

“Therapeutic Uses of Medicinal Plants in Herbal Cream”

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ABSTRACT

Cream is intended to enhance facial features. A new study shows they offer benefits such as making the skin moist, healthy, and glowing. They can help with many different skin problems using them can lead to confusion and frustration because of their various purposes. Herbs can be made from many different things, like the peels of cucumbers, tea leaves from *Camellia sinensis*, *Ghrithkumari*, *Ocimum Sanctum*, *Apis mellifera*, *Curcumin*, china rose, Indian gooseberry, *Citrus Aurantium Dulcis*, *Azadirachta Indica*. The purpose of herbal cosmetics is to make someone look better while also being helpful. These products use semi-chemical compounds called moisturizers, which help make the skin healthier and better. Herbal remedies have more benefits than perfumed medicines. Most skin care lotions today use man-made chemicals, but they can cause serious problems, like making people's skin react badly. This herbal skin lotion is a great choice. The goal of this study is to make and test that includes glycerol, gulabgel, tocopherol, *ghritkumari*. It is also looks at the PH, thickness, greasiness also additionally features of these plants. How product feels and looks affects how well it washes off, its color, and how evenly it spreads. When making the herbal cold cream, several factors are considered, such as how it looks, how well it mixes, how stable it is, its pH level, and how it smells and feels. Herbal cosmetics are products that help improve a person's look using natural ingredients.

Keywords: *CucumissativusL*, *Ghrithkumari*, *Ocimum Sanctum*, *Apismellifera*, *Curcumin*, *chinarose*, *Indian gooseberry*, *citrus Aurantium Dulcis*, *Azadirachta Indica*, Evaluation, Arranging and Analyzing data

I. INTRODUCTION

Cream is topically substances that you apply to the outside of your skin. They come in two

main types: oil in water and water in oil. These creams work by mixing oil and water in different ways. When you apply a cream to your skin, It is remain to surface as a prolonged period. These products are made using methods used in the pharmaceutical industry, so they are considered pharmaceutical items. Creams are often used to treat skin problems like dermatoses, and they can be prescribed or available without a prescription. People can choose from different types of creams, such as herbal ,ayurvedic etc. They are made of different medicine Plants is mixed and spread within an appropriate site. Amount of water compared to oil decides if the cream is thick and firm or can mix with water and easily wash off. Typically the recommended treatment comes therapeutic plants, growing increasingly popular beauty products to help improve appearance. Traditional ways of treating illness developed gradually to safeguard wellness prior to modern discovery of medication is produced. Today, modern science along with chemistry are the basis for studying and treating diseases, which is why this approach quickly became widely used and now most pain treatments rely on it. Beauty products are divided into two main types: the form they come in, like creams, powders, soaps, and pills, and the part of the body they are used on, such as for teeth, nails, skin, hair, and mouth. There are many outside factors that regularly affect the skin. This balance can be changed by both things inside the body and things from the outside. Hand sanitizers and soaps are commonly used. Many skin problems can happen when the skin's natural protection is broken. Typical issues It's dryness that makes outermost layer dry, rough, itchy, and can cause redness, irritation, peeling, and cracking. The goal of using moisturizers is to make the skin look healthy while keeping it strong and in good condition. Most moisturizers have similar basic

features that help keep the skin hydrated, absorb moisture, and make it softer, even if they are labeled as natural, safe, organic, or plant-based. Many of the bases in store-bought moisturizers are made from man-made chemicals, thickening agents, mixing agents, colorings, cleaning ingredients, and scents. In essence, Safer natural medicines should replace harmful few synthetic ^[1]

II. LITERATURE REVIEW

1.M.V.Viswanathan et al. (2003) Ayurveda as a holistic medical system: The authors explain Ayurvedic conceptual framework — including its understanding of health, disease, balance, and the role of doshas. The authors mention problems around the standardization of herbal drugs in Ayurveda: due to ambiguous identification, variation in plant parts used, and lack of precise botanical description, ensuring consistent quality is hard. There is also a concern about adulteration, misidentification, and substitution in the herbal drug market, which may compromise efficacy and safety.

2.Shah Pritesh et al.(2013)The authors aim to provide a comprehensive review of Cucumis sativus (cucumber), focusing on its botanical aspects, traditional use, phytochemistry, and pharmacological properties. Cucumis sativus is recognized for widespread cultivation and is commonly used in dietary and traditional medicine contexts. The review discusses various phytochemicals present in cucumber, including glycosides, flavonoids, tannins, saponins, and other classes typical of Cucurbitaceae plants. The authors summarize different pharmacological effects attributed to cucumber in the literature: for example, antioxidant, anti-bacterial, anti-inflammatory, and diuretic properties.

