

A comprehensive review on polyherbal scrub formulation

Dipali S. Chavan *, Pooja S. Jadhav and Samruddhi J. Surase

Department of Pharmaceutical Chemistry, Late Bhagirathi Yashwantrao Pathrikar College of D. Pharmacy (D. Pharm, B. Pharm)

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Abstract

The number one goal of the contemporary research become to expand a polyherbal exfoliant included right into a gel matrix. Utilization of additives for fighting acne, wrinkles, and regulating sebum manufacturing is known as herbal or natural cosmetics. Herbal cosmaceuticals normally function botanical extracts with antimicrobial, antioxidant, and anti-ageing attributes. Herbal cosmetics are considered maximum being choice for everyday software because of their lack of destructive reactions, while cosmaceuticals are formulations that modulate the physiological capabilities of the skin. The formulation carries neem powder, tulsi powder, cinnamon powder, orange peel powder, bees wax, poppy seeds, multani mitti, rose water, honey, sodium lauryl sulfate, methyl parabens, and glycerine as active materials inside a gel base organized with diverse grades of tragacanth.

Keywords: Scrub; Antiseptic; Exfoliation; Consistency; Spreadability; Antioxidant; Anti-aging

1. Introduction

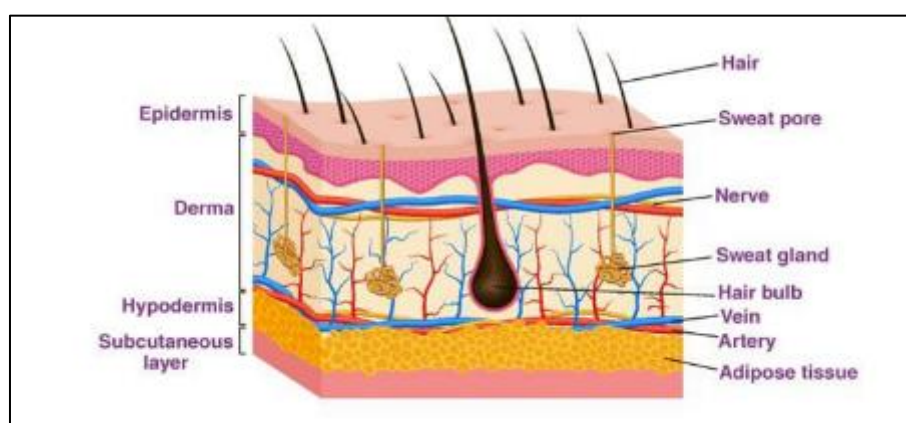


Figure 1 Anatomy of the Skin

The pores and skin, being the most important organ with inside the human body, envelops the complete outside floor, imparting safety towards a large number of factors. With a floor vicinity starting from 1. Five to 2m², the pores and skin capabilities because the body's number one protection mechanism towards pathogens, ultraviolet (UV) light, chemical substances, and bodily trauma. Moreover, it performs a crucial Facial scrub is a beauty or splendor product, or a remedy designed to cleanse and exfoliate the pores and skin of the face or body. The use of facial scrubs proves useful with

* Corresponding author: Dipali S. Chavan

inside the elimination of dirt, lifeless pores and skin cells, sebum or oil, blackheads, and whiteheads, thereby contributing to the preservation of pores and skin appearance. It is critical to keep in mind the 3 number one pores and skin types: oily pores and skin, touchy pores and skin, and dry pores and skin. Individuals with dry pores and skin must choose a facial scrub that includes moisturizing and hydrating ingredients. Those with touchy pores and skin, at the other hand, are recommended to make use of a mild scrub. For people with oily pores and skin, an exfoliation approach is usually recommended to save you pimples, dullness, breakouts, and modify oiliness. Depending at the unique pores and skin type, the frequency of facial scrub utilization is typically advocated to be both two times and three times a week. However, rookies to facial scrubbing are normally recommended first of all a weekly routine. Individuals with dry or touchy pores and skin types, in particular, must restrict exfoliation to a few times a week. In sure cases, people with acne susceptible pores and skin are endorsed to keep in mind merchandise containing salicylic acid, in addition to a dermatologist-grade 4% glycolic and polyhydroxy acid complex.(1)

2. Benefits of face scrub

Assists with inside the Elimination of Dead Cells: Facial or frame scrubs are skin care merchandise that penetrate past the floor layer to do away with lifeless pores and skin cells and screen the radiant, wholesome pores and skin underneath.

