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Ayurvedic Moisturizing Cream : Formulation and Evaluation Using Modified Shata Dhauta Ghrita

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Abstract: Up until the introduction of the allopathic medical system, the world's healthcare was entirely provided by the traditional medical system, which had developed throughout the ages. It is a terrible task to formulate a moisturizer with Shata-Dhouta-Ghrita as the base and all natural or synthetic ingredients. The current work's objective is the formulation of moisturizer by evaluating them and using Shata-Dhouta-Ghrita as a base. An ayurvedic concoction called Shata-Dhouta-Ghrita (SDG) is used to treat burns, wounds, chicken pox, scars, herpes, leprosy, and other skin conditions. It can also be used as a vehicle for external medicine application. Numerous evaluation tests, including pH, homogeneity, consistency, spreadability, irritancy, sensitivity, bleeding, removal, and stability investigations, were performed on the formulations.

Every parameter evaluation result indicated that the lab-made formulation is generally on par with and seldom performs better than the commercial formulation. Thus, it was determined that the chosen lab-made formulation was of high quality. A variety of water in oil (W/O) cream formulations, designated F1 through F3, were created by combining various constituent concentrations. All three formulations (F1 through F3) were evaluated using various metrics, and stability was looked at. It is safe to use these formulations on the skin. According to these tests, the base ingredient of Formula One's moisturizing cream, Shata Dhouta Ghrita, is more stable and safe and may have a synergistic effect.

Keywords: Shata Dhauta Ghrita, Formulation, Moisturizer, Synergistic

I. INTRODUCTION

The extraction of Shata Dhauta Ghrita is a custom that dates back thousands of years.(Ancient)

In an Ayurvedic ceremony, cow ghee (clarified butter) is washed 100 times in a copper vessel with purified water while vedic mantras are chanted. The end product is an odorless, velvety cream that feels like butter and has the amazing ability to penetrate the skin's seven layers without obstructing the pores.

Shata Dhauta Ghrita: Ayurveda's history and benefits are like a vast ocean. Panchagavya, five of Ayurvedic ingredients that are now widely known and derived from cows (milk, curd, ghee, urine, and dung) play a significant role in the ceos' illnesses. Each and every thing has an enormous quantity of benefits. When it comes to skin, GHEE is the most durable and sought-after product. It is used in many Ayurvedic healthy skin system architectures.

However, Shata Dhauta Ghrita, or repeatedly cleansed ghee, stands out among other highly regarded Ayurvedic methods.

Introduction of cosmetic

Mixtures of chemical components, either synthetically produced or from natural sources, make up cosmetics. Cosmetics are used for several things, such as skin and personal care. They can also be used to enhance natural features (such eyelashes and eyebrows) and cover up imperfections. Additionally, makeup can enhance a person's features, add color to their face, or completely alter their face to make them look like a different person, animal, or object. For thousands of years, people have used highly regarded Ayurvedic methods.

cosmetics to improve their look and take care of their skin. Over the years, visible cosmetics for both men and women have been in and out of style.[5]

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Use

skin care products such as body lotions, cleansers, toners, serums, moisturizers, eye creams, retinol, and balms to cleanse, exfoliate, and protect the skin while also rehydrating it. The body can be cleaned with cosmetics made for more general personal care, like body wash, shampoo, and soap.

Makeup, or cosmetics intended to improve one's appearance, can be applied to a person's face to add color, accentuate their natural features, or cover up imperfections. Extreme makeup can completely alter a person's face to make them look like a different person, animal, or object. It is sometimes used for performances, fashion displays, and persons in costume.[6]

