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FORMULATION AND EVALUATION OF HERBAL FOOT CREAM

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ABSTRACT:

People of all ages, from newborns to the elderly, frequently suffer from a variety of skin conditions that can cause different kinds of damage. Severe heel cracks can be painful, especially when standing, and they can sometimes result in bleeding. These ailments are frequently treated using certain wild plants and their constituent parts. Five ingredients were used to prepare the herbal crack cream: Jivanti (*Leptadenia reticulata* W. & A.), Kampilak (*Mallotus philippensis* Muell.-Arg.), Pashanbhedha (*Bergenia ligulata* (Wall.) Engl.), Daruharida (*Berberis aristata* DC.), and Manjistha (*Rubia cordifolia* Linn.). This study's main objective was to develop and evaluate herbal crack cream. The results showed that the cream satisfied all requirements, and the presence of tannins, flavonoids, and alkaloids in the designated medicinal plants was found by Thin Layer Chromatography (TLC) analysis of the extract and the created cream. Skin problems are a major worry for people of all ages these days. Heel cracking can be quite uncomfortable and painful. When creating HERBAL FOOT CREAM, environmental conditions are crucial since they can cause bacteria and fungi to thrive on our skin. This cream uses a water-in-oil (w/o) emulsion type that functions similarly to a cold cream to moisturise the heels. This kind of cream helps to reduce water loss to the environment by forming an oily protective barrier on the skin. While components like cocoa butter and beeswax function as emollients, giving the skin softness and smoothness, the water content moisturises and revitalises the skin. Argan oil, renowned for its vitamin E concentration and skin-friendly qualities that promote moisture, is an essential part of this recipe. Neem extract also has antifungal and antibacterial properties. Lemongrass essential oil is also used to perfume the cream. It is naturally fatty, spreads quickly, and has a consistent texture. Importantly, this cream does not exhibit phase separation and is a w/o emulsion with an acidic pH that is within the pH range of the skin.

INTRODUCTION:

Our largest organ is the skin, which is made up of three layers. The outermost layer, known as the epidermis, defines our skin tone and acts as a waterproof barrier. The primary goal of this study was to create and assess Herbal Crack Cream, and the findings demonstrated that it satisfies every necessary need for creams. The presence of tannins, flavonoids, and alkaloids in the medicinal plants under investigation was validated by the Thin Layer Chromatography (TLC) examination. For individuals of all ages, skin problems represent a serious health risk. Heel cracks, for instance, can be quite uncomfortable and painful. The development of HERBAL FOOT CREAM, which is intended to hydrate the heel, took into account the fact that environmental variables might encourage the growth of bacteria and fungi on our skin. The water-in-oil (w/o) emulsion in this cream minimises water loss to the environment by forming a protective oily layer on the skin. Water is included for hydration and renewal, and cocoa butter and beeswax act as emollients to smooth and soften the skin. Argan oil is a notable component that is great for hydrating skin and is high in vitamin E. Lemongrass essential oil adds a pleasant aroma, and neem extract has antibacterial and antifungal properties. The cream is easily applied, has a naturally fatty texture, and is well-blended. It does not exhibit phase separation and maintains a w/o emulsion with an acidic pH that is in line with the skin's natural level.

Medicinal herbs that are known to be useful in treating skin conditions include Amalaki, Haridra, Khadira, Vidyanga, Jati Saptaparna, and Karavira. Antioxidant, anti-inflammatory, antiseptic, and antibacterial qualities are only a few advantages of the herbs utilised in cosmetic compositions. Our feet's skin is often drier due to the absence of oil glands, which can result in cracks. Inadequate moisturising, extended exposure to pollutants, and certain medical diseases including psoriasis, diabetes, eczema, and thyroid problems can all make dryness worse. Spiked Ginger Lily, or *Hedychium spicatum* Buch Ham, is a member of the Zingiberaceae family that has long been prized in India. This Himalayan perennial herb grows best at heights of 3,500 to 7,500 feet. In the Traditional, it has been treasured. According to reports, the rhizome extract contains organic acids, glycosides, starch, albumen volatile oil, resins, and saccharides. This has been promoted for blood cleansing and the treatment of inflammations, indigestion, bronchitis, and eye diseases.

Burn plants have been shown to have several positive effects, such as antifungal, anti-inflammatory, and wound and burn healing qualities. Known by several names, including nimbin, nimbidin, nimbolide, and limonoids, *Azadirachta indica* (Family: Meliaceae) is a plant that is widely distributed in Bangladesh, Nepal, India, and Pakistan. *Azadirachta indica* possesses antibacterial and antifungal properties.

