

Formulation and Evaluation of Herbal Footcream

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Abstract: Skin diseases are numerous and a frequently occurring health problem affecting all ages from the neonates to the elderly and cause harm in number of ways. If the cracks in the heels are deep, they can be painful, hurting when a person stands up, and they may sometimes bleed. Some wild plants and their parts are frequently used to treat these diseases. Herbal crack cream contains the extracts of the plant consists of five ingredients viz., extract of Daruharida (*Berberis aristata* DC.), Pashanbheda (*Bergenia ligulata* (Wall.) Engl.), Jivanti (*Leptadenia reticulata* W. & A.), kampilak (*Mallotus philippensis* Muell.-Arg.), Manjistha (*Rubiacordifolia* Linn.) were used to prepare Herbal crack cream. The main objective of the research work was to prepare and evaluate Herbal crack cream and the results showed that Herbal crack cream passes all parameters related to cream and TLC of formulated cream and extract showed that the tannins, flavonoids and alkaloids were found to be present in mentioned medicinal plants.

These days, skin conditions are a major cause of illness for people of all ages. If someone has a crack in their foot's heel, it hurts and is quite uncomfortable. Environmental factors contribute to the growth of germs and fungi on human skin. This factor is taken into account when creating HERBALFOOTCREAM. That cream's function is to hydrate the heel, and its emulsion is w/o type (cold cream). Cold cream works by producing an oily coating on the skin that aids in reducing water loss from the skin to the environment. Water serves to hydrate and refresh the skin while beeswax and cocoa butter work as emollients, which aid to soften and smooth the skin. The key ingredient in these formulations is argan oil, which has vitamin E and is healthy for the skin since it hydrates. Neem extract also has antibacterial and antifungal properties. Lemongrass essential oil is used in fragrances. This cream is homogeneous, spread readily, and is naturally fatty. This is W/O emulsion and with an acidic pH (within the range of skin pH). There was no phase separation in this cream.

- The main aim of our research was to develop an anti-cracked heels cream formulation consisting of *hedychium spicatum*, *aleo bar, badensis azadirachta indica* for the treatment of cracked heels. Skin diseases are numerous and frequently occurring health problem affecting all age from neonate to the elderly and cause harm in number of ways.

- The skin is external exposure of the body. The ageing is most visible on the skin. Nowadays, premature ageing is a big complication in the world because of the changes in an environment. Feet is important part of body; they suffer from many frictions. The lack of oil gland in the feet skin which results into very dry skin. External penetration of dirt,

fungus, bacteria cause cuts and wounds. Bacterial decomposition is also occurred in foot give bad odour. For these purpose herbal foot cream is prepared.

- This herbal foot cream is prepared from Argan oil (good for dry skin), Neem extract (antibacterial & antifungal effects), Aloe vera extract (for hydration) and lemongrass oil (fragrance). Other than synthetic compound, herbs have more effective, low cost, more availability, and less side effects. Here, ARGAN OIL have good property which give protection to the skin and lemongrass oil is having a good fragrance. Argan oil contains vitamin E which is known as anti-inflammatory agent in skin and several studies proves that vit E is good in seal up the cracks caused by dryness..

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