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A REVIEW: A HERBAL LIPBALM

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ABSTRACT

Cosmetics are incredibly in demand since historical time. These days focus shifted more towards naturally derived cosmetic products. Among all cosmetic products, lip balm formulations are most widely used to enhance the beauty of lips and add glamour touch to the makeup. Lip balms offer a natural way to maintain and promote healthy lips. Current cosmetic lip products are based on use of enormous chemical ingredients with various side effects. Hence in this work, an attempt has made to study natural ingredients used to formulate natural lip balm. This article reviews on the essential ingredients used for natural lip balm . The natural lip balm can made using naturally occurring base, oils, extract, color and flavoring agents which can be evaluated for their resistance to temperature variations, pleasant flavor, and smoothness during application, adherence and easy intentional removal etc . The present research work is based on the formulation and evaluation of herbal lip balm by using Natural herbals like Liquorice powder extract,rose oil, bees wax, Shea butter, vitamin E, Dragon fruit . Liquorice extract brighten lips ,treat dark lips ,protect lips from sun damage ,Rose oil nourishes and softens lips Naturally. The herbal lip balm which possesses anti-inflammatory properties and heals chapped lips . The lip balm was produced by homogenous mixing.

Keywords: Lipbalm, Natura Natural Lip Balm, Ingredients Cosmetics.

I. INTRODUCTION

Due to increasing public concern, on the presence of hazardous synthetic excipients in cosmetics, new techniques are gained To produce products using organic sources. Chapped, dryor cracked lips are very common beauty dilemma, particularly in harsh Weather. Lips have nooil glands, so they really need that extra moisture and protection throughout the day [1]. Manypeople deal with exsiccate lips during the winter, but the problem can continue in sunny seasons, too. Conventional lip balms often contain petrolatum, Synthetic waxes, alumina, parabens, hydrogenated oils and artificial fragrances and colours which are toxic. Lip balms areoften eaten Away by the user and hence it is imperative that health regulators have a microscopic look at the ingredients that go in to the lip balm. The dyes that contribute to the color of the lip balm are harmful to humans on consumption. Lips contain little melanin, which Provides some protection from the sun. herbal products like liquorice Rose oil vitamin E can help keep lips hydrated and Healthy when used as part of a larger regimen [2, 3]Organic /herbal word is the symbol of safety In contrast to synthetic one which has adverse effects on human health. Cosmeceuticals Are cosmetic products with biologically active ingredients purporting to medical or drug like benefits. These ingredients have Medicinal properties that manifests beneficial topical actions and provides protection against degenerative skin condition. Products that are used to protect lips rather than Decorate them are known as lip balms. They form an adherent, flexible, moisture resistant film of oily substances. Usually they do not Contain dye [2, 3]. Beeswax is a natural compound secreted by female bees that is often used in cosmetics, Particularly lip balm. This substance is very moisturizing, can help protect the lips from the harmful rays of the sun, and has a pleasant Smell. Beeswax act as a natural emulsifiers. Coconutoil penetrates deep into the skin tissue and its fatty acids help to moisturize the lips. The anti- inflammatory properties of coconut oil reduce redness and pain associated with chapped and sunburnt lips. Vitamin E is an Antioxidant and a natural conditioner. Vitamin E helps to maintain the soft, youthful texture of your lips by reducing the signs of aging Stability studies are useful as a screening tool for all potential manifestations of instability of a formulation, evenif they never occur Under conditions of product use. Furthermore, possible changes in the product can be identified before it is released for use by Consumers [4-6]

II. ANATOMY OF LIPS

The 5 main areas are vermilion/white roll, subvermilion, peristomal, philtral column and commissure. The subcutaneous part corresponds to the dry mucosal lip and the pesistalsis corresponds to the junction. Of the dry



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and wet mucosal lips. The vermilion/white roll can be split on the upper lip.to include the Lateral and apex areas of the cupid and the central filter areas, while the vermilion lower lip is divided Into the middle and beside. The subvermillion is divided into medial and lateral regions, and the Peristalsis into medial and lateral regions. Lips: The surface of the lips consists of four areas: hairy skin, Vermilion rim, vermilion mucosa, and cheeks.

The normal shape of the lips changes with age and is strongly influenced by ethnicity.

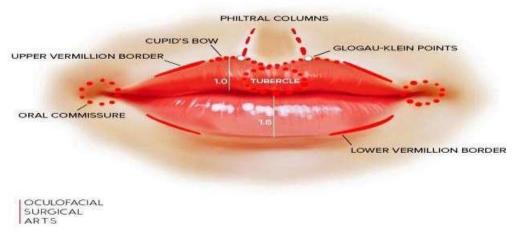
A. Vermilion: The red part of the lips. It is covered by a specialized stratified squamous epithelium.