3.A.S.Mali et al.(2015) Herbal formulations for skin care have gained significant attention due to their natural origin, safety, and multifunctional properties. The cream incorporated well-known herbal ingredients such as Aloe vera, Ocimum sanctum (Tulsi), Azadirachta indica (Neem), Curcuma longa (Turmeric) and rose oil. These ingredients were selected for their reported

moisturizing, antioxidant, anti-inflammatory, antibacterial, and skin-nourishing properties, reflecting both traditional knowledge and contemporary pharmacognosticevidence. cream could serve as a cosmeceutical product, providing both protective and therapeutic benefits, while being economical and easy to produce.

4.Priyanka Sharma et al.(2014) Aloe vera as a historically important medicinal plant used across various traditional systems such as Ayurveda, Unani, and Siddha. The authors emphasize that Aloe vera has long been recognized for its wound-healing, anti-inflammatory, and laxative effects, earning it the title of the “silent healer” in traditional medicine. The literature reviewed indicates that the plant contains two major components the inner gel and the outer leaf sap each having different therapeutic activities. The gel consists mostly of water but contains over 75 biologically active constituents, including vitamins, enzymes, minerals, amino acids, sugars, lignin, saponins, salicylic acid, anthraquinones, and sterols. These phytochemicals have been widely documented in earlier studies for contributing to antioxidant, antimicrobial, and anti-inflammatory actions.

5.S.kapoo et al.(2010)Formulation and Evaluation of Moisturizer Containing Herbal Extracts for the Management of Dry Skin," focuses on the growing demand for natural cosmetics and the limitations of synthetic ingredients in treating dry skin conditions. The review notes an increasing public interest in herbal formulations due to their high quality and fewer side effects compared to many synthetic products.

Herbal Plants

Rose Oil

Synonyms

Rosa, ground rose and china rose

Family

Rosaceae

Biological Source

Some rosa species' petals, especially those of Rosa centifolia L Furthermore, Rosa

Damascena. This oil helps to make the skin look more even and brighter. It has natural ingredients that can help reduce dark spots and unwanted pigmentation, making the skin tone look more uniform. Also, by relaxing the skin, the oil can make pores less noticeable and give the skin a more youthful and radiant appearance.^[2]

Origin

Corolla is utilized and make gulab gel. The most common types of roses used are Rosa centifolia and Rosa damascena, which are also called Damask Roses. To get the oil, people usually use either steam distillation or solvent extraction.

Extra Components

Gulab gel is an good component that often used in herbal face creams along with other moisture-rich and skin-soothing elements such as shea butter, chamomile, and aloe vera.

Benefits

This product helps to hydrate, smooth, and soften the skin.

It includes tretinoin, which is unique form of retinol.

It aids the flesh heal when it's injured.



Fig No 1 - Rose oil

Turmeric

Synonyms

Curcumin, Saffron Indian; haldi (Hindi)

Biological Source

Turmeric comes from the dehydrated underground stem of the plant *Curcuma longa* Linn.

Family

Zingiberaceae

Chemical Constituents

6% essential oil and 5% curcuminoids. If you're looking to reduce the harm from acne, you could try making a face mask with turmeric. It can help with your pores and calming effect because of its anti-inflammatory properties. Turmeric is also known help reduce scarring. Using both methods together might help stop pimples from showing up on your face.

Brightens Skin

Helps to reduce dark spots and pigmentation on the skin, leading to a more balanced and even skin tone.

Deep Cleaning

The sour qualities of amla help close the pores, which makes the skin cleaner and helps prevent breakouts.

Moisturization

The natural oils in amla can really help keep the skin hydrated, making it feel silky.

Therapeutic qualities

Helps to reduce swelling, injuries irritations etc.

UV Protection

The free radical scavenger helps shield obtain harmful UV rays or toxins.^[3]



Fig No 2: Turmeric

Applications

Turmeric is used as a culinary ingredient. Curcuma useful for medication in Ayurveda. For a long time, turmeric has been used as a medicine in

Indian homes, causing some confusion and frustration when it's not used properly.

Honey

Synonym

Apis mellifera

Family

Apidae

Biological Source

Honey is a natural substance that may help the skin and is commonly used in skincare products. Since it helps control the bacteria on your skin, raw honey can be a good treatment for acne. Manuka honey is better than other popular brands when it comes to how long it lasts. Studies show that honey can help skin cells heal faster.^[4]

Moisturizing Property

Honey helps the skin stay moist because it is a natural humectant. It pulls moisture from the air around it to keep the skin hydrated and stop it from getting dry. That's why it works well in creams for dry or sensitive skin.

