

Development and Assessment of An Anti-Oxidant Cream by Using Natural Herbs

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Abstract: As the largest and most external organ of the human body, the skin experiences aging both from intrinsic and extrinsic causes. Skin aging encompasses different structural and functional changes that occur as a person ages, such as wrinkles, skin thinning, decreased skin elasticity, skin roughening, etc. Skin care products are available in different formulations, such as solids, semi-solids and liquids. Semi-solid formulations include creams, ointments, and pastes, which are among the most commonly used forms of skin care products. A cream is an oil-in-water emulsion intended for topical application to the skin. Antioxidants are a broad spectrum of different compounds that reduce or prevent the harmful effects of free radicals on tissues in the human body. Fenugreek (*Trigonella foenum-graecum*) is a strong antioxidant due to the many flavonoids and polyphenols it contains. Coconut oil is an oil obtained from the meat of mature coconuts (*Cocos nucifera*) and has antioxidant, anti-inflammatory and antimicrobial activity. The purpose of the research is to formulate and evaluate an herbal antioxidant cream using natural ingredients, with an emphasis on the degree of positivity that these herbs provide for skin health.

Keywords: Fenugreek seeds (*Trigonella-Foenum Graecum*), Coconut oil, Skin, Skin-aging, Anti-oxidants, cream, etc

