearance

Plant-based cosmeceuticals usually contain plants with:

- Antibacterial properties
- Antioxidant properties
- Anti-aging properties

5.Ms. M. V. Suryawanshi, et al

"Formulation and Evaluation of Herbal Face Scrub"

Herbal cosmetics are products that are formulated using different cosmetic ingredients to form the base in which one or more herbal ingredients are used to provide defined cosmetic benefits only and shall be called herbal cosmetics.

Herbal scrub helps to:

- Remove dirt
- Remove excess oil
- Remove dead skin cells
- Improve skin texture
- Provide smooth and glowing skin

Herbal products are gaining popularity due to:

- Natural origin
- Safety
- Fewer side effects
- Better patient compliance

6.Mr. Prashant S. Waghmare, et al

"Formulation and Evaluation of Herbal Face Scrub"

The herbal face scrub is mainly used for exfoliation of dead skin cells and helps to rejuvenate the skin. Exfoliation is important to remove the uppermost layer of dead skin cells and improve skin appearance.

The use of herbal ingredients such as:

- Neem
- Turmeric
- Aloe vera
- Multani mitti

provides antibacterial, anti-inflammatory and soothing effects on the skin.

Regular use of herbal scrub improves:

- Blood circulation
- Skin brightness
- Skin smoothness

7.Study on Neem (*Azadirachta indica*) in Acne Treatment

A study by Kumar et al. (2012) reported that neem (*Azadirachta indica*) possesses strong antibacterial and anti-inflammatory properties effective against acne-

causing microorganisms such as *Propionibacterium acnes*. Neem extracts were found to reduce skin inflammation and inhibit bacterial growth, making neem a valuable ingredient in herbal anti-acne formulations. The study concluded that neem-based topical preparations are safe and effective for managing acne vulgaris.

8. on Turmeric (*Curcuma longa*) for Anti-Inflammatory Effects

According to Sharma and Singh (2014), turmeric (*Curcuma longa*) contains curcumin, an active compound known for its antimicrobial and anti-inflammatory activities. The study demonstrated that turmeric-based formulations significantly reduced redness, swelling, and bacterial growth associated with acne lesions. Turmeric was also found to promote wound healing and improve skin texture, making it suitable for use in facial scrubs.

9.Study on Aloe Vera (*Aloe barbadensis*) in Skin Care
A study conducted by Patel et al. (2015) highlighted the soothing and moisturizing effects of aloe vera (*Aloe barbadensis*). Aloe vera gel was reported to possess antimicrobial and anti-inflammatory properties that help reduce acne irritation and promote skin healing. The study also confirmed that aloe vera improves skin hydration and reduces dryness caused by acne treatments, making it an ideal component of herbal skincare products.

10.Study on Walnut Shell Powder as a Natural Exfoliant

Research by Reddy et al. (2016) demonstrated the effectiveness of walnut shell powder as a natural exfoliating agent. The study found that walnut shell powder helps remove dead skin cells, unclog pores, and reduce the accumulation of sebum, which are major causes of acne formation. The use of walnut shell powder in facial scrubs was found to improve skin smoothness and enhance cleansing efficiency without causing irritation.

III. HISTORY OF COSMETIC

Cosmetics have been used since ancient times for enhancing beauty and maintaining hygiene. The earliest use of cosmetics dates back to ancient Egypt, where both men and women used cosmetics to enhance their appearance.

Ancient Egyptians used substances such as:

- Kohl
- Oils
- Perfumes
- Natural pigments

These substances were used to decorate eyes, lips and skin.

In ancient India, cosmetics were widely used as part of daily life and traditional practices. Natural ingredients such as:

- Sandalwood
- Turmeric
- Herbal oils

Were commonly used for skin care and beautification.

In ancient Greece and Rome, cosmetics were used extensively. People used:

- White lead
- Chalk
- Natural dyes
- To enhance facial appearance.

During the Middle Ages, the use of cosmetics declined due to religious beliefs. However, during the Renaissance period, cosmetics again gained popularity among the upper classes.

