

# Herbal Face Cream

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**Abstract-** The system used to improve human appearance is homegrown beauty care items. The main goal of our effort is to produce a locally grown cream that has multiple uses, including moisturizing, reducing skin irritation, and preventing breakouts. The cream made from homegrown ingredients has the highest qualities and uses less chemicals, protecting the skin from various skin conditions. The cream is also cost-effective because it was prepared using simple ingredients and an uncomplicated process. The cream is made from a variety of unprocessed medications, including *Curcuma longa* (turmeric), *Hemidesmusindicus L*(Sariva), *Rubia cordifolia* (Manjishta), and *Aloe barbadensis* (aloe vera). The various therapeutic qualities of these operators serve as the basis for the selection of fixes.


## Introduction





Herbal formulation refers to herbal cream or products that are made utilizing a variety of approved pharmaceutical substances to form the basis and one or more herbal ingredients used for specific benefits only.[1] Emulsions, which are semi-solid preparations with one or more medicinal agents dissolved or dispersed in a water-washable base, an O/W emulsion, or both, are known as creams.[2] The concept of beauty and cosmetics is almost as old as civilization and humanity itself. Natural beauty care products are becoming more and more popular these days. Homegrown remedies are particularly notable because of their strong movement and very low or nonexistent side effects when compared to manufactured pharmaceuticals.[3] Beauty care products are designed to reduce wrinkles, reduce irritation of the skin, and regulate oil production. For various types of skin conditions, information such as sunscreen, skin defense, hostile to skin breakouts, against defect, and against maturing is prepared using a variety of various materials, synthetic or conventional.[4] The beauty of a person's skin and hair depends on their health, habits, daily activities, environment, and maintenance. Unnecessary exposure to intensity during the summer months can cause the skin to dry out and develop wrinkles, spots, defects, discoloration, and sunburns.[4] The harsh winter weather damages the skin by causing cracks, wounds, maceration, and illnesses. Cold, purging, evaporating, establishing, rubbing, night, hand, and body creams are the common types of creams.[5] The main motivation behind our work is to develop a locally produced cream that can function as a lotion, reduce skin irritation and breakouts, lessen wrinkles, dry skin, rashes, and other skin conditions, and also give the skin a brighter, more radiant appearance.[5]

## SOME HERBAL PLANT USING FOR PREPARATION OF HERBAL CREAM[6-8]

Herbal cosmetics are becoming more and more popular worldwide. They are a priceless gift from nature, and herbal formulations have long drawn interest due to their positive effects and negligible to nonexistent adverse effects. Therefore, a few common plants used in the creation of herbal creams are outlined.

S/N	Plant	Chemical Constituent	Images	Uses
1	HEMIDESMUS INDICUS  Sariva	Hexatriacontane lupeol, sitosterol, triterpe n,  oleanenes		<ul style="list-style-type: none"> <li>• Detoxifies skin</li> <li>• balances all three doshas</li> </ul>

2	RUBIA CORDIFOLIA  Manjishta	Anthraquinone		<ul style="list-style-type: none"><li>• Acne pigmentation skin lightening properties</li></ul>
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3	CURCUMA Haridra	Curcumin, demethoxycurcumin		<ul style="list-style-type: none"> <li>• Nourishes skin</li> <li>• Treats acne breakouts</li> <li>• Slow down skin ageing</li> </ul>
4	SANDALWOOD Chandan	Santalone,santenone		<ul style="list-style-type: none"> <li>• Nourish skin</li> <li>• Improve elasticity of skin cells</li> <li>• Even out skin tone</li> <li>• Reduces dryness</li> </ul>
5	LOTUS Utpal	Neferine,isorhsmnetin		<ul style="list-style-type: none"> <li>• Skin whitening</li> <li>• Anti wrinkling agent</li> </ul>
6	ROSE Taruni	Rubixanthin,phenethyl alcohol,geraniol		<ul style="list-style-type: none"> <li>• Improve appearance of wrinkles</li> <li>• Reduces sign of ageing</li> </ul>

**OVERALL PROCEDURE FOR MAKING HERBAL CREAM[10-14]****Materials & Method (O/W, W/O)**

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Add the necessary amount of component in enough base water to create a solution, then heat it on a water bath

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Add the necessary amount of herbal extract to the solution above

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Add Solution drop wise into Solution2. Once the two stages have been thoroughly combined, incorporate methyl paraben as a preservative.

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The prepared Polyherbal Cream was utilized 48 hours after being maintained at room temperature for stability and analytical testing. It was packaged in a container and stored in a cold area.

↑

It was left out for approximately an hour in a cool, dry place away from direct sunlight until it set completely.

**INDICATION OF HERBAL FACE CREAM[15-16]**

1. It shouldn't have any harmful effects when applied.
2. The ideal particle size should be present.
3. They ought to have an emollient impact.
4. Denser than a lotion, but yet holds its form, like a 50/50 oil and water emulsion.
5. They ought to disperse evenly across the skin's surface.
6. Preservative is needed to increase shelf life.
7. They ought to work with the pH of the skin.

**BENEFITS [17-21]**

- Treats pimples and acne.
- Controls excessive oil secretion.
- Makes skin smoother and milder.
- Maintains skin pH balance.
- Suitable for all skin types.
- Free of harsh chemicals.
- Rehydrate dry skin.
- Smooth calluses.
- Feel and smell good.
- Help yourself relax.
- Soften the roughest parts of your body.
- Make your skin glow

**CONCLUSION [22-23]**

Herbal cream offers superior benefits and nutritional value, while utilizing less chemicals to prevent skin issues. The cream is cost-effective due to its basic ingredient list and technique of preparation. Herbal cosmetics are safe to use and can act as a protective barrier for the skin. Herbs with antibacterial and anti-inflammatory characteristics help prevent skin diseases, enhance tone, and protect against UV radiation. Natural medicines are preferred over synthetic ones due to their perceived safety and less adverse effects. Herbal cosmetics are becoming increasingly popular due to their improved value in personal care.

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