Moiturisers are lotions or creams that provide moisture to the skin and aid in its retention. Typical constituents include partly hydrolyzed proteins and polyols like sorbitol and glycerol. A tiny bit of foundation is included in tinted moisturizers, which can be used to level out skin tones or offer mild coverage for slight imperfections. Usually, a cotton pad or the fingertips are used to apply them. The type of moisturizer needed for the eyes differs from that for the rest of the face. The thin, delicate skin surrounding the eyes is frequently the first to exhibit aging symptoms. Eye creams are usually very mild gels or lotions that are very light; Some may include substances like vitamin K or caffeine to lessen dark circles and puffiness beneath the eyes. The best way to apply eye creams or gels is to use your finger to pat the entire eye area. To avoid wrinkles and aging, look for a moisturizer with SPF. [7] sunscreen Creams, lotions, sprays, gels, sticks, and other topical treatments that shield the skin from the sun are known as sunscreens. They have inorganic or organic filters that can reflect or absorb dangerous UV rays. The term "spf," which stands for "sun protection factor," is used to identify sunscreens. This demonstrates that a product offers UVB protection. [8] The amount of stars or plus symbols used to indicate UVA ratings on sunscreens varies by country.

Why Moisturizing Is Important :

The primary advantage of moisturizing your skin is that it shields its healthy cells from harm and discomfort. Your skin works hard to compensate for the lack of water by producing more oils. The skin barrier and clogged pores may be harmed by this excessive oil production, which may ultimately result in outbreaks. You can enhance your complexion and lower your risk of developing these skin issues by hydrating your skin. An essential component of adequate skin hydration is selecting the right kind of moisturizer. You can choose the moisturizer that will be most effective for your skin by understanding the distinctions between the three most popular varieties.

Various Moisturizer Types :

There are three common types of moisturizers to choose from: occlusives, emollients, and humectants.

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The most popular kind of moisturizers are emollients, which fill up the gaps in your skin's protective layer to give you a soft, smooth complexion.

*Humectants: These substances, which are frequently available in gel form, function by attracting moisture to your skin's outermost layer.

The strongest kind of moisturizing agents are occlusives. By creating a thick protective layer, an occlusive moisturizer reduces water loss. For optimal hydration, a lot of face moisturizers blend humectants and emollients.

Occlusives are also frequently used in anti-aging treatments and applied to areas of the body with thicker skin, like the hands, knees, elbows, and feet.

OCCLUSIVES - Protective barrier - Reduce TEWL - Create conditions for barrier repair		HUMECTANTS - Attract & hold water in the SC		EMOLLIENTS - Make skin feel soft by filling in cracks between corneocytes - Temporary Effect
DESQUAMATION SIMULATOR -Mild keratolytic agent that promotes desquamation	EXFOLIATOR -accelerates epidermal cellular turnover, exposing new skin, that is younger looking and glowing		LIATOR lerates rmal ar turnover, ing new hat is er looking lowing	LIPID BARRIER - Lipid barrier is waterproof barrier (reduces TEWL) - Ceramides essential to repair of damaged barrier
LIPID SYNTHESIS - Ingredients that are lipid precursors or promote its synthesis			PROTEIN REJUVENATION - Promote protein synthesis=> restore skin barrier function	

When to use Humectant :

Ideal skin type; oily skin

It goes without saying that humectants are excellent skin moisturizers. However, humectants work best when combined with other moisturizers such as occlusives and emollients for optimal hydration. The Glow Moisturizer smoothes the impression of surface dullness and reveals a smoother, more radiant complexion by using carefully crafted ingredients including lactic acid and glycolic acid.

When Emollients Should Be Used :

Normal, dry, and mixed skin types are the ideal skin types.

Emollients, one of the most important kinds of moisturizers, repair breaks in the skin barrier to help soften and smooth the skin. Repairing these fissures reduces water loss and serves as a lubricant in numerous skincare products. Emollients work well on most skin types, but if you have naturally oily skin, use them sparingly.

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When Occlusives Should Be Used :

Dry, aged, and dehydrated skin is the ideal skin type.

The third category of moisturizing agents, occlusives, function by covering your skin in a protective layer. In addition to shielding the skin from environmental aggressors including wind, cold weather, pollen, and friction, this protective layer forms a barrier that reduces moisture loss. Like emollients, common occlusives like petrolatum and shea butter put forth extra effort to soften and smooth skin. [9]

Side effects of Moituriser cream :

The majority of emollients can be used safely and effectively without causing any negative side effects. On the other hand, irritation, redness, burning, or stinging could happen.