In the modern era, cosmetics have evolved significantly with the advancement of science and technology. Synthetic and herbal cosmetics are now widely available in the market.

Nowadays, there is a growing demand for herbal cosmetics due to:

- Increasing awareness about side effects of synthetic chemicals
- Preference for natural ingredients
- Environmental safety
- Skin compatibility

Herbal cosmetics are considered safer and more beneficial compared to synthetic cosmetics.

❖ Cosmetics act 1940&1945

The Drugs and Cosmetics Act, 1940 and Rules, 1945 is an important legal framework in India that regulates the manufacture, import, distribution, and sale of drugs and cosmetics to ensure safety, quality, and efficacy. This Act also includes provisions specifically related to cosmetics to protect consumers from harmful or substandard products.

The Act defines a cosmetic as any article intended to be rubbed, poured, sprinkled, or applied to the human body for cleansing, beautifying, or altering

appearance. It ensures that all cosmetic products must be safe for human use and should not contain any harmful or prohibited ingredients.

One of the main objectives of this Act is to ensure that cosmetics are manufactured under proper hygienic conditions and meet the required quality standards. It also regulates labeling and packaging, making it mandatory to provide correct information about ingredients, usage, and manufacturer details to avoid misleading claims.

The Act provides guidelines for the licensing of cosmetic manufacturing units, ensuring that only approved and qualified manufacturers are allowed to produce cosmetics. It also includes rules for inspection, quality control, and testing of cosmetic products before they are marketed.

Import regulations under the Act prohibit the entry of adulterated, misbranded, or unsafe cosmetics into the country. Authorities have the power to ban or recall products that do not meet safety standards.

Penalties are also defined under the Act for the manufacture or sale of substandard or harmful cosmetics, including fines and imprisonment, depending on the severity of the violation.

❖ Import and Export of Cosmetics in India & Licensing

The import and export of cosmetics in India are regulated under the Drugs and Cosmetics Act, 1940 and Rules, 1945, along with guidelines issued by the Central Drugs Standard Control Organization (CDSCO). These regulations ensure that only safe, properly manufactured, and quality-assured cosmetic products are allowed in the Indian market.

For the import of cosmetics, it is mandatory to obtain a license from the Central Licensing Authority (CLA) under CDSCO. The importer must submit an application along with product details, ingredient list, labeling information, and safety data. Imported cosmetics must not contain prohibited or harmful substances and should comply with Indian labeling and safety standards. Any cosmetic found to be adulterated, misbranded, or unsafe can be rejected or banned from import.

For the export of cosmetics, Indian manufacturers are allowed to export products after fulfilling domestic manufacturing licensing requirements. Exported cosmetics must comply with the regulations of the importing country as well as basic safety standards. In

many cases, export certification or Free Sale Certificate (FSC) may be required to confirm that the product is legally sold in India.

Regarding licensing of cosmetic manufacturing, manufacturers must obtain a license from the State Licensing Authority (SLA) before production. The manufacturing unit must follow Good Manufacturing Practices (GMP), maintain hygienic conditions, and ensure quality control of raw materials and finished products. The license is granted only after inspection of the facility and verification of technical staff and equipment.

The Act also requires proper labeling, packaging, and record maintenance for all cosmetic products. Any violation of import, export, or licensing rules may lead to suspension or cancellation of the license along with legal penalties.

