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Formulation and Evaluation of Herbal Lotion

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Abstract: To formulate and evaluate herbal body lotion using borax, beeswax, tulsi extract, rose oil and Aloe Vera gel to give multipurpose effect. Lotions maintain skin's hydration levels by locking in the moisture, keeping the skin healthy, soft, and supple. Unlike a cream, the lotions are less greasy and have more water content. The cream was prepared by using the cream base that is bee's wax, , borax, distilled water, rose oil and Aloe Vera gel extracts of and Tulsi. Beeswax exfoliates, conditions, soothes, and calms the skin, Borax eradicate skin bacteria and remove dead skin cells and excess oil, tulsi extract fights acne supports healthy skin aging and reduces pigmentation, Rose oil Fight Acne. With its potent antibacterial qualities and Aloe Vera antifungal and anti-inflammatory and it is also used to reduce scar, pigmentation, redness and itching of the skin. This body lotion was formulated and evaluated by different evaluation parameters such as pH, viscosity, spreadabilty, physical appearance and Irritancytest Stability testing for prepared formulation was performed by storing it at different temperature condition for time period of 24h for 1 week. To know the parameters like odour, pH and smoothness of lotion. All the three formulations A, B, andC showed good appearance, PH, adequate viscosity and no phase separation was observed. Also, the formulations A, B, andC showed no redness, erythema and irritation during irritancy study and they were easily washable.

Keywords: Aloe Vera, Tulsi extract, Coconut oil, Skin care, natural ingredients, Moisturizing

I. INTRODUCTION

The cosmetics are the utility product used extensively throughout the world for maintaining and improving general appearance of face and other part of body e.g. skin, eye, hair, hand, etc. herbal cosmetics are the preparation which represent cosmetics associated with active bio-ingredients, neutraceuticals and pharmaceuticals. Cosmetics are products that are used to cleanse and beautify the skin. The first recorded use of cosmetics is attributed to Egyptians in 4000 B.C. Pharmaceuticals are essentially drug products and are defined as products that prevent, mitigate, treat or cure disease and affect the structure or function of the body. By the European directive (European commission). The cosmetic products are defined as "any substance or preparation intended to be placed in contract with the various external parts of human body (epidermis, hair system, nails, lips, etc.) or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to cleaning them perfuming them changing their appearance or correcting body odours and the protecting them or keeping them and good conditions. The cosmetics, according to the Drugs and Cosmetics Act is defined as articles intended to be rubbed, poured, sprinkled or sprayed on, introduced into or otherwise applied to the human body or any part thereof for cleansing, beautifying, promoting attractiveness or altering the appearance.

In the realm of skincare, herbal formulations emerge as champions, blending the wisdom of ancient remedies with modern innovation. These formulations, enriched with natural ingredients like turmeric and Aloe Vera, serve as a testament to the enduring legacy of traditional medicine systems. Ayurveda, originating in the cradle of civilization, India, stands as a beacon of validation for herbal remedies. With its holistic approach to health and wellness, Ayurveda champions the efficacy of herbal formulations, affirming their ability to nourish the body with essential nutrients and minerals while offering effective skin protection against environmental aggressors. The rise of herbal cosmetics marks a paradigm shift in the beauty industry, fueled by a growing awareness of the benefits of natural ingredients. Formulated with a harmonious blend of herbs and their derivatives, herbal cosmetics have garnered widespread acclaim for their perceived advantages over synthetic alternatives. Lotions, a cornerstone of herbal skincare, are crafted with precision to cater to specific skincare needs, whether it be cooling, soothing, or protective. Packaged in colored fluted bottles, these

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lotions not only serve a functional purpose but also add a touch of elegance to the skincare ritual. Theobal fascination with cosmetics transcends cultural boundaries, reflecting humanity's timeless desire for self-expression and beauty enhancement.

LITERATURE REVIEW:

1. A. Sharma, et al. (2018)

The study aimed to formulate a herbal moisturizing lotion using Aloe vera and coconut oil. The evaluation parameters included pH, spreadability, viscosity, and microbial stability. The results indicated that the formulation was stable, showed good spreadability, and provided effective skin hydration with no irritation, making it suitable for cosmetic use.

2. S. R. Mishra, et al. (2016)

This research focused on preparing an herbal lotion containing neem (Azadirachta indica), tulsi (Ocimum sanctum), and turmeric (Curcuma longa) extracts. The lotion was tested for antimicrobial activity, and it showed significant inhibition against common skin pathogens. The herbal base was found to enhance skin texture and reduce acne symptoms.