Notify your doctor or pharmacist right once if any of these side effects persist or worsen.

• If your doctor has prescribed this drug, keep in mind that they have determined that the benefits outweigh the risks. Serious side effects are uncommon in many patients taking this medicine.

• Notify your physician immediately if you experience any severe side effects, such as: odd skin changes (such turning white, soft, or squishy from excessive moisture), symptoms of a skin infection

• It is uncommon for this medication to cause a very serious allergic reaction. But immediately seek medical attention.

It is uncommon for this medication to cause a very serious adverse reaction. However, if you have any of the following signs of a major allergic reaction rash, itching, or swelling you should seek medical attention immediately.

Topical Drug Delivery: To treat illnesses, medications have been given to the body in a variety of ways in recent decades, including orally, sublingually, rectal, parenterally, topically, inhaled, etc. Applying a medication-containing formulation topically is known as topical administration. to address the pharmacological impact or activity of the medication on the skin's surface or within the skin, as well as the skin symptoms of a common disease or disorder like psoriasis. Semi-solid treatments in all of their forms are the most common for topical administration; however, foams, sprays, medicinal powders, solutions, and even medicated toothpastes can be employed.

Human skin's basic structure :

With an area of 1.8 m^2 and a weight of 16% of the body, the skin is the biggest organ in the body. The epidermis, dermis, and subcutaneous tissue are the three structural layers of the skin. Derivatives include hair, nails, sweat glands, apocrine glands, and sebaceous glands. With in the skin. The dermis is the deeper layer that gives the skin structural support; it is loose beneath the connective tissue layer, subcutaneous or hypodermis, which is a significant fat reserve. The epidermis is the outer layer that serves as a physical and chemical barrier between the internal body and the external environment.

The stratified keratinized squamous epithelium that makes up the epidermis is the skin's outermost layer. The palms and soles of the feet have the thickest of it. There are no nerve endings or blood vessels in the epidermis.

However, the interstitial fluid absorbs its deeper layers. dermis, which drains away as lymph nodes and provides nutrition and oxygen. The epidermis has four layers that go from below to above:

- The germinativum or basal layer of cells
- Spinal layer (layer of spiny cells)
- The layer of the cornea Within the dermis:

Skin Function :

1The skin's primary function is to stop moisture from evaporating.

- 2. Offers a layer of defense against physical, thermal, and mechanical harm as well as dangerous damage sources.
- 3. Chemicals that protect against UV radiation and infection prevention.
- 4. To keep the body temperature at a normal level.
- 5. To receive external impulses.
- 6. Exercise and absorption.
- 7. Conserving food and water

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Types of Skin :

They are separated into two categories:

• Oil in water (O/W): emulsions in which the oil is dissolved and creams made of tiny oil droplets scattered over a continuous phase

An oil-in-water (O/W) emulsion is a mixture of water and oil that is scattered as droplets.



• W/O (water in oil): Creams are up of tiny water droplets scattered within an oily layer The emulsion is of the waterin-oil (W/O) type if the dispersion medium is oil and the dispersed phase is water.

CREAM CLASSIFICATION :

Lubricants based on emulsion type, characteristics, and function:

- 1. Oil/water emulsion foundation: a) fading creams.
- b) Creams for foundation.
- 2. Emulsion-free cleansing cream, cleansing milk, and cleansing cream
- 3. Emulsion-free winter cream: a) Moisturising or cold creams.
- 4. Both generic and generic creams.
- 5. Massage and night creams.
- 6. Cream for skin protection.
- 7. Creams for the hands and body.

SKIN CREAMS ACTIVE INGREDIENTS :

Skin creams are manufactured using the following raw materials:

1. Water: The most crucial and frequently utilized ingredient in all cream formulationsThese are readily available and the least expensive.