LITERATURE REVIEW

G. R. SHAHET Many therapeutic plants in Varnya Kashaya are mentioned in the ayurvedic literature particularly in the Charak Samhita. Herb like chakmard, amla, bauchi, guduchi, khas, nagkeshar, manjistha and yastimadhu are said to be kustaharan and they are used to achieve a radiant complexion. Herbs with varying potential from khshthgna and mahakashiya such as amalaki, jati saptaparna, and karavira, are mentioned as affective in treating skin disorder, various properties such as antioxidant, anti inflammatory, antiseptic and antibacterial are present in herbs used in cosmetic preparation.

Ramachandranet Using a standard cream preparation procedure, herbal crack cream was made and contrasted with commercial cream. The color of the crack cream from market and Herbal were greyish yellow and light brown, respectively. IJARSCT ISSN (Online) 2581-9429 International Journal of Advanced Research in Science, Communication and Technology (IJARSCT) International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal Volume 4, Issue 3, November 2024 Copyright to IJARSCT DOI: 10.48175/IJARSCT-22234 214 www.ijarsct.co.in Impact Factor: 7.53 Each has a pleasant scent the viscosities of market crack cream and herbal crack cream were 16.567 and 13.194 plesc, respectively. The Ph market crack cream and herbal crack cream were 5.6 and 5.4 respectively. Both market crack cream and herbal crack cream had bulk densities of 0.8661 and 0.8572 gm/ml because neither cream contained any bard or sharply edged particle they both had exceptional smoothness homogeneity and finesse. The market crack cream and herbal crack cream had outstanding spreadability and very good palatability. The squeezing out effect of market cream are eucellent, respectively. It is stable at 25 degree celcius.

Parial el al Cosmetic are multipurpose product that are widely used globally to preserve and enhance the over appearance of the pace and other body part such as the hand, eye, skin and hair. Herbal cosmetic are preparation that resembles cosmetic containing pharmaceutical nutraceutical and active bio-ingredient. Product used to cleanse and beautify the skin are caved cosmetic. In 4000 B. C. Egyptian are crediated with using cosmetic for the first time in history pharmaceutical are essentially drug product, which are defined as good that alter the structure or function of the body and prevent, mitigate, treat or cure disesease. Often the skin beneth you feet is rough, dry and chapped. Disorder cracked skin can result from a number of skin condition, including diabete, thyroid disease, eczema psoriasis and athelete foot. A health body depend on having healthy skin.

AIM AND OBJECTIVE

Aim :

- Formulation and evaluation of Herbal foot cream.

Objective : Our research's primary goal is to create a cream formulation that treats cracked heels by utilising Hedychium Spicatum, Aloe barbadensis, and Azadirachta indica.

- Soften Rough Skin: They can aid in the softening and smoothing of calloused or rough foot areas.
- Prevent Cracked Heels: By supplying much-needed moisture and promoting healing, regular use can help prevent cracking and even treat existing cracks.
- Increase Skin Elasticity: Foot lotions help to maintain the suppleness and comfort of the feet by promoting greater skin elasticity through skin nourishment.
- Soothing and Cooling: Certain foot creams have components that offer a calming and cooling effect, which is advantageous for weary or achy feet.

PLAN OF WORK

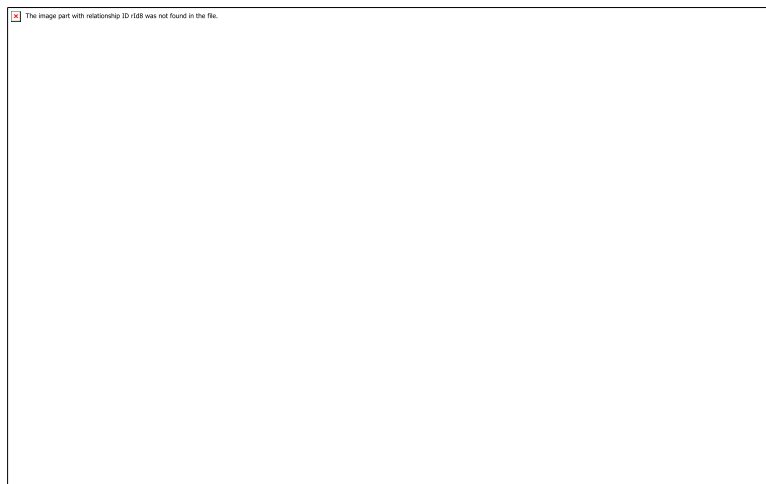
- Literature Review
- Selection of Ingredients
- Extraction of Herbal
- Formulation of Herbal Foot Cream
- Evaluation of Herbal Foot Cream
- Physical Evaluation
- Physicochemical Evaluation
- Performance Evaluation
- Microbial Testing
- Stability Studies
- Comparative Study
- Documentation and Report Writing