3. P. K. Verma, et al. (2017)

A polyherbal lotion was developed to evaluate its anti-inflammatory and skin-soothing effects. Ingredients such as chamomile, calendula, and licorice were incorporated. The lotion was assessed using irritation tests and stability studies. The results showed reduced inflammation and high user acceptability, indicating potential for use in sensitive skin applications.

4. T. L. Kaur, et al. (2020)

The study compared synthetic and herbal lotions in terms of safety and efficacy. The herbal lotion included extracts of cucumber and mint. Parameters such as moisture retention, texture analysis, and dermatological testing were conducted. Herbal formulations demonstrated superior hydration and no adverse reactions.

5. R. Joshi, et al. (2015)

Focused on formulating an herbal hand and body lotion using rose water, almond oil, and honey. The formulation underwent sensory evaluation and physicochemical testing. Users reported enhanced skin smoothness and pleasant fragrance. The lotion remained stable under accelerated conditions for 3 months.

Aim: Formulation and Evaluation For Herbal Lotion

Objective:

- 1. They should give cooling effect on application.
- 2. They should be free from particles.
- 3. They should produce emollient effect.
- 4. They should remove the oily secretion upon application.
- 5. They should spread uniformly on the skin surface.
- 6. They should not cause any skin toxicity.
- 7. They should be compatible with skin ph.

Lotion Benefits:

Feel and smell good. Help yourself relax. Soften the roughest parts of your body. Make your skin glow. Protect the skin. Purifies the skin. Improve skin elasticity. Replenish extra dry or rough spots on the skin. Rehydrates dried skin.

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Advantages of herbal lotion:

Easy to manufacture.

Easy to available and found in large of variety of plants.

They do not provoke allergic reactions and do not have any negative side effects. They are easily incorporated with skin and hair.

They: have more stability, purity, efficacy, with their herbal constituents.

The storage and handling of herbal cosmetics is easier and for prolong period. Cheap in cost.

PLAN OF WORK :

The present work was planned follows :

- 1. Abstract
- 2. Introduction
- 3. Literature review
- 4. Aim and objective
- 5. Study of role in ingredients in skin
- 6. Selection of herbal material (Tulsi, Aloe Vera)
- 7. To Formulation of herbal Lotion
- 8. Evaluation of herbal lotion
- 9. Formulation of Herbal Lotion Ingredients table
- 10. Conclusion
- 11. Results
- 12. Reference

ROLE OF INGREDIENTS :

Borax-



Fig.- 1 Borax

Borax is used in the cosmetic industry to prevent or slow bacterial growth in moisturizing products like creams, shampoos, gels, lotions, bath bombs, scrubs and bath salts Manufacturers of cosmetics use borax as a buffering agent or an emulsifier to keep product ingredients from separating Borax as an ingredient is used to eradicate skin bacteria and remove dead skin cells and excess oil. It does not penetrate deep into the skin and makes it relatively safe to use in limited quantities. Borax is used in the cosmetic industry to prevent or slow bacterial growth in moisturizing products like creams, shampoos, gels, lotions, bath bombs, scrubs and bath salts. Manufacturers of cosmetics use borax as a buffering agent or an emulsifier to keep product ingredients from separating.

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Beeswax -



Fig.-2 Beeswax

Used cosmetically, Beeswax hydrates, conditions, soothe, and calms the skin. It exfoliates repairs damage, promotes the skin's regeneration, diminishes the appearance of the signs of aging, soothes itchiness and irritation, and creates a hydrating, long-lasting protective barrier against environmental pollutants. Beeswax is also a natural exfoliator, ideal for sloughing away dead skin cells. By making beeswax into a lotion bar, it will work double-duty to keep your skin soft and hydrated. Treats Diaper Dermatitis, Psoriasis and Eczema. Beeswax is a great choice for many skin conditions. ...

Moisturizes Skin. Protects the Liver. Lowers Cholesterol Levels. Relieves Pain and Is Anti-Inflammatory. Clears Acne. Heals Dry, Cracked Lips. Reduces Stretch Marks.

Rose water



Fig.-3 Rose Water

Rose water can clam your skin. It has anti aging property.

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Rose water makes great facial mist. It can be used to create fragrance.

Rose water is a powerful ingredient in a facial treatment. Rose water is a rich source of anti-inflammatory property.

It helps to provide a cooling effect and help in reducing itchiness motion and redness. It helps to smoothen skin irritation.

It hydrates and moisturize the skin.

It helps maintain the skin's ph. balance. It improves skin texture and softness.

Glycerin -



Fig.-4 Glycerin

Glycerin uses as moisturizer.

