

A REVIEW ON HERBAL MOISTURIZING CREAM

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ABSTRACT

Herbalism or Botanical medicine is generally 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 individual appearance. The aim of the present research study was to formulate the herbal moisturizer using different herbal plants such as Aloe vera , Cucumber, Neem along with glycerin , coconut oil, rose water, vitamin E , vitamin C and evaluate for its efficacy by physical appearance , pH, spreadability , Greasiness , irritancy , etc use for moistening, nourishing and cure of various disease of the skin. Compared to synthetic creams, herbal creams provide several benefits. The majority of currently available moisturizer provide more benefits and are made from medications of synthetic origin, but they also have several undesirable side effects, including irritation and allergic reactions. These adverse effects are not present in herbal moisturizing creams, which nourish the skin without them. The only motive behind to choose the mixture of herbal product was to bring true upon the effectiveness of these formulation without any side-effects. According to the study gives the satisfied results.

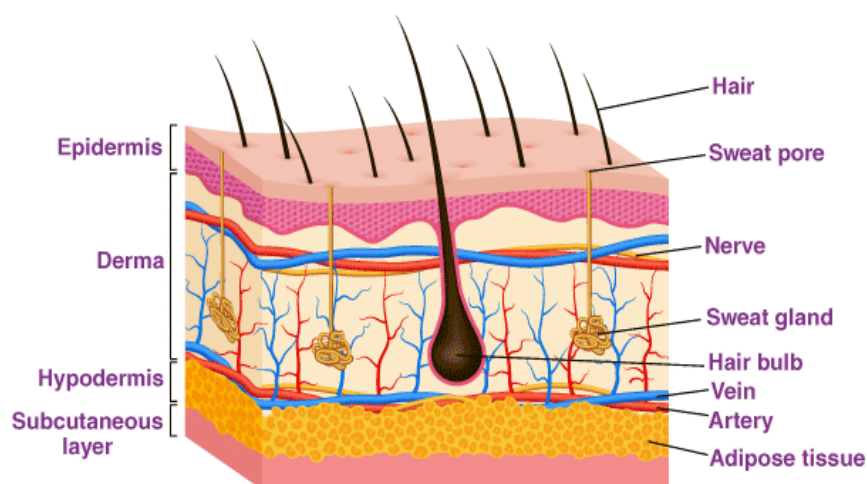
Keywords: Herbal moisturizer, Medicinal Herbs, Hydration .

INTRODUCTION:

Cosmetics are constituted mixtures of chemical compounds derived from either natural sources or synthetically created ones. Cosmetics have various purposes. Those designed for personal care and skin care can be used to cleanse or protect the body or skin. Cosmetics designed to enhance or alter one's appearance (makeup) can be used to conceal blemishes, enhance one's natural features (such as the eyebrows and eyelashes), add colour to a person's face, or change the appearance of the face entirely to resemble a different person, creature or object. Cosmetics can also be designed to add fragrance to the body.

Cosmeceuticals: Cosmeceuticals describe those products that are marketed as cosmetics but have Drug like effects.

Cosmeceuticals = Cosmetics + Pharmaceutical

HUMAN SKIN:

Skin is the largest organ in human being, it is not only an organ but also a sense organ. It is not uniformly thick. The average thickness of the skin is about 1 to 2mm.

Skin is made of three layers-

- **The epidermis**, which provides waterproofing and serves as a barrier to infection.
- **The dermis**, which serves as a location for the appendages of skin.
- **The hypodermis** subcutaneous adipose layer.

EPIDERMIS:

The epidermis of the skin is formed by stratified epithelium, which consists of 5 layers.

- a) Stratum Corneum
 - b) Stratum Lucidum
 - c) Stratum Granulosum
 - d) Stratum Spinosum
 - e) Stratum Germinativum
- Herbal drug have slow effects as compare to allopathic dosage form it also requires long term therapy.
 - **Cream:** ^[1]
 - Creams are the topical preparations which can be applied on the skin. Creams are defined as “viscous liquid or semi-solid emulsions of either the oil-in-water or water-in-oil type” dosage forms which consistency varies by oil and water. Creams are used for cosmetic purposes such as cleansing, Beautifying, improving appearances, protective or for therapeutic function. These topical formulations are used for the localized effect for the delivery of the drug into the underlying layer of the skin or the mucous membrane.
 - These products are designed to be used topically for the better site specific delivery of the drug into the skin for skin disorders. Creams are considered as a pharmaceutical product as they are prepared based on techniques developed in the pharmaceutical industry; unmedicated and medicated creams are highly used for the treatment of various skin conditions or dermatoses. Creams can be ayurvedic, herbal or allopathic which are used by people according to their needs for their skin conditions. They contain one or more drugs substances dissolved or dispersed in a suitable base. Creams may be classified as o/w or w/o type of emulsion on the basis of phases. The term ‘cream’ has been traditionally applied to semisolid formulated as either water-in-oil (e.g.: cold cream) or oil-in-water (e.g.: vanishing) sweating heavily or being exposed to water. Therefore a emollient with SPF 15+ ought to give adequate protection as long because it is getting used properly.