MATERIAL AND METHOD

- Milk
- Rose petal
- Neem leaves

- Wheat germ oil
- Aloevera
- Vitamin E
- Sandle wood oil
- Glycerine
- Bees wax
- Coffee powder
- Turmeric

Milk :

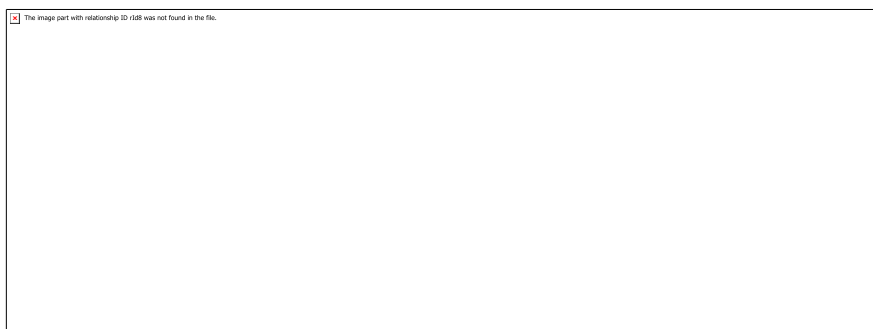


Milk uses a number of different mechanisms to help heat cracked feet. The topic of fixing concrete cracks is covered. In the enzyme-mediated calcite precipitation process, milk serves as a catalyst to improve the calcite formulation. It is also utilised in topical ointments to cure skin damage and disinfect foot, demonstrating its antibacterial qualities. Chemical component: The four main ingredients of all milks are protein, fat, lactose, and minerals.

Advantages for Health:

- By keeping the feet hydrated, foot cream helps avoid dry skin and heels. Keep your feet hydrated since dry, cracked skin can cause pain and discomfort.
- Moisturising foot cream helps soften dry, rough skin on the feet, avoiding cracks and fissures and encouraging healthier, smoother feet.
- **Protection:** You risk getting cracks, cuts, and other injuries if your feet are exposed to strong winds and sunlight.
- Using foot lotion on a regular basis helps reduce buildup and improve the comfort and appearance of your feet.

Aloevera:



Aloe vera extract is a colourless, mansparent, to somewhat sticky liquid that turns into a fine, yellow powder when it dries. It performs admirably in terms of hydration. An attempt has been made in these experiments to create a foot care cream using the plant extract. Plants and their extracts are extremely powerful for treating and managing skin conditions. component of a chemical Anthraquinone glycoside, polysaccharide organic

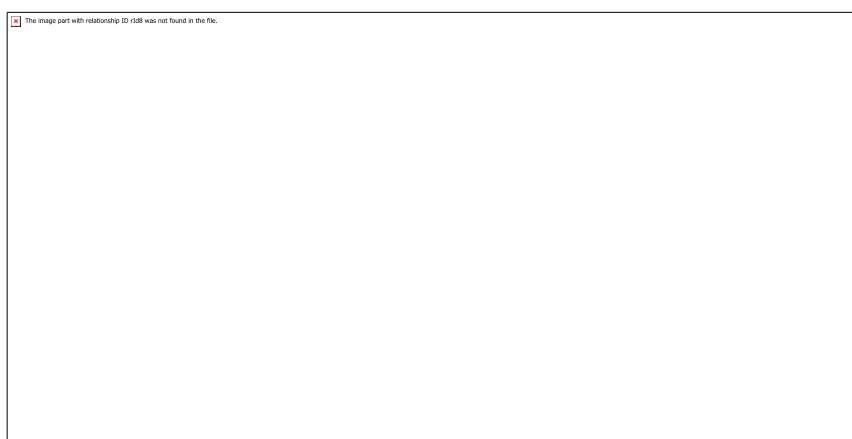
acid, amino acid, mineral, vitamin, and plant sterol are all found in aloe vera. Hormone from plants

Aloe cream's primary purpose is to create a skin film on the skin's surface. It can immediately give the skin the right kind of nutrient supplement and protect or soothe skin irritation brought on by things like climate change and environmental damage.

