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Review on Moisturizers

Vishal M. Torkade[1], Kiran C. Rodge[2], Vansika[3], Ashlesha S. Bavge[4], Sneha S. Bellale[5], Rutuj R. Walke[6]

Student, Shivlingeshwar College of Pharmacy, Almala, Latur, Maharashtra, India[1,3,4,5,6]

Assistant Professor, Shivlingeshwar College of Pharmacy, Almala, Latur, Maharashtra, India[2]

Abstract: *Recent advancements in dermatology have led to the development of more sophisticated formulations that target specific skin concerns, such as anti-aging, acne-prone skin, or sensitive skin, by incorporating active ingredients like ceramides, peptides, and antioxidants. This review paper will explore the different types of moisturizers, their mechanisms of action, and the latest innovations in the field, while also discussing their effectiveness and safety profiles across different skin types and Conditions of Moisturizers are an integral part of dermatological care and cosmetic skincare routines, formulated to improve skin hydration, enhance barrier function, and prevent water loss from the skin's outermost layer, the stratum corneum. Skin naturally loses moisture due to environmental factors, aging, and certain skin conditions, leading to dryness, irritation, and compromised skin health. Counter these effects, moisturizers are designed with various ingredients that help restore moisture balance and support skin structure.*

Keywords: moisturizer, humectants, occlusives, emollients, skincare

I. INTRODUCTION

Moisturizers are skincare products which are designed to maintain the moisture of skin, prevent dryness, and enhance its barrier function. Many people use moisturizers for both dry and regular skin (1). The effectiveness of moisturizers in preventing and treating a range of dermatological disorders has made them highly popular dermatological products. (2,3). A moisturizer's main purpose is to prevent moisture loss. Suppressing water loss is the first step in restoring the normal skin barrier when it is compromised.

In addition to preserving healthy skin, applying these preparations can raise the stratum corneum's water content, thereby achieving its most important function—moisturizing. pH, and making it easier for the skin's lipid bilayers to return to normal their ability to bind corneocytes together and enable the preservation of moisture in the gaps between cells (1,5).

Recent innovations in moisturizers focus on delivering enhanced functionality through advanced formulations such as bioactive peptides, ceramides, hyaluronic acid, and other active ingredients that support skin repair, hydration, and protection from external stressors. Moreover, there is increasing attention on formulations that gives to specific skin types—dry, oily, combination, or sensitive—as well as skin conditions like acne, eczema, and rosacea. Additionally, trends toward natural and sustainable ingredients are influencing the development of new products in the moisturizer market.

This review paper will provide an in-depth examination of the science behind moisturizers, discussing their formulation, mechanism of action, and effectiveness in maintaining skin health. It will also highlight recent developments and emerging trends in the moisturizer industry, alongside a critical analysis of their benefits and limitations in treating and preventing skin issues across diverse skin types and conditions.

What is a moisturizer? Treatment of the skin can be done by following products, such as ointments, creams, lotions, oils, and gels. During cleansing, oils can also be conveniently deposite on the skin using bath additives or using cleansing products, which leave an oily film after their removal. (28)

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II. TYPES OF MOISTURIZERS

Following are the types of moisturisers are based on functions and actions of moisturisers.

1. Humectants
2. Occlusives
3. Emollients

1. Humectants

Humectant are the substances which are when connected on the skin they retain moist from environment and skin layers of stratum corneum. Humectants are the substances which, when connected to the skin surface, retain both dampness in the environment and dampness underneath the stratum corneum toward the stratum corneum. When the relative humidity of the air is less than 80%, it capacities to pull in dampness underneath the skin (22).They are key fixings in numerous skincare items, particularly those defined to hydrate the skin, Humectants are hygroscopic, meaning they pull in water. When connected to the skin, humectants drag dampness from two essential sources the Environment and Dermis. They are substances that contain numerous hydroxyls(-OH) or amine (-NH) bunches that can hydrogen bond with water particles. Among the humectants utilized in beauty care products, water-soluble polyalcohol's (glycerine, -glycol) are the most common, and urea, lactate, pyrrolidine carboxylic corrosive (PCA), alpha hydroxy corrosive (AHA), polypeptide, hyaluronic corrosive, sorbitol, collagen, and elastin are moreover utilized. (23)

