

Herbal Handwash

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Abstract: *Hand hygiene is one of the most important practices for preventing the spread of infectious diseases. Hands are frequently exposed to dust, dirt, pollutants, and a wide range of microorganisms present on surfaces, objects, and in the environment. These microorganisms can easily transfer from hands to the mouth, nose, eyes, and food, causing various infections. Therefore, regular handwashing is essential for maintaining personal hygiene and public health.*

Handwash is a cleansing formulation designed to remove dirt, grease, and harmful microorganisms from the hands. Conventional handwash products generally contain synthetic chemicals such as sodium lauryl sulfate, triclosan, parabens, and artificial fragrances. Although these chemical-based products are effective, their prolonged use may cause skin dryness, irritation, allergies, and damage to the natural skin barrier. Due to increasing awareness of these side effects, there is a growing demand for natural and skin-friendly alternatives.



Herbal handwash is a natural cleansing preparation formulated using plant-based ingredients that possess antimicrobial, antifungal, anti-inflammatory, and moisturizing properties. Herbal ingredients such as Neem, Tulsi, Aloe vera, Lemon grass, and Green tea have been used since ancient times in traditional systems of medicine like Ayurveda for maintaining hygiene and treating infections. These ingredients help cleanse the hands effectively while preserving the natural moisture and pH balance of the skin.

The present project focuses on the formulation and evaluation of a herbal handwash using selected herbal ingredients and suitable excipients. The formulation is evaluated for various parameters such as appearance, pH, viscosity, foaming ability, spreadability, skin irritation, and stability. This study highlights the importance of herbal handwash as a safe, effective, and economical alternative to chemical-based handwash products.

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