

A Review on Herbal Face Wash

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ABSTRACT: It is also commonly known as “cleanser”. This product is found to be equally good for all skin type. A face wash is a mild cleanser that does the vital job of keeping skin clean, germ free, smooth and fresh and moisturizes the horny layer without any harshness to the skin. So that skin looks young and energetic. There are various types of herbal ingredients which can be used for manufacturing of face wash. This article is a review about various types ayurvedic or herbal ingredients which can be used for production of herbal face wash.

Key Words: Neem, Aloe vera, Acne, Herbal ingredient

I. INTRODUCTION:

The items that are used to wash your face without drying it out are called face washes. The term “cleanser” is another prevalent name for it. It has been discovered that. This product is suitable for all skin types [1,2]. A cleanser removes dirt, makeup, and extra oil from your face. These contaminants are oil soluble. A facial wash can also be used to get rid of them, but its effectiveness might not be 100%. Ordinary soaps might cause facial skin to dry out because it is so fragile. A face wash is an agent or cleanser that effectively moisturises the horny layer of the skin without causing any harm to the skin and performs the essential task of keeping skin clean, sterile, smooth, and fresh. So that the skin seems vibrant and youthful.[3,6] A face wash is a facial care solution used to clean the skin on the face of makeup, dead skin cells, oil, grime, and other forms of pollutants. This aids in pore cleaning and shields the skin from conditions like acne. A cleanser, toner, and moisturiser can all be used as part of a skincare routine.

SKINCARE PREPARATION FOR FACE:[7]

1. Face pack and masks
2. Cleansing creams and lotion
3. Rouges

4. Compact powder

5. Face washes

The skin being the largest organ of the body, accounts about 15% of the total adult body weight. It performs many vital functions including protection against external physical, chemical and biologic assailants as well as prevention of excess water loss from the body and a role in thermoregulation.[6] Acne develops more in females than in males, which shows the earlier onset of puberty in females. And the severity of the diseases vary depending on the various factors. It is a chronic inflammatory disorder of the pilosebaceous units. Typical lesions of acne include comedones, inflammatory papules and pustules. Nodules and cysts scarring & psychological distress. Comedonal acne is non-inflammatory and divided into 2 types a) whiteheads and b) blackheads, white heads (closed comedo) present as fresh or white colored, raised bumps whereas blackheads (open comedo) present as open pores containing dark coloured skin roughage consisting of melanin, sebum and follicular cells.[4]

ADVANTAGES OF FACEWASH:

1. It helps to remove dead skin cells that help new skin cells replace old ones.
2. Helps to keep skin fresh and healthy.
3. Makes the skin look radiant
4. The mixture of dead skin cells and excessive oil clog pores, which can lead to acne whiteheads, blackheads and total weary appearance. Exfoliating the pores regularly, avoids all the above skin problems.
5. Removing dead skin cells that means your skin will develop wrinkles at a slower pace. Face washes may be used to impart cleansing, anti-wrinkle, anti-acne, moisturising, and skin fairness properties. Skin lightening substances are thought to work by preventing the development of melanin in melanocytes, therefore reducing the amount of melanin, on the metabolism

and Production of melanin in the skin. Due to their low toxicity to melanocytes, ingredients that suppress the development of melanin, such as propanediol, evodia rutaecarpa fruit Extract, arbutin, kojic acid, and vitamin C and its derivatives, are used in whitening cosmetics.

They are thought to function in at least four different Ways, including restoring normalcy, increasing sebum Production into pores to prevent obstruction, eliminating the Propionibacterium acnes bacteria, having anti-inflammatory Properties, and affecting hormone levels. Because of the numerous negative impacts that using synthetic Medications has on one's health, natural materials are increasingly being used in product composition. Although Marigold, licorice, and orange peel are among the most potent antioxidants and free radical scavengers, they also have a very favourable effect on acne thanks to their anti-microbial, anti-inflammatory, and anti-oxidant Properties. Benzoyl peroxide, antibiotics (topically or Orally), retinoids, antiseborrheic drugs, anti-androgen drugs are some of remedies of acne [4]

FORMS OF FACEWASH:[14]

- [1]. Cream based facewash
- [2]. Gel based facewash
- [3]. Liquid based facewash