Ingredients used in the humectants

Alpha hydroxyl acids (Lactic acid and glycolic acid), glycerine (glycerol), sodium pyrrolidine carboxylic acid (PCA), allantoin, honey, panthenol, propylene glycol, butylene glycol, PEG, hyaluronic acid, aluminium lactate, sodium lactate, urea, gelatine, and sorbitol[6]

2. Occlusive

Occlusive specialists are more often than not sleek substances that coat the stratum corneum (SC) rendering an emollient impact as well as the capacity to diminish transepidermal water misfortune (TEWL) (24) In common, the higher the oil component, the more noteworthy the softening activity. The xing and softening activity is bigger in the arrange of treatment, oil-based cream, water-based cream, and lotion. The advantage of the occlusive operator is that it pieces dampness misfortune most successfully when connected quickly after washing or showering. The impediment is that most are viable as it were when connected to the skin, and when evacuated from the skin through washing, the impact of hindering dampness misfortune vanishes. If it is as well solid, there is a plausibility of bacterial development in the stratum corneum (SC). In this manner, when utilizing an occlusive operator as moisturizer, the degree of xing ought to not lower the rate of dampness misfortune through the epidermis by 40% or less; hence, it is regularly blended with a humectant [25]

Ingredients used in occlusive

Hydrocarbons (Mineral oil, petrolatum, caprylic/capric triglyceride, paraffin, squalene), fatty alcohols ,fatty acids (Stearic acid, lanolin acid), polyhydric alcohols (Propylene glycol), vegetable waxes (Candelilla, carnauba), phospholipids (Lecithin), sterols (Cholesterol) and wax esters (Lanolin, beeswax, stearyl stearate)(6,7–8)

3. Emollients

Emollient are the sorts of xings that lls the pores in the stratum corneum and gives a delicate feeling to skin, on dry skin, the keratin mass is expelled driving to a unpleasant feeling, so an emollient component is included in expansion to the moisturizing component. And numerous emollient xings have moisturizing capacities, there are too emollients that do not decrease trans epidermal dampness misfortune; that is, they have small moisturizing work. Emollients can be classied as defensive, fatting, astringent, or dry concurring to their inborn properties [26]. Emollients incorporate a assortment of high-grade alcohols and esters. Among them, high-grade alcohols such as cetyl liquor and stearyl liquor utilized as emollients do not dry the skin (not at all like isopropyl liquor and ethyl liquor, which act as astringents) and provide a delicate feeling when connected to the skin [27]. Ester sort emollients incorporate octyl stearate, isopropyl

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myristate, oleyl oleate, cetearyl isononanoate, and PEG-7 glyceryl cocoate. In expansion, lanolin, mineral oil, and petrolatum are substances that act as an emollient and occlusive operator at the same time [23]

Ingredients used in emollients

Emollients Fatty emollients (Octyl stearate, jojoba oil, propylene glycol, castor oil, glyceryl stearate), dry emollients (Isopropyl palmitate, decyl oleate, isostearyl alcohol), protective emollients (Isopropyl isostearate, diisopropyl dilinoleate) and astringent emollients (octyl octanoate, cyclomethicone, isopropyl myristate, dimethicone) [6,7,8]

Market preparation of moisturizers

Based on the sorts of lotions there are so numerous markets arrangement

1. Humectant Products

Serums:

Many serums contain high concentrations of hyaluronic acid, glycerin, or other humectants to provide deep hydration.

Fig.1: serum

2. Occlusive Moisturizer Products

Vaseline Petroleum Jelly:

Pure petrolatum, one of the most effective occlusives available, ideal for dry skin or as a protective barrier.

Fig 2: Vaseline occlusive product

3. Emollient Moisturizer Products

Vaseline: A pure occlusive and emollient made from petroleum jelly, ideal for very dry skin.

