

Herbal Topical Formulations - Therapeutic and Pharmacological Perspectives

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ABSTRACT

Herbal cosmetics are products used to enhance an individual's appearance. The purpose of this study was to review herbal cream for the purpose of moisturizing, nourishing and treating various skin diseases. The herbal cream is basically water in oil type of emulsion. They are applied directly on the skin with the help of some absorbent material and uses medicinally as well as cosmetics. The home grown cream has best properties and having wholesome values utilizing less chemical which secures the skin from the different skin issue. Since the cream was arranged by utilizing straight forward fixings and basic method so the cream is additionally economical. They are applied directly on the skin with the help of some absorbent material and uses medicinally as well as cosmetics. The findings support the growing relevance of poly herbal topical formulations as safe, natural alternatives to synthetic products, reinforcing their value in both cosmetic and therapeutic skin care. The cream is meticulously formulated with consideration for stability, consistency, and skin compatibility. Herbal creams are valued for their dual role enhancing beauty while delivering therapeutic effects. Polyherbal topical formulations, in particular, combine the benefits of multiple botanicals, offering synergistic effects for skin repair, anti-aging, and protection. The growing global demand for natural, safe, and effective skincare products has opened new opportunities in the cosmeceutical market, encouraging innovation in herbal formulations. The increased demand for the natural product has created new avenues in cosmeceutical market. The natural content in the botanicals does not cause any side effects on the human body; instead enrich the body with nutrients and other useful minerals. The results indicate that

herbal creams can serve several purposes, connecting medical skin treatments and beauty products.

Key words: Herbal Cream, Moisturizing, Skin Disease, Antioxidant, Cosmetics.

I. INTRODUCTION

Herbal cream, which will be called products here, is made using different approved medical ingredients to create a base that includes one or more herbal ingredients aimed at providing specific benefits. This will be referred to as Herbal formulation^[1]. The plant-based cream is made from natural herbs and their ingredients that hold medicinal benefits. This has led to an increase in the popularity of herbal products, causing a rise in the need for natural ingredients and extracts in cosmetic products^[2]. Creams are thick substances designed for use on the skin through rubbing. Ayurveda is a very ancient healing practice that utilizes plants and their parts to treat and manage different illnesses and infections^[3].

In historical accounts, *nyctanthesarbor tristis* is recognized as the earliest holistic, sacred, and traditional healing plant from the Oleaceae family. This plant has been referenced in the Vishnu Purana and is highly valued for its ability to address a range of ailments, particularly rheumatoid arthritis, as it helps lessen pain and swelling^[4].

The compounds found in plants that have different healing properties can enhance strength, texture, and more. Every part of the plant holds some healing benefits, making it useful for commercial purposes. Additionally, further research is looking into how these plant-based chemicals can be used as medicine to treat various illnesses, including those that protect the liver, fight

against leishmaniasis, act against viruses and fungi, reduce fever, counter allergies, combat malaria, kill bacteria, decrease inflammation, and provide antioxidant benefits^[5].

In the past, methods to fight aging mainly targeted the skin, as it is the body's outermost layer and displayed the most visible signs of getting older. Today, scientific advancements have improved our approach, and we now utilize creams with chemicals, beauty procedures like chemical peels, laser skin treatments, and skin polishing, along with more serious options like Botox shots and skin fillers^[6].

While they can quickly improve appearance, these products have major drawbacks, including their expensive cost, possible side effects like skin redness, allergic reactions, and dark spots after inflammation, along with limited proof of long-term safety. Moreover, a lot of these chemical skincare items have artificial ingredients and preservatives, which raise worries about health and the environment. As a result, more consumers are looking for safer and more eco-friendly options that offer lasting skin health benefits without any trade-offs^[7]. This increase is driven by more people noticing and the rising number of older individuals worldwide. While the main target audience has typically been people in their middle age and seniors, younger individuals specifically Millennials aged 25 to 40 and Generation Z who are under 25 are starting to adopt pre-aging practices. This includes using sunscreen and antioxidants early on and making lifestyle

adjustments to delay the appearance of aging^[8]. Men are getting more involved in skincare, showing that ideas about gender roles are evolving and there is more acceptance of men taking care of their appearance. Furthermore, there is a growing demand for skincare items that are natural, made from plants, and considered "clean" as people want products that are safe, sustainable, and ethically sourced^[9].

Ideal Properties

- ❖ It should not cause any harmful effects when used.
- ❖ The particles should be at the best size.
- ❖ They should create a softening effect on the skin.
- ❖ It needs to be thicker than lotion and hold its form, like a mix of equal parts oil and water.
- ❖ They should apply smoothly and evenly on the skin.
- ❖ A preservative is needed to keep it fresh for a longer time.
- ❖ They should work well with the skin's pH levels.
- ❖ It shouldn't be harmful to avoid unwanted skin problems, like itching, rashes, or redness.
- ❖ It should spread easily across the skin when it is applied.
- ❖ Upon application, it should melt or turn liquid at body heat.
- ❖ It must not cause irritation or lead to skin swelling^[12].

