

**NATURAL SKIN WASH FOR THE TREATMENT AND PREVENTION OF ACNE-SPOTS**

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[2001kashif@gmail.com*](mailto:2001kashif@gmail.com)**ABSTRACT**

Skin is the major part of body and face skin is one of the sensitive and representative parameter human personalities. It performs many vital functions, including protection against external, physical, chemical and biological assailants. To skin healthy, clear, glossy, a balanced nutrition is required. Acne is a skin disorder (that nearly everyone will experience at some point in their lifetime. Although the prevalence of acne increases during adolescence, it affects many men and women between the ages of 20 and 30. In which Skin wash preparation mainly content Turmeric Rhizomes, Honey, Xanthan gum, Rose water, Neem, Aloe vera, Lemon juice. Skin wash is a product that cleanses the skin without leaving it feeling dry. It's also frequently referred to as "cleanser." It has been discovered that this product works well on all skin types. A Skin wash is a gentle cleaner that moisturizes the horny layer of the skin without irritating it, and it also performs the essential function of keeping skin clean, germ-free, smooth, and fresh. It appears youthful and vibrant on that skin. Herbal ingredients come in many varieties and can be utilized to make Skin wash. The several kinds of natural or herbal substances that can be utilized to make herbal skin wash are reviewed in this article.

Keywords: Acne, Cleanser, Herbal ingredients, Skin, Skin wash**INTRODUCION**

The skin, which is the largest organ in the body, is made up of several materials, including chemicals, lipids, proteins, minerals, and water. If your weight is average, your skin weighs about six pounds. Its essential function is to protect you from infections and illnesses. Over the course of your life, your skin will continuously change, for better or worse. In reality, your skin regenerates itself around every 27 days. Adequate skin care is essential to maintain the health and vibrancy of this protective organ. It demonstrates a wide range of qualities, including antibacterial, antifungal, and numerous skin issues.

Although you may not typically think of the skin as an organ, it is in fact made of tissues that work together as a single structure to perform unique and critical functions [1]. The integumentary system, which consists of the skin and its supporting tissues, offers the body general defense. Many layers of cells and tissues make up the skin, and connective tissue holds these layers to the underlying structures. There are many blood vessels in the deeper layer of skin, which is well vascularized. It also contains a large number of sensory fibres as well as sympathetic and autonomic nerve fibres that facilitate brain-to-brain communication [2].

The skin is the biggest organ in the body. Its surface area is roughly 16000 cm². Skin makes up 15% of adult body weight. It is the live body's outermost layer or tissue. Skin acts as a defense against the outside environment. When exposed to sunshine, skin can create a beneficial chemical compound known as vitamin D [3]. The skin serves as a sensory organ and aids in controlling body temperature. Skin has a variety of biological components, including

keratinocytes, melanocytes and erythrocytes. Because of many components like cells and fibres, it exhibits multilayered structures. It consists of Epidermis, Dermis, and Subcutaneous Tissue [4]. The skin care preparations have grown phenomenally over the year. People utilize a range of skin care preparations, from mouth wash, from lipsticks to complexion creams to foot powders and so on, in the hope of developing a charming personality, protecting their bodies and avoiding bad smell. Skin Care preparations are described as substances that are intended to be rubbed, poured, sprinkled and sprayed introduced into or otherwise applied to human body or any part of body, for cleansing, beautifying, promoting attractiveness or altering the appearance of skin [5]. Ayurveda describes the role of various herbs like amla, haldi in cosmetic preparations. Ladies of eighteenth century, Europe, whitened their faces with lead carbonate without knowing what harm they were doing to themselves-many of them died from lead poisoning [6].

Acne vulgaris is an extremely common disorder of skin (pilosebaceous unit) that affects virtually all individuals at least once during life. The incidence of acne peaks at teenage, but substantial numbers of men & women between 20-30 years of age are also affected by the disorder. Acne may be classified as comedonal, popular, pustular, cystic & nodular [7]. Comedonal acne is non-inflammatory and It is divided into two types: whiteheads & blackheads. White heads (closed comedo) present as fresh or white coloured, raised bumps whereas blackhead (open comedo) present as open pores containing dark coloured skin roughage consisting of melanin, sebum & follicular cells. Papules appear as red, solid, elevated lesions often less than 5mm in diameter. Pustules' are circumscribed skin elevations