Fig 3: emollient

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Characterisation of moisturisation

1. Determination of pH

At room temperature, the pH of the cream can be decided utilizing a standard advanced pH meter by weakening an suitable amount of the detailing with a reasonable dissolvable in a container (9). Be that as it may, it is fitting to calibrate the pH meter some time recently utilize with a standard buffer arrangement at pH 4 and pH 7 (11). In the mean time, concurring to Maha et al. (2018), the pH of a topical planning ought to be between 4.5 to 6.5, which compares to the pH of the skin. The pH ought to not be as well acidic, as this can aggravate the skin, nor ought to it be as well soluble (10)

2. Organoleptic Properties/Physical Appearance

Includes reviewing of its surface and color (9). To be more exact, the clarity, scent, surface, and outside particles display were assessed. The grittiness and stickiness were decided by rubbing them between two fingers. Esoje et al. (2016) recommended that this test was to be conducted arbitrarily, at distinctive temperatures and capacity length to watch for any changes (15).

3. Centrifugation Test

It is conducted to survey the chemical and physical steadiness of the definition beneath the impact of centrifugal constrain (13,14). Five to ten grams of test were centrifuged at 3000 rpm for 30 min at room temperature. The detailing was inspected for stage division after the centrifugation handle, which is an pointer of definition flimsiness (12,13,14). In the mean time, Fernandes et al. (2018) assessed both organoleptic (see, colour, feel, thickness) and physical(stage partition and creaming) properties. Stage division is signified by the nearness of caking, coalescence, and flocculation.

4. Spreadability

Spreadability is a term utilized to depict the zone a topical application spreads after being connected to the skin of the influenced regions, with shorter interims showing way better spreadability (16). Between two glass slides, the equation was connected and squeezed to accomplish a uniform film thickness. Taking after that, a weight of 10 g was included to the skillet, and the beat plate was pulled utilizing a string joined to a snare. The time it takes for the upper glass slide to travel 10 cm over the lower plate is recorded, and the spreadability (S) is calculated utilizing the equation (17)

Spreadability = weight tied to upper side × glass slide length/Time taken to separate the slide.

5. Saponification Value

The saponication regard is a degree of absorption, with advanced values showing shorter chain slithery acids in the glycerol bond. In the interim, Saraf et al.(2011) expressed that the saponication regard is a estimation of the sum of free slithery sharp esters in a test which inuences the expression's soundness, pH, and drawing parcels. The saponication regard ought to be tting; if the fat substance is as well altitudinous, it can contain as well important slithery sharp, which is vulnerable to hydrolysis and may lead to rancidication and microbial development(144). Two grams of substance were reuxed for 30 min with 25 mL of 0.5 N rummy KOH; at that point, 1 mL of phenolphthalein was connected and titrated with 0.5 N HCl right absent, checking the result as ' a'. The system was rehashed, this time overlooking the fabric to be tried, checking the result as ' b' in the perusing(9)

Saponification = (b − a) ×28.05/weight of substance (g)

6. Light Test

The details were set in clear plastic holders and uncovered to strongly light for 15 days utilizing a sunshine bulb with a photoperiodicity framework comprising of 16 h of light and 8 h of dim. The tests were examined for any changes in physical properties, such as clarity, appearance, or colour, as well as liquefaction, at the conclusion of the introduction period. Any unmistakable stage partition or colour alter is an sign of item insecurity (12)

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7. Acid Value

The corrosive esteem is a estimation of the sum of free corrosive in fats or oils that causes rancidity upon presentation to warm or light 10 g of substance was broken up in a absolutely weighted 50 mL blend of break even with parts liquor and dissolvable ether. The jar was connected to a reflux condenser and gradually warmed until the test was completely broken up; 1 mL of phenolphthalein was included and titrated with 0.1 N NaOH until the appearance of a marginally pink color after 30 s of shaking (9).

