



REVIEW ARTICLE

CLINICAL REVIEW OF DEEP CLEANSING APRICOT SCRUB: AN HERBAL FORMULATION

Debbarma Dona^{1*}, Moharana PK², Mishra Baidyanath¹, Ramana Vivekananda³ and W Dimple¹¹Research & Development Center, InnoVision Healthcare Private Ltd. No. P 6(B), 1st floor, 1st cross, 1st stage, Peenya Industrial Estate, Bengaluru-560058, Karnataka, India²Padmalaya Ayurveda Specialty Clinic, 1st Floor, Ashok Nandavanam Shopping complex, Numbal, Thiruverkadu, Chennai-600077, India³Research & Development Center, InnoVision Therapeutics Inc. 700 Lavaca, Suite 1400 PMB 2457, Austin, TX 78701

Received for publication: July 4, 2015; Accepted: July 21, 2015

Abstract: To remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grime, sebum and other secretions, dead cells, crusts, applied make-ups, climate change, irregular life style. Use of chemical based topical applications extends fast deterioration of skin and their appendages. This requires immediate and suitable procedure which can not only extend benefits to the skin but also helpful in long run making youthful skin. Deep Cleansing Apricot scrub, a specialized polyherbal (multiple herbs) formulation, mainly composed of *Prunus armeniaca*, *Azadirachta indica*, *Gynerbiza glabra* and *Cimelia sinensis* extends a great benefit to skin care. The apricot scrub was evaluated by using the parameters such as deep cleansing of pores, soothing effect, skin glow and effect on acne. This is an open phase clinical study to evaluate the dermal safety and efficacy of the herbal formulation. Ten healthy volunteers participated in the clinical study using the herbal formulation for 15 days; no skin irritation was reported or observed. The results obtained were highly satisfactory.

Key Words: Deep Cleansing Apricot Scrub, Dermal Safety

INTRODUCTION

Abrasive facial skin scrub cleanser were developed when people realized the mechanical exfoliation-the process of removing the outmost layer of the skin with an abrasive material produces smoother skin (Decker and Graber 2012, Draelos 2005). Facial cleanser and abrasive scrub incorporate natural material of herbs and fruits pits that induce various degrees of exfoliation and commonly used because of smoothness and less damage to the skin.

Exfoliation to your skin care routine helps the natural shedding process of skin and encourages healthier, smoother, more even-toned skin. Some of the big beauty benefits like acne prevention, smaller pores, wrinkles etc.

To remain healthy and of good appearance, the skin surface requires frequent cleansing to remove grime, sebum and other secretions, dead cells, crusts and applied make-ups. Consumers recognize the vital role of skin in overall health. Skin care scrub products, also called skin or body polishes are a unique category of cleansing material called exfoliating cleansers. They focus on cleansing, conditioning and treating. Exfoliation is the step most people skip in their daily/weekly skincare routine, but a great majority of consumers perceive an almost immediate difference, if they start properly exfoliating their skin routinely. Typically the gritty solids in these products provide a sensory signal while rubbed into the skin and function by removing old skin outermost surface cells to produce a smooth conditioned and rejuvenated skin surface. Most scrubs contain essential oils and have a very pleasant fragrance. Exfoliants help to loosen rough and dead skin through gentle abrasion of the skin.

Exfoliation involves the removal of the oldest superficial dead skin cells on the skin's outermost surface. Exfoliation can be achieved through mechanical or chemical means. Mechanical process involves physically scrubbing the

skin with abrasives that include microfiber cloths, adhesive exfoliation sheets, micro-bead facial scrubs, crepe paper, crushed apricot kernel or almond shells, sugar or salt crystals, pumice, and abrasive materials such as sponges, loofahs, brushes, and simply fingernails. Facial scrubs are available in over-the-counter products for application by the user. People with dry skin should avoid exfoliants which include a significant portion of pumice, plastic beads or crushed volcanic rock.

Chemical exfoliants include scrubs containing salicylic acid, glycolic acid, fruit enzymes, citric acid, or malic acid which may be applied in high concentrations by a medical professional, or in lower concentrations in over-the-counter products. Chemical exfoliation may involve the use of products that contain alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or enzymes that act to loosen the glue-like substance that holds the cells together, allowing them to ease away. This type of exfoliation is recommended for people treating acne.¹In beauty spa treatment on continental Europe, the chemical properties of wine producing grapes are exploited in the practice of vino-therapy which is becoming increasingly popular.

Herbal Medicines have been extensively used in recent years for chronic and lifestyle related disorders. Deep Cleansing Apricot Scrub is a proprietary & patented polyherbal formulation designed to deep cleanse the skin and makes it healthy and glowing.

Present study is aimed to evaluate the safety and efficacy of Deep Cleansing Apricot Scrub in cleansing effect on face.

***Corresponding Author:**

Dr. Dona Debbarma,
Research Scientist - Clinical Pharmacology & Medical Affairs,
InnoVision Healthcare,
Peenya Industrial Estate,
Bangalore, Karnataka, India.