Liberates the pores and skin from Flakes: The dropping of the outermost layer of pores and skin (epidermis) is usually called flaky pores and skin, ensuing in dry patches. Incorporating scrubbing into your skin care recurring can correctly deal with flaky pores and skin.

Profound Cleansing of the Skin: By exfoliating the pores and skin, you can still correctly rid it of dirt, oil, and sweat that might not be eliminated with the aid of using every day cleaning strategies inclusive of face wash or facial cleansers.

Effectively doing away with dirt accrued at the pores and skin's floor, scrubbing proves to be a thorough technique for this task. (2)

Enhances the pores and skin's radiance and texture: Scrubbing performs a critical function in imparting radiance and a clean texture to the pores and skin.

Eradicates Acne Scars: Through the elimination of lifeless pores and skin cells, scrubbing additionally enables in removing zits scars at the pores and skin.

Enhances Skin Hydration: Facial scrubs comprise moisturizing and hydrating agents. Exfoliating the pores and skin enables higher absorption of moisture, living the pores and skin feeling soft.(3)

2.1. Objectives

- The targets of this have a look at had been to formulate the face scrub which does now no longer reason any aspect impact or minimum aspect effects.
- To examine the organized natural face scrub for sparkling of skin
- Herbal face scrub is used to rejuvenate the muscles, keep the pliability of skin, put off adhered dust debris and enhance the blood circulation
- Herbal face scrub is safe in nature.(4)

3. Material and methodology

3.1. Ingredient

3.1.1. Lentils (Masoor dal)

Scientific Classification

- **Family:-**Fabaceae
- **Scientific name:** - Lens culinaris

Masoor dal's exfoliating properties help remove acne and blackheads. Masoor dal's bleaching effect will make your skin lighter and more toned. Masoor dal mask for white skin also removes tanned fine lines, blemishes and dark spots.(5)



Figure 2 Lentils (Masoor dal)

3.1.2. Rice Flour (sticky rice flour)

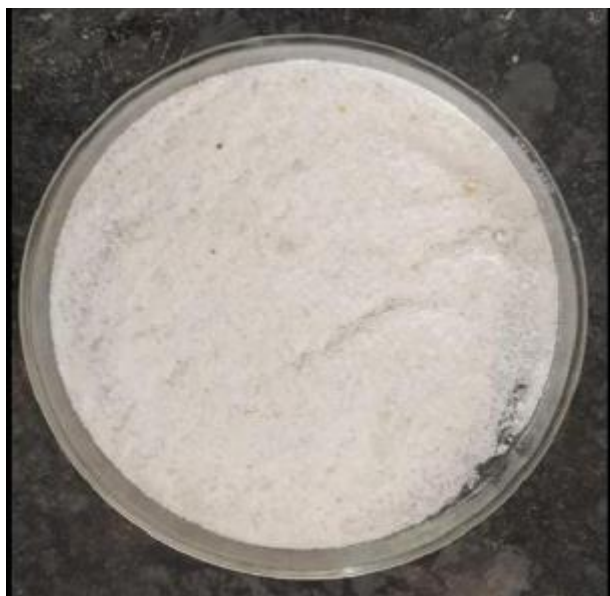


Figure 3 Rice Flour (sticky rice flour)

Scientific Classification :

- **Family:-** Poaceae
- **Scientific name :-** Oryza sativa

Rice Flour may be used within the remedy of a few pores and skin diseases. In the Indian subcontinent, Ayurvedic medical doctors officially prescribe undigested rice soup. It facilitates the digestive gadget to breed useful micro organism and is a great lotion that cools the pores and skin . Exfoliating Dead Skin Cells Rice Powder is an extraordinary exfoliant that facilitates eliminate lifeless pores and skin cells and unclog pores. It has a barely tough texture that lightly lifts the outer layer of pores and skin to expose the soft, sparkling pores and skin underneath.(6)

Controls Oil Production Rice Powder is powerful in controlling extra oil at the pores and skin .It has astringent residences that assist reduce pores and decrease sebum manufacturing that reasons oily pores and skin . Soothes pores and skin irritations Rice powder has anti inflammatory residences that assist soothe pores and skin irritation sand

decrease redness. It is specifically useful for humans with touchy pores and skin or people with situations which include eczema or rosacea.