Acid value = no. of mL of 0.1 N KOH solution × 5.61/weight of substances (gram) (3)

8. Viscosity

The consistency is utilized to assess the formulation's solidness almost consistency and as a result, to foresee how the substance will carry on over time (12). The Brookfield Viscometer can be utilized to calculate the thickness of defined creams (9). Thickness values are calculated by increasing the dial perusing with redress variables in the Brookfield viscometer. Expanded thickness amid capacity demonstrates dynamically unsteady emulsions, in which free-moving beads collide and show up to coalesce (10)

9. Homogeneity

Appears the conveyance of materials in the equation (10). Touch and visual appearance were utilized to check for homogeneity (9). The homogeneity of cream can be evaluated by spreading 50 mg of arrangements onto a clean object-glass, appearing a homogeneous course of action with no clear grain perception (10). Homogeneity and surface were conducted at the same time by Chenet al. (2016) by squeezing a little sum of the definition between the thumb and list finger to evaluate the nearness of coarse particles. The prompt skin feel was moreover evaluated, which incorporates solidness, grittiness, and greasiness.

10. Dye Tests

To determine the type of emulsion (11). A drop of cream is placed on a slide after the cream was mixed with scarlet dye. Then, the slide was covered with a coverslip and examined under a microscope; o/w creams have dispersed globules that appear red, and the ground is colourless and vice versa for w/o creams (9).

11. Irritancy Study

This test decides the characteristics of created details in terms of skin aggravation. On the left- hand dorsal surface, draw a one sq.cm segment. The cream was connected to the assigned area, and the term was recorded. Erythema, aggravation, and edema were evaluated and recorded at normal interims for up to 24 h (9). Another sort of skin disturbance test was conducted utilizing pale skinned person rabbits. Amid the test time, these creatures were held in isolated cages and given new nourishment and water; 24 h some time recently the test, the hide on the neck and thighs was shaved to uncover a adequately wide test zone. Surgical soul was utilized to clean the test location briefly. The test region was at that point secured with cream. For 24 h, 48 h, and 72 h after application, the test location was observed for erythema and edema (16). Irritancy ponders ought to be performed on creatures earlier to human considers. Once the arranged detailing illustrated tall compliance in creature tests, at that point it seem be connected to sound human volunteers to decide its security for topical utilize (18). Both creature and human thinks about are ideally conducted in skin irritancy tests as a few substances are destructive to rabbits but not to people, and bad habit versa (18).

12. Spectrophotometric Test

It is another shape of steadiness testing including the weakening of details in ultrapure water at a proportion of 1/100 (m/v); at that point they are examined utilizing spectrophotometry in the UV-VIS locale (210 nm to 600 nm), with the range compared to the control formulation's reference range. Detailing precariousness is portrayed as varieties in escalated or retention bands' wavelength. This demonstrates that a few changes have happened in the colour concentrated or indeed adjustment of the colouring substance (12).

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13. Microbial Stability

The microbial defilement test was utilized to survey the formulations' microbial solidness. After planning the microscopic organisms and yeast culture medium, it was autoclaved for 20 min at 125 ◦C, and at that point 20 mL of the culture medium was poured into a sterile Petri dish. The Petri dishes were at that point vaccinated with 0.2 g of each definition in the middle of each plate and brooded for 3 days at 37 ◦C or 25 ◦C, depending on the immunized microorganisms. Plates were expelled after the hatching period and assessed for microbial development, which demonstrates defilement (12).

14. Accelerated Stability

Study According to ICH guidelines, all formulations were subjected to accelerated stability testing for a duration of 2 weeks at a temperature of 25 ± 2 ◦C and 40 ◦ ± 2 ◦C, with two relative humidity conditions, specifically 60 ± 5% RH, and 75 ± 5% RH. The cosmetic formulations were examined for organoleptic characteristics (texture, smell, colour, phase separation and consistency) and their pH value was determined after 8 days. At the end of the storage period, the process will repeat (9,12).