It soothes dry and irritated skin. It treated acne and scars

It helps to reduce wrinkles. It has Anti - aging property. It is used as cleanser.

It improves skin permeability

Tulsi extract -



Fig.-5 Tulsi Extract

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Fights acne.

Supports healthy skin aging. Reduces pigmentation.

Soothes skin conditions like eczema. Prevents hair loss or thinning.

Prevents dandruff.

Tulsi has anti-inflammatory, antibacterial and antifungal properties and is super effective when it comes to acne. It kills the acne-causing bacteria and disinfects the pores. It also contains essential vitamins that help lighten acne scars and dark spots.

Coconut Oil -



Fig.-6 Coconut Oil

- Coconut oil is great for all skin types: sensitive, dry, mature, oily, and combination.
- The properties of coconut oil can help improve skin sensitivity, visible signs of aging.
- hydrate dry skin, making it the perfect product for just about anyone .

Aloe Vera Gel -



Fig.-7 Aloe Vera Gel

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Is used as a moisturizer, to reduce pimples and acne and also used for treatment of Burn wounds. Is used as an antifungal and anti-inflammatory and it is also used to reduce scar, pigmentation, redness and itching of the skin. In addition to moisturizing the skin, aloe Vera gel can ease or soothe conditions like. Frostbite. Aloe Vera gel can help your skin in hot and frigid weather. If your skin is damaged from a mild case of frostbite, aloe Vera gel may help your tissues regrow more quickly and boost healing.

Methyl paraben-

Methyl paraben is a type of paraben. Parabens are chemicals that are often used as preservatives to give products a longer shelf life. They're added to food or cosmetics to prevent the growth of mold and other harmful bacteria. Methyl parabens have several functions, most of which involve preserving products. These include uses as:

- · antimicrobial food preservatives
- antifungal agents
- neuroprotective agents
- plant metabolites
- allergenic testing agents



Fig.-8 Methyl paraben

Liquid Paraffin -



- Fig.-9 Liquid Paraffin
- Liquid Paraffin white Soft Paraffin is a moisturizing lotion to help hydrate and moisturize dry skin.
- The lotion has soothing and softening ingredients that alleviate dryness, flakiness, and itching of the
- skin. Thus, it helps treat eczema and dry skin conditions.

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METHOD OF PREPARATION:

• Extraction processes-

i] Aloe Vera gel

Mature, healthy and fresh aloe Vera leaves were collected and washed with distilled water. Then after proper drying of leaves, the outer part of the leaf was dissected using a sterile knife. Then the aloe Vera gel that is the colorless parenchymatous tissue was removed using the sterile knife. Then it is filtered to remove the fibers and impurities. Then the filtrate or the filter product which is a clear aloe Vera gel was used in the preparation.

ii] Extraction of Tulsi leaves

Tulsi leaves were collected and washed with distilled water and dried in hot air oven. Then after proper drying, the leaves were powdered. Then 1g Tulsi leaf powder+10 ml dimethyl sulfoxide was taken in a volumetric flask and then shaken, and then the solution was heated on water bath at 80 to 100 degree Celsius. For few minutes and then concentrated up to 5 ml and filtered using a muslin cloth to remove impurities. Then the filtrate or the filter product in which a clear solution or clear extract of Tulsi leaves was used in the preparation

FORMULATION OF HERBAL LOTION:

• Beeswax and liquid Paraffin in a borosilicate glass beaker at heat on water both of

75 °C and maintain that heating temperature. (Oil phase).

• In another beaker, dissolve borax, Methyl paraben in add distilled water and heat this beaker to 75 $^{\circ}$ C to dissolve borax and methyl paraben to get a clear solution. (Aqueous phase).

• Then slowly add this aqueous phase to heated oily phase Then add a measured amount of aloe Vera gel, Tulsi extract and glycerin and Coconut oil stir vigorously until it forms a smooth Herbal Lotion

• Then add few drops of almond oil as a fragrance.

• Put this cream on the slab and add few drops of distilled water if necessary and mix the lotion in a geometric manner on the slab to give a smooth texture to the lotion and to mix all the ingredients properly.

• This method is called as slab technique or extemporaneous method of preparation of Herbal Lotion .



Fig.-10 Formulation of Lotion

EVALUATION OF BODY LOTION:

Physical evaluation: In this test, the Lotion was observed for color, odor, texture, state.

