



# A SYSTEMATIC REVIEW ON SCRUBBING SOAP

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## Abstract

Scrubbing soaps are agents used to rub off dead cells, blackheads, pigmentation, and whiteheads, leaving the skin glowing, soft, smooth, and healthy. One can use scrubbing soap directly on the skin; gentle massaging is advisable as it improves blood circulation and oxygen delivery to all areas of the skin. Due to environmental conditions, many individuals suffer from issues like pigmentation and uneven skin tone. The solution to these issues is scrubbing soaps, which contain ingredients that enhance cleansing, softening, moisturizing, and fairness of the skin. Neem, Tulsi, and poppy seeds are used as primary active ingredients in this preparation. Other components such as glycerine base, rose water, essential oil, ritha powder, aloe vera, turmeric, and vitamin E are also employed. Therefore, the formulated preparation can be considered a good scrubbing soap to achieve healthy and shining skin. Out of the many botanical ingredients used in commercial products, many chemical toxins and airborne microorganisms can induce infections and harm the skin. Cosmetics alone are not sufficient to maintain skin and body health. Neem (*Azadirachta indica*) has gained global prominence due to its numerous medicinal properties. Neem leaves and their constituents have been shown to contain anti-inflammatory, antihyperglycemic, antiulcer, antimalarial, antifungal, antibacterial, antimutagenic, and anticarcinogenic activities. The aim of this work was to assess the impact of aqueous, ethanolic, and ethyl acetate extracts from neem leaves.

**Keywords:** Scrubbing soap, pigmentation, exfoliation, anti-inflammatory.

## Introduction

Cosmetics are products used for cleansing, beautifying, enhancing attractiveness, or altering appearance. Since ancient times, various ingredients have been employed for cleaning and beautifying the skin [3, 7]. The face reflects a person's health, but removing dead skin cells from all skin types (dry, oily, and sensitive) is essential. People with dry skin need scrubs containing moisturizing ingredients, while mild scrubs are better for sensitive skin. Those with oily skin benefit from exfoliants that help avoid clogged pores and balance oil production [4,].

Exfoliation is the process of removing aged skin cells from the body's surface. Though scrubs are often in semisolid or powder form, many people now use scrubbing soap for the entire body to reduce usage quantity [6].

The Egyptians are considered innovators of cosmetic treatments and were the first to use dry body brushing, pumice stones, and even lactic acid from sour milk and wine for skin renewal—an early form of chemical exfoliation. Natural skin renewal, called desquamation, typically occurs every 28–30 days, but this process slows with age [16]. When scrubbed onto skin, exfoliants clean away dead skin cells, and the micro-bead application process often involves using warm water and gentle circular rubbing before rinsing [10].

## What is Exfoliant

A facial scrub employs tiny particles, beads, or chemicals to remove dead skin cells and make way for new ones through exfoliation. The exfoliating agents, called exfoliants, increase blood flow and provide fresh, radiant skin. They also help remove dust, dirt, and oils from the skin, which is beneficial for nerve stimulation and cleanliness [3].

Exfoliation, derived from the Latin word *exfoliare* (to remove leaves), can be done through mechanical or chemical means, such as chemical peels or microdermabrasion. Exfoliants are often marketed as products that enhance beauty, youthfulness, or skin health [4,7].

There are two main types of exfoliation:

### 1. Physical Exfoliation

This involves abrasive agents used in circular motion either by hand or with tools like sponges or brushes. It removes the outermost dead skin layer to reveal fresher skin beneath [5].

### 2. Chemical Exfoliation

This method chemically breaks the bonds that hold dead skin cells together, allowing them to be removed. Topical acids like salicylic acid are used for this, acting by dissolving intercellular bonds to slough off dead skin [10].

## Benefit of Scrubbing Skin

### 1. Removes Dead Cells

Dead cells cause dullness and tired-looking skin. A gentle scrub effectively eliminates them, rejuvenating the skin's surface [2].

### 2. Adds Glow to Skin

Exfoliation stimulates cell turnover, revealing newer skin beneath and giving the skin a healthy glow [3].

### 3. Reduces Flakiness

Flaky skin is often caused by the accumulation of dead cells. Scrubbing helps remove these patches and manage dryness [5].

### 4 Fades Dark Spots

Regular scrubbing, especially on areas like elbows, knees, and knuckles, helps in reducing pigmentation over time [10].

### 5 Reduces Acne Scars

Exfoliation aids in diminishing the appearance of acne scars by promoting new skin cell growth [12].

### 7 Smoothens Skin

Scrubbing not only smoothens the skin but also improves its texture, leaving it nourished and flawless [7].

### 8 Prevents Ingrown Hairs

Ingrown hairs are often caused by clogged hair follicles. Exfoliating clears these obstructions and prevents hair from growing inward [4, 11].

## Advantages

1. Soaps are eco-friendly and biodegradable, making them better for the environment than many chemical-laden skincare options [7].
2. They contain pure and organic ingredients, often free from side effects typically associated with synthetic chemicals [4].
3. Herbal ingredients are easily available and present in large variety and quantity in nature [5].
4. These formulations are simple to manufacture and cost-effective, especially at small scale [ 12].
5. Body scrubs effectively remove dead skin cells, improving the skin's appearance and texture [ 6].
6. Exfoliation allows better absorption of moisturizers, increasing hydration and nourishment [ 11].
7. Regular scrubbing discourages ingrown hairs by keeping follicles clear [13].

## Disadvantages

1. Herbal drugs typically act slower than conventional allopathic products and require longer-term use [1].
2. Most herbal therapies are not suited for short-term or rapid results [10].
3. There are no standardized pharmacopeia guidelines for herbal cosmetics, which may lead to inconsistencies in quality [14].
4. Aggressive or dry scrubbing may cause irritation, redness, or inflammation [12].
5. Over-scrubbing can lead to enlarged pores, exposing the skin to pollution and UV damage [11].

## Plants used in scrubbing soap

Sr. No.	Plant Name	Botanical Name	Family	Phytoconstituents	Properties
1.	Neem	<i>Azadirachta indica</i> 	Meliaceae	Tannins & flavonoids Saponins Quercetin & nimbolide	Skin tightening & anti-inflammatory Skin Exfoliation Antioxidant

2.	Tulsi	<i>Ocimum Sanctum</i> 	Lamiaceae	Ursolic acid Eugenol Rosmarinic acid & Lutedin	Skin rejuvenation Antimicrobial & exfoliation Antioxidant
3.	Aloe vera	<i>Aloe barbadensis</i> Miller 	Liliaceae	Saponins Salicylic acid Glucomannans Vitamins	Cleansing Skin exfoliation Antioxidant Skin rejuvenation
4.	Turmeric	<i>Curcuma longa</i> 	Zingiberaceae	Curcumin Turmerones Curcuminoids	Antioxidant Skin exfoliation Skin brightening

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