III. MOISTURIZER SELECTION CRITERIA ,USAGE AND SIDE EFFECTS

Moisturizer selection criteria

A great moisturizer ought to be connected delicately to the skin, hold dampness for a long time, and be able to reestablish the skin's typical obstruction work. The choice of moisturizer depends on the user's skin sort (i.e., dry, sleek, or combination), the season, and the region to be treated. Moisturizer definitions are separated into moisturizers and cream treatments in the arrange of tall dampness substance. When choosing a detailing, skin sort is the most vital figure (dry, sleek, typical, and combination are the determination criteria). For dry skin, select an treatment or sleek cream detailing, and for sleek skin, select a moisturizer and water-based cream detailing. The body portion to be utilized is too a thought. For hands, feet, shins, and lips, which are inclined to dry skin due to their little sum of sebaceous organs, an treatment or cream definition containing a huge sum of occlusive specialists ought to be chosen. In expansion, it is best to utilize a moisturizer- oriented item in summer and an oil-based cream definition containing expansive sums of occlusive specialists in winter. In skin infections with going with dryness, the significance of moisturizers as an adjuvant treatment past essentially moisturizing is being emphasized. In the past, moisturizers gave the skin the wetting work of common moisturizing variables and the fixing work of sebum. As of late, in terms of reclamation and fortifying of the skin obstruction work, it is known that inter-keratinocyte lipid components such as ceramide and lamellar structure play a exceptionally imperative part in keeping up the skin obstruction work and keeping up skin homeostasis. The perfect moisturizer ought to have the wetting work of normal moisturizing variables, the fixing work of the skin lipid film, and the boundary work of lipid between keratinocytes. This will be a item that can viably reestablish the lamellar structure. A few residential and remote companies are highlighting the advantage of having their possess lipid layered structure be well-fused to the stratum corneum lipid film. Numerous moisturizers utilize manufactured ceramides or comparative pseudo ceramides, or a few have ceramide antecedents or enhancers that can increment amalgamation (19). Moisturizers in the frame of physiological lipid compounds are known to diminish harm to the skin boundary work caused by outside steroids, so their utilize can be anticipated to increment as a helpful adjuvant.

Side Effects of Moisturizers

Side impacts may happen when utilizing beauty care products containing moisturizers. The steadiness of corrective fixings is being treated as more and more vital, and the aggregate number of beauty care products that are habitually connected to the entirety body, such as moisturizers, is impressive. It is particularly imperative to select items with secure fixings and at secure concentrations since the assimilation of corrective fixings can increment if clients have harmed skin boundaries due to something comparable to atopic dermatitis, or since their skin is youthful (newborn children and children). When utilizing beauty care products, the fundamental side impacts are bothering responses such as stinging, tingling, burning, and pulling. Additionally, indications of unfavorably susceptible contact dermatitis, photo contact dermatitis, and contact moles may happen. The primary causative substances are additives, scents, and other

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added substances, and their concentrations are critical markers as well as sorts. For case, propylene glycol, which is a moisturizer and serves as a additive, is known to aggravate habitually if the concentration is higher than 20%, but concentrations of 2 to 3% are known to cause small aggravation (20). In Korea, from 1 January 2020, the naming of allergens in makeup and scents got to be required. In expansion, twenty-five sorts of allergen-inducing fixings among the fixings of scents decided by the Service of Nourishment and Sedate Security are demonstrated by their
fixing names. There are 25 allergens, counting Alpha-isomethylionone, Amyl cinnamal, Amylcinnamyl liquor, Anis ethanol, Benzyl liquor, Benzyl benzoate, Benzyl cinnamate, Benzyl salicylate, Butyl phenyl methyl propional, Cinnamyl, Cinnamyl liquor, Citral, Citronellol, Coumarin, Eugenol, Gerani All, Hexylcinnamal, Hydroxy citronellal, Isoeugenol, Limonene, Linalol, Methyl2-octinoate, Oaktree greenery extricates, and Panesol. When unfavorably susceptible or aggravation responses caused by moisturizing fixings are suspected, a single or rehashed fix test and open fix test are performed for conclusion (21). Since other long-term security issues with respect to the impact on regenerative work or the plausibility of carcinogenesis are developing in items such as additives and fungicides, the dermatologist ought to know the correct premise for any issue.

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