IV. BENEFITS OF SCRUB

- Removes dead skin cells and helps in skin exfoliation
- Clears clogged pores and reduces blackheads and whiteheads
- Controls excess oil (sebum) production on the skin
- Improves skin texture and makes skin smooth and soft
- Enhances blood circulation, giving a healthy glow to the skin
- Helps in reducing acne and preventing breakouts
- Removes dirt, impurities, and pollutants from the skin surface
- Improves absorption of skincare products like creams and moisturizers
- Helps in brightening the skin and reducing dullness
- Promotes healthier and clearer skin appearance overall

V. ANATOMY OF SKIN

The skin is the largest organ of the human body and acts as a protective barrier. It is mainly composed of three layers:

1.Epidermis

- Outermost layer of the skin
- Made up of keratinized stratified squamous epithelium
- Contains no blood vessels
- Provides protection against microbes, chemicals, and water loss
- Contains cells like keratinocytes, melanocytes (gives skin color), and Langerhans cells (immune defense)

2.Dermis

- Middle layer of the skin
- Made up of connective tissue (collagen and elastin fibers)
- Contains blood vessels, nerves, hair follicles, sweat glands, and sebaceous glands
- Responsible for skin strength, elasticity, and sensation
- Sebaceous glands produce sebum, which is related to acne formation

3.Hypodermis (Subcutaneous layer)

- Deepest layer of the skin
- Composed mainly of fat and loose connective tissue
- Provides insulation, cushioning, and energy storage
- Connects skin to underlying muscles and bones

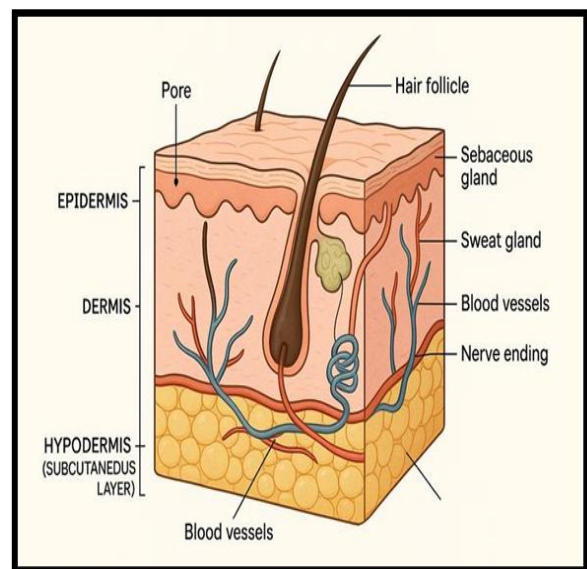


Fig No:01 layer of skin

VI. TYPE OF SKIN

- Normal Skin

Balanced skin type with proper oil and moisture levels. It looks healthy, smooth, and has very few imperfections.

- Oily Skin

Characterized by excess sebum production. It appears shiny, greasy, and is more prone to acne, pimples, and enlarged pores.

- Dry Skin

Lacks moisture and natural oils. It feels rough, tight, and may show flakiness, irritation, or early signs of aging.

- Combination Skin

A mix of oily and dry skin. Usually, the T-zone (forehead, nose, chin) is oily, while cheeks are dry or normal.

- Sensitive Skin

Easily reacts to products or environmental changes. It may show redness, itching, burning, or irritation quickly.

VII. COSMETICS FOR SKIN

Skin cosmetics are products that are applied to the skin to maintain its health, improve appearance, and protect it from environmental damage. These products help in cleansing, moisturizing, nourishing, and treating various skin conditions such as dryness, acne, and pigmentation. Skin cosmetics include a wide range of formulations like creams, lotions, gels, face washes, scrubs, and masks.

Cleansing products help remove dirt, oil, and impurities from the skin surface, while moisturizers maintain hydration and prevent dryness. Exfoliating products, such as scrubs, remove dead skin cells and promote skin renewal. Protective cosmetics often contain sunscreen agents that shield the skin from harmful ultraviolet (UV) radiation. Some cosmetics are also formulated with herbal or medicinal ingredients to provide additional therapeutic benefits, such as anti-acne or anti-aging effects