MATERIALS AND METHODS

Ten healthy volunteers of age between 18-50 years were enrolled for the trial, upon completing complete physical examination. The volunteers were advised to use the Deep Cleansing Apricot Scrub twice a week for 15 days. They were advised to apply the scrub on their wet face and gently massage with scrubbing in circular motion followed by wash with water. The volunteers were followed up on 7th day and on completion of the study.

Primary outcome: Dermal safety

Secondary outcome: Deep Cleansing of skin

RESULT

This study was conducted to evaluate the dermal safety and post-application feel of Deep Cleansing Apricot Scrub in 10 volunteers. Volunteers were instructed to apply Deep Cleansing Apricot Scrub on the face twice a week for a period of 2 weeks. They were advised to apply the scrub on their wet face and gently massage with scrubbing in circular motion followed by wash with water. The volunteers were reviewed at initially at baseline, 1 week, and at 2 weeks visits post application to evaluate the dermal safety parameters, which included signs and symptoms such as erythema, edema, pain, pruritus and urticaria. Post-application effect of the product was evaluated using parameters such as cleansing effect, reduction in acne recurrence, and improvement in skin complexion. The dermal safety and after-application feel of the product is summarized in Tables 1 and 2.

Table 1: Dermal Safety Evaluation of Deep Cleansing Apricot Scrub (n= 10)

Signs and Symptoms	Days of application		
	Initial	Day 7	Day 15
Erythema	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00
Edema	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00
Pain	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00
Pruritus and Urticaria	0.00 ± 0.00	0.00 ± 0.00	0.00 ± 0.00

Table 2: After Application Deep Cleansing Apricot Scrub (n= 10)

Parameter	Product Evaluation/ Rating	Response (%)
Cleansing effect	Good	98
	Average	2
	Poor	0
Reduction in Acne Recurrence	Yes	97
	No	3
Improvement in Skin Complexion	Improvement	85
	No Improvement	15

The Deep Cleansing Apricot Scrub application improved deep cleansing of skin in all the volunteers. Similarly, it also reduced acne recurrence on the skin. Volunteers also reported that they found a remarkable improvement in skin complexion. It is observed that Deep Cleansing Apricot Scrub is completely safe with excellent compliance.

DISCUSSION

This study was initiated to evaluate the efficacy and safety of Deep Cleansing Apricot Scrub. Results of this study indicate that Deep Cleansing Apricot Scrub is very safe and efficacious in reduction in oiliness of facial skin and minimizing the recurrence of acne. Skin participates in many of the physiological and pathological events and processes. The cutaneous expression of internal disease is frequent, varied and often specific. Various studies have documented anti-inflammatory and antimicrobial effect of *Azadirachta indica*^{2,3}, one of the ingredients of this scrub. *Glycerhiza glabra*⁴ have skin brightening effect. *Cimelia sinensis*⁵ and *Prunus armeniaca*⁶ is widely used in skin disorders and have anti-oxidant effect in the skin. It is possible that the beneficial effects seen by this face wash is an additive effect of all the ingredients.

CONCLUSION

This study indicates that the Deep Cleansing Apricot Scrub is safe and efficacious. It deep cleanses the skin by removing superficial dead skin cells and blackheads. No side effects observed in the study.

REFERENCES

1. Yamini. K and Onesimus. T. Preparation and Evaluation of Herbal Anti-Acne Gel. *Int J Pharm Bio Sci* 4.2 (2013): 956 – 960
2. Development and Evaluation of Herbal Anti-Acne Formulation. *Research Journal of Pharmaceutical, Biological and Chemical Sciences* 3.3: 334-339

3. Jody P. Ebanks, R. Randall Wickett and Raymond E. Boissy. Mechanisms Regulating Skin Pigmentation: The Rise and Fall of Complexion Coloration. *International Journal of Molecular Sciences* 10 (2009): 4066-4087
4. Elizabeth A. Davis and David J. Morris. Medicinal uses of licorice through the millennia: the good and plenty of it. Molecular and Cellular. *Endocrinology* 78 (1991) 1-6
5. Nabiha Yusuf, Cynthia Irby, Santosh K. Katiyar, Craig A. Elmets. Photo protective effects of green tea polyphenols. *Photodermatol Photoimmunol Photomed* 23 (2007): 48-56
6. Gupta Anil, Sharma P.C, Tilakratne B M K S and Verma Anil K. Studies on physiochemical characteristics and fatty acid composition of wild apricot (*Prunus armeniaca* Linn.) kernel oil. *Indian Journal natural Products and Resources* 3.3 (2012): 366-370.

CITE THIS ARTICLE AS:

Debbarma Dona, Moharana PK, Mishra Baidyanath, Ramana Vivekananda and W Dimple, Clinical Review Of Deep Cleansing Apricot Scrub: An Herbal Formulation, *International Journal of Bioassays* 4.9 (2015): 4251-4253.

Source of support: Nil

Conflict of interest: None Declared