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Review Paper

Review On Formulation and Evaluation Anti Acne Herbal Cream

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ABSTRACT

Fungal infections of the skin are really problems that affect the skin all over the world. These infections are often caused by fungi like *Candida albicans*, *Trichophyton rubrum* and *Aspergillus Niger*. Even though we have antifungal medicines that are used a lot using them for a long time can have bad effects make the fungi resistant and be very expensive. Because of this people are getting more interested in using plants to make medicines. This has led to the creation of cheaper herbal treatments. The goal of this study was to make and test a herbal cream using extracts from plants that are known to fight fungi. We got the extracts by using the right methods to extract them from the plants. Then we did some tests to see what was in them, like flavonoids, tannins, alkaloids and phenolic compounds. We made the cream by using the ingredients, including things that help mix everything together stabilize the cream preserve it and keep it moist. This was done to make sure the fungal infections of the skin cream was good and worked well...

INTRODUCTION

Fungal infections of the skin are a problem all over the world. They are often caused by fungi like *Candida albicans*, *Trichophyton rubrum* and *Aspergillus niger*. These fungal infections can be treated with medicine. Using this medicine for a long time can have bad effects. It can also make the fungi resistant to the medicine. Cost a lot of money

Fungal infections of the skin are a deal and affect a lot of people every year. They usually happen on the skin, hair and nails. Fungi like *Candida albicans*, *Trichophyton rubrum* and *Aspergillus Niger* cause these infections. They cause problems like athlete's foot and ringworm. These infections happen a lot, in humid places where people do not keep themselves clean and their bodies cannot fight off the infections. 1 fungal infections of the

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skin are common worldwide. They are often caused by fungi like *Candida albicans* *Trichophyton rubrum* and *Aspergillus Niger*.

2. TYPES OF ANTI FUNGAL

2.1 Athlete's Foot

Athlete's foot is a fungal infection that affects the foot. It is often linked to sports. Anyone can get it. The fungus grows well in moist places like socks, shoes and locker rooms.

Symptoms of athlete's foot can vary from person to person. It can look red on skin and dark brown on dark skin.

Common symptoms include:

- discoloration and blisters on the foot
- breaking skin
- peeling or cracking skin
- scaling and peeling skin
- itching, stinging or burning sensations, on the foot

2.2 Ringworm

Ringworm is a skin infection caused by a fungus that lives on tissues like skin, hair and nails. It causes jock itch and athlete's foot. When it appears elsewhere on the body it's called ringworm.

Symptoms of ringworm:

- A scaly ring-shaped area on the body
- Itchiness
- A clear or scaly area inside the ring, with bumps
- Raised, expanding rings

2.3 Jock Itch

Jock itch is a fungal skin infection. Fungi love warm and damp environments and thrive in areas like the groin, buttocks and inner thighs.

Symptoms

- Redness
- Itching
- Burning sensation
- Flaking, peeling or cracking skin

2.4 Yeast infection

Vaginal yeast infections are common in women usually caused by *Candida albicans*. When *Candida* grows much, it disrupts the balance of bacteria and yeast in the vagina. This can happen because of antibiotics, stress, hormone imbalances or poor eating habits.

Symptoms of yeast infections are:

- itching and swelling around the
- burning sensations or pain during urination or intercourse
- redness and soreness on and around the vagina
- unusual vaginal discharge like gray clumps or a watery discharge