Brightening

Honey can help make pigmentation, dark spots, and acne scars less noticeable over time, which makes the skin look more even in color.

Applications

In herbal mixture, natural ingredients such as essential oils, chamomile, and aloe vera to create a complete skincare product.

By avoiding synthetic chemicals, it helps enhance the healing and moisturizing effects of the herbs and plants used. Honey is usually added to herbal face creams either in its raw form or after some processing.

It works best when used regularly, especially therapy for calm, nourish, and liable the flesh.



Fig No 3 - Honey

Advantages

An organic hydrating agent that helps eliminate dark spots, reduces creases and antimicrobial effects

Aloe Vera

Synonyms

Musabbar, Ghritkumari

Biological Source

The dried juice from aloe plant leaves is used to make aloe. The plants used are *Aloe ferox*, *Aloe barbadensis*, *perryi* Aloe etc.

Family

Asphodelaceae

Chemical Constituent

The isomers barbaloin and iso barbaloin together make up, represents as much thirty percent main part of ghritkumari.

Common Name

In the past, people used aloe vera to treat burns and infections, and even tried it for weight loss. However, as beauty science has developed, aloe vera has become a key part of cosmetics. This is because it has a lot of calcium, magnesium, salt, and other minerals, along with twenty varieties of protein. Because these qualities, aloe vera is considered a miracle plant for beauty. This is the simplest way to define beauty. Aloe vera helps with blisters and itching due to anti-itch and blister-therapeutic qualities.^[5] Ghritkumari also contains vitamin C, which helps keep the skin

happy and healthy. It helps with skin aging by producing elastin and collagen. These proteins are important for anti-aging. Aloe vera helps with acne by removing acne scars because it has anti-inflammatory and antibacterial qualities. Using aloe vera lotion can also reduce the production of acne. Ghritkumari lot of prevalent natural component of face cream because of its many skin benefits.



Fig No 4 - Aloe vera

Advantages

Erythema relief helps to make outermost layer is softer. It helps wounds heal better. It reduces acne and pimples by slowing down the skin's natural aging. It also helps clear areas on wrinkles.

Cucumber Peel

Synonym

Cucumis sativus L

Biological Source

The biological source of cucumber is the plant *Cucumis sativus* which belongs to the Cucurbitaceae family.

Family

Cucurbitaceae

The peels of cucumber full of nutrients and should not be tossed away. They offer several benefits, such as helping with colds, constipation, bone and muscle pain, and even eye health. A peel is minerals, fiber like silica, alkali metal and magnesia. Silicon dioxide is important as keeping bones, muscles, and skin healthy. While it may not be as effective as some other treatments for skin, eyes, or hair, it can still improve the skin's

appearance. Using cucumber peels, either as slices or in a face mask, can help make aging skin look better. It can also help with large pores, acne, dark circles, and other skin issues. Cucumbers might also help with sun tan by lightening the skin. Cooling effect of cucumbers can also calm the mind and make you feel refreshed during hot weather. To keep your tea warm, you can mix some bark with water.^[6]

Benefits

Acne-prone skin.

Helps reduce Feeliness.



Fig No 5 :Cucumber Peel

Advantageous to the Vision

Beta-carotene, which is particular kind of retinol good due to eyes or seeing, is found in cucumber peels. Using cucumber peels on the eyes for fifteen minutes may help reduce swelling and puffy areas around the eyes because of their calming properties.

Helps prevent cancer

Eating at regular times can help lower the chances of getting ovarian, prostate, and breast cancers.

Reduces constipation

Take off the cucumber's skin and pour some honey over it. Use this remedy every day on an empty stomach. Since it has many benefits, it also helps to clean out the colon.^[7]

Neem

Botanical Name

Azadirachta indica

Family

Mahogany

Common Name

Nimba Plant

The Nimba Plant is an evergreen that grows naturally in India. It has a lot of potential to provide healthy food that isn't made from wood. It is both flexible and has many uses. One of the benefits of neem is its ability to reduce inflammation. In India, it is sometimes called the "City of Pharmacy." The main part of neem oil, called azadirachtin 48, has antibacterial effects. Studies have also shown that neem extracts can help prevent various types of cancer, including those that affect the breast, prostate, colon, reproductive system, skin, and blood. Neem contains several compounds, such as azadirachtin (AZA), glycosides, dihydrochalcone polyphenols, and others.^[8]

Uses

Helps even out skin tone.

Keeps the environment safe.

