

Formulation and Evaluation of Herbal Cigarettes

¹Mr. Vaibhav P. Wankhade, ²Proff. Mr. Nayan N. Bondhare, ³Mr. Bhushan S. Warghat ,
⁴Mr. Tanmay S. Bhagat, ⁵Mr. Tejas S. Dawande

¹³⁴⁵Student of B-Pharm Final Year

² Assist. Professor in (Pharmaceutics Dept.)

Ishwar Deshmukh Institute of Pharmacy, Digras, Maharashtra, India

Abstract: Herbal cigarettes are tobacco-free and nicotine-free alternatives formulated from a variety of medicinal herbs, intended to reduce the harmful health effects associated with conventional cigarette smoking. This study explores the development, formulation, and evaluation of herbal cigarettes using selected medicinal plants such as Tulsi (*Ocimum sanctum*), Mint (*Mentha arvensis*), Clove (*Syzygium aromaticum*), and Licorice (*Glycyrrhiza glabra*), known for their therapeutic properties including antimicrobial, expectorant, and antioxidant activities. The herbal mixture was processed, blended, and hand-rolled into cigarette form, and then assessed for organoleptic properties, smoke aroma, and burn rate. Preliminary phytochemical screening confirmed the presence of beneficial compounds such as flavonoids, tannins, and essential oils. Unlike conventional cigarettes, the herbal formulation lacks nicotine and tar, thus offering a potentially safer alternative for smokers seeking cessation or reduction. The findings suggest that herbal cigarettes could serve as a complementary approach in tobacco harm reduction strategies, though further clinical studies are recommended to evaluate long-term safety and efficacy..

Keywords: Herbal cigarette, Tobacco alternative, Medicinal plants, Non-nicotine smoking, Natural formulation, Antioxidant herbs, Respiratory support