Water is used as a solvent in skin treatments to dissolve other ingredients. ointments Water used in production is free of pollutants, toxins, microorganisms, and other ointments. Depending on the amount of water used in the formulation, water can also create emulsions, which are sometimes referred to as based on the proportions of water phase and oil phase utilized, an oil-in-water emulsion and occasionally a water- in-oil emulsion.

2. Oil, fats, and waxes: These substances, along with their derivatives, make up a sizable portion of ointments. Depending on their purpose, waxes serve as emulsifiers, fats as thickeners, oils as fragrances, preservatives, etc. There are two types of oil: mineral and glyceride.

3. Mineral oil: Hydrocarbons from petroleum make up mineral oil.

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4. Glyceride oil: Mostly vegetable oils make up glyceride oil. Almond, peanut, castor, coconut, and olive oils are a few types of glyceride oils.

5. Vegetable oil: Helps to maintain skin fullness by forming a protective layer on the skin's surface and reducing water evaporation.

6. Wax: spermacet, seresin, carnauba wax, beeswax,

7. Vitamins: Vitamins are essential for maintaining the body's equilibrium and for the skin's physiological processes. Cream typically contains vitamins A, B, C, and E, among others.

8. Preservatives: To stop alterations brought on by microbial contamination, preservatives must be employed in cosmetics. while being manufactured, transported, stored[10]

Sr no	Common name	Figure	Category
1	GHEE		Smoothning agents, rejuvenate the skin,vital skin tightening
2	SAFFRON		Antioxidant, anti inflammatory,brightens skin
3	ALOE VERA GEL		Antibacterial, acne prone,soothing, irritation
4	HONEY		Preservative, good for wrinkles and aging, remove dirt from pore
5	VITAMINE -E CAPSULE	Vitamin E Cassules USP 400 mg	Powerfull antioxidant, hydration, sun protection
6	BEES WAX		Natural emulsifier, protects skin from uv rays

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II. LITERATURE REVIEW

Shata dhauta ghrita in Jwara for Daha Shamana was stated by Acharya Susruta in the Uttaratantra. The process called for washing ghee with cold water a hundred times. The resulting ghee has a light consistency and is referred to as Shata dhouta ghrita.

Shata dhouta ghrita or Sahsra dhouta ghrita should be applied all over the pregnant woman's body if there is bleeding during the fourth month of pregnancy, especially below the naval region.

Acharya Charaka states in Kusta Chikitsa that if there is daha in Kusta, then tiktaghrita or Shatadhouta ghrita are recommended for abhyanga (massage with ghee) in order to achieve dahashamanartha (pacification of burning feeling). When applied frequently using an equivalent amount of fine Pancha Valkala powder, this medicine effectively treats visarpa (herpis). It reduces daha (burning sensation), shoola (pain) in vrana (wound), and cures visarpa similar to that of garuda killing the sarpa

Shatadhouta ghrita is used as pralepa in the scraping procedure for eyelids and . other eyelid disorders. According to Sushruta, visha chikitsa indicates kalpa sthana shatadhouta ghrita. A cooling poultice made from anti-venomous medications combined with Shatadhouta ghrita and applied to the gangrenous wound (kothayukta vrana). It is customary for expectant mothers who have unexplained spotting or bleeding to apply this shatadhouta ghrita around the umbilicus.

Samhita Susrutha

After Jaloukavacharana is told, Shatadhouta Ghrita Lepana is applied to the bite site.

The use of ShatadhoutaGhrita is described while Daha is recounting the Chikitsa of Jwara

Samhita Charaka

In the Sharirasthana eight chapter, the use of ShatadhoutaGhrita and SahasradhoutaGhrita is explained in relation to Garbhasrava therapy.

SahasradhoutaGhritaAbhyanga is described with Daha in relation to Jwara. Pittaja Visarpa Chikitsa has information on how to use Shatadhouta Ghrita with Nyagrodha and other medications.