Advantage:

- Among its many benefits include anti-aging, anti-acne, and increased skin elasticity (sun protection), as well as moisturising, calming, sun damage repair, and burn relief. Organic acid has a major impact on acne treatment and skin lightening.
- Aloe vera helps with blood sugar regulation, wrinkle prevention, wound healing, and dental plaque reduction.
- Proteolytic enzymes found in aloe vera strengthen and moisturise hair follicles and heal dead skin cells.

Neem leaves

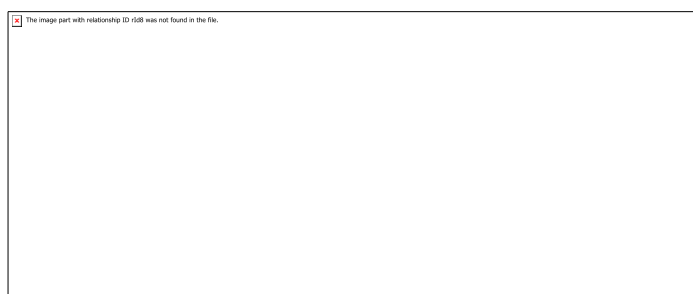


When neem leaves are extracted from sunlight, they become a greenish-colored powder that is not colourless or transparent. When combined with yoghurt, neem leaves can help regulate an overactive sebaceous gland. Chemical constituent: It contains glycerides, various polyphenols, nimbolide, beta-sitosterol leaves, quercetin, catechin, carotene, and vitamin C. It also contains azadirachtin and related limonoid. Neem leaves are mostly composed of calcium phosphorous carotene, protein, carbohydrates, and minerals.

Advantages:

- Strengthens the immunological system. As a mosquito repellent and aid in the treatment of fungal skin infections, neem is a natural antifungal substance that is perfect for treating athletes.
- Fungal and Foot Infection: Neem leaves have potent anti-oxidant, antibacterial, and anti-inflammatory properties.
- They also have the ability to neutralize free radicals and may be useful against many bacteria, viruses, and fungus.

1. Bees Wax :



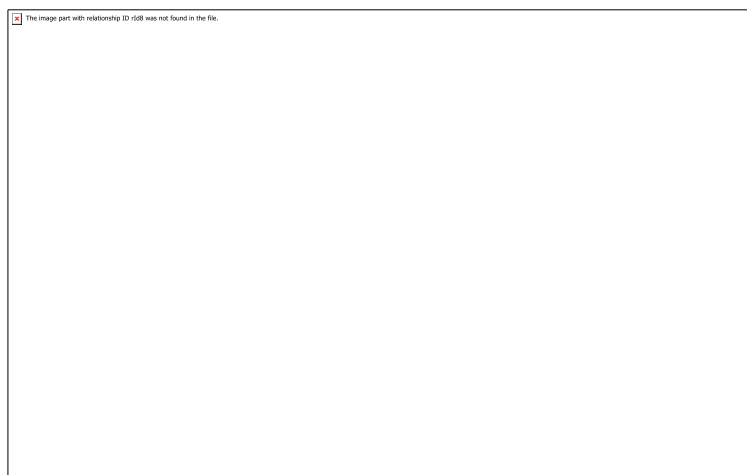
Beeswax is a great component. It is utilised in organic and natural skincare products. It acts as a thickener. Bees only function as a water-in-oil emulsifier, which means they produce thick, oily cream. It is referred to as cold cream for this reason. Since it can only emulsify a tiny volume of water and the resulting emulsion will not be stable for an extended length of time, an emulsifier is necessary in this situation. chemical

component. Patty acid and fatty alcohol ester, paraffinic hydrocarbon, and free fatty acid make up the majority of bee wax. Myricin and myricyl palamitate make up bee wax. acid and free cerotie. The other component is a little amount of melissic acid and an aromatic molecule called cerolein.

Benefit:

- The moisturising component contains beeswax.
- Bees can help maintain tight, plump skin because they love moisture.
- The anti-inflammatory and anti-allergy qualities calm skin that is easily agitated.
- Beeswax has anti-allergic, anti-oxidant, antibacterial, and germicidal qualities.