2.5 Nail Fungus

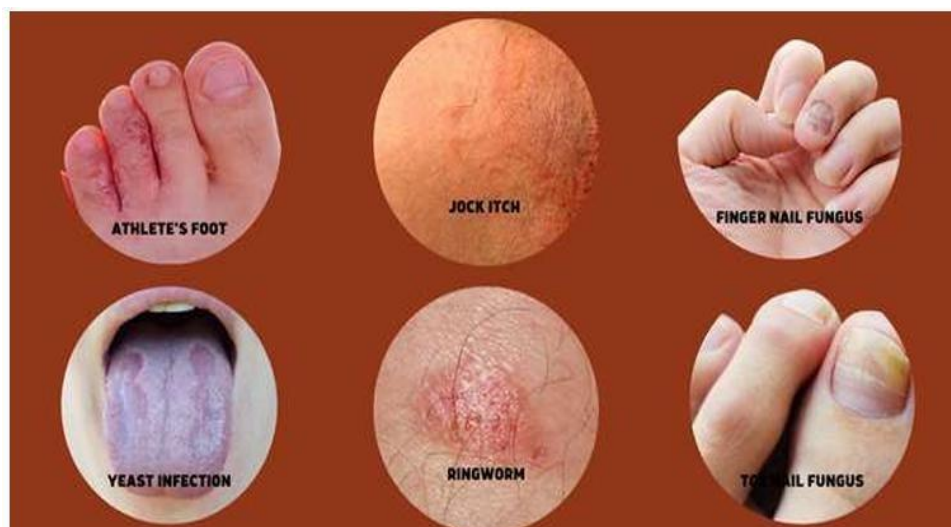
Nail fungus, also known as onychomycosis is a condition that affects the nails on hands or feet. It occurs when fungi invade the nail bed or nail plate.

Symptoms:

- Discoloration of the nail
- Thickening of the nail
- Brittleness of the nail
- Separation of the nail, from the nail bed
- Pain or discomfort
- Smell

DIFFERENT TYPES OF FUNGAL INFECTION





3. Causes of Fungal

- Fungal infections are caused by the overgrowth of fungi on skin, nails, hair or inside the body. Main causes include:
- Infection by fungi like Candida or Trichophyton
- Poor personal hygiene
- sweating
- Weak immune system
- Prolonged use of antibiotics or steroids
- Direct contact, with persons or contaminated surfaces

4. Ingredients used in anti-fungal herbal cream:

4.1 NEEM

- Biological name – *Azadirachta indica*
- Common name – Neem, Nimba, margosa tree
- Synonyms – *Malia azadirachta*



- Kingdom – Plantae
- Family – Meliaceae
- Genus – *Azadirachta*
- Species – *Azadirachta indica*

Neem is a very important plant used in herbal skin care. It has been used for a time to treat various skin problems because of its strong antibacterial, antifungal, anti-inflammatory and purifying properties. Neem plays a role in controlling acne by targeting its root causes, such as bacterial growth, excess oil production and skin inflammation

4.2 Aloe vera

- Biological name – *Aloe vera (L.) Burm.f.*
- Common name – Aloe vera, Ghritkumari, Aloe
- Synonyms – *Aloe barbadensis miller*, *aloe indica royle*
- Kingdom – Plantae
- Family – Asphodelaceae
- Genus – *Aloe*
- Species – *Aloe vera*



Aloe vera is really good for skin for people with acne. It helps calm. Heal the skin.

It's rich in stuff like vitamins, minerals and enzymes that keep skin healthy.

In creams that help with acne aloe vera gel is used as a base because it keeps skin hydrated without making it greasy.

4.3 TURMERIC

- Biological name – *Curcuma longa*
- Common name – Turmeric
- Synonyms – *Curcuma domestica*, Haldi, Indian saffron
- Kingdom – Plantae
- Family – Zingiberaceae
- Genus – *Curcuma*
- Species – *Curcuma longa*



- Turmeric is a herb that people have used for a time to help with health problems, including acne. It has strong antiinflammatory and antibacterial properties that help reduce acne. The main thing in turmeric that helps with this is

curcumin. It plays a role in reducing skin inflammation and stopping acne.

- When we use turmeric in creams it helps reduce redness and swelling that comes with pimples. Turmeric also stops bacteria from growing which is one of the causes of acne. It calms down skin and stops breakouts from getting worse.