Quantity of water added :

"Yaavati Majjati Taavachitodhake Ghriatam Prakshipya Hastena Mardayedh" is the amount of water that needs to be added. In order to prepare Sahasradhouta Ghrita, Arunadatta remarks that the water that will be put to the Ghrita must be able to submerge it. This is also applicable to ShatadhoutaGhrita.

Dhouta Karma :

The literal definition of Dhouta Karma is cleansed, cleansed, cleansed, purified, etc

Aim and objective :

Aim :

Target particular skin conditions: By altering the formulation, particular issues such as stretch marks, acne, dry skin, or hyperpigmentation can be tailored to be addressed.

Boost efficacy: The cream's therapeutic qualities can be reinforced by adding or modifying herbal ingredients or other active compounds.

Enhance safety and tolerability: By refining the formula, the cream can be made to work for a greater variety of skin types and lower the possibility of allergic or irritant reactions.

Improve moisturizing qualities: Shata Dhauta Ghrita is already well-known for its ability to moisturize, but it can be made much better.

Discuss the drawbacks of conventional formulations:

Changes can be made to solve problems with the classic cream's texture, consistency, or shelf life.

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Objective :

Create a cream that successfully lessens the visibility of stretch marks: This could entail adding components that are known to increase the elasticity and synthesis of collagen. Make a lotion that can treat hyperpigmentation by using lightening or antioxidant-rich components.

Create a moisturizer that works for dry, sensitive skin by adding humectants and emollients to improve its hydrating qualities. Make that a variety of skin types can use the cream safely and effectively: This entails giving formulation methods and ingredient choices considerable thought.

Create a cream with a pleasing texture, good absorption, and ease of application:

Both patient compliance and the user experience as a whole may benefit from this.

GHRITA'S PHARMACEUTICAL IMPORTANCE :

- In several pharmacological processes, ghrita is an inevitable ingredient. There are numerous applications for it in pharmaceutics.
- Ghrita is Sneha Dravya in Sneha Kalpana. It facilitates the extraction of lipidsoluble active components from medications. It transforms the medicinal qualities of ghrita into those of dravya and enhances medication absorption.
- Ghrita aids in better absorption and good mixing of Leha and is utilized in several Avaleha formulations.
- Ghrita is utilized for the Shodhana of medications such as Hingu, Gandhaka, and others.
- Ghrita is utilized to preserve Guggulu Kalpana.
- During Asavarishta preparations, it is utilized in Bhajana Samskara, when Ghrita is entirely applied over the inside surface of the vessel used for the Sandhana process.
- Kruta Yusha and Krutha Mamsarasa both contain it.

GHRITA PHARMACOLOGICAL ACTION :

It is easily digested due to its 8% lower saturated fatty acid content. There are no other edible oils or fats that include these most edible lipids. It contains vitamins, including as A and E, which are antioxidants and aid in the reduction of ketone molecules, so limiting oxidative damage to the body. Vitamin A prevents blindness, maintains the body's epithelial tissue healthy, and keeps the outer lining of the eyeball moist. Essential fatty acids help the human body grow properly. Ghrita has a melting point of 350C, which is lower than what the human body typically tolerates. Of all the oils and fats, it has the greatest digestibility coefficient, or rate of absorption, at 96%.

When coupled with Ghrita, the active components are readily absorbed and digested. Ghrita's lipophilic activity makes it easier to travel to a target organ and distribute the substance into cells because cell membranes contain lipid. Ghrita's lipophilic properties make it easier for the formulation to enter cells and be delivered to the nuclear membrane and mitochondrial microsome. Beta-carotene and vitamin E are antioxidants found in ghrita.

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Plan of work :



Ingredients : 1. Ghee



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• Botanical Name: synonyms: clarified butter or anhydrous milk fat, ghritam, ghrit, havi, maslea, samna, samn, and rognezard

- Family: bovidae
- Genus: especially from the Bos genus

• Active constituent: Saturated and unsaturated fatty acids make up the majority of the lipids that make up cow ghee, also referred to as clarified butter. Fat-soluble vitamins, phospholipids, sterols, and trace amounts of minerals like calcium, phosphorus, and iron are additional crucial elements. It is a carrier of vital nutrients and a concentrated source of energy.