- [4]. Facewash in powder form

1. TYPES OF FACEWASH:

In general, a face wash is suitable for all skin types; however, there are now a variety of products on the market that are formulated to suit various skin types. For instance, an oily skin facewash is designed for people with oily skin conditions; it does not contain oils and instead leaves a thin film of oil on the skin. There are numerous varieties of facewashes on the market, including ones for oily, dry, and regular skin.[14]

FEATURES OF FACEWASH:[14]

- [1]. Removing the dead cells.
- [2]. Rejuvenating the skin cells eleva testress.
- [3]. Removes oil, dirt and impurities.
- [4]. Reduces microbial flora of skin.
- [5]. Leave skin fresh and breathing.

HERBS USED IN FACEWASH:

An indigenous treeth at is grownal most everywhere in India is called Azadirachta indica (family Meliaceae). Both locally and generally, it is referredtoas "neem" or" vembu." Saponinand flavonoids have been identified as chemical components in this plant product. It includes Margosine, abitter alkaloid. 10–31% ofa yellow, bitter fixed oil is found in seeds.[15]

Active Ingredients Consider ablestearic and palmitic acid has been isolated from the nimbid in portion of neem seed oil.[16]

TABLE NO.1 LITERATURE REVIEW

Sr. No	Title	Author	Year	Finding
1	General review on herbal cosmetics.	A. Fathima, Sujith Varma, et al.	2011	The bioactive ingredients from botanicals include vitamins, antioxidants, various oils, essential oils, dyes, tannins, alkaloids, carbohydrates, proteins and terpenoids etc which serve as cosmetics for care of body and its parts. The herbal cosmetics manufactured and used commonly for daily purpose include herbal face wash.

2	Anti-acne synergistic herbal face wash- Formulation, evaluation and stability studies.	Harsharan Pal Singh, et al.	2015	The Aim of this study was to formulate and evaluate the herbal face wash containing extracts of Azadirachta indica (Neem), Curcuma longa (Haldi), Coriandrum sativum (Dhaniya), Aloe berbadensis (Aloe Vera), Citrus limon (Lemon) and Mentha (Pudina) distillate using Carbomer Ultrez 20.
3	Preparation and evaluation of marigold, liquorice and orange peel extract containing herbal face wash.	Vaibhav Wagh, et al.	2015	The present work deals with preparation and evaluation of herbal anti acne face wash containing hydro alcoholic extract of marigold (calendula officinalis, Asteraceae), liquorice (Glycyrrhiza glabra, leguminosae), Orange peel (Citrus X sinensis, Rutaceae). The plant has been reported in the literature having good antimicrobial, anti-inflammatory, and anti-hyperpigmentative activity.
4	Formulation and evaluation of herbal face wash	Sachin Bhagwat Aglawe, et al.	2018	The objective this work is to formulate and evaluate an herbal face pack for cosmetic purpose from herbal ingredients like multani mitti, turmeric, aloe vera, sandalwood, lemon peel, rose petal powder, manjistha, lodhra and gram flour.
5	Formulation, phytochemical, physical, biological evaluation of polyherbal face wash	Vani Mamillapalli, et al.	2020	The present study aims at formulation of polyherbal vanishing cream and face wash, determination of total flavonoid content of herbs used, evaluation of formulations for various physical parameters followed by antibacterial and antifungal activities.
6	Novel herbs used in cosmetics for face wash.	Arashmeet Kaur, et al.	2020	The Concept for the utilization of novel herbal plant ingredients in various formulations such as hair tonic, face wash.
7	Clinical study to assess efficacy and safety of purifying neem face wash in prevention and reduction of acne in healthy adults	H Rajaiah Yogesh, et al.	2021	To evaluate the safety and efficacy of Purifying Neem Face Wash (PNFW), an herbal skincare product in the prevention and/or reduction of mild-to-moderate acne.
8	A comprehensive review on skincare cosmeceuticals	Krishna Dev, et al.	2022	Skin care cosmeceuticals such as facewash, moisturizers, mask, sunscreen, exfoliators etc. are meant for modify, beautify and treat skin imperfections. These preparations have both therapeutic and cosmetic effects. Amongst, face wash is frequently used preparation that eliminates dirt and oil without drying out the face hence known as cleanser.

