

# Formulation of herbal skin lotion from *Ficus racemosa*, *Citrus limon*, *Azadirachta indica*, and *Aloe barbadensis miller*

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**Abstract:-** Now a days lots of cosmetics or skin lotions available in market having chemical origin. They have lots of side effects. On the other hand beauty is also important. But by using this chemical cosmetics skin shows many side effects i.e. burning, irritation, itching, dryness, redness etc.

To overcome this problems the herbal based cosmetics are used. they are effective, eco-friendly, safe to use, cheaper than the chemical based, having anti-aging, antioxidant, antimicrobial, disinfectant, healing, astringent, skin softening and moisturizing properties without any side effects.

**Keywords:-** Herbal Cosmetics, Effective, Economic, Safe to Use, Beauty Product.

## I. INTRODUCTION

There are so many problems like acne, black heads, pimples, dryness and wrinkles on skin, which affect on your beauty. These all problems are due to hormonal changes in the body. For such a problems this skin lotion is helpful.

This product have ability to cure acne, pimples, rashes, black spots, inflammation, dryness etc. It also helpful for the removal of dead cells on outer surface of the skin. This product have antibacterial, disinfective, astringent, anti-inflammatory, antioxidant, anti-aging, skin softening, moisturizing and healing property. Which are very important for the skin nourishment .

The product contains:

- Ficus racemosa
- Azadirachta indica
- Aloe barbadensis miller
- Citrus limon
- Honey
- Rose water etc.

### A. *Ficus racemosa* :

Common name : Cluster fig  
Botanical name : *Ficus racemosa*  
Kingdom : Plantae  
Division : Magnoliophyta  
Class : Dicotyledonae  
Order : Rosales  
Genus : *Ficus*  
Species : *F. racemosa*  
Family : Moraceae



Fig 1:- *Ficus racemosa*

It is evergreen plant. It can grow 20 – 30 meters height. It is medicinal plant having very importance in Ayurveda from many years ago. This tree is popularly known as the cluster fig tree. its fruit is known as gular. It reduces blood glucose level so that it have wound healing property.

It's Barks contain tannin, wax, saponine and minerals like phosphorus, iron, zinc and magnesium having following properties :

- Wound healing
- Antibacterial
- Antimicrobial

- Astringent
- Anti inflammatory

#### B. *Azadirachta indica* :

Common name : Neem  
 Botanical name : *Azadirachta indica*  
 Kingdom : Plantae  
 Division : Magnoliophyta  
 Class : Magnoliopsida  
 Order : Sapindales  
 Genus : *Azadirachta*  
 Species : *A. indica*  
 Family : Meliaceae



Fig 2:- *Azadirachta indica*

*Azadirachta indica* is commonly known as Neem tree. They are medium sized and fast growing trees. They have 50-60 feet height. It is one of the most important medicinal plant in the Ayurveda, mostly grow in tropical and semi-tropical regions. The bark, leaves and seeds are used to make medicines. Neem have opposite, pinnate leaves which are 20-40 cm long.

It has following properties:

- Anti-inflammatory
- Antibacterial
- Antiviral
- Antioxidant
- Protect from UV rays

- Contains vitamins and fatty acids
- Maintain elasticity of skin

#### C. *Citrus limon* :

Common name : Lemon  
 Scientific name : *Citrus limon*  
 Kingdom : Plantae  
 Division : Magnoliophyta  
 Class : Magnoliopsida  
 Order : Poales  
 Genus : *Citrus*  
 Species : *C. Limon*  
 Family : Rutaceae



Fig 3:- Citrus limon

The Citrus limon is commonly known as lemon tree. It is the small, evergreen tree in the family Rutaceae. It have 10-20 feet height, having yellowish and round shaped fruit known as lemon. Lemon is acidic in nature, having lots of medicinal importance. It also helpful for the stomach problems like diarrhoea.

The lemon contains citric acid, ascorbic acid, flavonoids , vitamin c , vitamin B-6 and minerals, having following properties:

- Antioxidant
- Relaxation
- Remove dead cells

- Vitamin c
- Flavouring agent

*D. Aloe barbadensis miller:*

Common name : Aloe Vera  
 Botanical name : Aloe barbadensis miller  
 Kingdom : Plantae  
 Division : Magnoliophyta  
 Class : Liliopsida  
 Order : Asparagales  
 Genus : Aloe  
 Species : barbadensis miller  
 Family : Asphodelaceae



Fig 4:- Aloe barbadensis miller

Aloe vera is evergreen plant, having succulent species and Aloe genus. It is stemless or having very short stemmed plant . It have 60-100 cm height. The leaves are thick and smooth having margin of small white teeth.

It has greater medicinal value and have large role in cosmetology and dermatology. The Aloe vera gel has medicinal value, having following properties :

- Moisturizing agent
- Healing
- Skin smoothening
- Antioxidant
- Pain reliever
- Vitamin B12
- Minerals

#### E. Honey :

Honey is the viscous fluid which is made by honey bees . It have importance in dermatology and cosmetology.

It has following properties :

- Healing
- Skin smoothening
- Skin moisturizing

#### F. Rose water :

Rose water having medicinal importance for skin. It have large role in the dermatology and cosmetology.

It has following properties :

- Balance skin PH
- Anti-inflammatory
- Anti-aging
- Skin smoothening

## II. MATERIAL USED

- Fecus racemosa barks
- Azadirachta indica leaves
- Citrus limon fruit (lemon)
- Rose water
- Aloe barbadensis miller gel
- Honey
- Distilled water
- Round bottom flask (RBF)
- Beaker
- Measuring cylinder
- Weighing balance
- Filter paper
- Tripot stand
- Conical flask
- Water bath

## III. EXPERIMENTAL METHODOLOGY

- Take a clean 100 ml round bottom flask (RBF) and 80 ml distilled water to it.
- Weigh accurately 50 gram of fecus racemosa barks and grind it well.
- Add this grinded barks to RBF.
- Now take another RBF and add 50ml of distilled water to it.
- Add accurately 5 gram of Neem leaves to this RBF.
- Allow both the RBF to boiling for 30 min in water bath.
- After 30 min allow them to cool.
- Filter both the products separately by filter paper.
- Now mix both the filtered products.
- Take 70ml of this product in a beaker and add 10ml of Aloe Vera gel to it.
- Add 5 ml honey and 2 ml lemon juice as a preservative.
- Mix it uniformly and make up the volume upto 100 ml by rose water.
- Store it in tightly packed container.
- The product (Herbal Skin Lotion) is ready for use.

## IV. DISCUSSION

This product is 100% herbal based and hence does not have any risk of side-effects. It is easy to use having more effectiveness than the chemical lotions.

## V. CONCLUSION

This product have healing and moisturizing property so can be useful for dry skin. It have capacity to fight against acne and pimples which is the major skin disorder. It also have anti-aging, astringent, disinfectant, anti-inflammatory and Skin softening properties. It also have ability to remove black heads.

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