Glycerides, which make up 98% of the total material in ghee, are its main constituent. The remaining 2% is made up of ster-ols, of which cholesterol is most frequently present in amounts of roughly 0.5%. In India, ghee is most frequently made at home.

Fatty Acids, Saturated Fatty Acids: The main constituents are palmitic, stearic, and myristic acids; Monounsaturated Fatty Acids: Oleic acid is the main constituent; Polyunsaturated Fatty Acids: Contains linoleic and linolenic acids; Short-Chain Fatty Acids (SCFAs): The National Institutes of Health (NIH) states that ghee contains butyric acid, a valuable short-chain fatty acid; Other Constituents: Fat-Soluble Vitamins: Ghee is a rich source of beta-carotenoids, a precursor to vitamin A; Hydrocarbons Carbonyls Trace Minerals

• Uses: The Indian subcontinent is the birthplace of ghee, a kind of clarified butter. It is frequently utilized in Hindu religious rites, cuisine, and traditional medicine. A healthy heart and blood arteries are supported by these beneficial fatty acids. According to studies, including ghee in a balanced diet can help lower harmful cholesterol levels. According to research, ghee can fortify skin, promote collagen production all of which are critical for youthful skin and hasten.the.healing.of.wounds.

Due to its many skin-benefitting qualities, including as its anti-aging, calming, and moisturizing qualities, cow ghee especially A2 cow ghee is utilized extensively. It is a deep-penetration natural moisturizer that helps to soften and hydrate the skin. Antioxidants found in ghee can also lessen wrinkles and other aging symptoms.

2. Aloe vera gel :

Biological name: The biological name for the aloe vera plant is Aloe barbadensis Miller



Family: Liliaceae, formerly known as Asphodelaceae

Genus: The succulent plant species Aloe vera (/'aelou(i) verə, vıər-/) belongs to the genus Aloe.

Active constituents : Aloe vera plant contains numerous active constituents, with polysaccharides like acemannan and glucomannans being prominent for their protective and healing effects. Other notable compounds include anthraquinones (like aloin and emodin), vitamins, enzymes, minerals, and amino acid

• Uses : Aloe vera gel is a home treatment that some people use to heal wounds, treat burns and other skin ailments. Additionally, aloe juice is advertised as a natural treatment for inflammatory bowel disease (IBS), diabetes, and heartburn.

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Skin lotions, cosmetics, ointments, and gels for minor burns, skin abrasions, bug bites, and windburn can all contain aloe vera acemannan. Aloe vera extracts taken orally can result in hepatitis if taken repeatedly, as well as intense cramping and pain in the abdomen. Pregnant women shouldn't use it.

3. Saffron :



Biological name: Crocus sativus L. is saffron's scientific name.

Family : The iris family is another name for the Iridaceae family.

Genus : Genus Crocus

Active constituents : Crocin, crocetin, picrocrocin, and safranal are

the primary active ingredients of the saffron plant. These substances give saffron its color, flavor, and scent. They also have a number of biological benefits, such as anti-inflammatory, neuroprotective, and antioxidant qualities.

Uses ; Saffron, derived from the Crocus sativus flower, has numerous

uses, primarily as a spice and natural dye, but also in traditional medicine and cosmetics. Its dried stigmas, or threads, are used to enhance food flavor and color, and historically, it's been used for its medicinal properties like treating depression, anxiety, and pain.

4. HONEY :

- Synonym : Madhu is a synonym for honey
- Family : Apidae
- Genus : apis



Biological Source: The secretions of honeybees, specifically Apis mellifera, are the natural source of honey. Honey production is also aided by other Apis species, such as Apis dorsata, Apis florea, and Apis indica.