VIII. INGREDIENT

Ingredient	Quantity %	Quantity gm	Category	Role
Orange peel powder	10%	10 gm	Herbal ingredient	Exfoliating agent, skin brightening
Vitamin E capsule	2%	2 gm	Vitamin	Antioxidant, skin nourishment
Sandalwood powder	8%	8 gm	Herbal ingredient	Cooling and soothing agent
Honey	10%	10 gm	Natural humectant	Moisturizer, antibacterial
Neem powder	10%	10 gm	Herbal ingredient	Antibacterial, anti-acne
Turmeric	5%	5 gm	Herbal ingredient	Anti-inflammatory, antiseptic
Multani mitti (fullers' Earth)	20%	20 gm	Clay base	Oil absorber, cleansing agent
Methylene paraben	0.2%	0.2 gm	Preservative	Prevents microbial growth
Distil water	1.5%	15 ml	Vehicle	Base for formulation
Glycerine	10%	10 ml	Humectant	Moisturizing agent
Almond oil	9.8%	9.8 gm	Emollient	Skin softening agent

IX. DRUG PROFILE

1. Orange Peel Powder (*Citrus sinensis*)

- Family: Rutaceae
- Part Used: Dried peel
- Chemical Constituents: Vitamin C, flavonoids, essential oils
- Uses: Skin brightening, antioxidant, exfoliant
- Mechanism: Removes dead skin cells and reduces oxidative stress



Fig No:02 Orange peel powder

2. Sandalwood Powder (*Santalum album*)

- Family: Santalaceae
- Part Used: Heartwood
- Chemical Constituents: Santalol, sesquiterpenes, essential oils
- Uses: Anti-inflammatory, antiseptic, cooling agent, anti-acne
- Mechanism: Reduces skin inflammation, controls acne-causing bacteria, and provides soothing and cooling effect to the skin.



Fig No:03 sandalwood powder

3. Honey (*Apis mellifera*)

- Family/Source: Apidae (Natural bee product)
- Part Used: Natural honey
- Chemical Constituents: Fructose, glucose, enzymes, amino acids, antioxidants
- Uses: Moisturizer, antibacterial agent, wound healing
- Mechanism: Retains skin moisture, prevents bacterial growth, and promotes healing of acne lesions.



Fig No:04 Honey

4. Neem Powder (*Azadirachta indica*)

- Family: Meliaceae
- Part Used: Leaves
- Chemical Constituents: Nimbidin, azadirachtin, flavonoids
- Uses: Antibacterial, antifungal, anti-inflammatory, anti-acne
- Mechanism: Inhibits growth of acne-causing bacteria and reduces redness and swelling.



Fig No:05 Neem powder

5. Multani Mitti (Fuller's Earth)

- Mineral Origin: Hydrated aluminum silicate
- Chemical Constituents: Magnesium, silica, iron oxides
- Uses: Deep cleansing, oil control, acne treatment
- : Absorbs excess sebum and unclogs pores



Fig No:06 Multani mitti

6. Almond Oil (Prunus amygdalus)

- Family: Rosaceae
- Part Used: Seeds (oil)
- Chemical Constituents: Oleic acid, linoleic acid, vitamin E
- Uses: Moisturizer, skin nourishing agent, softening agent
- Mechanism: Hydrates skin, improves skin texture, and prevents dryness caused by exfoliation.



Fig No:07 Almond oil

X. METHOD OF PREPARATION

The preparation of herbal facial scrub was carried out using the following method:

1. All the required herbal powders were weighed accurately using a digital weighing balance.
2. The powdered ingredients such as neem powder, turmeric powder, multani mitti, and orange peel powder were mixed properly in a clean dry mortar.
3. The powders were blended uniformly to obtain a homogeneous mixture.
4. Required quantity of rose water was added slowly to the powder mixture.
5. The mixture was stirred continuously until a smooth paste was formed.
6. The prepared herbal facial scrub was stored in an airtight container for further evaluation.
7. Final Mixing

The formulation was stirred continuously until a uniform consistency of scrub was obtained.

8. Storage

The prepared anti-acne herbal facial scrub was transferred into a clean airtight container and stored at room temperature for further evaluation studies.

Evaluation and parameter

The prepared herbal facial scrub was evaluated by performing various tests to ensure its quality, effectiveness and stability.

