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A REVIEW ON CURRY LEAVES FACE PACK FOR GLOWING SKIN

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ABSTRACT

Tha abstract for a curry leaves face pack describes the formulations of a natural cosmetic using ingredients like curry leaf powder, often combined with other herbs like multani mitti, turmeric, sandalwood, which are then mixed for uniform texture. The face pack is evaluated for its physical characteristics(e. g.., colour, odor, smoothness),physicocemicals properties, and stability over time.The goal is to scientifically validates is effectiveness as a safe, non-irritating product with beneficial properties such as skin purification, radiance, and improved circulation.

INTROUDCTION

- Cosmetics are commercially available products that are used to improve of the skin by action of cleansing, beautifying, promoting attractiveness.
- From the ancient time,different herbs are used for cleaning,beautifying and to manage them.face skin is the major part of the body. Which indicates the health of an individual. It consists of materials such as amino acids, lipids and carbohydrates etc.
- So that a balanced nutrition is required for the skin to Keep it clear glossy and healty.
- Face pack is the smooth powder which is used for facial applications. These preparations are applied on the face in the form of liquid or pastes and allowed dry and set to form film giving tightening,strengthening and cleansing effect to the skin. They are usually left on the skin for 10 to 25 minutes to allow all the water to evaporate, the resulting film thus contracts and harden and can eaisily be removed.
- These packs are available in various types and forms and broudly classified into the following categories:-
- Plastic mask : wax based,latex based, or vinyl based.

❖ Benefits of applying face pack:
- Helps to reduce, acne, pimple, scars and marks depending on its herbal ingredients.
- Face pack usually remove dead cells of skin.
- These face pack provide a smoting and relaxing effect.
- Regular use of natural face pack bring glow to skin, improve skin texture and comlexion.
- The harmful effects of pollution and harsh climates can be effectively combated with judicial use of face pack.
- Select the face pack according to your skin type.

❖ Precautions to be taken while applying face pack:-
- Select the face pack according to your type.
- Take opinion of natural therapist or concerned skin expert before applying face pack.
- The face pack should not be left on face more than 15 to 20 minutes. Keeping for very long time may results in formations of wrinkles. Sagging of skin and enlargements of open pores.
- Avoid applying face pack near “eye zone”. The skin around eye is very delicate.

❖ Ideal characteristic of face pack:
- It shoulds be non-irritating and nontoxic.
- It shoulds be stable both physically and chemically.
- It shoulds be free from gritty particles.
- It shoulds have pleasant odour.

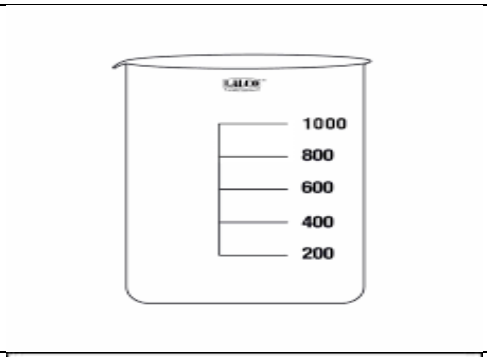
❖ Advantages:
- Externally applying curry leaves on the skin helps in the skin regeneration.
- It fights off radicals in skin, leaving the skin supple and healthy. It also helps combat common skin issues like eczema and acne.
- It helps to get rid of unwanted blemishes and pimples.
- Multani mitti absorbs excess oil and heals the skin.

❖ Disadvantages:
- Keeping the face pack for very long time may results in the formations of wrinkles andsagging of skin and enlargement of open pores.
- Applying face pack frequently, can make the skin dry and itchy instead of making ithealthy.
- It may cause severe allergic reactions to the people with an allergy towards pollen.
- It may slow slower effect as compared to the other marked chemicals face packs andmarks.
- It may also cause skin to become dry or flaky, and can leaves a greasy residue if not properly washed out.

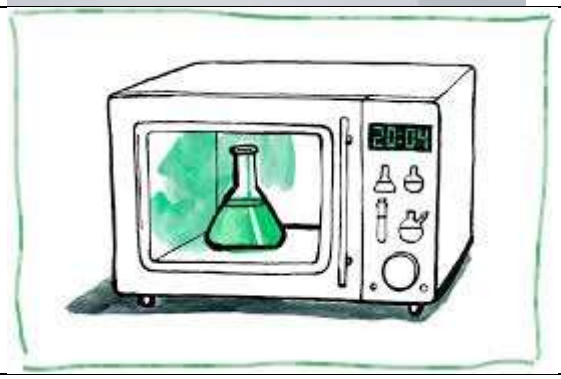
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- Natural face pack may produce results slowly.

❑ **List of Equipments**

Sr. no	Equipments	Figure	Use
1	Beaker(500ml)		Used to handle the measure the liquid increadients.
2	Electical weighing balance		To weigh all the ingreadients and herbs.
3	Measuring cylinder		To measure the rose water.
4	Stirrer		For stirring the formulations.