1. NEEM



Figure no.1 Neem

Synonyms-margosa, nimtree or Indian lilac

Biological Name-Azadirachta indica

PROPERTIES:

Free and volatile fatty acids are present in the oil. The Volatile fatty acids likely include a combination of stearic

1. Neem is a natural healer, so it can soothe and calm Irritated skin. Neem-containing face washes can help reduce Redness and irritation while also leaving skin feeling Peaceful. Neem-based face cleansers have a lot of Antimicrobial qualities. This not only clears up acne but also Shields skin from aggressors outside that could harm it. In This

approach, acne-causing bacteria are both treated and kept from growing.

2. ALOEVERA



Figure no.2 Aloe vera

Synonyms - Aloe barbadensis Mill. Aloe barbadensis var. chinensis Haw. Aloe chinensis Steud. Aloe elongata Murray

Biological Name- Aloebarbadensis Miller

Aloe vera belonging to the (family Liliaceae) is Commonly known as “aloegel.” It is locally called “kattalai” Which is found all over India.[17]

ACTIVE CONSTITUENTS:

Barbalin, isobarbolic, and saponins are considered.

PROPERTIES:

1. The anti-inflammatory properties of aloe vera help to reduce redness in acne, burns and even wounds. It also enhances skin cell production and healing properties, speed up the wound and acne scar healing. In addition to that, it reduces blistering and itchiness.[16]
2. Aloe vera has many skin benefits right from making your skin glowy to keeping it soft and supple. With so many of its benefits, it's time to include aloe vera face wash in your daily skincare regime. Here are some of the aloe vera face washes you might consider buying. Aloe vera is a magical plant that is used in such a large number of skin and hair care items. Apart from having medicinal properties, aloe vera is stacked with a lot of nourishing benefits as well.[18]
3. Aloe has antioxidant properties that prevent skin cell damage. It has a moisturizing effect on dry skin and helps reduce irritation of skin.

3. LEMON



Figure no. 3 Lemon Synonyms - lemon, citrus, citrus fruit, citrous fruit. Biological name-Citrus × limon

Lemon, or Citrus limon, is an edible fruit that grows on a tiny tree or spreading bush of the rue family (Rutaceae). A common ingredient in many pastries and sweets, including tarts and the classic American lemon meringue pie, is lemon juice. The fruit's peculiar astringent flavour is used to improve several poultry, fish, and vegetable meals all around the world. [6]

ACTIVE CONSTITUENTS:

Citric acid, ascorbic acid, minerals, flavonoids and essential oils.[18]

PROPERTIES:

As a rich source of vitamin C and citric acid, lemons are known for their detoxifying effects, especially when you add a few freshly cut wedges to your drinking water. Because of the health benefits of eating lemons, there is a growing popularity for using lemons as a natural treatment for skin conditions, like age spots and acne. Some proponents of using lemon on the skin say that the citrus fruit is a natural method of increasing collagen in facial skin. Collagen is a protein that naturally breaks down with age, which can then result in fine lines and wrinkles.

1. An antioxidant, vitamin C may help prevent free radicals that can damage collagen, leaving you with smoother skin.
2. Because of its acidic nature and antimicrobial properties, lemon is said to work wonders in fighting skin breakouts like acne, pimples and blackheads by cleaning and oil from deep within. It further helps in tightening the skin pores to give you a

smooth skin.

4. CURCUMALONGA (TURMERIC)



Figure no. 4 Turmeric

Synonyms- Saffron Indian; haldi (Hindi); Curcuma; Rhizoma cur-cumae Biological Name- Curcuma longa Tropical and subtropical regions are home to Curcuma Longa L. There are 70 species of the genus plant Curcuma (family Zingiberaceae), which has long been used in many Parts of the world as a spice, food preservative, and colour. It serves as a common home cure in traditional medicine for A number of illnesses.[14]

ACTIVE CONSTITUENT

Curcuminoids; curcumin (diferuloylmethane, the primary Constituent responsible for yellow color of turmeric), Desmethoxycurcumin, and bisdemeth oxycurcumin.[17]

PROPERTIES:

1. In addition, volatile oils (tumerone, atlantone, and Zingiberene) also have pharmacological activity. In Addition, sugars, proteins, and resins are also present in turmeric.
2. urmeric is an amazing ingredient for skin care. It can resolve a number of skin problems, including acne, Skin darkening, skin pigmentation, rashes etc. It has been used since ages to boost the health and glow of the skin.
3. urmeric works wonderfully for skin brightening and Lightening. Plus it contains an anti oxidant compound Known as curcumin, and curcumin comes with multiple Skin benefits. It fights off acne, acne scars, and also Reduce skin pigmentation
4. C. longa possesses multiple pharmacological

Activities, including antioxidant, antimicrobial, Anti-inflammatory, anti-carcinogenic, anticoagulant, Antidiabetic and immunological.

5. CARICA PAPAYA



Figure no.5 Papaya

Synonyms - papaia. pawpaw. melon tree. papaya tree. edible fruit. Biological namr- Carica papaya Linn Papaya is the common name for a member of the Caricaceae family, the papaya. Locally, it is known As “papali-pazham.” It flourishes throughout the world’s Subtropical and tropical climates. Papain, chymopapain, Pectin, carposide, carpaine, carotenoids, and antheraxanthin Are some of the chemical components of this plant.[16]

ACTIVE CONSTITUENTS:

Chymopa pain and papainpectin, carposide, carpaine, Carotenoids and antheraxanth P[16]

PROPERTIES:

Papaya, also known as Carica papayfa naturally includes the papainenzyme and beta Carotene; it was chosen by AMG for its face Cleanser. Both of these work well in removing Dead skin cells from the skin by dissolving the Protein. Papaya contains the enzymes papain and Chymopapain, which can reduce irritation and act as a great skin moisturiser and moisture retainer. Papain, A protein-dissolving ingredient, is present in many of Exfoliating goods. These products clear pores of dead Skin cells that might cause acne by reducing acne. Additionally, damaged keratin that can accumulate on the skin and cause tiny lumps can be removed by papain

1. Papaya as an anti-ageing face mask as the alpha Hydroxyl acids in it prevents signs of aging, such As wrinkles and finelines. The vitamin E and C rejuvenates your skin. Mash

half cup of over ripe Papaya, to this add one tablespoon and milk and honey. Apply it on your face and neck.

6: MINTHAVIRIDIS (MINT)



Figure no.6 Mint

Synonym- *oleum menthapiperita*, peppermint oil, colpermin

Biological name-*Menthapiperita* L

Menthaviridis Lamiaceae) a perennial, creeping aromatic herb of 30 to 90cm high, widely cultivated throughout the Plains of India for culinary and medicinal purp.

ACTIVE CONSTITUENTS:

Menthol, Menthone and menthylacetate.[7]

PROPERTIES:

1. This mint facewash helps in reducing the oiliness, Refreshes, tones and cools the skin. Just take lemon Juice, rose water, and soak the mint leaves into it.
2. Tore the liquid in the refrigerator and then wash your Face with it. You can also use honey instead of lemon Juice if your skin is dry.
3. Part from health benefits, there are a lot of beauty Benefits of this herb too; it is therefore also, widely Used for beauty care.
4. Thus a stimulating effect on the skin and improve Blood circulation to the skin surface. Mint also has antibacterial, anti-inflammatory, protective, and soothing properties.
5. It also contains salicylic acid which is also beneficial for preventing and treating pimples. That is why it also helps to control and prevent other skin eruption, rash Acne, boils, and heat rash.
6. Inttreates acne, strong antibacterial properties and Vitamin A present in mint eliminate acne. It cleanses Pores and tightens them,

preventing blackheads, Antioxidant in mint keeps the skin damage free By neutralizing free radicals, thus diminishing dark

Circles. Mint boosts the circulation of blood and Hydrates your skin, thus delaying the formation of Wrinkles.

7. CORIANDER



Figure no.7 Coriander

Synonyms-coriander, coriander plant, Chinese parsley, cilantro, *Coriandrum sativum*, herb, herbaceous plant.