➤ Organoleptic Evaluation

Organoleptic properties such as color, odor, texture and appearance were evaluated visually.

- Color: Light green to yellowish
- Odor: Pleasant herbal odor
- Texture: Smooth and slightly coarse
- Appearance: Uniform and free from lumps

1. PH Test

The pH of the prepared herbal facial scrub was determined using a pH meter.

Procedure:

A small quantity of the prepared scrub was dissolved in distilled water. The pH meter electrode was dipped into the solution and the pH value was recorded.

• Result

The pH of the formulation was found to be near neutral, which is suitable for skin application.

2. Spreadability Test

Spreadability determines the ease with which the scrub can be applied on the skin.

- Procedure:l

A small amount of scrub was placed between two glass slides and pressed with a known weight. The diameter of the spread was measured.

- Result

The scrub showed good spreadability indicating easy application on the skin.

3.Washability Test

Washability was determined by applying a small amount of scrub on the skin and washing with water.

- Result

The scrub was easily washable without leaving residue on the skin.

4.Irritation Test

The irritation test was performed to check whether the formulation causes any irritation to the skin.

- Procedure

A small amount of scrub was applied on a small area of skin and observed for redness, itching or irritation.

- Result

No irritation or redness was observed, indicating that the formulation is safe for skin.

5.Stability Study

The stability of the prepared formulation was evaluated by storing the scrub at room temperature and observing any changes in:

- Color
- Odor
- Texture
- pH

- Result:

No significant changes were observed during the storage period, indicating good stability of the formulation.

XI. DISCUSSION

The formulated anti-acne herbal facial scrub showed good physicochemical properties such as suitable pH, smooth texture, and good spreadability. The presence of aloe vera gel and rose water provided moisturizing and soothing effects, while multani mitti and rice flour helped in oil absorption and mild exfoliation. Orange peel powder enhanced the cleansing and skin brightening action due to its natural antioxidant properties.

The formulation effectively remove” dead skin cells and excess oil, which are major factors in acne

formation. No skin irritation was observed, indicating that the prepared scrub is safe for topical use. Overall, the herbal facial scrub showed promising anti-acne and skin cleansing properties.

XII. CONCLUSIONS

From the present study, it can be concluded that the herbal facial scrub was successfully formulated using natural herbal ingredients.

The prepared herbal facial scrub showed:

- Good exfoliating property
- Pleasant odor
- Suitable pH
- Good spreadability
- Easy washability
- No irritation on skin

The use of herbal ingredients such as neem, turmeric, aloe vera, multani mitti and orange peel powder makes the scrub safe and effective for acne-prone skin.

Herbal scrubs are beneficial because they:

- Remove dead skin cells
- Reduce acne
- Improve skin texture
- Provide glowing skin

Thus, the herbal facial scrub prepared in this study can be considered as a safe, effective and economical formulation for skincare.

XIII. SUMMARY

The study successfully formulated an anti-acne herbal facial scrub using natural ingredients like aloe vera gel, rose water, orange peel powder, rice flour, and multani mitti. The formulation showed good physical properties, effective exfoliation, and oil-absorbing ability. It helped in removing dead skin cells and reducing excess oil without causing skin irritation. Overall, the herbal scrub was found to be safe, simple, and effective for acne-prone skin.

XIV. RESULT

The anti-acne herbal facial scrub was successfully formulated using natural ingredients such as aloe vera gel, rose water, orange peel powder, rice flour, and multani mitti. The prepared formulation showed good physical characteristics including smooth texture,

acceptable pH, and good spreadability. The scrub effectively removed dead skin cells and excess oil from the skin surface, supporting its exfoliating action. The formulation exhibited satisfactory cleansing and oil-absorbing properties due to the

presence of rice flour and multani mitti. Aloe vera gel and rose water provided a soothing and moisturizing effect, making the scrub suitable for topical use. No signs of skin irritation were observed during testing, indicating that the formulation is safe for application.



Fig No:07 Anti-acne facial herbal scrub

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