

THE CURRENT STUDY OF A HERBAL COLD CREAM

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Abstract- Men and women alike frequently use cosmetics to improve their looks. Herbal cosmetics are becoming less and less popular because of their inoffensiveness. Because they are created by extracting natural sauces and plant materials, they also feature less lateral ingredients.

Because of its excellent ease and availability of high-quality standards, it is highly valued by many individuals. There are numerous variations of herbal cosmetics available. For example, a variety of combinations of substances can be expressed to create cold cream treatments that contain natural extracts from unrefined medicines like turmeric and neem, or fruit extracts like Bombax Ceiba Fruit Pulpit. Because the water in cold cream evaporates slowly, it has a cooling effect when applied to the skin. bewildered.

Keyword: Natural extract, fruit extract, neem, turmeric, and herbal cosmetics.

Introduction;

Cosmetics are the products which are mostly used to groom the skin and remove impurities. The word is the make-up. born from the Greek term "cosmetics," which means "beautifying." "The confusion of water in oil painting is called cold cream. In contrast to other mean of superfluous which just form the expression, the cold cream will provides a long contact at the operation site. They add an elegant touch to the skin which is soothing to the touch. The oil painting leaves my skin hydrated. The aim of the cold cream is for it to replenish moisture to the dry skin, it aids in the process of eliminating wastes from the pores, and it as well cools the body. It is not difficult to clean or soak.

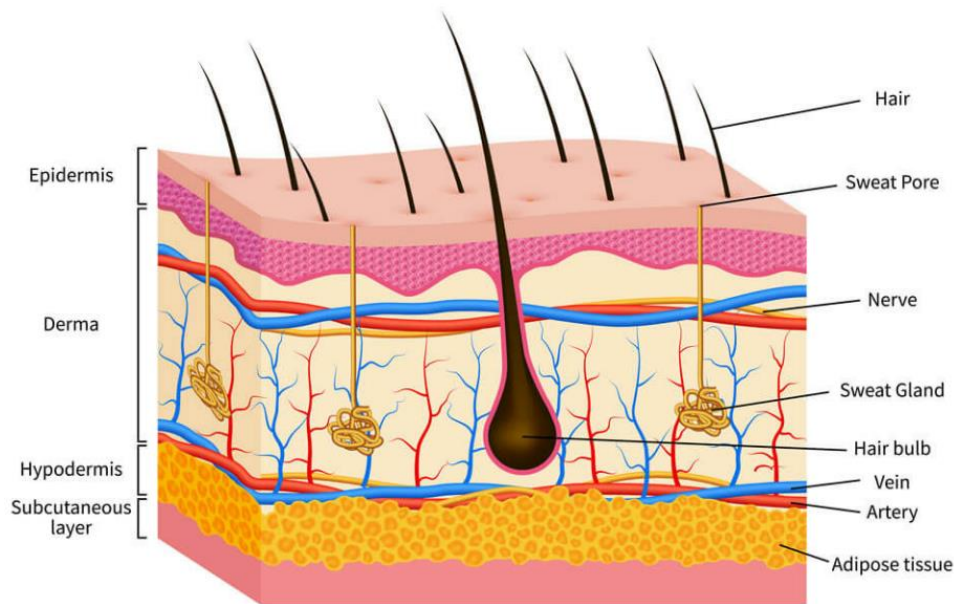
Rinse off. It is not irritating to the skin when they are applied directly to it. The skin obtains extra conservation from the water phase that is redundant. It works at room temperature. It penetrates the skin through the pores in the epidermis found as the reason for slow aging mostly. Water, detergent, and holy water are the new fashioned methods of cleaning. Cold cream is used to portray water in an oil painting. Unlike other balms, cold cream keeps the site of trauma in contact for much longer.

While designing a logo, the other superfluous loaf shape or articulation. They have the character of the skin, which isn't too silky. The oil painting procedure helps the skin become soft and smooth. The cold cream is made to give moisture back to parched skin in addition to cooling the body and removing waste products from pores. It is easy to clean and soaks through effortlessly. when put on the skin, can cause irritation. Water phase imparts double benefits to the skin. It works at room temperature. It passes through the epidermis and enters the skin via skin pores.

Skin

Skin is the heaviest weight organ and when it comes to surface area, it is also the biggest organ in the body. Its equatorial celestial length is about 9,547 miles, or 16,000 cm square. Adult skin constitutes 8% of the body weight in literal terms. This is indeed the body's external lining or pellicle narration. Healthy human skin is the first line of Defense from the Outside world. When the sun's ultraviolet rays contact the skin, it may help the production of vitamin D, which is a natural chemical compound that benefits the body. On the other hand, the skin is not only an organ that regulates sensations, but it also serves a vital function of controlling body temperature. Like other parts of an organism, skin is made of an array of cells, including keratinocytes, erythrocytes, and melanocytes. Having such components as cellular and muscular. The skin bears the biggest surface area and weight in the body.