They are divided into two types:

1. Oil-in-Water (O/W) creams which are composed of small droplets of oil dispersed in a continuous phase, and an emulsion in which the oil is dispersed as droplets throughout the aqueous phase is termed an oil-in-water (O/W) emulsion.
2. Water-in-Oil (W/O) creams which are composed of small droplets of water dispersed in a continuous oily phase. When water is the dispersed phase and an oil the dispersion medium, the emulsion is of the water-in-oil (W/O) type.

CLASSIFICATION OF CREAMS:

All the skin creams can be classified on different basis:

1. According to function, e.g. cleansing, foundation, massage, etc.
2. According to characteristics properties, e.g. cold creams, vanishing creams, etc.
3. According to the nature or type of emulsion.

Types of creams according to function, characteristic properties and type of emulsion:

1. Make-up cream (o/w emulsion): a) Vanishing creams. b) Foundation creams.
2. Cleansing cream, Cleansing milk, Cleansing lotion (w/o Emulsion)
3. Winter cream (w/o emulsion): a) Cold cream or Moisturizing creams.
4. All-purpose cream and general creams.
5. Night cream and massage creams.

➤ MATERIALS AND METHODS

Aloe Vera (Aloe barbadensis)



- **Synonym:-** Aloe barbadensis, aloe indica royle
- **Botanical name:-** Aloe barbadensis miller
- **Family:-** Liliaceae

- **Chemical constituent:-** Anthraquinone, Mucilagenous polysaccharides
- **Uses:-** Conditioner, Moisturizers

Aloe vera is a good active ingredient to reach in Sunscreen. It has been proven to both treat and prevent burns on your skin. The leaves of aloe vera and *A. Barbadosis* are the source of aloe vera gel. Aloe vera gel is used in cosmetics lotion for its moisturizing and revitalization. It blocks UVA and UVB rays and maintains skin natural moisture balance. It stops the sunburn and stimulates immune system intervention. Aloe vera gel can be used to help with the healing process of sunburn. It helps to relieve pain and redness by reducing inflammation. The gel also stimulates the production of collagen which helps the healing process.

Aloe vera is a plant species of the genus *Aloe*. It grows wild in tropical climates around the world and is cultivated for agricultural and medicinal uses.

Turmeric (Curcuma longa)



- **Synonym:-** Haldi, Haridra, curcuma
- **Botanical name:-** *Curcuma longa*
- **Family:-** Zingiberaceae
- **Chemical constituent:-** Curcuminoids, Curcumin, demethoxycurcumin
- **Uses:-** The anti-ageing property of Turmeric is mainly due to the curcumin.

Turmeric is widely used in cooking and gives Indian curry its flavor and yellow color. It is also used in mustard and to color butter and cheese. Turmeric has been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive and liver problems, skin diseases, and wounds.

Almond (Prunus amygdalus)



- **Synonym:-** Sweet almond
- **Botanical name:-** Prunus delsis
- **Family:-** Rosaceae
- **Chemical constituent:-** Oleic acid, Linoleic acid, Palmitic acid
- **Uses:-** Preservatives

It is the richest source of polyphenolic compounds especially flavonoids and phenolic acids. Its potential is that the property of UVB protection of this plant's skin extract and its topical application has significant antioxidant, skin brightening, and anti-photo aging properties.

Pomogrenate



- **Synonym:-** Grainy apple
- **Botanical name:-** Punica granatum
- **Family:-** Punicaceae
- **Chemical constituent:-** Punicalagins, ellagic acid,
- **Uses:-** Antioxidants

Rose (*Rosa damascene*)



Rose water contain vitamin B. which often used in Sunscreen and sun product. It helps to bolster the effectiveness of SPF. Rose water can be used to lighten the skin pigmentation. Rose water can remove oils and dirt from your skin by unclogging yours pores. It helps to maintain pH level of your skin. It is hydrating and nourishing agent for skin and protect

skin against harmful environmental aggressors, gulabjal has antioxidant levels that tackle free radicals and keep skin healthy and glowing.

CONCLUSION

A market trends indicates that consumer use of herbal products has significant increased over the past years. The factors like UV radiations, use of harsh chemical products have direct and indirect impact on the skin. The present work focuses on the potential of herbal extracts from cosmetic purposes. Hence we conclude that the formulation of moisturizing cream is effective in reducing skin dryness without irritation, less adverse effect and better hydrating effect. Present investigations was carried out to formulate the herbal moisturizing cream preparations based upon traditional knowledge and to develop few parameters for quality and purity of herbal moisturizing cream. Nowadays there is strong demand for natural therapies. and this is increasing in western countries. The herbs which are a cheapest of phytoconstituents are on wheals to attain their role in polyherbal formulation so as to have synergistic role.

Hence we conclude that the polyherbal formulation of moisturizing cream is effective in reducing dryness without irritation, less adverse effect and better hydrating effect. The awareness and need for cosmetics with herbs in on the rise, as it is strongly believed that these products are safe and free from side effects. For the treatment of dryness we have both synthetic and natural herbal moisturizing cream. But when compared to the chemical based moisturizing cream, herbal based moisturizing cream are more effective in terms of safety and ease of manufacturing and in the economic point of view they are cheap.

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