

Review on Herbal Sunscreen

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Abstract: *UVB light exposure has a deleterious effect on keratinocytes through DNA damage, which can develop into malignant transformation. The immediate UVB-induced death of injured cells is the first step in the cellular defence systems against this injury. Cell-cycle progression can occur in less severely damaged cells be stopped, and nucleotide excision repair (NER) can reverse DNA damage. Cells will live if healing is successful and there hasn't been any lasting harm. When proper healing is not performed, keratinocytes undergo apoptosis, resulting in the formation of distinct "sunburn cells." A sunscreen is a chemical that shields the skin from the sun's UV rays when exposed to it for prolonged periods of time. Because sunscreens can prevent UV-induced sunburns (known as the sun protection factor, or SPF), using them is frequently advised for sun protection. It lessens the negative effects of the sun, such as skin cancer and early aging of the skin, and helps avoid sunburn. Humans are regularly tested on them, and they can be given a sun protection factor (SPF) that indicates how well they can ward off sunburn. There are several types of sunscreens available, including cream, lotion, gel, stick, spray, and lip balm. They can only be used externally.*

Keywords: SPF, polyphenols, sunscreen, and sunburns