A REVIEW ON SKIN NOURISHMENT BY HERBAL VANISHING CREAM

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ABSTRACT

The purpose of the present research work was to formulate and evaluate vanishing herbal cream. Herbal creams offer several advantages over other creams. The majority of existing creams which has prepared from drugs of synthetic origin and give extras fairness to face, but it has several side effects such as itching or several allergic reactions. Herbal creams do not have any of these side effects, without side effects it gives the fairness look to skin. Method carried out to prepare herbal cream was very simple. Firstly, oil phase was prepared, mixture of stearic acid (17%), potassium hydroxide (0.5%), sodium carbonate (0.5%) were melted at 70°C. Secondly aqueous phase was prepared, mixture of alcoholic extract of crude drugs, including C. officinalis and A.indica, Turmeric, Nutmeg, Cinnamon, are commercially available as extracts and in different formulation to be used either for cosmetic purposes or for medical use. Glycerin (6%), perfume (0.5%), water (71%) heated at 70 O c. Then aqueous phase was added into the oil phase at 70O c with continuous stirring. Now, once the transfer was completed it was allowed to come at room temperature all the while being stirred. Perfume was added at last just before the finished product was transferred to suitable container. The above prepared herbal cream was evaluated. The physical parameters such as pH, homogeneity by visual and by touch, appearance, wash ability, consistency, Patch test, irritancy test accelerated stability studies, type of smear were determined. Further studies are needed to investigate this formulation for its performane

KEYWORDS: Herbal extract, Vanishing cream, Turmeric etc.
INTRODUCTION

Herbal extracts are now commonly utilised in cosmetic preparations to enhance appearance and attractiveness. Herbal cosmetics are divided into categories based on the dosage form (cream, powder, soaps, solutions, etc.) and the part or organ of the body to which they will be administered (cosmetics for skin, hair, nail, teeth, and mouth, for example).[1] Creams are emulsions that are semisolid and designed to be applied to the skin or mucous membrane. A vanishing cream is a low-fat moisturiser that dissolves into the skin. It softens the skin and leaves no residue.[2] Vanishing creams are emulsion-based o/w treatments with an aqueous and an oil phase.[3] Cream can be water miscible and readily washed away, or thick and sticky, depending on the amount of water to grease. It's probably the most commonly recommended topical medication. Most patients find it more user-friendly because it is less oily, messy, and sticky.[4] Traditional medical systems, which had evolved over ages, had been in charge of the world's healthcare until the emergence of the allopathic medical system. The later approach made use of modern biology and chemical understanding. It was quickly accepted by users for both discovery and treatment, and it today has a prominent position in the field of health care. Despite this, traditional medicines, which are typically polyherbal, are gaining in popularity due to the widespread perception that these items are safe, whereas single-molecule based modern pharmaceuticals utilised in the allopathic system can have serious side effects.[5] The body's first line of protection against external exposure is the skin. The skin is where the indications of ageing are most obvious. Although ageing skin is not a health hazard, it can have a negative impact on a person's mental health.[6] Much of premature ageing is caused by skin's interaction with the environment, either directly or indirectly. The aetiology of the progressive undesired changes in the skin's appearance has been linked to exposure to sunshine.[7] Photochemoprotective substances can protect you from the negative effects of the sun.[8] Turmeric (Curcuma longa, family Zingeberaceae), Nutmeg (Myristica fragrans, family Myristicaceae), and Cinnamon (Cinnamomum zeylanicum, family Lauraceae) are all included in this herbal vanishing herbal cream.

Objectif

The goal of this study was to create a disappearing cream with no side effects or unwanted reactions. In everyday life, the cream functions as a fairness expert by erasing ageing indications. It also has nutritional value, providing the skin with essential nutrients.

MATERIAL AND METHOD

Method of Preparation Steps carried out in the preparation of vanishing herbal cream were as follows.
Preparation of alcoholic extract of crude drugs: All above mentioned powdered crude drugs of 5gms were taken into the conical flask and then 100ml. of ethanol was added to it, then the conical flask was capped with aluminum foil. Then this mixture was placed for maceration for 5 days.

Preparation of oil phase: Stearic acid (17%), potassium hydroxide (0.5%), sodium carbonate (0.5%) was taken into one porcelain dish and this mixture was melted at 70O c.

Preparation of aqueous phase: Alcoholic extract of crude drugs mentioned in step-1 (4.5%), Glycerin (6%), Water (71%) were taken into another porcelain dish and heated this mixture at 70O c.

Addition of aqueous phase to oil phase: The aqueous phase was added to the oil phase with continuous stirring at 70O c.

Now, once the transfer was completed it was allowed to come at room temperature, all the while being stirred. Perfume (0.5%) was added at last just before the finished product was transferred to suitable container. Then cream was evaluated for various physical parameters.

![Fig:- Vanishing cream.](image-url)

Evaluation cream

Determination of organolaptic:- The appearance of the cream was judged by its color, pearlscence and roughness and graded.

pH:- The pH meter was calibrated and measured the pH by placing in the beaker containing 20mg of the cream 10

Determination of homogeneity:- The formulations were tested for the homogeneity by visual appearance and by touch.
**Spreadability test:**- 500mg of the cream was sandwiched between 2 slides. A weight of 100gm was placed on upper slide. The weight was removed and extra formulation was scrapped off. The lower slide was fixed on board of apparatus and upper slide was fixed with non-flexible string on which 20g load was applied. Time taken by upper slide to slip off was noted down.\[11\]

\[
S = \frac{m \times l}{t}
\]

Where, \( S \) – Spread ability

\( m \)- Weight tied to upper glass slide.