B. Cisconium border: The border of the lighter skin separates the vermilion from the surrounding skin.

C. Cupid's bow: the border formed by the vermilion edge of the upper lip. Mouth: The openingis limited By the upper and lower cinnabar. Corner of the mouth: The meeting place of the sides of the upper and Lower lips. The upper and lower lips contain mucous membranes, vermilion, and skin surfaces. This Article provides a brief overview of the anatomy, neurovascular, and musculoskeletal systems of the lip, As well as important clinical and surgical considerations related to lip pathology. While lip Considerations typically focus on the vermilion area, the upper lip extends from the nasolabial fold to the Lower edge of the nose, and the lower lip includes the area between the lateral margins and the inner lip Crease of the chin.

The upper and lower lips that meet at the corner of the mouth are called lip intersection. It is the point at Which several muscles involved in lip movement attach to the lateral and lower lip subunits, 1 subunit. The skin and mucosal parts of the lips joined at a vermilion with variable protrusions are known as white Coils. The main areas are the vermilion/white, sub vermilion, peristomal, philtral column and commissure Rollers The edges of the lips are covered with a red skin, sometimes called the vermilion border, and are Filled with sensitive nerve endings. The reddish-pink skin is the transition layer between the outer hair Tissue and the inner mucosa. The inner surface of the lips is lined with a moist mucous membrane. In Infants, the inner surface is much thicker, with sebaceous glands and small papillae called papillae. These structural adaptations appear to facilitate the aspiration process. Most of the substance of eachlip is supplied by the orbicularis oris muscle, which surrounds the Opening. This and others radiate to the cheeks allowing for many variations in the shape and expression Of the lips. Thelips are the organs of pretense, desire, and speech. The skin, superficial fascia, ciliary Sphincter, and the muscles surrounding it form this structure (areola tissue and mucous membrane). A Dry, red mucous membrane covers the edges of the lips, is continuous with the skin and contains many Vascular papillae and tactile corpuscles. Internally, the mucosa reflects from the upper and lower lips to The gums, forming two upper and lower folds in the midline [5]

ANATOMY OF THE LIPS



Lips disorder (Fig.1)

Swelling

An allergic reaction can make the lips swell. The reaction may be caused by sensitivity to certain foods or beverages, drugs, lipstick, or airborne irritants. When a cause can be identified and then eliminated, the lips usually return to normal. But frequently, the cause of the swelling remains a mystery. A condition called



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hereditary angioedema may cause recurring bouts of swelling. Nonhereditary conditions such aS, sunburn, cold and dry weather, or trauma may alsocause the lips to swell.

Sun damage:

Sun damage may make lips especially lower lip, hard &dry red speckles or white filmy looks single damage that increase s the chance of subsequent cancer this type of damage can be reduced by the covering of lips with Lip balm with containing the sunscreen.

Inflammation:

The inflammation of lips corners of the mouth may become painful, irritated, red, cracked, and scaly. Cheilitis may result from a deficiency of vitamin B2 in the diet.

Discoloration:

Freckles and irregularly shaped brownish areas (melanotic macules) are common around the lips and may last for many years. These marks are not cause for concern. Multiple, small, scattered brownish black spots may be a sign of a hereditary disease called Peutz-Jeghers syndrome, in which polyps form in the stomach and intestines. Kawasaki disease, a disease of unknown cause that usually occursin infants and children 8 years old or younger, can cause dryness and cracking of the lips and reddening of the lining of the mouth

Sores

A raised area or a sore with hard edges on the lip may be a form of skin cancer. Other sores may develop as symptoms of other medical conditions, such as oral herpes simplex virus infection or syphilis. Still others, such as keratoacanthoma, have no known cause.

Application of Lip Balm:

- 1. Lip balms are formulations applied onto the lips to prevent drying and protect against adverse environmental factors. Numerous lip balms of chemical origin are now a days available in the market from companies like The body shop, Nivea, Himalaya, Blistex, etc.
- 2. The cosmetic literature reports limited data on this type of formulation, although references Related to lipstick apply because it is a cosmetic form similar to lip balm. This similarity extends to Include organoleptic and stability This similarity extends to include organoleptic and stability Requirements such as resistance to temperature variations, pleasant taste, innocuousness, smoothness During application, adherence and easy intentional removal.
- 3. Lip balm should not be considered analogous to the lip gloss, with the former being a product intended for use by both men and women. To formulate lip balms, it is necessary to balance the concentration of the main ingredients including butters, oils and waxes and other excipients Many people seek weekly facials, daily skin scrubs, anti-aging lotions, and many other products oensure they have healthy and glowing skin.
- 4. But with all the attention being given to healthy skin, lip care is largely forgotten natural offers the natural way to maintain and to promote healthy lips. Lip balms are often eaten away by theuser and hence it is impretive that health regulatores have a microscopic balms are often eatenaway by the user and hence it is imperative that health is imperative that health regulatores have a microscopic balm are often eatenaway by the ingredients that go in the lip balm. The dyes that contribute to the color of the lip balm are dangerous to humans on consumption.