4.4 Tulsi

- Biological name – *Ocimum tenuiflorum* (*Ocimum sanctum*)
- Common name – Tulsi, Holy Basil
- Synonyms – Tulasi, sacred basil
- Kingdom – Plantae
- Family – Lamiaceae
- Genus – *Ocimum*
- Species – *Ocimum tenuiflorum*



Tulsi is one of the most important herbs in traditional Indian medicine, especially Ayurveda. It is widely grown in subtropical regions. In India Tulsi is considered sacred. Is often grown in household gardens.

- Tulsi has a lot of compounds like eugenol and ursolic acid that give it its properties. For centuries Tulsi has been used to promote health and prevent diseases. It is commonly consumed as leaves, dried powder, herbal tea or extracts.

4.5 CLOVE

- Biological name – *Syzygium aromaticum*
- Common name – Clove
- Synonyms – *Eugenia caryophyllata*
- Kingdom – Plantae
- Family – Myrtaceae
- Genus – *Syzygium*
- Species – *Aromaticum*



- Clove is a spice that comes from a tree. It has a strong smell and taste. Clove has been used for a long time as a medicine and as a spice in food.
- Clove is very good at fighting off bacteria and viruses. It also helps to reduce inflammation and pain. Because it has antioxidant properties it helps to keep the body safe from damage.

- Kingdom – Plantae
- Family – Musaceae
- Genus – *Musa*
- Species – *Paradisiaca*



- Banana peel is the protective covering of the banana fruit. It is generally considered a by-product or waste material. However recent research has shown that Banana peel has nutritional and medicinal value.
- It contains bioactive compounds such as phenolics, flavonoids, carotenoids and antioxidants along with essential nutrients like potassium, magnesium, fiber and small amounts of protein.
- Traditionally Banana peel has been used in folk remedies for skin care and wound healing. In years scientific studies have explored its potential applications in agriculture, environmental management and the pharmaceutical and cosmetic industries.

4.6 BANANA PEEL

- Biological name – *Musa paradisiaca*
- Common name – Banana
- Synonyms – *Musa sapientum*

s.no	Ingredient	Quantity	properties
01	Neem	20ml	Antimicrobial, Anti-inflammatory
02	Turmeric	20ml	Antimicrobial, Antioxidant
03	Aloe vera	10ml	Antiseptic, carminative
04	Tulsi	5ml	Antioxidant, nutrient source, wound healing
05	Clove	5ml	Antioxidant, anti-inflammatory, antibacterial

06	Banana peel	5gm	Antimicrobial, anti-inflammatory
07	Beewax	1.5gm	Emollient
08	Borax	0.2gm	buffer
09	Silica gel	0.1gm	Adsorbent
10	Bentonite	4gm	Thickening agent
11	Methylparaben	0.2gm	preservative
12	Rose oil	q.s	fragrance

MATERIAL AND METHOD

5. Application for anti-fungal herbal cream

- Treatment of superficial fungal infection .
- Management of skin irritation and itching
- Prevention of recurrence
- Wound protection
- Safe for long term use
- Cosmetic and demagogical use

6. Precautions

- Patch Test Before Use
- You should do a patch test before using cream to make sure you are not allergic to it.
- For External Use
- Antifungal cream should only be used on the skin and not ingested.
- Avoid Contact with Eyes and Mucous Membranes

CONCLUSION

- Antifungal herbal cream is a natural way to fight fungal infections. It is made from plant extracts like Tulsi and Clove. This cream has antifungal, antimicrobial, anti-inflammatory and antioxidant properties.
- * It helps treat fungal infections.

- * It gives relief from itching.
- * It prevents infections.
- * It keeps skin healthy.
- Herbal creams like this one have side effects. They are good for the skin and the environment. This makes them suitable for long-term use.
- Antifungal herbal cream can be very useful in skin care and cosmetics. More studies can help make it even better. We can try combining it with natural ingredients. This can help prove that it is an alternative, to regular antifungal treatments.
- With care and use antifungal herbal cream can be very effective. It has a lot of potential in helping people with skin issues.

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