2. Turmeric



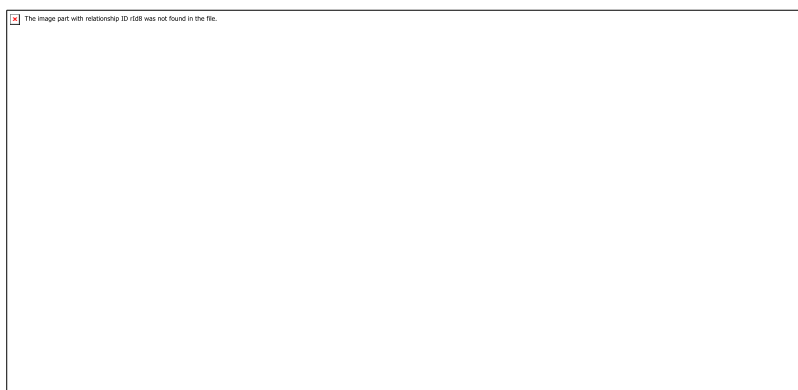
Every day, turmeric is extracted from sunlight. The turmeric is then dried and retains its original yellowish colour rather than being colourless. After drying, the turmeric is crushed into fine pastes and powders.

Chemical component: The key element in turmeric is a phenolic molecule called curcuminoid, which is used to moisturise the foot. Gallic acid, photo-catechuic acid, epicatechin, rutin, curcumin, myricetin, and cinnamic acid are the seven compounds that are present in turmeric, which is also present in ethanol.

Advantage

- Turmeric has antifungal, anti-inflammatory, and anti-cridant properties. anti-diabetic, anti-allergic, anti-coagulant, anti-infertility, and anti-cancer.
- Plantar fasciitis, sprains, and muscle strains can all be improved with turmeric.
- It naturally relieves foot neuropathy-related discomfort.

Coffee powder



Coffee may be a very good way to clean the feet and make the skin softer and smoother. Caffeine's stimulating effects can help improve circulation and blood flow in this area, while bean paste can help exfoliate dead skin cells from the sole of the feet. Chemical component: Coffee powder is a

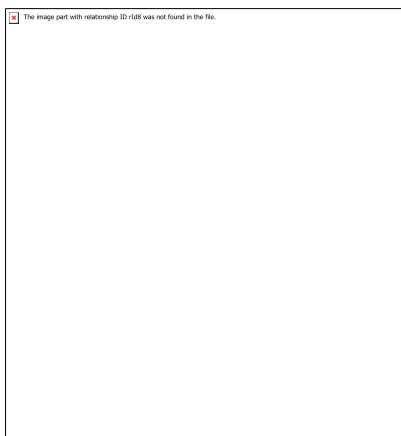
component of coffee, which also contains caffeine tannin, protein, carbohydrates, and fixed oil. Caffeine, a salt of chlorogenic acid, is contained in the seed. It has wax and oil in it. Acid and anhydride, alkaloids, alcohol, amine, ester, keton organo-sulfuric molecule, and phenol are its constituents.

Advantages:

Antioxidants and other active ingredients included in coffee powder may lessen internal inflammation and offer illness prevention. The regenerating properties of coffee powder soften rough, cracked skin and have a mild peeling effect. keep the fresh fragrance from solidifying. Corns and callusest are reduced in coffee powder.

Treat cracked and dry feet

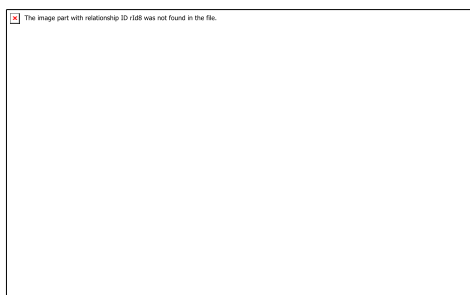
Hydrate and soften skin; exfoliate dead and hand skin cells.

Glycerin :

Coffee may be a very good way to clean the feet and make the skin softer and smoother. Caffeine's stimulating effects can help improve circulation and blood flow in this area, while bean paste can help exfoliate dead skin cells from the sole of the feet. Chemical component: Coffee powder is a component of coffee, which also contains caffeine tannin, protein, carbohydrates, and fixed oil. Caffeine, a salt of chlorogenic acid, is contained in the seed. It has wax and oil in it. Acid and anhydride, alkaloids, alcohol, amine, ester, keton organo-sulfuric molecule, and phenol are its constituents.

