

## TO DESIGN HERBAL MASSAGING BALM USING NYCTANTHESARBOR- TRISTIS EXTRACT

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### ABSTRACT

Herbal based products not only soaring the skin beauty but also enhancing the body immunity. It lies in new category of products which occupy the space between cosmetics and pharmaceuticals, contain biologically active ingredients that impersonates to medical or drug like benefits. Currently, skin care industry formed plants based cosmeceuticals because they are safe, free from side effects and eco-friendly in nature. Massaging balm is the one of the cosmeceuticals enhancing the beauty of lips and provide the glamour touch. In the current work an attempt has made to prepare the massaging balm using Nyctanthesarbor-tristis extract. In the current study we prepared a massaging balm which compose of all natural ingredients and various evaluation parameters (pH, spread ability, Skin irritation test, organoleptic properties) were also be tested.

**Key words:** Cosmeceuticals, massaging balm, Nyctanthesarbor-tristis extract, Herbal preparation

### INTRODUCTION

*Nyctanthesarbor-tristis* (family Oleaceae), has been used extensively in the traditional system of medicine from ancient time. It is commonly called Jasmine (Night-flowering plant) by the rural, mainly tribal people of India. The whole plants possess the various pharmacological activities and used in the treatment of numerous disorders like sciatica, enlargement of spleen, arthritis, malaria and as blood purifier. However, flower of this plant is bitter in taste and has been used as carminative and other GIT problems. As per the literature, recently the flower extract of *Nyctanthesarbor-tristis* has been used to treat diabetes, leishmanial and CNS activities. Despite of it, very less scientific data available on stress scavenging activity of the flower extract. Therefore, the present study was aimed to assess the modulatory response of *Nyctanthesarbor-tristis* flower extract. The leaves of the Jasmin plants are bitter and pungent in taste and its juice used in the treatment of fever, fungal, snake bite, purgative and skin infection by the rural people of India (shown in fig 1).



Figure 1: Nyctanthesarbor-Tristis

The objective of the present study is to evaluate metabolites composition of *Nyctanthesarbortrits* leaves, as well as to explore the potential use of the plant material in the formulation of massaging balm with analgesic and anti-inflammatory properties for joint pain. Overall, the goal was to provide valuable information for the development of new, natural-based skin care products

## MATERIAL AND METHODS

### Plant material:

For the current research *Nyctanthesarbortrits*, leaves were collected from the local area of Gurugram, Haryana, India and authenticated from NISCAIR, Delhi.

### Preparation of Essential Oil:

Papered extract was subjected to Steam Distillation technique for the collection of essential oils, because it was the cheap and very useful technique which required less skill and instrumentation. Collection of different oil will be done as per their boiling point i.e less boiling point oils will come out first and so on. However despite of easiness it required control temperature condition otherwise it will cause decomposition of the oil of interest. Now days this technique was replaced by supercritical fluid extraction, but this was still use in small industries and on university level.

### Balm Formulation:

- In aSterile pot, put abase and boiled(necessary for the balm rancidity)
- Weigh out the beeswax and shea butter using the scale and weigh or measure out the base oil.
- After the melting of bees wax and shea butter, add the base oil slowly. As soon as it's completely melted remove from the heat.
- Cool the preparation at room temperature, after that add essential oils and vitamin, stir well to avoid solidification.
- Pour the mixture into the containers and leave to cool and set

**Table No 1: Formulation of Herbal Massaging Balm**

SNO	INGRIDENTS	QUANTITY
1.	Bee wax	12.5 g
2.	Menthol	3 g
3.	Coconut oil	22 g
4.	Essential oil	2 ml
5.	Shea butter	5 g

### Evaluation of Massaging Balm

Evaluation of any formulation is very crucial and important steps by which we can authenticate the prepared formulation. The prepared massaging balm evaluated for the given parameters:

#### Evaluation Parameters:

- a) **Colour:** One of the characteristics which can directly give consumer acceptance and it was evaluated visually
- b) **Odour:** has been evaluated by smell and it was found to strong minty and cooling odour.
- c) **State:** The physical state of the prepared formulation was evaluated by naked eye.
- d) **Consistency:** The prepared formulation possessing smooth consistency after rubbing on hand manually.
- e) **pH:** It was measured digital meter for this we can dissolve 01 gm balm dissolved in 100 ml of distilled water and pH measured by after 5 minutes.
- f) **Spreadability:** it can be measured by putting sample (1 gm) between two slides, compressed it for uniform thickness, hang definite weight with the help of pulley for defined time. The time required to separate the two slides will be measured.
- g) **Washability:** 0.5 gm of prepared herbal formulation was applied on the skin for 20 minutes and then ease extends of washing with running water was checked. Results were shown in table 2.
- h) **Non-irritancy test:** for this prepared balm put on skin in a small portion and after 5 minutes observed the sign of redness, or irritation. The preparation formulation does not show any irritancy.

### Results and Discussion

In the current study we prepared herbal massaging balm with the leaf extracts of *Nyctanthesarbor-tristis* and other natural ingredients in different proportions. The natural massaging balm was prepared by using naturally occurring base, oils, extract, colour and flavouring agents and prepared formulation was evaluated for different parameters such as pH, spreadability, skin irritation test and various organoleptic properties and their results showed that pH of the formulation was found out to be 6.0 (suitable for the penetration) and there is no skin allergy has been reported (by skin irritating test, shown in table 2). However the test of spreadability revealed that it was found to be good and uniform without any fragmentation and deformation during the storage and at the time of evaluation. The melting point and pH of prepared massaging balm were evaluated by capillary method and pH meter respectively. The product also showed no sign of any crystals and microbial contamination during the storage and at the time of evaluation.

**Table 2 Result of Herbal Cream**

S.NO	PARAMETER	RESULT
1.	Formulation Colour	Whitish light green
2.	Formulation Odour	strong minty and cooling odour

**Cont Table 2:**

3.	FormulationState	Semisolid
4.	FormulationConsistency	Smooth and consistent
5.	FormulationpH	6.0
6.	FormulationWashability	moderately washable
7.	Non-irritancy test	Non-irritant
8.	Phase Separation	No phase separation
9.	After feel	Emollient

## CONCLUSIONS

Due to immense demands of Ayurvedic formulation in the management of pain, the prepared formulation will somehow complete this task with respect to pain relief. The massaging Balm prepared from *Nyctanthes arbor-tristis* was stable at room temperature and refrigerator with stable organoleptic characteristics, apart from its spreadability was also "Good". Hence we can say that, storage conditions of prepared massaging Balm was considered to be adequate, and it maintains product functionality. During the stability test, the massaging balm made from natural ingredients showed an appropriate melting point. From the current studies it was predicted that the formulation will remain stable.

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## Conflict of interest

We, authors declare that we have No Conflict of interest

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