

Herbal Cream: Removal of Stretch Marks After Pregnancy

Kalyani U. Chande¹ and Aditi P. Vedpathak²

Assistant Professor, Dr. D. Y. Patil College of Pharmacy, Akurdi, Pune, Maharashtra, India¹

Student, Dr. D. Y. Patil College of Pharmacy, Akurdi, Pune, Maharashtra, India²

kalyanichande17@gmail.com

Abstract: *This review focuses on the prevalence and impact of stretch marks, scientifically known as striae gravidarum, on women during and after pregnancy. It notes that herbal creams have gained popularity as a non-invasive treatment for managing stretch marks and aims to evaluate their efficacy. Various herbal ingredients such as olive oil, aloe vera, and turmeric are believed to possess skin health benefits. Studies suggest promising results in reducing the appearance of stretch marks through moisturization, improved skin elasticity, collagen synthesis promotion, and antioxidant activity. Additionally, concerns about the toxicity of synthetic chemicals in cosmetics and their potential chronic side effects are highlight.*

Keywords: Herbal cream, striae gravidarum, pregnancy, stratae distensae (SD)