

A Review on Herbal Based Cream in Treatment of Athletes Foot (Tinea Pedis)

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Abstract: *Tinea pedis*, commonly known as athlete's foot, is a superficial fungal infection caused predominantly by dermatophytes such as *Trichophyton rubrum* and *Epidermophyton floccosum*. It is characterized by itching, scaling, and cracking of the skin between the toes and on the soles. Conventional antifungal therapies are effective but may cause side effects and recurrence, prompting interest in herbal alternatives. This review focuses on the formulation and evaluation of herbal-based creams containing plant extracts such as neem (*Azadirachta indica*), tulsi (*Ocimum sanctum*), papaya (*Carica papaya*), aloe vera (*Aloe barbadensis*), turmeric (*Curcuma longa*), ghee, honey, and calendula (*Calendula officinalis*). These botanicals exhibit significant antifungal, antibacterial, anti-inflammatory, and wound-healing properties that aid in the management of *tinea pedis*. Herbal creams offer additional benefits such as improved skin hydration, minimal irritation, and eco-friendliness. Although herbal remedies demonstrate promising therapeutic potential, further clinical studies and formulation standardization are required to validate their efficacy and ensure consistent quality.

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