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- Corns and callusest are reduced in coffee powder.
- Treat cracked and dry feet
- Hydrate and soften skin; exfoliate dead and hand skin cells.

Wheat germ oil.

Wheat with nutrients Rich in vitamin B6, folic acid, and vitamin E, germ oil works wonders for dry, cracked, and damaged skin.

Advantage:

- Packed with antioxidants and moisture-rich hydrosomes, this nourishing cream gives you firmer, more radiant, and younger-looking skin.
- It makes skin tone more radiant. Reduce wrinkles and fade them. While battling the effects of UV rays and free radicals, stretch mark I.
- It contains antioxidants that prevent ageing. Controlling pressure Blood moisturiser with anti-inflammatory properties
- Skin nourishment boosting immunity and controlling cholesterol. Chemical component: Triglycerides, glucolipids, phospholipids, and nonpolar germ lipids make up the germ's total lipid content. Phytosterols, particularly beta-sitosterol and campesterol, are abundant in wheat germ oil. Wheat germ oil is made up of dietary fibre, thiamine, riboflavin, vitamin B and E, and protein (gluten).

Sandal wood oil :

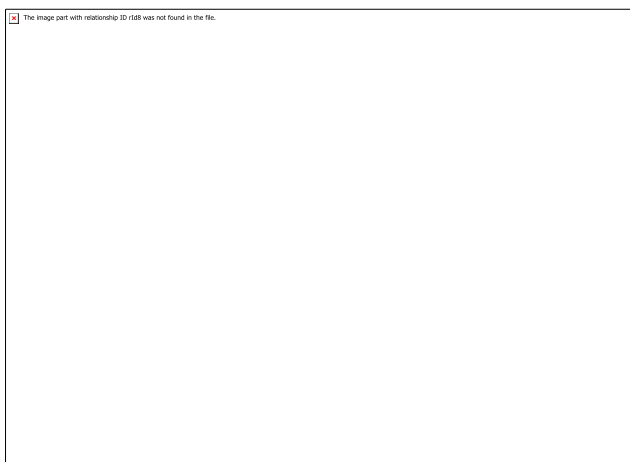


The extract composition of sandal wood oil is determined by a number of factors related to the sandal wood species, the area in which sandalwood was produced. The extraction method was employed during the sandal wood harvest season. Chips and billets cut from the heart wood of different kinds of sandal wood trees are steam-distilled to produce sandal wood oil, an essential oil. Santalum album, mostly. Chemical component: Tricyclic alfa sandalol makes up 50–60 t of sandalwood oil, which contains more than sesquiterpenic alcohol.

Benefits include:

- Reduced anxiety.
- Fight against skin cancer.
- Promote better sleep
- Act as an anti-inflammatory
- Aid in wound healing;
- Guard against free radical damage
- Enhance skin health and offer antiviral and antibacterial defence.

Rose petal:



Rose petals help tighten, tone, and cleanse the skin. They can help stop breakouts and lessen the look of dark patches. Vitamins A and C are abundant in rose petals. Their calming effects can aid in lowering anxiety and stress levels.

Flavonoid triterpense tannin, phenolic acid, polysaccharide, fatty acid, carotenoid, and vitamin are among its chemical constituents.

Benefits include

- Cooling the body and mind and uplifting the heart.
- Rose petals offer a relaxing impact that helps lower anxiety and stress levels.
- Diminish inflammation and redness.

Vitamin E :



Vitamin E has anti-inflammatory qualities and is a necessary nutrient that is soluble in plasma. Vitamin E supports healthy skin, cells, and the immune system. Due to its antioxidant properties, it effectively combats the effects of free radicals produced by metabolism, food, and environmental toxins.

Advantage:

- It supports a strong immune system and healthy skin.
- Vitamin E helps shield your skin's collagen from biological processes associated with ageing and the drying out that comes with ageing.
- It has antioxidant qualities that increase blood vessel width and facilitate effective blood flow to the extremities.

FORMULATION AND EVALUATION:

Mortal and pestle method

Procedure:

Take a mortar and pestle and give them a thorough cleaning.

Next, crush the petals of a rose to turn them into a powder.

Next, add two to three neem leaves and grind them into a powder.

Stir well after adding 10 millilitres of milk, 1 millilitre of sandalwood oil, and 0.5 millilitres of wheat germ oil.

After that, thoroughly mix with 1 teaspoon of aloe vera gel to create a thick or semi-solid solution.