\( l \)- Length moved on a glass slide

\( t \)- Time taken.

The determinations were carried out in triplicate and the average of three readings was recorded.

**Dye test:**- The test was done by mixing the cream with red dye then place the drop of cream was placed on a slide and covered with cover slip, observed under microscope. If the dispersion phase appears in red colored globules the cream was O/W type. If the continuous phase appears red color the cream was w/o type.\[11\]

**Homogeneity:**- The test was done by physical touch with hands

**Patch test:**- About 1-3gm of material to be tested was placed on a piece of fabric or funnel and applied to the sensitive part of the skin e.g. skin behind ears. The cosmetic to be tested was applied to an area of 1sq.m. of the skin. Control patches (of similar cosmetic of known brand) were also applied. The site of patch is inspected after 24 hrs. As there was no reaction the test was repeated three times. As no reaction was observed on third application, the person may be taken as not hypersensitive.\[12\]

**Appearance:**- The appearance of the cream was found by observing its color, opacity, etc.\[12\]

**Smear type:** The test was conducted after the application opacity, etc.\[12\]

**Smear type:**- The test was conducted after the application of cream on the skin the smear formed was oily or aqueous in nature.\[13\]

**Determination of emolliency:**- Emolliency, slipperiness and amount of residue left after the application of fixed amounts of cream was checked.
Determination of viscosity:- The viscosity determinations were carried out using a Brookfield Viscometer (DV II+ Pro model) using spindle number S-64 at a 20 rpm at a temperature of 25°C. The determinations were carried out in triplicate and the average of three readings was recorded.\(^{[14]}\)

Wash ability:- The removal of the cream applied on skin was done by washing under tap water with minimal force to remove the cream.\(^{[15]}\)

Irritancy test:- The cream was applied on left hand dorsal side surface of 1sq.cm and observed in equal intervals up to 24hrs for irritancy, redness and edema.\(^{[16]}\)

Accelerated stability studies:- Accelerated stability studies were performed on all the formulations by maintaining at room temperature for 20 days with constant time interval. During the stability studies the parameters like homogeneity, viscosity, physical changes, pH and type of smear were studied.\(^{[17]}\)

Table 2: Formulation of herbal cream.

<table>
<thead>
<tr>
<th>S. N</th>
<th>Ingredient</th>
<th>Quantity (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Steric acid</td>
<td>17%</td>
</tr>
<tr>
<td>2</td>
<td>Potassium hydroxide</td>
<td>0.5%</td>
</tr>
<tr>
<td>3</td>
<td>Sodium carbonate</td>
<td>0.5%</td>
</tr>
<tr>
<td>4</td>
<td>Alcoholic extract</td>
<td>4.5%</td>
</tr>
<tr>
<td>5</td>
<td>Glycerin</td>
<td>6%</td>
</tr>
<tr>
<td>6</td>
<td>Perfume</td>
<td>0.5%</td>
</tr>
<tr>
<td>7</td>
<td>Water</td>
<td>71%</td>
</tr>
<tr>
<td>8</td>
<td>Turmeric</td>
<td>1-2%</td>
</tr>
</tbody>
</table>

Evaluation parameter

Table 3: Evaluation parameter.

<table>
<thead>
<tr>
<th>S. n</th>
<th>Parameter</th>
<th>Observation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Appearance</td>
<td>Yellowish green</td>
</tr>
<tr>
<td>2</td>
<td>pH</td>
<td>6.8</td>
</tr>
<tr>
<td>3</td>
<td>Dye test</td>
<td>O/W type</td>
</tr>
<tr>
<td>4</td>
<td>Patch test</td>
<td>Not hypersensitiveness</td>
</tr>
<tr>
<td>5</td>
<td>Type of smear</td>
<td>Non–greasy</td>
</tr>
<tr>
<td>6</td>
<td>Viscosity</td>
<td>26024cps.</td>
</tr>
<tr>
<td>7</td>
<td>Homogeneity . By visual . By touch</td>
<td>Homogenous Smooth &amp; cosistent</td>
</tr>
<tr>
<td>8</td>
<td>Wash ability</td>
<td>Washable</td>
</tr>
<tr>
<td>9</td>
<td>Irritancy test</td>
<td>No redness &amp; edema</td>
</tr>
<tr>
<td>10</td>
<td>Accelerated stability study</td>
<td>stable</td>
</tr>
</tbody>
</table>
CONCLUSION
The vanishing cream of crude drugs with the best properties and having nutritional value was to be prepared by simple methods and less equipment are required. The prepared herbal cream also has antioxidant and antibacterial activity due to this it retards aging signs and pimple formation on the face. Further studies are required for this vanishing herbal cream. It was found that this type of formulation of the vanishing herbal cream was not prepared earlier. Oil in water emulsion-based cream was formulated using natural ingredients and was evaluated. By combining all these ingredients it can be concluded that this cream can be used as a multipurpose cream and the ingredients mixed can produce synergistic effect of the other. Further studies can be carried out on stability and skin irritancy test of the cream.

REFERENCES