It is about 16000 square centimeters. Adult skin accounts for representing 8% of body weight. This layer or tissue is the skin, which is an organ of the live body. The skin reveals a defense mechanism for the inner world. Skin has an ability to make a chemical component, namely vitamin D, the moment skin is exposed to sunlight. As an extra sense organ, the skin also plays a role in temperature control of the body. Skin is composed of multiple biological elements; for instance, the skin is composed of keratinocytes, erythrocytes and melanocytes. Due to many features such as cells and fibers, it displays therefore it is a tissue.

The anatomy of skin;**SKIN ANATOMY****The skin consists of skin layer;****A-The epidermis-**

. Epidermis, the skin's outermost layer, usually measures about 0.05 mm. 2 mm thick. This layer lacks any access to veins and capillaries. A location of the body is that which determines the thickness of the epidermis. The skin's surface primarily comprises of two cell types: dendritic cells, keratinocytes. The list of other cells which are found in skin, e. g Langerhans cells and melanocytes is endless. The metabolically active tissue or stratum of the epidermis is another term for our skin.

The outermost layer is classified into five sub layers that is.

- 1- Stratum corneum.
- 2- Stratum Lepidium
- 3-Stratum granulosum
- 4-Stratum spinosum
- 5-Stratum Basale

1-Stratum corneum;

The stratum corneum is the uppermost layer of the epidermis. It is also called horny cell layer having a thickness of up to 15 μm . The stratum corneum layer protects us from severe dryness and has a hexagonal structure. Ceramide, which is its main agent, helps in hydration.

2-Stratum Lepidium;

callus on the palms of the hands and the soles of the feet. Stratum lucidum consists of a very thin layer of dead cells. It is a type of tissue only present in the thick skin of the palms of the hands and soles of the feet. Stratum lucidum is a thin, transparent layer of dead skin cells that exists only in thick skin areas: soles of the feet and palms of the hands.

3-Stratum granulosum;

The subsequent layer, the size of which is 3 μm , is, in fact, the granular cell layer. It consists of several layers of granular cells. As the keratin fibers are bundling increasingly, more and more, the shape of the cells is squared and flattened.

4-Stratum spinosum;

It can be either 50-150 μm thick, and it is also known as stratum spinosum. It is characterized by a huge number of cell types with diverse shapes and designs.

5-Stratum Basale;

That single layer of stratum basale is the most bottom layer of the epidermis. A basal layer keratinocyte migration from stratum basale to outer layer skin is observed. Speaking keratinocyte migration means turning over. In comparison to the one day cycle, this procedure requires up to seven days to be completed by the cell type called keratinocytes.

B-The Dermis;

The dermis, especially the outer layer of the skin, is where most of the miracles occur. The fibroblasts and collagen predominantly constitute the dermis. This layer allows for a variety of operations.

The vascular network of the dermis includes blood vessels and lymphatic vessels that supply nutrients to the skin and remove waste products. or poisons.

Sweat glands are found in the dermis. They do this through your pores by making you sweat so that the body is cooled and the contaminants are parted.

Residing in the dermis are the hair follicles, which anchor the strands of hair, and the sebaceous glands that release the oils that hydrate and deep cleanse the skin. Sometimes this occurs excessively, leading to rashes and oily skin.

Beeswax.



- A natural hard wax known as "beeswax" is the product of honey bees Apies. The wax consists of eight wax-producing glands that shape the wax into scales.
- the worker bees collect nectar and store it in their abdominal segments until they vomit from the hive.
- Workers in the hive collect the honey and use it.
- In chemical terms, beeswax is composed of different long-chain alcohols and carboxylic acid esters..

2-Liquid paraffine:



- It's worth noting that there are other names for this product: liquid paraffin oil, paraffin oil, and Russian mineral oil.
- The purpose of this product is paraffin and it is used for cosmetics and pharmaceuticals.
- What should be kept in mind is that the one we are talking about is an actual fuel, which should not, by all means, be confused with cosmetic or therapeutic paraffin.
- The content also varies on whether paraffin and paraffin oil are generally understood as alkanes or not..

3-Borax;



- Borax scientifically known as sodium borate or sodium tetraborate, is an amphoteric compound presented in both hydrated and non-hydrated forms.
- $\text{Na}_2\text{H}_2\text{B}_4\text{O}_{17}$ formula in chemistry. It is a transparent crystalline solid with water solution ability forming the basic solution..

