



Cream: A Review on Isolation, Extraction and Benefits

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Abstract Cosmetics are any preparations that are intended to beautify or enhance the appearance of a person. Due to the delayed evaporation of the water included in the emulsion, the herbal extract that contains cold cream has a calming and cooling effect on the skin. Because they offer an oily barrier that prevents water loss from the stratum corneum, which is the topmost layer of the skin, cold creams are more hydrating than other types of creams. They are water-in-oil emulsions, and their purpose is to give a localized and occasionally even a systemic effect at the site of application. They are designed to be applied to the skin or any accessible mucosa.

Keywords: bees wax, liquid paraffin, Borax, Methyl p-hydroxy benzoate

Introduction

A material is considered to be cosmetic if it is rubbed, poured, sprinkled, inserted, or otherwise applied in any other manner to the human body or any part thereof for the purpose of cleaning, beautifying, improving attractiveness, or otherwise altering the appearance. Cosmetics come in a wide variety of forms. Cosmetic. The word "decoration" is where the English word "cosmetics" comes from; it comes from the Greek word "kosmetico." Since that time, the products that are applied to the skin in order to enhance its natural glow and attractiveness have been referred to as cosmetics. Since ancient times, people have been utilizing herbal cosmetics to improve the appearance of their skin. An emulsion of water and oil, cold cream is a type of emulsion. When compared to other formulations or semi-solid doses, cold creams have a significantly longer contact duration at the point of application. They leave the skin feeling smooth and prevent it from becoming overly oily. Because of the fat phase, they help to keep the skin moist. Cold cream's functions include moisturizing dry skin, removing waste materials from pores, and keeping the body cool and comfortable. Water can be used to clean it, and it is simple to wash. When applied to the skin, it does not cause irritation in any way. The blue phase provides increased defense for the skin. When it reaches the temperature of the body, it changes into a liquid. It does this by going via the skin's natural pores and entering the epidermis.

Mixtures of chemical compounds originating from either naturally occurring or synthetically produced sources are what make up cosmetics. These compounds can come from either natural or synthetic sources. There are many applications for cosmetics. Cleansing or protecting the body or the skin can be accomplished with the use of products developed specifically for personal care and skin care.

All cosmetic preparations have their applications, whether they are intended to be used for a short or long amount of time, with the goal of beautifying the body as well as maintaining the body's health to a certain degree and having a psychological impact on others. Any time a cosmetic preparation is applied to the skin, hair, teeth, or nails of a person, the "active life" of that preparation begins. The "active life" of a cosmetic preparation continues until the preparation is withdrawn or it evaporates. During the course of its active life, it engages in close, mutually beneficial relationships, which leads to the development of cosmetic changes on the body. The cosmetic product either



penetrates below the external layer to inject active chemicals into deep lying layers, keeps the outermost layer from drying out, or adheres merely superficially to areas to change their color or gloss. The cosmetics that are used for ornamental purposes, such as eye lines, rouges, mascara, face masking preparations, and so on, also have the inherent risk of desired side effects. These cosmetics include eye lines, rouges, mascara, and so on.

Preparation of Cold Cream

The following are the actions that are taken to prepare the cold creams:

- 1) Beeswax is first melted in a container that is placed on a water bath that is kept at a temperature of 70%, and then mineral oil is added to the combination. This is mixture A (the oily phase).
- 2) Borax is added to water that has been heated to the same temperature in a separate container; the resulting mixture is called mixture B (aqueous phase).
- 3) While continuously stirring, Mixture B is gradually added to Mixture A in order to achieve a creamy consistency. Emulsion
- 4) In the final stage of the process, the temperature of the preparation is lowered to 40 degrees Celsius, and an appropriate fragrance is applied.

Table 1: Role of Ingredients

S. No.	Ingredients	Roles
1.	Aloe Vera Gel	Anti-Ageing, Anti-Inflammatory, Moisturizer, Reduce acne & Pimples.
2.	Bees Wax	It gives thickness to the cream.
3.	Borax	It acts as an emulsifying agent.
4.	Liquid Paraffin	Lubricating agent, Alkaline agent.
5.	Rose Oil	Fragrance
6.	Methyl p-hydroxy benzoate	Preservative

