

# Formulation and Evaluation of Anti- Hypertensive Polyherbal Chocolate

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## ABSTRACT :-

Herbal chocolate consisting of various ingredients that are available in the market in a wide range. Hence modern method focusing on these aspects are useful for the standardization of herbal and their formulation consumers believed by their herbal base chocolate are safe effective, and less toxic because most of the people loving the chocolate. It is an easiest form to chew and absorb for every individual.

The aim of this study to provide or formulate chocolate that contains herbal Ingredients are tulsi, cinnamon, honey, Cardmon, Coccabutter, and vanilla essence.

All these herbs are used to help in treating hypertension and also contains other Medicinal properties like anti depressant activity anti diabetic activity, anti cancer Activity, anti inflammatory activity.

## I. INTRODUCTION:

Herbal formulations means a dosage form consisting of one or more herbs or begin to herbs in specifies quantities to provide specific nutritional, cosmetic benefits are used for diagnose, treating mitigate or alter the body functions. chocolate is modified by herbs that can be combined to create completely different taste and texture sensations. also, chocolate is an anhydrous medium that resist microbial growth and to hydrolysis of water sensitive active agents saturated fat, polyphenols, sterols, di and triterpenes, aliphatic alcohols, and methyl xanthines these compounds are contained in a chocolate. phenyl ethylamine that naturally occurs in the brain and it is termed as 'love drug' which produces the feeling of well-being .

We use the polyherbal ingredients for preparing of chocolate like tulsi, cinnamon, Cardmon, Honey and vanilla essence. There are five basic human taste qualities i.e., sweet, sour, bitter, salty, savory. Sweet taste is one of the most pleasant senses. medicated chocolate is prepared by

using chocolate base and the drug is incorporated into prepared chocolate base. As the drug is incorporated within the chocolate and the drug is released from the chocolate, it is called as Chocolate drug delivery system. It is a best drug delivery system specifically for children.

## Hypertension=

Hypertension is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. Long-term high blood pressure is a major risk factor for stroke, coronary artery disease, heart failure, atrial fibrillation, peripheral arterial disease, vision loss, chronic Kidney disease, and dementia. Hypertension is a serious medical condition and can increase the risk of heart, brain, kidney and other diseases. High blood pressure forces the heart to work harder to pump blood to the rest of the body. This causes the lower left heart chamber (left ventricle) to thicken. Hypertension is an increasingly important medical and public health issue.

## Causes=

- Hypertension cause obesity; diabetes; stress; insufficient intake of potassium, calcium, magnesium
- Hypertension also cause the fever, vomiting, severe diarrhea, overuse of diuretics and strenuous exercise can lead to dehydration, Blood loss.
- Improper exercise.
- Alcohol consumption

## Symptoms=

- Blurry or double vision.
- Fatigue.
- Headache.
- Heart palpitations.
- Nausea and vomiting
- Shortness of breath.

## II. LITERATURE REVIEW:

Sr no	Title	Author name	Journal name
1	Formulation and evaluation of Anti hypertensive polyherbal chocolate	Suvarnakasi	International journal of pharmaceutical science
2	Formulation and evaluation of herbal medicated chocolate	Ankushsanchan	International journal of food and nutritional science
3	Formulation and evaluation of predaitric herbal chocolate	Yogesh.s.kolekar	Europian journal of biomedical and pharmaceutical science

## III. MATERIAL AND METHODS:

- Tulsi
- Cinnamon
- Cardmon
- Honey
- Cocca butter
- Venilla essence

### Formulation table:

Sr no	Ingredients	Quantity
1	Tulsi	150 mg
2	Cinnamon	150 mg
3	Cardmon	150 mg
4	Honey	2 g
5	Cocca butter	3 g
6	Venilla essence	0.5 ml

### Evaluation parameters:

- Phytochemical analysis
- Blooming test
- Stability test
- Moisture content
- Hardness

## IV. RESULT:

### Organoleptic characters

Colour	Dark brown
Odour	Chocolate with no burnt,no smoky smell
Test	Slightly sweet
Texture	Smooth and even

Physical stability: chocolate is stable in all environmental conditions. Blooming test : No bloom was observed .

#### V. CONCLUSION:

In the present study, we formulated herbal chocolate having anti hypertensive activity with natural ingredients .The natural used for Formulation of chocolate are tulsi, cinnamon Cardmon, honey, Cocoa butter and vanillaessence. These Active constituents contain the glycoside, carbohydrates , alkaloids, phytosterol, phenol, tannins and flavonoids. They are used for the treatment of hypertension, Diabetes, Inflammation, Cancer, Irritable bowl syndrome, Constipation and Intestinal spasms these chocolates are easily chewable and palatable

#### REFERENCE:

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- [3]. Pandey, G., &Madhuri, S, Pharmacological activities of Ocimum Sanctum (tulsi): a revie, Int J Pharm Sci Rev Res, 2010;5(1):61-66.