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Review of a Natural Skin Care Solution: The Versatile Herbal Cream

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Abstract

Herbal creams are classified as semisolid emulsions of the water-in-oil (w/o) or oil-in-water (o/w) types. Our primary goal is to create a herbal cream that has multiple uses, such as moisturizing, reducing acne, and reducing skin irritation. In our concoction, we employed three natural ingredients: Mint, neem, tulsi, and rose.

Cosmetics made from herbs are used to enhance one's appearance. A herbal cream for whitening, hydrating,

nourishing, and treating a variety of skin conditions was the aim of the study. Mentha piperita (mint leaves), Rosa rubiginosa (rose petals), Ocimum sanctum (tulsi leaves), and Azadirachta indica (neem leaves) are some of the basic drugs utilized to produce the cream. The different therapeutic properties of the drug are the basis for the compound selection. A variety of evaluation criteria are applied to the cream.

Keywords: Herbal Cream, Neem, Mentha, Tulsi, Rose, Cosmetic

Introduction

Herbal creams are cosmetics made with herbal elements that have desirable physiological effects, like healing, smoothing the skin, boosting, and conditioning^[1]. In the personal care system, the use of herbs in cosmeceutical production has significantly increased recently, and demand for herbal cosmetics is considerable. Creams are classified as semisolid emulsions that are designed for external application and can be either water in oil (w/o) or oil in water (o/w) in kind. Cream falls under the categories of water in oil emulsion and oil in water. It is applied to the outside or superficial layer of the skin, and its primary function is to stay there for a longer amount of time. A skin cream serves to protect the skin from various weather conditions and environmental factors while also providing a calming effect. A variety of creams are available, including cleansing, cold, foundation, vanishing, massage, hand, and body creams. Our primary goal is to create a herbal cream that has multiple uses, such as moisturizing, reducing acne and skin irritation, reducing skin conditions including psoriasis, eczema, dry skin, wrinkles, rashes, etc., and enhancing facial radiance. Three natural ingredients—mint, neem, and tulsi—were used in our recipe. Rose is used as a moisturizer, to cure burn wounds, and to lessen acne and pimples^[1, 3]. Neem is used to lessen skin scarring, pigmentation, redness, and itching. It also has antifungal and anti-inflammatory properties^[1, 2]. Tulsi is used to encourage wound healing and give skin a radiant appearance.

Creams

For medical, preventative, or cosmetic reasons, creams are semisolid dosage forms that are applied topically to the skin, on the surface of the eye, or rectally, vaginally, or through the nose^[8]. Face cream is applied topically to provide a cleaning and softening effect. Skin creams provide two major functions: They relax the skin and shield it from external contaminants^[9, 10]. There are several types of creams, including foundation, cleansing, vanishing, night, and hand and body massage creams^[11].

Herbal Creams

Herbal creams are emulsions made of water and oil. They might include Tulsi, mentha, rose, and neem. Herbal creams contain various tinctures, extracts, and essential oils. Natural vitamins and minerals can be found in herbal creams without the use of

potentially harmful synthetic ingredients [4].

Herbal cosmetics are characterized as cosmetics that contain herbal ingredients that have desired physiological activity, such as healing, smoothing appearance, boosting, and conditioning qualities [4, 5].

Ideal Properties of Herbal Cream [12]

1. When applied, it should not have any harmful effects.
2. It should have an optimal particle size.
3. It should provide an emollient effect.
4. It need to be thicker than a lotion but yet holding its form, like a 50/50 oil and water emulsion.
5. It ought to cover the skin's surface evenly.
6. Preservatives are necessary to prolong its shelf life.
7. It should be in harmony with the pH of the skin.

Advantages of Herbal Cream [13]

1. Rehydrates skin that is dried.
2. Repairs very rough or dry areas of the skin.
3. Makes calluses smooth.
4. It smells and feels good.
5. Facilitates relaxation.
6. Softens body portions that are the toughest.
7. Gives the skin radiance.