Benefits

Antimicrobial effects

Impact on malaria

Effect on ulcers.^[9]



Fig No 6- Neem

Tulsi

Synonyms

Ocimum Tomentosum ,Ocimum Sanctum

Biological Source

Tulsi is made from both dried and fresh plants, such as ocimum basilicum L. and ocimum sanctum L.

Family

Lamiaceae

Chemical Constituents

The main useful parts in tulsi plants are Linolen, ocimene, anethol, estragole, thymol, citral, camphor, ocimene, pinene, cineol, linalol, eugenol, methyl chavicol, and methyl cinnamate^[10]

Common Name

Tulsi, also known as holy basil and sacred basil, has been used for a long time in cosmetics to treat various skin issues. these include whiten skin, creases, black spots and acne. Traditional medicine systems like Ayurveda, Siddha, and Unani have documented the healing properties of many herbs, including tulsi, ghritkumarinimba, Curcumin, mangifera indica drumstick and cherimoya. Ocimum Sanctum not only helps in lowering blood pressure, cholesterol, and blood sugar but also reduces stress by improving memory and cognitive function, which in turn helps with mental stress and anxiety. Because of its strong antibacterial properties, tulsi is also useful for hand hygiene and can treat many diseases in both humans and animals. Its widespread use shows the wisdom of Ayurveda and how traditional knowledge can help with modern problems.^[11]

Uses

Tulsi helps make the skin look brighter and more glowing.

People with acne can have facial blemishes and it is acceptable for tulsi.

Tulsi can help reduce the size of the skin's pores.

Tulsi can help with different types of skin problems and allergies.



Fig No 7 - Tulsi

Advantages

Cold and Fever

Tulsi leaves are used to treat different kinds of fevers, like the common cold. People cook the leaves with tea and give it to those who have dengue or malaria. These diseases spread fast throughout the region during the wet months.

Cough

Tulsi is an important part of many Ayurvedic cough syrups and other remedies because they help remove mucus from the respiratory system.

Sore throat

If someone has a sore throat, take the plant's leaves, boil them, and give them some of the water.

This liquid can also be using it as mouth rinse.

Pulmonary health condition

Tulsi is among the greatest medicinal plants helping with breathing issues, like asthma.

At home, you can use ginger and honey to treat colds and other respiratory problems.

Lavender and its extract can also be used right away to help with colds.^[12]

Stones in the kidney

Tulsi is very good for the kidneys and works really well. If a patient drinks apple juice and honey for six months, their kidneys can remove kidney stones.

Heart Conditions

Tulsi is used to help treat different heart problems, including issues with weak heart function.

Skin Conditions

Tulsi water can help treat fungal infections and various skin problems. It is also employed as a remedy for vitiligo.

Green Tea (Camellia Sinensis)

Numerous health problems are beginning to manifest, according to many experts. The amount of polyphenols in green tea helps reduce the aging process.^[13]



Fig No - 8 Green Tea

Advantages

Skin-related impacts

For many years, the use of tea is utilized to treat edema, injuries, and burnt. Green tea can be applied directly to the skin to help ease pain and reduce swelling, and it's often used when it's warm. Compressing can help stop bleeding from insect bites. Tea has antibacterial qualities because it has flavonoids and tannins. It can help reduce rashes, inflammation, and wounds. Tea tree oil can make hair and skin products look better and help restore them. Green tea's potential in the role of DIY sunscreen is still being investigated by researchers. Green tea's components can be used on the skin to help it heal and renew itself, or to treat conditions like rosacea, psoriasis, ulcers, and aphthous actinic keratosis, which affect the cell membrane.^[14] In older skin cells called keratinocytes, this combination helps increase DNA production and energy levels, which might be part of the body's way of getting ready for cell division again. Studies show that EGCG, the main type of polyphenol

found in tea, can encourage the growth of skin cancer. In a study called the Dying Skin study, scientists used human keratinocytes to look at how skin grows and compared it with how these cells multiply when exposed to Epigallocatechin gallate.^[15]

Orange Peel

Botanical Name

Citrus Aurantium Dulcis

Family

Rutaceae

Citrus Aurantium Dulcis is commonly found in herbal face creams because of its rich content of natural skin-beneficial ingredients. It offers the following advantages for herbal skincare:

High Content of Vitamin C

Vitamin C, which is found in orange peel, helps reduce dark spots and provides a more even tone of skin. Furthermore, ascorbic acid also excites protein manufacturing which softens the flesh and minimizes creases and small lines that emerge.^[16]

All-natural exfoliant

Finely ground dried orange peel can be added to facial creams as a soft exfoliant to show off fresh, healthy skin by removing dead skin cells. This helps reduce blackheads, whiteheads, and acne.