Active constituents : The main sugars that make up honey are sucrose (2%), fructose (45%), and glucose (35%). Additionally, it contains proteins, enzymes, maltose, and acids, all of which have the potential to crystallize over time. Uses : Honey's inherent moisturizing, antimicrobial, and antiinflammatory qualities make it good for skin.

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5. Bees Wax :



• Biological name : Cera Alba is the scientific term for beeswax. Another name for it is Yellow Wax (Cera Flava).

- Family : Apidae
- Genus : Apis.

• Active constituents : The main active ingredients in beeswax are free fatty acids, paraffinic hydrocarbons, and esters of fatty acids and fatty alcohols, especially triacontanyl palmitate. Free fatty alcohols are also present in trace levels. Uses : Because of its moisturizing and protecting qualities, beeswax is

frequently found in face cream. It functions as a natural thicken

Sr no.	Ingredients	Quantity	properties
1.	Shata dhauta ghrita	3 gm	Natural Base, healing of skin, astringent.
2.	Bees wax	0.9 gm	Thickener, moisturizer.
3.	Aloe vera	2.4 gm	Humectant, moisturizer, hydrating agent.
4.	Sodium phosphate	1.5 gm	Emulsifier, thickening agents, leavening agents.
5.	Benzoic acid	0.3 gm	Preservative, skin irritation and inflammation caused by burns, insect bites, fungal infections, or eczema

BASIC FORMULATION TABLE :







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Modified formulation table :

Sr no.	Ingredients	% composition	Quantity	properties	
1.	Shata dhauta ghrita	40%	40g	Moisturizing. nourishing	
2.	Aloe vera gel	35%	35g	Soothing, hydrating	
3.	honey	10%	10g	Humectant ,antibacterial	
4.	Saffron extract	5%	5g	Antioxidant, skin brightening	
5.	Bees wax	5%	5g	Emollient, protective	
6.	Vitamine E capsule	5%	2.5g	Anri-oxidant, antiaging	
7.	Water	qs	qs	Infusing and mixing agent	
8.	Copper vessel	-	-	Antimicrobial ,improve shelf life and stability	

Techniques for Preparation :

Samskara plays an important role in all definitions of how to transform the drug into desired dosage form with higher usefulness. One such innovative Ayurvedic remedy is Shata dhouta Ghrita, which serves as a model for Agni, Jala, and Dhauta Samskara. Two methods are used to set it up. One method involves heating ghrita (ghee), pouring it into cold water, and repeatedly remembering ghrita.

The second method is repeatedly washing Ghrita with water. Similar to the pharmaceutical experiment, which revealed large differences in real borders, this analysis also revealed differences in planning time.

Shata dhauta Ghrita preparation method:

There were two ways used during the entire process.

Method A: Shata dhauta Ghrita is prepared using the Sagni method.

Method B: Shata dhauta Ghrita preparation using the Niragni method

Approach A :

To make Mandagni, the required quantity of Ghrita (40 g) was placed in a steel vessel and heated on a gas stove at a distance of 4 cm.

After the ghrita melted and began to boil, it was submerged in cold water that was 22 degrees Celsius.

After cooling, the ghrita formed a layer on top of the water. Using a spoon or spatula, the ghrita was collected once it had self-cooled. A spoon was included with the watery section, which had to be manually removed. Once more, gentle heat was applied to the same Ghrita. (Mandagni) until it got to the point when water began to splash. Once more, it was dumped into cold water that was 22.0°C. Ten times, this procedure was carried out.







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Technique B;

A steel vessel containing 40g of the desired amount of ghrita was taken. The Ghrita was completely submerged in water after the appropriate volume of cold water (100 ml) was added. The Ghrita's temperature with water was recorded. With the aid of a steel glass and some pressure, it was thoroughly rubbed until the water's temperature.increased.