3.1.3. *Termeric (Haldi)*

Scientific Classification :

- **Family**:- zingiberaceae
- **Scientific name** :- Curcuma longa

Turmeric Powder Turmeric is used on this education because of its antibacterial homes and allows to heal wounds because of its antibacterial homes . Treatment of pores and skin illnesses because of impure blood. It will assist deal with acne. This applies to many levels. . Lightens hyperpigmentation. Treats stupid skin. Reduce darkish circles. Prevention of environmental damage. prevents untimely aging. .It can assist with psoriasis and eczema. Turmeric has antibacterial and anti inflammatory houses and may be used to deal with acne, blemishes and imperfections for healthful skin. Turmeric Milk enables keep healthful skin. Herbal , specially terpenoids, assist brighten the pores and skin.(6)



Figure 4 Termeric (Haldi)

3.1.4. *Gram flour (pulse flour)*

- **Family** : fabaceae
- **Scientific name** : cicer arietinum

Gram flour (besan) can be used in homemade face scrub for for gentle exfoliation , helping to remove dead skin cells and dirt,and potentially promoting a brighter ,more even skin tone .



Figure 5 Gram flour (pulse flour)

3.1.5. Bees wax (*Cera alba*)

Beeswax (Also referred to as *Cera alba*) is a herbal wax produced via way of means of honey bees of the genus *Apis*. The wax is shaped into scales via way of means of 8 wax-generating glands withinside the abdominal segments of employee bees, which discard it in or on the hive. Chemically, beeswax consists in particular of esters of fatty acids and numerous long-chain alcohols.(7)

Uses

- Beeswax is a herbal pores and skin softener that offers deep moisture and forestalls water loss. It may be utilized in pores and skin moisturizers, creams, and lip balms.
- Beeswax is excessive in diet A, which enables defend pores and skin from symptoms and symptoms of aging.



Figure 6 Bees wax (*Cera alba*)

3.1.6. Alovera gel (*Aloe barbadensis*)



Figure 7 Alovera gel (*Aloe barbadensis*)

Family : Asphodelaceae

Scientific name : *Aloe barbadensis*

Biological source : dried juice collected by incision from the bases of leaves aloe vera has many uses, inclusive of treating pores and skin conditions, enhancing digestion, and lowering inflammation.(8)

Skin conditions :

- Treats burns, cuts, and wounds
- Soothes and moisturizes pores and skin
- Helps with acne, psoriasis, and different pores and skin conditions
- Reduces redness and scaling
- Soothes itchy pores and skin
- Helps save you wrinkles
- Helps with pores and skin harm from radiation therapy Aloe vera has many uses, inclusive of treating pores and skin conditions, enhancing digestion, and lowering inflammation.

3.1.7. Mineral oil (*paraffine oil*)

Biological source : It derived from ancient fossilized organic material like zooplankton and algae that convert into oil

Uses : Mineral oil, a secure and not unusualplace component in skincare, is used as a moisturizer and emollient, growing a defensive barrier to save you moisture loss and soothe dry, indignant skin.

3.1.8. Shea butter (*Karite*)



Figure 8 Shea butter (*Karite*)

Family : Sapotaceae

Biological source : It derived from the nuts of the African shea tree scientifically known as *vitellaria paradoxa*

Uses :

- Moisturising and healing property
- Popular ingredient in lotion, cream, soap

3.1.9. Amla extract (*Indian gooseberry extract*)



Figure 9 Amla extract (*Indian gooseberry extract*)

Family : Euphorbiaceae

Biological source : it derived from the fruit of *ambelica officinalis* tree

Uses :

- Its excessive nutrition C content, amla is an powerful herbal pores and skin brightener.
- It can assist decrease the arrival of darkish spots, blemishes, and pigmentation, ensuing in greater radiant and even-toned pores and skin.
- Amla is wealthy in nutrients consisting of nutrients C and E, which assist to guard the pores and skin from oxidative tension.(9)

3.1.10. Rose water

Family : roseceae

Biological source : It derived from petals and sepals of rose through steam distilation Uses : Rose water, with its soothing and hydrating properties, is used for skincare (as a toner, facial mist, or component in masks), haircare (to circumstance and soothe the scalp), culinary applications (to taste dishes and beverages), aromatherapy (to lessen stress), and for trendy fitness blessings like easing digestion.