containing purulent material. Cysts & nodules are solid, elevated lesions involving deeper dermal & subcutaneous tissue. Cysts are less than 5 mm in diameter whereas nodules exceed 5mm. The pathogenesis of acne involves multiple physiological factors. These include follicular hyperproliferation, increased sebum production due to higher androgen levels & colonization of organism, Propioni bacterium acnes & staphylococcus epidermitis. Novel concept have emerged to help better understand its pathogenesis, these includes variation in target cell sensitivity, biological markers, neuro-endocrine, genetic, & environmental factors. Plenty of herbal as well as synthetic ingredients are reported to have remarkable beneficial effect on acne vulgaris [8]. A condition that causes redness and often small, red, pus filled umps on the face. Rosacea most commonly affects mid-aged women. Rosacea is inclined to develop in certain stages that cause to create inflammation of the skin of the face especially the foreheads, cheeks, nose as well as chin known as Acne Rosacea. [09]. Acne Vulgaris a general condition that characterized by the development of seborrhoea, comedones, nodules, pustules, papules and cysts.

NATURAL INGREDIENTS USED IN ANTI-ACNE HERBAL SKIN WASH FORMULATION

Aloe vera: It helps in relieve pain, swelling and pain in wounds and promote formation and release of collagen. Antioxidant properties. It helps to repair UV damage and slow down the aging process of the skin. It is also used as Smoothing and moisturizing the skin. It contains Vitamins, enzymes, minerals, carbohydrates, lignin, saponins, and amino acids are among the 75 potentially active components of aloe vera [11].

Rose water: It has antioxidant properties, prevent fine lines and wrinkles. It also helps to remove impurities & reduce the appearance of temporary redness. Rose water is rich in vitamin A, C, E and B, as well as anti-inflammatory properties.

Turmeric Oil: It hydrates the stratum corneum of the skin, provides anti-irritant protection for the skin. It accelerates wound healing & eliminates dry skin. It may be beneficial for psoriasis [12].

Neem Oil: It reduces acne causing bacteria, reduce scar. Purifies the blood & moisturizes the skin [13].

Honey: It deeply hydrates skin, cleans pores, and lightens scars. It helps reduces wrinkles [14].

Orange Peel: It helps cure multiple skin problems such as blackheads, dead cells, acne, pores, dark circles, and dry skin. It also helps brighten your skin [15].

Shikakai Powder: it can treat skin problems like acne. It can also help in keep preventing the pores cleaning. It is also used as the condition like psoriasis [16].

EXTRACTION PROCEDURES

Extraction of Aloevera Jelly (Manual Method): Take 2 medium slices of raw aloevera plant are taken. Scope out the jelly. Aloevera gel is transferred into the mixer grinder. Filter out the juice to avoid large particles.

Extraction of Neem oil (Boiling Method): 20 grams of dried neem leaves are taken and crushed in a mixer grinder. Powder is taken and 100ml of olive oil is added. Boil the mixture in a water bath for 30 min. Filter out the solid residue by using filter paper.

Extraction of Turmeric oil (Boiling Method): Raw turmeric is taken, and skin is peeled out and grated by using stainless steel grater. 20 grams of grated turmeric are taken developed into a mixture of 30 ml of water and 70 ml of glycerin in a glass jar. Close the lid and keep it aside for 2 weeks. Filter out the solid residue by filter paper.

Extraction of Orange peels (Manual Method): 10 grams of dried orange peel are taken and crushed in small pieces. Then, the peel of oranges is soaked in distilled water at 24 hours. After 24 hours it stains and boiled the mixture in water bath at 30 min. Filter out the solid residue by using filter paper [17].

DISCUSSION

According to this survey they conclude that the people need perfect skin care treatment or remedy but without causing any kind of toxic effect on their faces. Natural remedies are more suitable in the assurance that they are suffering with fewer side effects than synthetic ones. Nowadays, herbal formulation is trendy and demanded so; our purpose is to develop multi herbal face wash formulation for acne [18]. This formulation includes the anti – bacterial, anti – acne, anti – aging, antioxidant, and anti – inflammatory properties that are used to glow of the skin and promote beauty except for the disorders. This study concludes that our Skin wash gives beneficial effects on the skin [19].

A prepared multi – herbal formulation is more efficacious, stable and patented as compared to synthetic formulation in the treatment of skin aliments of face. In this herbal face wash is one of the most well recognized acne treatments preferably they used for oily and dry skin. They also maintaining the normal skin functioning. It also promotes natural skin glowing. This herbal face wash was prepared from various herbs like Aloevera, Neem, Turmeric, Orange peel which gives various beneficial for the face. With this information we can concluded that the people need perfect skin care treatment or remedy but without causing any kind of toxic effect on their faces [20].

The evaluation parameters of the anti- acne herbal face wash showed good washable, no irritation, smooth and moisturizing capacity. In this study it was found that the formulated herbal face wash was found more efficient as compared to the marketed Skin wash. At the end this formulated herbal face wash was safe and more effective for skin as compared to marketed face wash.

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