

Formulation Of Herbal Cream to Treat Dry Skin

A. Krishna Sailaja ^{1*}, G. Bhanusri ², V. Swetha ³

1,3M. Pharmacy Pharmaceutics. RBVRR women’s college of pharmacy, Osmania University, Hyderabad, India.

***Corresponding Author:** A. Krishna Sailaja, M. Pharmacy Pharmaceutics. RBVRR women’s college of pharmacy, Osmania University, Hyderabad, India.

Received date: July 10, 2023; **Accepted date:** July 17, 2023; **Published date:** July 28, 2023

Citation: A. Krishna Sailaja, G. Bhanusri, V. Swetha, (2023), Review Article: Formulation of Herbal Cream to Treat Dry Skin, *Dermatology and Dermatitis*, 8(3); DOI:10.31579/2578-8949/119

Copyright: © 2023, A. Krishna Sailaja. This is an open-access article distributed under the terms of The Creative Commons. Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Abstract

The main aim of the present article is to reduce the adverse effect associated with synthetic dry skin cream by formulating an herbal dry skin cream for treatment of dry skin. Abnormally dry skin Can be occurring due to a dry weather, winter weather, acute deficiency of vitamin A, systemic illness, over exposure to sunlight, or medication. The skin loses moisture. It may crack and peel. Or it may become irritated, inflamed, and itch. Bathing repeatedly, especially with soaps, can contribute to dry skin. This research mainly based on the treatment of dry skin by using various herbs and making poly herbal formulation. Herbs such as cucumis sativus (main fruit juice) used as repair dry skin and damaged skin, moisturizer, azadirachta indica (neem leaves) used as skin moisturizer, rose water(rose water) used as cooling agent, flavouring agent, emollient, tulasi (tulasi leaves) used as antioxidant and skin texture improve, antimicrobial agent, amla (amla fruit) used as antioxidant and vitamin C help to brighten your skin, vitamin E used as moisturizer skin, lotus flower(lotus petals) used as anti-inflammatory and which help balance sebum production, improve the texture and elasticity of the skin, cool. Natural herbal extract in combination effectively utilized for the treatment of dry skin. Use of such product far better than the use of synthetic cream for the control of dry skin.

Keywords: herbal cream; cucumis sativus; antioxidant; anti-inflammatory

Introduction

Dry skin is a condition in which the skin lacks the moisture. It can be caused due to sun burn, medications, low humidity, vitamin deficiency [1]. The appearance of the skin is dependent on the balance between the water content of stratum corneum & surface lipids of skin. Due to exposure to external and endogenous factors it may disrupt this balance which leads to the dry skin condition. [1-3]. Disturbance of skin barrier led to various type of skin problems most common condition is loss of water content, roughness, cracks, redness, tightness, itching, stinging. The useful of herbs in cosmeceutical production now a days has been extensively increased & there is a great demand for herbal cosmetics. An herbal cream reduces the side effects and improves the condition of dry skin [5].

Signs & Symptoms

- Itching
- Slight to severe flaking, scaling or peeling
- Fine lines or cracks

- Red ness
- Deep cracks that may bleed

Causes:

There is no single cause for dry skin. Dry skin causes may be classified as external and internal.

External factors are common & easy to address they are cold temperature, low humidity especially during winter, over washing with the harsh soaps. Internal factors are age, overall health, genetics, family history, thyroid diseases.

Some of the side effects associated with the synthetic drug is most emollients can be used safely & effectively with no side effects, how ever burning, stinging, redness or irritation may occur. Since in order to overcome such adverse effects now a day’s herbal preparations are gaining more access because of its multiple uses associated with the herbs. [table 1]

S.no	Ingredients	Family	Uses
1	Cucumis sativus	Cucurbitaceae	Promotes cooling effect, soothing effect, emollient, moisturizer
2	Azadirachta indica	Meliaceae	Used as Anti-oxidant & anti-microbial agent

3	Genus Rosa	Rosaceae	Used as perfume, emollient
4	OucimumTenuiflorum	Lamiaceae	Improves skin texture, used as anti-oxidant, anti-inflammatory
5	PhyllanthusEmblica	Phyllanthaceae	Reduces suntan, brighten your skin, acts as moisturizer
6	Vitamin E		Moisturizes skin
7	Nelumbo nucifera	Nelumbonaceae	It hydrates skin, improves skin elasticity & complexion, ani-inflamtaory

Table 1: Formulation

Preparation Of Extracts: All the active ingredients were extracted by using the maceration and soxhlet apparatus. All the Herbs such as cucumis sativus fruit, azadirachta indica leaves, rose leaves, tulasi leaves, amla fruit, lotus flowers were weighed accurately & aqueous extraction had been done (10 times of the weight of the drug i.e., 5gm in 50ml of water-on-water bath at 80-100oC). As the solution concentrated up to 20 ml, filtered. Residue had been taken & volume was marked up to 40 ml, again boiled. After remaining 20 ml was filtered and collected in the form of powder and the same procedure was repeated again [6-8].