Table 1: Common Herbs Used in Herbal Cream Preparations ^[13,14,15]

COMMON NAME	PART USED	CHEMICAL CONSTITUENTS	USES
Neem	Leaves of azadirachta indica	Nimbidal,nimbin,limbonoids,nimbidin	Anti-oxidant , Anti-ageing Anti-septic Treats acne
Aloe vera	Leaves of aloe barbadensis	Salicylicacid,aloesin,isoaloesinD,AloeresinA	Anti-oxidant Cleansing Soothing
Cucumber	Fruits of cucums sativus L.	Cucurbitacin D,vitamin C ,folic acid	Anti-oxidant Anti-microbial Soothing
Turmeric	Dried rhizomes of curcuma longa	Curcumin and curcuminoids	Anti-oxidant Anti-aging

Types of Herbal Creams

➤ Moisturizing Herbal Creams

Keep the skin hydrated and smooth.

Example herbs: Aloe vera, cucumber, shea butter.

➤ Anti-Aging / Brightening Herbal Creams

Minimize wrinkles and enhance skin color.

Example herbs: Green tea, turmeric, licorice.

➤ Healing / Antiseptic Herbal Creams

Support healing of wounds and help prevent infection.

Example herbs: Calendula, chamomile, neem.

➤ Anti-Inflammatory / Soothing Herbal Creams

Alleviate redness, swelling, and discomfort.

Example herbs: Arnica, lavender, centella asiatica.

➤ Medicinal / Therapeutic Herbal Creams

Address specific skin issues like eczema or fungal infections.

Example herbs: Tea tree oil, tulsi, turmeric^[16]

Advantage of Herbal Cream

- ❖ Natural Components – Crafted from plant materials, which lowers the chance of negative reactions compared to chemical creams.
- ❖ Full of Active Ingredients – Packed with antioxidants, vitamins, and essential oils that support skin wellness.
- ❖ Hydrating and Nourishing – Moisturize the skin and supply important nutrients for healing.
- ❖ Healing Properties – Can assist in managing skin issues like eczema, acne, and swelling.
- ❖ Low Allergy Risk – Generally safer for delicate skin, since they have fewer synthetic additives^[17].

Disadvantages of Herbal Cream

- ❖ Shorter Shelf Life – Without man-made preservatives, these products might go bad more quickly.
- ❖ Batch-to-Batch Variation – The level of active ingredients can change based on where the plants grow and how they are gathered.
- ❖ Potential Allergic Reactions – While uncommon, some people might have allergies to natural plant substances.
- ❖ Slower Therapeutic Action – They could take longer to work compared to powerful synthetic medications.
- ❖ Stability Issues – Herbal ingredients can be harmed by temperature, light, and humidity.
- ❖ Limited Clinical Data – There is often not enough scientific proof for how well these products work compared to traditional ones^[18].

Benefits of Herbal Cream

- ❖ Treats pimples and acne.
- ❖ Suitable for all skin types.
- ❖ 100% cruelty-free.
- ❖ Easily available
- ❖ Economical
- ❖ Controls excess oil secretion.
- ❖ Makes the skin softer and smoother.
- ❖ Maintains pH balance of the skin.
- ❖ It enhances the energy level of the body.
- ❖ Variety of phytoconstituents can be Incorporated^[19].

Limitations

- ❖ It is mainly suitable for drugs that need very low levels in the blood to work.
- ❖ There is a higher chance of having an allergic response.
- ❖ Medicines with larger particles are hard to take in through the skin.
- ❖ There is a chance of developing skin rashes or irritation from any medication^[20].



Figure 1: General Method for Preparation of Herbal cream^[21]

Table 2: Some Common Plants Using for Preparation of Herbal^[22,23,24,25,26,27,28]

HERBS NAME	IMAGE
Neem	
Aloe Vera	

Cucumber	
Turmeric	
Amla	
Tulsi	
Clove	

Drug Selection Criteria for Herbal Cream

- When choosing a herbal ingredient for making a cream, you need to think about these important points:
- Healing Effectiveness – The plant extract must show clear medicinal benefits for what you need it for, such as reducing inflammation, providing moisture, or acting as an antioxidant.
- Safety Considerations – It must be safe to use, not cause irritation, and be unlikely to cause allergic reactions when applied to the skin.
- Stability of Plant Compounds – The important active ingredients should stay effective during both the mixing process and while stored.
- Mixing Ability and Solubility – It should blend well with the cream base and dissolve enough to work effectively.
- Accessibility and Eco-Friendliness – It should be easy to find, affordable, and obtained in an environmentally responsible way.
- Approval by Authorities – It needs to meet the rules for cosmetic and herbal products in the area where it will be sold^[29, 30].

II. CONCLUSION

The herbal cream has excellent qualities and nutritional benefits while using fewer chemicals, which helps protect the skin from different skin issues. Since the cream is made with basic ingredients and a straightforward method, it is also affordable. The herbal cosmetic mix is safe for use and can serve as a protective barrier for the skin. The antibacterial and anti-inflammatory features of various herbs help to prevent skin problems, improve skin color, and shield against harmful UV rays. People tend to trust natural remedies more, believing they are safer and cause fewer side effects compared to synthetic options. Therefore, the importance of herbs in cosmetics has greatly increased in personal care products, leading to a higher demand for herbal cosmetics these days. The cream, made with Aloe vera gel, Neem, and Turmeric, shows various effects, with each herbal component demonstrating unique and beneficial properties. The formulation remains stable at room temperature, indicating it is safe to use on the skin. This research highlights the possibilities of using herbal extracts in cream products, which have grown in popularity for both cosmetic and medicinal uses. Active natural ingredients in topical creams are essential for boosting skin health by supplying necessary nutrients. Natural herbs bring various advantages in cream formulations, as shown in this study, emphasizing safety and the absence of harmful reactions compared to commercial semi-solid products.

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