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Fig.-11 Physical evaluation

Irritancy:

Mark the area (2 cm2) on the left-hand dorsal surface. Then the herbal lotion was applied to that area and the time was noted. Then it is checked for irritancy, erythema, and edema any for an interval up to 24 h and reported

Sr.no.	Formulation	Irritant effect	Erythema	Edema
1	A	Nil	Nil	Nil
2	В	Nil	Nil	Nil
3	С	Nil	Nil	Nil

Washability:

Washability test was carried out by applying a small amount of Herbal Lotion on the hand and then washing it with tap water. The formulations were easily washable.

pH of formulations A, B and C was found to be 6.5, 6.7 and 7.2 respectivel

Phase separation:

Prepared Herbal lotion was kept in a closed container at a temperature of 25-100 $^\circ\!C$ away from light. Then phase separation was checked for 24 h .

Sr.no.	Formulation	Phase separation
1	A	No phase separation
2	В	No phase separation
3	С	No phase separation

Spread ability:

The spread ability was expressed in terms of time in seconds taken by two slides to slip off from the herbal lotion, placed in between the slides, under certain load. Lesser the time taken for separation of the two slides better the spread ability. Two sets of glass slides of standard dimension were taken. Then one slide of suitable dimension was taken and the cream formulation was placed on that slide. Then other slide was placed on the top of the formulation. Then a weight or certain load was placed on the upper slide so that the lotion between the two slides was pressed uniformly to form a thin layer. Then the weight was removed and excess of formulation adhering to the slides was scrapped off. The upper slide was allowed to slip off freely by the force of weight tied to it. The time taken by the upper slide to slip off was noted.

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Spread ability= $m \times l/t$ Where,

m= Standard weight which is tied to or placed over the upper slide (30g)

l = length of a glass slide (5 cm) t = time taken in seconds.

Sr.no.	Formulation	Time (sec)	Speed ability g×cm/sec
1	А	11	22.9
2	В	8	32.2
3	С	14	15

Greasiness:

Here the herbal lotion was applied on the skin surface in the form of smear and checked if the smear was oily or grease-like

Spread ability observation table Greasiness observation table

Sr.no.	Formulation	Greasiness
1	A	Non-greasy
2	В	Non-greasy
3	С	Non- greasy



a) Apply in body

b) Massage the lotion into body (non greasiness)



d) Absorbed in lotion into body in very smoothly e) Formulation were easily washable (Not Irritancy) Fig.-12 Evaluation Test for lotion apply in body

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EVALUATION TEST TABLE:

Sr.no.	Test	Observation
1	Appearance	Lotion type
2	Colour	Yellowish
3	Odour	Pleasant
4	PH	6
5	Spreadibility	Easily spreadable
6	Irritancy Test	Non irritable & non allergic on the skin
7	Washability	Test Easily washable from the skin by using water



Fig.-13 Formulation of Herbal Body Lotion

FORMULATION TABLE OF BODY LOTION:

Sr.no.	Ingredients	Quantity	Important used
1	Bees wax	6gm	Reducing inflammation and itching
2	Borax powder	4gm	Cleansing
3	Glycerin	3ml	Humectant
4	Methyl paraben	0.04gm	Preservative
5	Liquid paraffin	10ml	Base oil
6	Coconut oil	3ml	Improve the skin texture
7	Aloe Vera gel	4gm	Moisturizer
8	Tulsi extract	3ml	Anti-inflammatory

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Impact Factor: 7.67

9	Rose water	2ml	Perfume
10	Vitamin E Capsule	2 Capsule	Antioxidant Protection
11	Distilled water	10ml	Base
12	Almond oil	4 drops	Fragrance

Direction of use -

Your daily skincare routine!



gently until absorbed

For external use only

Add a dollop (around a 10p coin size) to your hand (more if your skin is particularly dry or on rougher areas such as elbows and knees)

Rub your palms together to warm up the lotion.

Use your hands to massage the lotion into your body in small circular motions.

RESULT AND DISCUSSION:

The herbal lotion was prepared and subjected to evaluation of various parameters. The herbal formulation was yellowish in colour. The pH was throughout the study is between 5- 6 which lies in the normal pH range of the skin and the lotion did not produce any irritation upon application to the skin. The preparation was stable under normal storage conditions. These results indicated that the herbal lotion had no adverse effects on the topical area. It is showed this herbal preparation is useful in inflammation, and anti-aging.

All the three formulations showed good appearance, PH, adequate viscosity and no phase separation was observed. Also, the formulations showed no redness, erythema and irritation during irritancy study and they were easily washable

II. CONCLUSION

By using Aloe Vera gel and Tulsi the cream showed a multipurpose effect and all these herbal ingredients showed significant different activities. Based on results and discussion, the formulations were stable at room temperature and can be safely used on the skin.

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