Preparation Method: Herbal cream is prepared by extracting the active ingredients of herbs by using maceration & weighed quantity of stearic acid, Tri ethanol amine heat in a china dish to a temperature of 70.[2] Add aqueous phase, herbs extract to oily phase with continuous stirring and let it cool down to room temperature and then add perfume to it. [6-8].

Evaluation of cream:

1) Colour and odour: Physical parameters like colour and odour were examined by visual examination [13].

2) Determiation of pH: – 5 ± 0.02gm of the Cream was weighed accurately in a 100ml beaker. 45ml of water was added & dispersed the Cream in it. The pH of the suspension was determined at 27o C using the pH meter [11].

3) Stability studies: Stability testing of drug products begins as a part of drug discovery and ends with the demise of the compound or commercial product. To evaluate the drug and formulation stability, stability studies were performed according to ICH guidelines [10].

4) Test for microbial growth in formulated creams: The formulated creams were inoculated on the plates of agar media by streak plate method and a control was prepared by omitting the cream. The plates were placed in to the incubator and are incubated at 37 0C for 24 hours. After the incubation period, plates were removed and examine the microbial growth by comparing it with the control [9].

5) Viscosity: Viscosity measurements of the formulations were determined using rotational-type viscometer (Brookfield DVII, Germany TA spindle, 25±1°C). Measurements were taken in 3 replications in 100 rpm (n: 3). Viscosity values were recorded in centipoise (cP).

Conclusion

The herbs that are used in cream preparation are safer for skin to reduce the dryness of skin and found to be effective than synthetic cream. In case of herbal cream there is increase in the therapeutic effect in comparison to the synthetic cream. Since the cream was prepared by using simple

ingredients and simple methods so the cream is also economical and it can be used as the provision of a barrier to protect skin. So, the herbal cosmetics are the most important part of the today's modern life as they are used for the beautifications purpose mainly, their demand increases vigorously. The uses of cosmetic have been improved in many folds in personal care system.

References:

1. Dhyani A, Chander V, Singh N. (2019). Formulation and evaluation of multipurpose herbal cream. *J drug deliv ther*, 9(2): 341-343.
2. Bhowmik D, Chiranjib YJ, Tripathi KK, Kumar KS. (2010). Herbal remedies of Azadirachta indica and its medicinal application. *J Chem Pharm Res*, 2(1): 62-72.
3. Sah AK, Vijaysimha M, Mahamood M. (2018). The tulsi, queen of green medicines: Biochemistry and pathophysiology-a review. *Int J Pharm Sci Rev Res*, 50(2): 106-114.
4. Viswanathan MV, Unnikrishnan PM, Komatsu K, Fushimi H, Basnet P. (2003). A brief introduction to Ayurvedic system of medicine and some of its problems. *Indian J Tradit Knowl*, 2(2): 159-169.
5. Imhof A, Pine DJ. (1997). Stability of nonaqueous emulsions. *J Colloid Interface Sci*, 192(2): 368-374.
6. Mohamed MI. (2004). Optimization of chlorphenesin emulgel formulation. *The AAPS J*, 6(3): 81-87.
7. Bleckmann A, Kropke R, Schneider G, Beiersdorf AG. (2021). Preparation of the w/o emulsion type with an increased water content, additionally comprising one or more alkylmethicone copolyols and/or alkyldimethicone copolyols, and cationic polymers. US patent application.
8. Kapoor S, Saraf S. (2010). Formulation and evaluation of moisturizer containing herbal extracts for the management of dry skin. *Pharmacog J*, 2(11): 409-417.
9. Ashara K, Soniwala MM, Paun J, Chawda J. (2013). Importance of trituration technique on preparation and evaluation of cold cream. *Inventi Rapid Pharm Tech*, 2013: 1-2.
10. Navindgikar N, Kamalapurkar KA, Chavan PS. (2020). Formulation and evaluation of multipurpose herbal cream. *Int J Curr Pharm Res*, 12(3): 25-30.
11. Gupta N, Dubey A, Prasad P, Roy A. (2015). Formulation and evaluation of herbal fairness cream comprising hydroalcoholic extracts of Pleurotus ostreatus, Glycyrrhiza glabra and Camellia sinensis. *Pharma Bio Sci J*, 40-45.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

Submit Manuscript

DOI:[10.31579/2578-8949/119](https://doi.org/10.31579/2578-8949/119)

Ready to submit your research? Choose Auctores and benefit from:

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more <https://auctoresonline.org/journals/dermatology-and-dermatitis>