



Formulation And Evaluation Of Herbal Menthol Lotion

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Abstract

Customers' desire for herbal products and the use of natural herbs and their products for their aromatic value led to the need for natural materials and natural extracts in cosmetic preparations. Using fresh herbs, several other researchers have developed new herbal formulations after studying the herbal preparation. Herbal lotions have become more popular in recent years because people believe they are safer and more natural than synthetic skincare products. This abstract looks at the ingredients, benefits, and efficacy of herbal lotions in skincare routines. It Liquid preparations called lotions are designed to be applied externally without creating friction. With the aid of an absorbent substance, like cotton wool or gauze soaked in it, they are applied straight onto the skin. Aloe Vera lotion, menthol lotion, and aloe vera lotion with arrow root powder are all made with different ingredients. The sole reason for selecting the herbal product combination was to ensure that these formulations would be effective and free of adverse effects. Organoleptic and physio-chemical characteristics, such as viscosity, pH, spreadability, and moisture-free body after use, are included in the comparison.

Keywords:-Herbal Cosmetic, Herbal Lotion, Aloe Vera, menthol , Coconut oil, Rose water.

Introduction

The Greek word "kosmestikos," which means to adorn, is where the word "cosmetic" originates. Since then, any substance used to enhance or promote appearance has been referred to as cosmetic. In actuality, the word "cosmetics" originated in ancient Rome. The term "cosmetics" originated from the fact that they were usually produced by "cosmetic" female slaves. . The use of makeup dates back many centuries. Back then, makeup consisted only of eye coloring or body paint. Makeup is important for both men and women these days. Today, cosmetics are widely accessible and come in a variety of forms, including eyeshadow, nail polish, hair sprays,

lipstick, creams, and perfumes. Containers: .Storage: Lotions should be kept in a cool, airtight container that is well-filled and tightly sealed. Two pieces of equipment: a glass bowl, a spoon, a Brooke field viscometer, a digital balance, and a pH meter measuring cylinder.

Dry skin:The most prevalent dermatological condition, affecting up to 50% of people worldwide, is dry, sensitive, xerotic skin. A “dry skin cycle” has been proposed to explain its complex development, which is influenced by both internal and external factors.

Benefits of Lotion:

- Hydrate your parched skin again.
- Resupply areas of the skin that are particularly dry or rough.
- It smells and feels good.
- Allow yourself to unwind.
- Soften your body’s roughest areas.
- Make your skin look radiant.

Advantages of herbal lotion:

- Easy to manufacture.
- Easy to available and found in large of variety of plats.
- They do not provoke allergic reactions and do not have any negative side effects.
- They are curiously incorporated with skin and hair.
- Extract form of the plants decreases the bulk properties of the coumetics and gives appropriate pharmacological effects.

Formulation Table:

Sr.No	Ingredients	Quality (g)
1	Menthol	0.4 g
2	Tragacanth	0.6 g
3	Ethanol	2.0 g
4	Glycerin	2.0 g
5	Rose water	5.0 g
6	Distilled water	10.0 g

Fig no -1

Menthol -Steam distillation of peppermint oil yields menthol, which has a calming and cooling effect on the skin. Additionally, it has analgesic, anti-itch, and mild antiseptic qualities.

Tragacanth-a naturally occurring gum derived from Astragalus plants. It gives the lotion a smooth texture and stability by swelling in water to form a gel. It is safe for sensitive skin and non-toxic.

Ethanol -enhances the lotion’s menthol oil distribution and aids in its dissolution. Serves as a gentle preservative and gives off a refreshing feeling.

Glycerin -a clear, thick liquid that keeps skin hydrated and keeps it from drying out. Enhances the lotion’s smoothness and spreadability.

Rose water – helps calm and revitalize the skin while offering a pleasant scent. It has mild astringent properties as well.

Procedure

1. The required amount of each ingredient should be weighed/measured accurately.
2. Take 0.4ml of menthol and mix in 2.0ml ethenol with simultaneously addition of 0.6gm of tragacanth.
3. Add measured amount of glycerine and add rose water and make volume upto 100ml with water.
4. Mix the contents thoroughly until a smooth mixture results.

Evaluation test:

1. Organoleptic character

Color: White

Pleasant Odor

Smooth Texture

Semi-solid state.

2. Homogeneity

Both touch and visual appearance were used to test the homogeneity of the formulation.

3. Determination of spreadibility

The sample was sandwiched between two glass slides and compressed for five minutes with a 100g weight to achieve a consistent thickness. The pan was given more weight. Spreadability was measured as the amount of time needed to separate the two slides, or the amount of time it took for the upper glass slide to pass over the lower slide.

4. PH Determination

pH measurement The standard buffer solution was used to calibrate the pH meter. A digital pH meter was used to measure the pH of 0.5 grams of clotion that had been weighed and dissolved in 50 milliliters of distilled water.

5. Irritation Test

On the dorsal surface of the left hand, mark a 1 sq. cm. area. Time was recorded while the lotion was applied to the designated area. Erythema, edema, and irritation were monitored for up to 24 hours at regular intervals and reported.

6. Washability

For ten minutes, a portion of lotion was applied to the hand's skin and left to run under the force of running water. It was noted when the lotion was totally gone.

Conclusion

An efficient technique for removing menthol oil from peppermint leaves is steam distillation. Because the extracted menthol maintains its volatile, cooling, and aromatic qualities, it can be used in pharmaceutical and cosmetic formulations. The menthol lotion was stable, smooth, and aesthetically pleasing, and it had a cooling, refreshing, and calming effect on the skin. Therefore, herbal-based menthol lotion can be used as a safe and natural substitute for commercially available synthetic cooling or antiseptic lotions.

Result

The extracted menthol oil, powdered tragacanth, ethanol, glycerine, rose water, and distilled water were all used to successfully make the 20 g menthol lotion. The following characteristics were displayed by the prepared lotion: Look: Semi-viscous, homogeneous, and smooth lotion. The scent is a pleasant blend of menthol and

rose.pH: skin-friendly, 6.5-7.0. Texture: Non-greasy, easily spreadable, and cooling to touch. The volatile essential oils containing menthol were successfully extracted from peppermint leaves using the steam distillation method.

Discussion

Because of its low boiling point, menthol can be easily separated through steam without breaking down, preserving its inherent cooling and aromatic qualities. In order to achieve a smooth and uniform lotion texture, powdered tragacanth was used as a natural thickening and stabilizing agent. By acting as a humectant, glycerine moisturized and kept the skin from becoming dry. Both the cooling effect and the solubility of menthol oil in the aqueous base were improved by ethanol. Rose water enhanced the product's visual and tactile appeal by adding fragrance and mild toning qualities. The prepared lotion's pleasing appearance, consistency, stability, and pleasant skin feel all attest to the ingredients' compatibility and the formulation process' efficacy. Overall, the study showed that herbal-based menthol lotion can be a safe, calming, and revitalizing topical preparation that can be used to relieve minor burns, irritation, or itching. It can also be a viable substitute for the synthetic cooling lotions that are currently on the market.

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