Figure 10 Rose water

3.1.11. Perfume

Mogra or Jasmine (chaulmoogra)

- Family : Flacourtiaceae
- Biological source : it derived from ripe seeds of various species within the genus hydnocarous particularly hydnocarpus wightiana and taraktogenos kurzii(10)

Uses

- Mogra, or jasmine, is utilized in natural scrubs for its aromatic and pores and skin-useful properties, which include soothing, cleansing, and moisturizing effects.
- Here's a extra certain examine mogra in natural scrubs:
 - **Skin Benefits:**
 - Mogra, or jasmine, is understood for its cappotential to nourish and soothe the pores and skin.
 - **Fragrance:**

- The pleasant heady fragrance of jasmine and mogra rejuvenates your senses and creates a spa-like ambiance(11).
- **Cleansing:**
 - Mogra can assist cleanse and nourish the pores and skin with out drying it out, leaving it smooth and smooth.
- **Skin Nourishment:**
 - Mogra is infused with botanical elements that sell a supple, refreshed feeling.



Figure 11 Mogra or Jasmine (chaulmoogra)

3.1.12. Ethanol (ethyl alcohol)

Uses :

Ethanol, a form of alcohol, is used as a solvent, gas additive, and withinside the manufacturing of alcoholic beverages, pharmaceuticals, cosmetics, and diverse business chemicals



Figure 12 Ethanol (ethyl alcohol)

3.1.13. Preservative

- Methyl paraben : A normal sort of paraben, is often included into beauty formulations to inhibit microbial proliferation, and also can be certainly sourced from sure end result to be used as a preservative in each meals
- Propyl paraben : Propylparaben is frequently used as a preservative in diverse products, which includes cosmetics, pharmaceuticals, and food, because of its antimicrobial houses that inhibit the increase of bacteria, fungi, and molds, thereby extending shelf lifestyles and preserving product integrity(11)

In this herbal formulation we used methyl paraben and propyl paraben in combination is used prevent microbial growth and enhance the shelf life of a formulation

Methyl paraben and propyl paraben are often used together because they exhibit synergistic antimicrobial activity meaning their combine effect is greater than the sum of their individual effect . and antifungal applications.(11)

3.1.14. Multanni mitti (multan clay)

Uses -utilized in skin care for its cleansing, oil-soaking up, and exfoliating residences, assisting to deal with zits, lessen blemishes, and sell a healthy, sparkling complexion.(11)



Figure 13 Multani mitti (multan clay)

Here's a greater certain examine its uses:

- **Skin Benefits:**

Deep Cleansing and Exfoliation:Multani Mitti efficaciously eliminates dirt, oil, and impurities from pores, performing as a mild exfoliant to cast off lifeless pores and skin cells and display smoother pores and skin.

Oil Control:Its absorbent residences assist manipulate extra oil production, making it useful for greasy and zits-inclined pores and skin

- **Acne and Pimple Treatment**

By soaking up extra oil and unclogging pores, Multani Mitti facilitates save you and decrease zits and pimples.

3.2. Formulation table

Table 1 Formulation table

Sr . no	Ingredients	Qauntity taken
01	Masoor dal	8 gm
02	Rice flour	8 gm
03	Termeric	2 gm
04	Gram flour	5 gm
05	Multani mitti	5gm
06	Amla extract	0.5 gm
07	Bees wax	2gm
08	Shea butter	2 gm
09	Mineral oil	10 to 20 drop
10	Alovera gel	2gm
11	Perfume	2 to 4 drop
12	Ethanol	3 to drop

4. Conclusion

In this investigation, the number one purpose turned into to broaden a herbal facial exfoliant that demonstrates efficacy and balance with the aid of using making use of medicinal plant compounds because the number one energetic components. Our evaluation discovered that the botanical facial scrub functions exfoliating retailers that efficaciously do away with impurities from the pores and skin surface, ensuing in an instant luminosity. The lively elements inside the natural facial scrub incorporate masoor dal ,rice flour , termeric , multani mitti, alovera gel , amla extract,etc which show off residences as antimicrobial and antibacterial retailers. Furthermore, it changed into determined that formulations the usage of herbal factors in the natural scrubs show off minimum destructive reactions, making them appropriate for people of all age groups, much less in all likelihood to motive pores and skin irritation, and selling instant pores and skin radiance. Drawing conclusions from the consequences of this exploration, it's miles our competition that the natural facial scrub system represents a promising method for efficacious pores and skin.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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