5-Rose oil;



- Rose oil is an essential oil that is extracted from petals of different variety of roses. Rose ottos are obtained from hydro distillation.
- The solvent extraction method on the other hand is used to obtain absolutes, which are commonly used in fragrances. The production technique came from
- However, in the larger view, in Iran, where there are few Rose oils, they are still the most extensively used essential oil, although they are costly and organic synthesis has been developed. fragrances.

6-Aloe vera;



- Aloe vera is a soft-leaved succulent variety of the Aloe genus. It is cosmopolitan and often considered a problematic species in many regions, including the United States. areas.
- Coming into existence on the Arabian Peninsula, it is a perennial, evergreen shrub that is native to tropics and semi-tropics across the globe as well as desert regions. It has been used as an ointment for millennia by traditional healers and is now a base ingredient of major commercial products. This type is very nice to use as an ornamental and it's good in pots inside.

7-Olive oil;



- Olive oil is a liquid fat that is produced from pressing the fruit of the *Olea europaea* tree, a traditional crop that is grown in the Mediterranean Basin. taking the oil out.
- The prevalent cooking oil that has been used by both ancient Greeks and Romans in the Mediterranean is olive oil. The wild olive trees in Asia Minor are said to have been the first olive trees to be harvested by the Neolithic people at the end of the 8th millennium BC.
- Besides food, oil from olives has also been applied in skin care, rituals, medications, and lamps.

8-Distilled water;

Distillation of water is carried out by boiling it to vapor, condensing it back to the liquid state in a different vessel. Pollutants that cannot be boiled off are kept in the original vessel which doesn't boil below its boiling point. This kind of purification is a process then.

Benefits of Cold Cream:

- It keeps the skin, bones, and tissues from drying out and aging. It reaches depths that your skincare products' active compounds can never.
- A thermostat is similar to the subcutaneous layer. In an emergency, it can be employed as an energy source in addition to providing bodily protection.
- Fat also serves as a filter, keeping your organs, muscles, and bones safe.
- The deepest sebaceous glands that produce oil are found in the subcutaneous layer, along with more blood vessels, nerve endings, and hair follicular roots.
- The layer of fat that connects your bones to your muscles is the deepest layer of skin.

Advantage of cold cream:

- 1) It stops bones and skin from drying out and the aging process. It goes deeper than your skincare products' active ingredients ever could.
 - 2) The dermal layer also works like a thermostat. During an emergency, it becomes a source of energy and also protects the body.
 - 3) Fat, however, performs a function of a filter, saving tissues and organs from being harmed.
- Last but not least, the subcutaneous fat layer contains more blood vessels, nerve endings, hair follicles roots, and the deepest sebaceous glands that secrete oil.
- 5) The chief application of medicated cold cream is as a therapeutic topical dosage form for dermatological care.
 - 6) To help maintain the skin's moisture balance without resorting to the application of cold cream on rough skin (non-medicated). Proceed with step.
 - 7 which is scrubbing of the skin. To offer an emollient effect and an oily protective interface.
 - 9) Add a chemical barrier just like of what sunblock does to them.
 - 10) As a carrier of pharmaceutical ingredients like diflucortolone valerate in prescription creams.

Herbal cold cream features;

1. It should not be diluted.
2. The pH of the cold cream should be within the range of 4.6 and 6.0
3. Its consistency does need to be its finest to make it simple to either apply or remove from the container.
4. Skin should experience a cooling effect after an external application.
5. In order to prevent the water from evaporating from the skin, it must create a very thin and waxy protective coating.
6. The product should be designed with a quick emollient action which in turn softens and plumps up extremely dry skin.
7. It is easily distributed on the skin and not as greasy as ointment.
8. Throughout its whole shelf life, it should be chemically and physically stable
9. They should be in harmony with the excipients. It should be clean.

Method;

- On a heated plate, melt beeswax in a demitasse dish.
- Add liquid paraffin to this and preheat on a hot plate at 70°C. same in a 100 ml teacup, borax was dissolved, and everything was heated at 70°C on a 4-hot plate while olive oil painting was done.
- After heating the unctuous and waterless stages to the same temperature—70 °C—turmeric and aloe vera gel were added to the teacup. Now, drop by drop and with continuous shifting, borax result is gradually added to the melted beeswax result. For fragrance, add a large number of drops of rose oil painting to this. The mixture was constantly agitated until it reached a semi-solid state.

CONCLUSION

he created cream demonstrated good consistency and spreadability, homogeneity, pH, non-greasy ness, and there was no phase separation during the research period, according to the aforementioned data. The purpose of cold cream is to moisturise dry skin and cool the body while also removing waste from pores and pores. It is simple to wet, wash, and put away. When used on the skin, they do not irritate. The skin receives additional conservation from the water phase.

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