

## Oral presentations

Abstract No. 01

### **Formation and evaluation of the face pack containing selected natural ingredients in the improvement of skin complexion**

Withanachchi U D

Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala.

#### **Abstract**

The objective of this study is to formulate and evaluate the effectiveness of the herbal face pack contain, Red sandal, Liquorice, Indian Madder, *Lodhra*, Lotus, Costus, *Kokum*, Berbery, Turmeric, Citron peel and Bee Honey in the process of improving the complexion of the skin. Selected ingredients were cleaned from impurities, dried and powdered using sieve 89. Fine powders were evaluated through number of parameters such as irritancy test, physicochemical patch test for pH, organoleptic evaluation. 40 participants were divided into group A and B, 20 in each. Group A was provided with the herbal face pack and advised to use it twice a week for 3 months. Group B used a selected chemical based skin care product. Both groups were given a questionnaire at the beginning and the skin colour was marked using standard Skin colour chart at the beginning and during 3 months times till the end of third month. Data analysis was done using Microsoft Excel and IBM SPSS – statistical package for the social sciences. Observed t test outcomes suggested that there is a significant difference between the results of application of herbal face pack in Group A and the product applied in Group B. According to the difference between the before and after treatment of Group A, 85% showed significantly improved skin complexion while results of 15% denoted no changes in skin complexion. Results of Independent t test on Group A and Group B denoted Equal variances ( $P = 0.213 > 0.05$ ). Considering the sig. (2 tailed) value under the Equal variances assumed, There is a significant difference in the Group A ( $M = 6.05$ ,  $SD = 5.336$ ) between the Group B ( $M = 1.15$ ,  $SD = 5.092$ ) conditions;  $t(38) = 2.971$ ,  $p = 0.005$ . Conclusion illustrates as the face pack is effective in improvement in the skin complexion. Further studies are required on this study to develop further technological combinations on cosmetic product.

**Keywords:** Evaluation, Skin complexion, Natural

**Corresponding E-mail:** umeshadulanjari@gmail.com