Put in half a teaspoon of beeswax.

Mix thoroughly with all the ingredients, adding 1 millilitre of glycerine, 1 gramme of turmeric powder, and 1 gramme of coffee powder.

Additionally, create a cream that is applied to the cracked heel for ten to twenty minutes, then scrub it with cotton.

Assessment of Foot Cream:

Spreadability test:

A second glass plate was placed on top of a 0.25 g cold cream formulation on a glass slide to assess the samples' spreadability. For five minutes, a 100 g weight was left to sit on the upper glass slide. The area covered by a set amount of cold cream sample following the sample's uniform spread on the glass slide is referred to as spreadability. Measure the cream's diameter once it has been spread out on the slide.

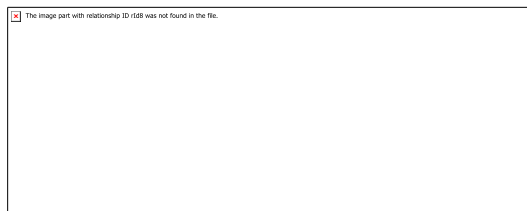
$$M \cdot L / T = \text{Spreadability (S)}$$

where,

M is the weight (gramme) attached to the top glass slide. \

L is the length of a glass slide moved in centimetres.

T = Time Spent (sec)



Spredability TestTest for measuring pH:

Dissolve 1 gramme of the sample in 10 millilitres of alcohol. Heat it in a water bath for ten minutes to dissolve it. After filtering the content, use a pH meter to determine the pH. The cream's pH is 5.58.

- The dye test

Mix 100g of water-soluble amaranth dye with 10ml of distilled water, then place a small amount of cream on a slide and add a few drops of the dye solution. The coverslip should next be placed on a slide and examined under a microscope.

This cream is w/o type, which explains why the water phase (scattered globules) looked red and the oil phase (continuous phase) was clear.

- Moisturising:

Dry, cracked heels might benefit greatly from the intensive moisturising properties of these products.

- Calming:

Aloe vera, tea tree oil, and chamomile are examples of herbal substances that soothe inflamed skin.

- Non-greasy:

Many herbal heel cracker creams are comfortable because they are non-greasy and light.

- Chemical-Free:

Herbal creams are a popular option for those with sensitive skin because they frequently avoid harsh ingredients.

RESULTS:

Evaluation Test	Result
Colour	Light Yellowish in colour
Odor	Citrus smell
Texture	smooth
Appearance	Greasy and thin layer on application
pH	5.58
Washability	Non-washable
Spread ability	7.6 gcm/sec
Dye test	Water in oil type

The foot crack cream made of herbs showed:

- Better moisturization: Skin hydration levels have significantly increased.
- Increased skin elasticity: Less cracking and more flexibility in the skin.
- Less discomfort: Dry, cracked feet no longer cause as much pain or itching.
- Good washability and spreadability: Simple to apply and take off.
- Appropriate pH and viscosity: Near the pH of the skin and a pleasant consistency.

CONCLUSION:

The assessment test findings indicate that argan oil, a crucial component of herbal foot lotion because to its greater vitamin E content, is highly effective in healing the foot heel. An oil-based cream is made with water. Consequently, the amount of water that evaporates from the skin decreases and keeps the skin from drying out.

The creation and assessment of a herbal foot crack cream are finished. The purpose of the cream is to reduce the possibility of skin irritation while treating dryness, cracking, and discomfort in the foot. In conclusion, there have been encouraging outcomes from the assessment and extraction of heel crack cream utilising lavender oil. Lavender oil, which was a component of the cream's formulation, showed promising emollient and moisturising qualities, enhancing the softness and hydration of the skin. The active ingredients in lavender oil were effectively extracted using extraction techniques such as solvent extraction and infusion, which added to the therapeutic advantages of the cream.

According to the study's findings, a lavender oil-based heel crack lotion may be a useful supplement to foot care products, providing relief from the dryness, itching, and irritation brought on by heel cracks. Additionally, the cream may help prevent infection and promote wound healing due to its possible antibacterial and anti-inflammatory qualities, which are ascribed to lavender oil. By examining the cream's effectiveness in clinical settings, refining the formulation for improved performance, and looking into the possible uses of lavender oil in other skincare products, future research can build on these findings. All things considered, this study shows how beneficial natural components like lavender oil are for creating mild yet efficient skincare products.

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