Biological name- *Coriandrum sativum*

Coriander seeds (*Coriandrum sativum*), (family: Apiaceae) are sourced from Morocco and Russia, angelica Root (*Archangelica officinalis*) from Germany, and orange And lemon peels from Mediterranean countries.[8]

ACTIVE CONSTITUENT:

In a lool (72.7%) followed by λ -terpinene (8.8%), α -pinene (5.5%), camphor (3.7%), Limonene (2.3%), geranylacetate (1.9%) and p-cymene (1.5%). 24 The oil composition changes, depending on the Maturity of the seed.[8]

PROPERTIES:

1. Coriander is extremely rich infolate, antioxidants, Vitamin C and beta-carotene. Your skin feel soft, Supple and glowing when your cells are protected from Oxidative stress. They can be armored against stress and Degeneration with the help of antioxidants.
2. These antioxidants prevent the movement of free Radicals in the body, thus slowing down the ageing Process. It allows the skin to retain its elasticity. It is a powerhouse of iron which leads to an increase in the Haemoglobin levels in the body and

- prevents anemia that can cause dull skin.
- It is a well-known fact that your skin is a reflection of your internal health. Whether your skin is too oily or too dry or even a combination of the two, chewing fresh. Coriander leaves every morning on an empty stomach is a great healthy practice. Be it acne or pigmentation, Oily or dry skin, pimples or blackheads, coriander juice Works like magic.
 - Coriander's anti-fungal and anti-microbial elements Are even known to treat eczema. It is a detoxifier, a disinfectant and even treats dark lips. Due to Its antiseptic, antibacterial and anti- inflammatory Properties, coriander helps to control and cure acne Conditions. Coriander leaves and lemongrass may be Used together to control acne.

8. HONEY



Figure no.8 Honey

Synonym-darling. dear. dearie. deary. sweet. sweetheart. sweetness Biological name- Apis mellifera

Honey is a natural sweetener and food source primarily composed of sugars (fructose and glucose) along with water, proteins, minerals, and vitamins. It also contains various minor constituents like enzymes, amino acids, organic acids, and phenolic compounds that contribute to its unique flavor, color, and biological activity.[5]

ACTIVE CONSTITUENTS:

Antibacterial Activity:

Antioxidant activity:

PROPERTIES:

Nutritional properties

Contains vitamins, minerals, amino acids, and antioxidants A mixture of simple sugars glucose and fructose Contains prebiotics that promote healthy gut bacteria

Antioxidant properties

Contains flavonoids and phenolic acids, which help protect against oxidative stress May help reduce the risk of chronic diseases

Antibacterial properties

Contains hydrogen peroxide, which help kill microbes has an acidic pH level that may help prevent bacteria growth Has a high osmotic concentration that helps promote healing

Wound-healing properties

Has antibacterial, anti-inflammatory, and antioxidant properties Can be used as a wound dressing to promote rapid healing Can help release oxygen from the wound, further promoting healing

Other properties

Honey can be used as a natural sweetener, but it's also a form of sugar, so it should be consumed in moderation. Phenolic compounds in honey, such as flavonoids and phenolic acids, exhibit antioxidant activity, helping to protect against oxidative stress.

II. CONCLUSION:

Herbal facewashes are used to refresh the muscles, keep the Skin elastic, get rid of stuck-on grime, and enhance blood Flow. Herbal-based cosmetics have the advantage of being Nontoxic. It nourishes the skin on the face. The facewash gives the skin the necessary nutrition. It aids in the removal of scars, marks, and pimples. Skin is exfoliated by face Washes, which also have a cooling, soothing, and soothing Impact on the skin. They do so in the quickest possible time to bring back the skin's natural radiance. Regular usage of Natural facewash enhances the appearance and texture of the skin. The impact of pollution and harsh conditions on the skin can be mitigated by using face wash on a regular Basis."

They aid in keeping skin cells elastic and prevent the skin acne and the Skin from ageing too quickly. Natural face can be used to successfully control wrinkles, fine lines, and skin loosening. We discovered outstanding qualities in the facewash in our. Study, but more research is required to determine its full Potential as a cosmetic. Natural medicines are now widely

Recognised since they are less likely to have negative effects Than products with a chemical base and are safer. To meet the demands of the expanding global market, numerous Herbal formulations are needed. It is a successful attempt to Create a herbal face wash with a variety of plants that have therapeutic advantages.[11]

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