Types of Herbal Creams

They can be divided into two categories:

- **Oil-in-water creams:** Oil-in-water, or O/W, creams are made up of tiny oil droplets dispersed throughout a continuous phase. On the other hand, an oil-in-water (O/W) emulsion is one that has oil droplets scattered throughout the aqueous phase [6].
- **Water-in-oil creams:** Water-in-oil (W/O) creams are defined as creams that contain water and oil in a continuous phase. When the dispersion medium is oil and the dispersed phase is water, the emulsion is referred to as water-in-oil (W/O) type [7].

Herbal plants profile

Tulsi: The aromatic perennial herb *Ocimum tenuiflorum*, also called holy basil, tulsi or tulasi, and tamole, damole, or domole in Fiji, belongs to the Lamiaceae family. Native to the Indian subcontinent, it is widely grown as a plant in the tropical regions of Southeast Asia [14].

The active components of tulsi leaves, such as eugenol, ursolic acid, rosmarinic acid, and flavonoids, provide it potent anti-inflammatory, antibacterial, antifungal, and antioxidant qualities. These substances lessen inflammation, combat germs that cause acne, and shield the skin from oxidative stress, all of which contribute to better skin health. In addition to helping to brighten the complexion and enhance overall skin texture, tulsi is a great natural cure for acne, skin inflammation, and indications of aging because of its capacity to reduce skin irritation, encourage wound healing, and balance oil production.



Fig 1: Tulsi plant (*Ocimum Sanctum*)

- **Biological Source:** Leaves of the plant
- **Family:** Lamiaceae
- **Kingdom:** Plantae
- **Subkingdom:** Tracheobionta (Vascular plants)
- **Subdivision:** Spermatophytina (Seed plants)
- **Division:** Magnoliophyta (Angiosperms)
- **Class:** Magnoliopsida (Dicotyledons)
- **Subclass:** Asteridae
- **Order:** Lamiales
- **Genus:** *Ocimum*
- **Species:** *Ocimum sanctum*.

Neem

Azadirachta indica, sometimes called Indian lilac, margosa, neem, or nimtree, is a tree that belongs to the mahogany Mliaccac family. There are two species in the *Azadirachta* genus, including this one. Although it is indigenous to Indochina and the northern part of the Indian subcontinent, it has spread and been naturalized in tropical and subtropical regions worldwide. Neem oil comes from its seeds and fruits. Neem is a Hindi word that comes from the Sanskrit word *nimbi* [16].

The active element of neem, also known as *Azadirachta indica*. Neem's strong anti-inflammatory, antibacterial, antiviral, and antifungal qualities make it an excellent choice for skin care. Because it soothes irritation, reduces redness, and inhibits bacterial development, it helps cure a variety of skin disorders, including psoriasis, acne, eczema, and fungal infections. Additionally, neem balances oil production, encourages wound healing, and supports skin regeneration, making it a well-liked natural therapy for clear, healthy skin.



Fig 2: Neem (*Azadirachta Indica*)

- **Biological Source:** Seeds, leaves, bark, and fruits of the tree
- **Family:** Meliaceae
- **Kingdom:** Plantae
- **Subkingdom:** Tracheobionta (Vascular plants)
- **Subdivision:** Spermatophytina (Seed plants)
- **Division:** Magnoliophyta (Angiosperms)
- **Class:** Magnoliopsida (Dicotyledons)
- **Subclass:** Rosidae
- **Order:** Sapindales
- **Genus:** *Azadirachta*
- **Species:** *Azadirachta indica*.

Mentha

The genus *Mentha*, which belongs to the family Lamiaceae (mint family), contains several hybrids and cultivars. The precise number of species is unknown, but it is thought to be between 13 and 24. Hybridization happens naturally where some species' ranges intersect^[15].

The active components of mentha, especially menthol, are good for skin care because of their well-known cooling, calming, and anti-inflammatory qualities. For illnesses including acne, psoriasis, and eczema, menthol is very helpful since it relieves itching, reduces inflammation, and gives a pleasant feeling. Healthy skin is promoted by its antibacterial qualities, which also aid in halting the formation of microorganisms. Additionally, mentha is a useful treatment for soothing burnt or irritated skin due to its cooling properties and capacity to increase blood circulation. It also improves the appearance of the skin by adding a natural glow and freshness^[15].