Ingredients Used

- **Beeswax:** Beeswax is among the most essential components of homemade cosmetics. Beeswax is the most adaptable substance, and it has a natural ability to adhere to the skin. The wax in and of itself is clear and devoid of any hue. Beeswax is chewed by worker bees, which results in the production of wax and propolis. The pure yellow hue of beeswax is caused by pollen that is carried by worker bees.
- **Borax:** lotions and creams often contain borax as an ingredient. Lotions and creams often have their consistency improved by the addition of borax that has been mixed with wax. It acts as an emulsifier when combined with wax, and the vast majority of its applications are in hand soaps. Because of its naturally alkaline composition, it is a great component for cleaning solutions.
- **Liquid Paraffin:** Liquid paraffin, often referred to as paraffinum liquidum or Russian mineral oil, is a mineral oil that has been refined to an extremely high degree and is utilized in the production of cosmetics and medicines. It is important not to have liquid paraffin used in cosmetics or medicine mixed up with gasoline that is made of paraffin (or kerosene). It is a translucent liquid that is colorless, odorless, almost odorless, and oily, and it is composed of saturated hydrocarbons that were obtained from petroleum.



- **Rose Water:** Rose water is produced by distilling rose petals through the process of steaming. Rose water has a distinct scent, and because of this, it is occasionally utilized as a more natural and subdued alternative to synthetic perfumes. Rose water has been utilized for the better part of a millennia, including during the Middle Ages. It is speculated that it originated in what is now the country of Iran. It has a long history of application in the cosmetics, as well as culinary and beverage industries. In addition to this, there may be a variety of positive effects on one's health.
- **Distilled Water:** In order to create distilled water, regular water is heated in a separate container and then allowed to condense back into a liquid state. The original container will still include any impurities that were present in the water but did not boil away when the water was heated to or near its boiling point. Therefore, water that has been through the distillation process is an example of purified water. The term "purified water" refers to water that has had all of its germs and pollutants removed. This is accomplished by the processes of distillation, reverse osmosis (which involves forcing the water through a membrane to remove chemicals, minerals, and germs), or ozonation (which involves disinfecting the water using ozone rather than chemicals). The Environmental Protection Agency (EPA) mandates that treated water can only have a maximum of 10 parts per million of total dissolved solids before it can be designated as treated water. One sort of water that has been purified is called distilled water. Steam is collected from water that has been brought to a boil in order to remove salts, minerals, and other organic elements.
- **Methyl p-hydroxy benzoate** is a chemical that has many applications as a preservative, including those in the food industry, the cosmetics industry, and the medical industry. In spite of the fact that these methylparaben-containing items have been linked to contact dermatitis and medication hypersensitivity, there has been no extensive research done on the topic of methylparaben's role in allergic responses. It has been discovered that methyl para hydroxybenzoate can irritate the skin, the eyes, and the respiratory system. As an endocrine disruptor, methyl para-hydroxybenzoate has the potential to behave in a manner analogous to that of the hormone estrogen and to have an adverse impact on the glands that are responsible for the production of reproductive hormones. Women who are pregnant or attempting to conceive should avoid being exposed to methyl p-hydroxybenzoate, as this is not something that Million Marker recommends.

Benefits of Cold Cream

- Its natural origin and low potential for adverse effects on the skin or other body parts
- Considerably less of a risk
- An increased likelihood of a placebo effect for customers as a result of the product's use in ceremonies and customs
- Adaptability in the process of formulation
- The population demonstrates influences dating back to ancient times
- Easy availability
- Economical
- It helps detoxify the body and make it seem better without causing any negative side effects.



- It returns the body's functions to their regular levels.
- It has an exceptionally high nutritional value due to the abundance of essential vitamins and minerals that it contains.
- It raises the body's total amount of available energy
- It does so without upsetting the natural equilibrium of the body while simultaneously boosting the immune system.
- 13) A wide range of phytoconstituents may be included in the product

Conclusion

Based on the findings presented above, one may draw the conclusion that the manufactured cream had a good consistency and that there was no phase separation during the time that the research was being conducted. Because it is made from herbal extract, the previously mentioned study leads one to the conclusion that polyherbal cold cream is completely risk-free to use. It is generally accepted that natural medicines are preferable to synthetic ones due to the idea that natural remedies are safer and have fewer adverse effects. Therefore, the values of herbs in cosmeceuticals have significantly increased in the personal care system, and herbal cosmetics are seeing a significant surge in demand at the present time. A herbal cream that is non-toxic, safe, effective, and enhances patient compliance by employing herbal extracts would be more acceptable than synthetic ones. This would be the case because herbal extracts are naturally occurring.

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