Properties of Antioxidants

Antioxidants found in orange peel help combat free radicals and reduce the damage caused by oxidative stress. Doing this can help stop early aging and reduce damage from the environment. It also helps calm sensitive or red skin.

Organic Astringent

The peel acts like a natural tightening agent, helping to enhance the skin's appearance and make the pores less visible. This is especially helpful for people with oily skin that tends to get breakouts.

Control of Oil

The properties of orange peel help reduce the risk of disease by balancing excessively oily skin. This is what orange peel can achieve.^[17]

How To Treat Acne

Citric acid found in citrus peel has antibacterial and antimicrobial properties. This can assist in diminishing the incidence regarding acne or potentially treating pimples.

Better Texture of Skin

Regular use of orange peel in face creams can improve the skin's texture, making it smoother and brighter.

Uses

Boost the radiance of your skin, enhance skin brightness, tighten pores.



Fig No 9 - Orange Peel

Amla

Synonyms

Indian gooseberry, myrobalan, and embolic

Biological Source

The plant's fresh and dried fruits.

Family

Euphorbiaceae Amla, also known as Indian gooseberry, is often used in natural skincare products such as face creams because it has a lot of nutrients and powerful antioxidants. Here are some benefits that amla can provide for the skin when included in face creams.^[18]

Benefits

Superior in ascorbic acid

Vitamin C is important for making collagen, and amla has a lot of it. Collagen helps keep the skin elastic and firm, which makes wrinkles and fine lines look less noticeable.

Anti-Aging Properties

By taking in free radicals, its antioxidant level helps reduce wrinkles and fine lines.

Brightens Skin

Amla helps reduce dark spots and uneven coloring on the skin, making it look more even and clear.

Deep Cleaning

Amla's astringent properties help shrink pores, which makes the skin cleaner and helps prevent breakouts.

Moisturization

The natural oils in amla can deeply moisturize the skin, helping it stay smooth and well-hydrated.

UV Protection

The skin benefits from its antioxidant properties, which shield it against harmful UV rays and toxins.^[19]

Uses

Antimicrobial
Antioxidant
Hypolipidemic
Antidiabetic



Fig No 10 - Amla

General Ingredients

Water

In every cream making process, this is the most important and commonly used basic

ingredient. These are the easiest to find and use. Moreover, emulsion can be created with water. the amount of water utilized in the mixture decides if the emulsion is o/w and w/o depending on how much water and oil are used in the formula.^[20]

Liquid paraffin

Liquid paraffin is a type of emollient, which is a substance that helps soften and comfort the skin. It works by stopping the outer layer of the skin from absorbing too much water. This helps reduce dryness by making the skin softer and more moisturized. Liquid paraffin is used to treat dry skin. It can also help with other skin conditions like eczema, ichthyosis, and itching in older adults.

Beeswax

It has three roles in skincare: it helps the skin hold in moisture, it forms a protective layer on the skin to reduce water loss, and it makes the skin softer and smoother.

Borax

Creams that are made only from beeswax need to be thoroughly mixed and allowed to sit so they don't split apart. Because of this, a small amount of borax was added placed following the beeswax. The borax helped break down the fats in the beeswax through a process called saponification, which made the cream more stable.

Methyl Paraben

Most notably, methyl paraben often used as a preservative in makeup and skincare things. It helps prevent harmful germs from growing and stops unwanted Modifications to the products.^[21]

EVALUATION PARAMETERS [22-24]

1. Physical Assessment :

To do this, you must verify the cream's colour. how thick it is, how it feels when touched, and what it smells like.

2.Irritancy :

This examination determines whether the components of the cream may be damaging to the skin or mucous tissues. To carry out the procedure, select a spot on the back of the left hand, apply the cream there, and record the time. After several

minutes, observe the area for any indications of irritation or reaction.

3. Washability :

"A small portion of the cream is spread on the hand and then removed under running tap water to judge how easily it comes off."

4. PH:

To check cream PH, which should be in the usual pH 4 to 7 range. You can use a digital pH meter or pH test paper to measure it.

5. Phase Separation:

This test takes 24 to 30 hours to check how well the cream separates into its parts. Store the cream in a covered container away from direct sunlight and keep it between 30 to 80 degrees Celsius.

6. Viscosity:

This test mostly checks how well the cream works by predicting how its ingredients will act in real-life situations.

7. Oiliness:

To check in case the cream feels greasy. the results help determine if the product is considered non-greasy.

III. CONCLUSION

The cream contains lots of biological active ingredients which may be Green tea, Cucumber, Tulsi, Honey, Turmeric, Neem and Aloe vera gel. These ingredients have a magic effect on skin.

The cream stays stable at room temperature and is used as skin texture improvement.

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