Fig 3: Mentha (*Mentha* Species)

- **Biological Source:** Leaves of the plant
- **Family:** Lamiaceae
- **Kingdom:** Plantae
- **Subkingdom:** Tracheobionta (Vascular plants)
- **Subdivision:** Spermatophytina (Seed plants)
- **Division:** Magnoliophyta (Angiosperms)
- **Class:** Magnoliopsida (Dicotyledons)
- **Subclass:** Asteridae
- **Order:** Lamiales
- **Genus:** *Mentha*
- **Species:** Various species such as *Mentha piperita* (peppermint), *Mentha spicata* (spearmint).

Rose

Roses can be either the flower they bear or a woody perennial blooming plant of the genus *Rosa* in the Rosaceae family. More than three hundred species and tens of thousands of cultivars are present. Reference required. A collection of plants that can be climbing, trailing, or upright shrubs are formed by them. Having stems that are frequently equipped with sharp talons, their flowers are often enormous and ostentatious, with colors ranging from white to yellows and reds, and they vary in size and shape. Smaller numbers of species are native to Europe, North America, and northwest Africa, whereas the majority are native to Asia. Hybrids, species, and cultivars are all widely grown for their aesthetic appeal and frequently fragrant nature. Roses have become culturally significant in all societies^[17].

The active components of roses, especially rose water and oil, are rich in vitamins (including vitamin C), vital fatty acids, and potent antioxidants that are excellent for skin care. Because of its anti-inflammatory, antibacterial, and moisturizing qualities, rose oil helps calm sensitive or irritated skin, lessen redness, and fight off bacteria that cause acne. Rose water, which has mild astringent properties, helps balance oil production, tighten pores, and tone the skin. Because these components work together to moisturize, revitalize, and support a balanced skin tone, rose is the perfect natural solution for keeping skin smooth, glowing, and healthy.



Fig 4: Rose Petals (*Rosa* species)

- **Biological Source:** Petals, leaves, and stems of the plant
- **Family:** Rosaceae

- **Kingdom:** Plantae
- **Subkingdom:** Tracheobionta (Vascular plants)
- **Subdivision:** Spermatophytina (Seed plants)
- **Division:** Magnoliophyta (Angiosperms)
- **Class:** Magnoliopsida (Dicotyledons)
- **Subclass:** Rosidae
- **Order:** Rosales
- **Genus:** Rosa
- **Species:** Various species such as *Rosa damascene* (Damask rose), *Rosa centifolia* (Cabbage rose).

Benefits of plants^[18]

Benefits of Tulsi Leaves:

- Good source of vitamin K
- Prevent acne
- Helping anti-aging
- Super beneficial for skin
- Good for skin health
- Fight acne
- Supports healthy skin aging
- Soothes skin condition like eczema
- Great for healing skin problems.

Benefits Neem Leaves:

- Neem has anti-bacterial properties which get rid of pimples
- Neem lightens and blurs the scars left behind by acne
- Neem is anti-inflammatory in nature with fatty acids and glycosides
- Neem is rich in anti-oxidant and vitamin E that reduce wrinkles
- Fatty acids and vitamin E in neem nourish the skin
- Help soothe eczema
- Treat acne
- Prevent skin infection
- Gives even skin tone Acts as a shield against dandruff
- It can be used for both face and hair
- Treat dry scalp making it smooth and shiny
- Increase radiance and produce ageing effect
- Keep the skin healthy and glowing.

Benefits of mentha:

- Hydrates skin.
- Anti-aging.
- Fades dark spots.
- Brighter complexion.
- Heals wounds.

Benefits of Rose petals

- A natural moisturizer.
- Soothes Redness.
- Boosts collagen production.
- Reduce sebum production.
- Prevent premature aging.
- Tone uneven skin.

Conclusion

These components can be combined to create a multipurpose cream that provides anti-aging, acne prevention, healing, hydration, and defense against environmental stresses. For anyone seeking a natural and calming solution for a variety of skin issues, it is perfect. To be sure there are no allergies or irritations, a patch test is necessary.

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Conflict of Interest

The authors declare that no conflict of interest of any financial or other issues.

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