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5	Mortar pistle		For triturating the dried leaves.
6	Sieve		Sieve no. 120 used to finely grind the powder.
7	Spatula		For handling the powdered herb.
8	Microwave		Lemon leaves is dried in the microwave.

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❑ **List of Ingredients**

Sr.no	Common name	Figure	Active constituents	Category
1	Curry leaes		Elemol candinenes sabinene, allo-ocimene, geranyl acetate.	Skin brighteningremove sunburn.
2	Lemon leaves		Limonene, geranial.	Antiseptic, anti-inflammatory.
3	Sandalwood		Senquiterpenoid compounds santalols.	Anti-tannig, anti-ageing, tonning.
4	Multanimitti		Mangnesium chloride, calcium bentonite.	Anti-acne

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5	Aloe vera		Saponin,lignin, salicylic acid.	Hydration
6	Turmeric		Curcumin, demethoxycurcurcumin.	Anti-bacterial
7	Rose water		Citronellol, geranion	Soothing, balance ph of skin.

❖ **Drug Profile**

- The details of the plant material used for the formulations of face pack are mentioned below:-

1. Curry Leaves(Murraya koenigii):



Figure 1: Curry Leaves

- Botanical Names:- Chalcas Koenigii
- Synonyms :- Kripatta, Mitha neem
- Main Constituents:- Fresh leaves are rich in an essential oil.
- Used plant part- a curry leaf is compound and consists of upto 20 leaflets arranged in pairs along the middle rib.

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- Origin- The curry tree is native to india; today, it is found wild or cultivated almost everywhere in the india subcontinment excluding the higer levels of the Himalayas.
- Uses:- curry leaves have antioxidants that fight cell damaging free radicals.

2. Lemon Leaves(Citrus lemon):-



Figure 2: Lemon leaves

- Botanical Names:- Lemon, citrus limon
- Synonyms:- Lemon tree, sweet lime, citrus, sweet lemon
- Plant family:- Rutaceae
- Main Constituents:- Limonene
- Used plant part:- leaves, lemon fruit
- Origin:- North-western India
- Uses:- which may kill bacteria, that lead to acne.

3. Rose Water(Rosa damascene):-



Figure 3: Rose water

- Botanical Name:- Rosa damascene
- Synonyms :- attar of roses, eau de toilette, lavender water
- Main Constituents:- geranion
- Used plant part:- Rose petals
- Origin:- Iron
- Uses:- smoot skin, heal cuts.

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4. Multani Mitti(Calcium bentonite):-



Figure 4. Multani Mitti

- Botanical Name :- Calcium Bentonite
- Synonyms :- Whitening clay, bleaching clay
- Main Constituents:- magnesium chloride, calcium bentonate
- Origin:- India
- Uses:- reducing oil, reducing pigmentation.

5. Turmeric(Curcuma longa)



Figure 5. Turmeric

- Botanical Name:- Curcuma Longa
- Synonyms:- Curcuma domestica, seasoning, flavorer
- Plant family:- Zingiberaceae
- Main Constituents:- Curcumin
- Used plant part:- Root(rhiome)
- Origin:- Tropical south asia
- Uses:- turmeric is mainly used to rejuvenate the skin. It is best source of blood purifier.

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6. Aloe Vera(Aloe barbadensis):-



Figure 6. Aloe vera

- Botanical Name:- Aloe Barbadensis
- Synonyms:- Aloe perfoliata var. Vera L.Aloe
- Plant Family:- Saponon, salicylic acid
- Used plant part:- Leaf of aloe plant
- Origin:- China
- Uses:- Aloe vera is a great moisturizer intended for a skin.aloe vera also rejuvenates skin.

7. Sandal Wood(Santalum alba):-



Figure 7. Sandal wood

- Botanical Name:- Santalumal Alba
- Synonyms:- Candan
- Plant Family:- Santalaceae
- Main Constituents:- Santalols
- Used plants part:- tree and roots of sandalwood
- Origin:- China, India, Indonesia
- Uses:- Sandalwood has anti-tanning and anti-aging property.

CONCLUSION

Natural remedies are more acceptable in the belief that they are safer with few side effect than the synthetic ones.Herbal formulations have growing demand in the world market.in the present scenario, people need cure for various skin problems without side effect. Herbal ingreadients opened the way to formulated cosmetics without any harmful effects. Herbal face packs are used to stimulate blood circulations, rejuvenate the muscles and help to maintain the elasticity of the skin and remove dirt from skin pores. Herbal face pack are considered as sustaining and productive way to advance the appearance of skin. Thus, in the present work, it is the very good attempt to formulate the herbal face pack containing naturally available ingredients like curry leaves, multani mitti, turmeric aloe vera sandalwood. It is suggested that the prepared formulations was physico- chemically and microbiologically stable , and possessed characteristics of a standard cosmoceuticals formulations for skin care. It as been revealed that herbal face pack having enough potential to give efficient glowing effect on skin. The overall study is useful to substantiate product claims due its useful benefits on the human beings.

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