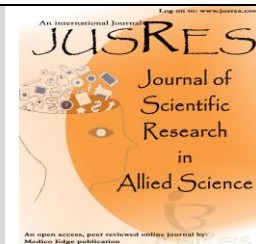




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Development and Evaluation of Moisturizing Cream Containing Herbals

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ABSTRACT

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Herbal moisturizers have gained significant popularity in skincare due to their natural ingredients sourced from plants, which offer a range of benefits beyond basic hydration. These moisturizers typically harness the power of botanical extracts, oils, and other plant-derived components known for their moisturizing and healing properties. The current study aimed to develop a safe, natural, and effective herbal moisturizing cream using herbal extracts as key active ingredients.

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INTRODUCTION

Herbalism or Botanical medicine is normally used to describe Herbal Medicine is the use of herbs for their therapeutic or medicinal value. The herb is a plant or plant part valued for its medicinal, aromatic qualities. Herbal cosmetics are the preparations used to improve the personage appearance. Topical delivery is the application of a drug containing formulation to the skin to treat a cutaneous disorder or the cutaneous manifestations of a general disease (such as psoriasis), with the goal of containing the pharmacological or the effect of the drug to the surface of the skin or within the skin. Semisolid formulations in all their variety predominate the system for topical delivery, but foams, spray, medicated powders, solutions, and even medicated toothpaste can also be used. [1] The delivery of medications through the skin has long been a fascinating as well as difficult subject of study. Moisturizers play a vital role in keeping the skin hydrated, preventing dryness, and maintaining the skin's defensive wall. Many conventional creams include synthetic ingredients, preservatives, and

artificial fragrances which can sometimes irritate or cause allergic reactions, particularly for sensitive skin. Herbal moisturizing creams are made from natural plant based ingredients that have calming, nourishing, and healing benefits. These natural components often contain antioxidants, vitamins, and essential oils that not only moisturize but also enhance skin texture, reduce inflammation, and promote healthier skin. Using herbal extracts in a moisturizing cream provides gentle and effective hydration while lowering the chance of side effects. [2] The current study aimed to develop a safe, natural, and effective herbal moisturizing cream using herbal extracts as key active ingredients.

EXPERIMENTAL WORK

Collection of plant drugs

Leaves of *Cucumis sativus* and *Aegle marmelos* collected from local area of Bhopal. The leaves were washed separately with tap water. The collected leaves were shade dried completely. The dried leaves were then coarsely powdered and stored for further use.

Preparation of plant extracts

The dried powder materials (*Cucumis sativus* and *Aegle marmelos*) were extracted separately and sequentially in two different solvents viz petroleum ether and ethanol. 80 g of the dried and powdered plant material were extracted with 300 ml of petroleum ether and ethanol using soxhlet apparatus for 6-8 hours at a temperature not exceeding the boiling point of the solvents. The obtained crude extracts were filtered by using Whatman No. 1 filter paper and then concentrated under vacuum at 40°C by using a rotary evaporator and later stored at 4°C for further use.

Preparation of Herbal Moisturizing Cream

Heat liquid paraffin and beeswax in a china dish at 75⁰ C and maintain that heating temperature (Oil phase). In another china dish dissolve borax, methyl paraben in distilled water and heat this beaker to 75⁰ C to dissolve borax and methyl paraben and to get a clear solution (Aqueous phase). Then slowly add this aqueous phase to the oily phase in a mortar and pestle and stir in a single direction to avoid lumps. Then add the extract of *Cucumis sativus* and *Aegle marmelos* to the cream base and mix it. Add few drops of Lavender oil as a fragrance to impart the aroma and mix all the ingredients properly. [3]

Table 1 Formulation of Moisturizing Cream

S.N.	Ingredients	F1	F2
1	<i>Cucumis sativus</i>	2.5 ml	40 ml
2	<i>Aegle marmelos</i>	4.0 ml	3.0 ml
3	Beeswax	3.8g	3.5g
4	Liquid Paraffin	15ml	20ml
5	Methyl Paraben	0.05g	0.05g
6	Borax	0.3g	0.2g
7	Essential oil (lavender oil)	Q.S.	Q.S.

Evaluation of Formulated Herbal Moisturizing Cream

Formulated herbal creams were further evaluated by using the several parameters like pH, Organoleptic evaluation, Viscosity and wash ability etc. [4-5]

RESULTS AND DISCUSSION

Organoleptic Evaluation

The Formulations prepared were evaluated for Organoleptic Evaluation. The cream having smooth Consistency. Results are listed in Table 2

Table 2 Organoleptic evaluation of formulated creams

S.N.	Characteristic	F1	F2
1	Colour	Faint Creamish	Faint Creamish
2	Odour	Pleasant	Pleasant
3	State	Semisolid	Semisolid
4	Consistency	Smooth	Smooth

Determination of pH

The pH balance of the product is important as it affects skin and surface on which there are used. The results were shown in Table 3

Table 3 Findings of pH of prepared formulations

S.N.	Formulation	pH
1	F1	5.3
2	F2	5.1

Viscosity

Viscosity of cream was done by using Brooke field viscometer at the temp of 25°C. Results were shown in Table 4

Table 4 Findings of Viscosity of prepared formulations

S.N.	Formulation	Viscosity (cps)
1	F1	31775
2	F2	33465

Washability

Formulation was applied on the skin and then ease extends of washing with water was checked. Results were shown in Table 5

Table 5 Findings of wash ability of prepared formulations

S.N.	Formulation	Washability
1	F1	Easily washable
2	F2	Easily washable

CONCLUSION

Now a day the demand of herbal creams is increasing day by day. Herbal formulations are receiving more concentration in public because of their high-quality properties and less side effects. Additionally, it also provides the skin with necessary nutrients. The herbal cream formulations are receiving recognition all over the world. By using herbal extracts of *Cucumis sativus* and *Aegle marmelos* the herbal cream was formed which had showed multipurpose effect and also showed different significant activities. Based on the results we can say that formulations F1 and F2 is stable at room temperature and can be safely used on the skin.

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