

ABSTRAK**FORMULASI DAN EVALUASI SEDIAAN *MILK CLEANSER* DARI SUSU KEFIR
SEBAGAI ANTIJERAWAT PADA BAKTERI *Propionibacterium acnes*****Oleh :****YUYUN NOVITA SARI****201FF04021**

Jerawat terjadi pada wanita maupun laki-laki antara usia 12-25 tahun yang disebabkan adanya bakteri *Propionibacterium acnes*. Salah satu bahan alami yang berkhasiat sebagai antijerawat adalah kefir. Kefir merupakan susu hasil fermentasi yang mengandung bakteri asam laktat, kefir hasil fermentasi diformulasikan dalam sediaan *milk cleanser* untuk perawatan wajah berjerawat. Tujuan penelitian ini ialah untuk mengetahui formulasi serta evaluasi sediaan *milk cleanser* dari susu kefir dan menguji aktivitas antijerawat pada bakteri *P. acnes*. Kefir dibuat dari susu kambing dengan starter biji kefir variasi konsentrasi starter 2%, 5%, 7%. Optimasi basis *milk cleanser* dengan memvariasikan konsentrasi asam stearat dan setil alkohol, satu formula optima yang terbaik ditambahkan kefir susu kambing hasil fermentasi. Evaluasi sediaan meliputi uji organoleptik, homogenitas, pH, viskositas, daya sebar, tipe emulsi, uji iritasi, uji aktivitas antibakteri dan uji stabilitas dipercepat *Freeze thaw*. Hasil optimasi basis terbaik adalah formula F2 dengan asam stearat 5,75% dan setil alkohol 4,25%, konsentrasi kefir susu kambing sebagai zat aktif sediaan divariasikan 5%, 10% dan 15%, hasil uji aktivitas antibakteri pada formula *milk cleanser* dengan konsentrasi kefir 15% dapat menghambat kuat pada pertumbuhan bakteri *P. acnes* dengan diameter 15,6 mm dan hasil evaluasi *milk cleanser* menunjukkan bahwa semua formula memenuhi rentang syarat parameter uji persyaratan fisik pembersih *milk cleanser*.

Kata kunci : Jerawat, Kefir susu kambing, *Milk cleanser*, *Propionibacterium acnes*

ABSTRACT**FORMULATION AND EVALUATION OF MILK CLEANSER FROM KEFIR MILK
AS ANTI ACNE ON THE BACTERIA *Propionibacterium acnes*****By :****YUYUN NOVITA SARI****201FF04021**

Acne occurs in women and men between the ages of 12-25 years which is caused by the bacteria *Propionibacterium acnes*. One of the natural ingredients that are efficacious as anti-acne is kefir. Kefir is fermented milk containing lactic acid bacteria, fermented kefir is formulated into milk cleanser preparations for facial acne treatments. The purpose of this study was to determine the formulation and evaluation of milk cleanser preparations from kefir milk and to test the anti-acne activity on *P. acnes* bacteria. Kefir is made from goat's milk with kefir seed starter with variations in starter concentration of 2%, 5%, 7%. Optimization of the milk cleanser base by varying the concentration of stearic acid and cetyl alcohol, one of the best optimal formulas is added fermented goat's milk kefir. Evaluation of the preparations included organoleptic tests, homogeneity, pH, viscosity, dispersibility, emulsion type, irritation test, antibacterial activity test and accelerated stability test of Freeze thaw. The best base optimization results were the F2 formula with 5.75% stearic acid and 4.25% cetyl alcohol, the concentration of goat's milk kefir as the active ingredient of the preparation was varied by 5%, 10% and 15%, the results of the antibacterial activity test on the milk cleanser formula with a concentration of Kefir 15% was able to strongly inhibit the growth of *P. acnes* bacteria with a diameter of 15.6 mm and the evaluation results of milk cleanser showed that all formulas met the test parameter range for the physical requirements of the milk cleanser.

Keywords : *Acne, Goat's milk kefir, Milk cleanser, Propionibacterium acnes*