Water was removed and monitored after the temperature was raised. Fresh water was added once again, and the procedure was carried out ten times. Shatadhauta Ghrita can be prepared easily using any approach. However, from a pharmaceutical perspective, Method A (heating method) yields less, consumes more time, and necessitates a heating process as opposed to Method B (non-heating). Comparing the compositional changes in the Ghrita using the two approaches requires analytical research. Additionally, a clinical trial can be used to confirm the safety and effectiveness of Shata dhauta Ghrita made using both techniques.



III. EXPERIMENTAL WORK

1) Weigh All ingredients

2) Take copper vessel and glass ,clean it

3) Pour weigh ghee and then add sufficient amount of water or ice (cold water)

4) Start rotate the mixture 10 times ensuring thorough mixingand blending

5) After every10 times rotation remove water and pour other water then again rotate ,avoid contamination during rotation

6) After 80 rotation add saffron extract, aloe vera gel ,vitamin E capsule , honey and blend it

7) After rotation, separate ghee from water and collect prepared cream in container.

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EVALUATION :

The final formulation of SHATA DHAUTA GHRITA underwent a number of evaluation tests, including the following a. Physical evaluation: mostly used to determine the stability, color, texture, and smell of cream

b. Viscosity: The primary objective of this test is to determine how the components of the cream react in real-world scenarios. Power estimate is its main purpose.

c. Washability: This method assesses the quality of the cream as well. Applying a small amount of the lotion to our hands is what we do first. We then have to wash using tap water.

d. Irritancy: The cream was applied to the back of the left hand for a square centimeter. After that, it was examined every 24 hours for swelling, redness, and discomfort. did not cause redness or irritation of the skin.

e. Spreadability: The lubricity test showed that the generated cream had good lubricating qualities.

f. Greasiness: This test is mostly used to determine whether a cream is oily or greasy. The findings suggest that none of the formulations were greasy.

g. pH test: Basically, we're talking about how acidic different compounds are. Generally speaking, the pH (cream) range is between 4 and 7. Either a digital pH meter or pH paper were used to measure the test results.

h. Appearance Analysis: A visual inspection of the shata dhuata ghrita's form was conducted.

i. organoleptic parameter :

Table : SDG Criteria and Cow Ghee Comparative Parameters "Cow" ghee Shata Dhauta Ghrita Organoleptic Parameters

Criteria	"Cow" ghee	Shata Dhauta Ghrita
Colour	Yellowish Golden	Pure White
Odour	Pleasant and Characteristic	odorless
Taste	Characteristical	Tasteless
Texture	Oily and Granular	Homogeneous mass, Smooth and non – oily in nature



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RESULT :

1) Physical properties of Moisturizing Cream

Sr	Test parameter	Formulation
no.		Inference
1	Colour	Yellowish white
2	Odour	Characteristics
3	Appearance	Semi-solid
4	рН	5.5
5	Irritancy	No irritation
6	Sensitivity	Nil
7	Degradation of product	Nil
8	Removal test	Easily remove
9	Viscosity	28001-27025 cps
10	Homogenecity	Good
11	Spreadability	Good



Fig. Result after final evaluation test for formulation

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IV. CONCLUSION

A common topical treatment for skin conditions is Shata dhauta Ghrita. for cases of skin burns. This Ayurvedic formulation can be prepared in two ways: first, by heating ghrita and adding chilled water, then removing it from the cold water and heating it once again before adding water. In the second procedure, water is added to ghrita, rubbed with pressure for a while, and then the water is changed and poured in again. Both procedures are carried out a hundred times. This solution is an illustration of an emulsion.

The personal care system has seen a multiplication in the usage of cosmetics. The use of bioactive substances in cosmetics affects the skin's biological processes and supplies the nutrients required for healthy skin. Consequently, it can be said that the produced formulation demonstrated good spreadability, no phase separation, and good consistency throughout the course of the study. Throughout the trial time, there was no discernible modification in the formulations' stability criteria, such as their visual appearance, nature, and scent. It is possible to create creams utilizing ShataDhautaGhrita, according to the study mentioned above. The formulation might be applied topically to hydrate and shield skin from harm, according to the findings of several cream tests.

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