Difference between lip and regular skin Structure :-

Lips look Alluring more than normal Skin. In general, the upper corneal layer of normalSkin consists of 15 to 16 layers that serve primarily Protective purposes. The upper stratum corneum of The lip consists of around 3 to 4 layers and is very Thin compared to typical facial skin. The skin of the Lips contains very few melanin cells. This makes The blood vessels more clearly visible through the Skin of the lips and gives the lips a beautiful pink Colour. The skin of the lips has neither hair follicles Nor sweat glands. Therefore, it contains no sweat or Body oil and protects the lips from external Influence.[9]

Advantages of natural lip balm

- 1. Lip balms maintain the lips' natural Health and beauty.
- 2. Sunblock lip balms have been proven shown to protect The lips from UV radiation.
- 3. Both men and women can use these goods; they are Not gender-specific.
- 4. Lip balm products aid in preventing chapping, Dryness, and cold sores on the lips.



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5. The product should produce a uniform layer over the Lips to shield the labial mucous from external elementsSuch pollution, dryness, and UV radiation.

6. It should not generate friction or a dry feeling when it Comes into contact with the skin.

7. It relieves lip-related problems brought on by colds, The flu, and allergies while also rejuvenating and Refreshing the lips.

8. Treating the skin's condition and facial look with Natural lip

Disadvantages of natural lip balm

- 1. Low-quality lip balms can cause serious harm to the Lips, drying them out instead of moisturizing them.
- 2. drawback of using lip balms is that they tend To become addictive.
- 3. Homemade lip balms usually disappear from the lips More. quickly than those produced in a manufacturing Ability. Hence, you must frequently reapply
- 4. Some lip balm manufacturers manufacture lip balms With the sole intention of appealing to the aesthetic, Ignoring the
- 5. The naturally derived colors and flavors are more Difficult to obtain and have stability ssues in the Products health benefits and softness of the skin.

III. MATERIAL AND METHODS

Liquorice powder purchased online, beeswax, coca butter, Shea butter from laboratory, coconutoil, Rose oil and dragon fruit purchased from market.

Preparation of ingredients

Dragoon fruit extract- Washed dragon fruit were peeled and chopped. The chopped fruit wereblended well And further filtered through a clean muslin cloth. The extracted dragon fruit juice was used.[13]Liquorice powder extract is extracted by soxhlet apparatus.

Ingredients :

1. Liquorice: Liquorice powder was obtained from Market, and the extract was prepared By using Soxhlet's apparatus.16. Cracking of lips Associated with fissuring and peeling of Skin of lips which gives pain and Discomfort. Cracking leads to bleeding, Soreness, inflammation and tenderness of The lips, and a burning sensation. Severely Cracked lips that bleed and are not treated Can become infected. Several drugs like Glycyrrhiza Glabra, Rubia cordifolia and Pterocarpus santalinus Have tendency to remove blackness and ,enhance complexion. Glycyrrhizin glabra has an anti-inflammatory property so it Is used in the treatment of swelling Liquorice (Fig. 2)



Fig. 2

• Skin lightening and skin tightening activity

The extract of liquorice Is an effective pigment-lightening agent. It is the safest pigment-lightening agent known with minimal side effects. Liquiritin present in liquorice extract disperse melanin, thereby inducing skin lightening [28], Also the antioxidants present in extractmay contribute to decrease in skin melanin content 1291. The inhibition of tyrosinase enzymeand reduction in enzyme activity is caused due to modification of action site of the enzyme. Due to good tyrosinase inhibition activity, liquorice extract can be used to formulate cosmetic



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formulations with depigmenting activity. 30 Ethanolic extract of Glycyrrhiza glabra show improvement in the viscoelastic and hydration properties of the skin. Synergistic effect of UV protective, antioxidant and antiinflammatory properties of liquorice responsible for giving beneficial effects on skin [31]

2. Bees wax - .Beeswax is used extensively in the manufacture of cosmetics, as a thickeners. When it combine with other ingredients act as emulsifier .The types of wax used for cosmetic pro- diction are yellow or white .beeswax can be used to alter a cosmetic product's physical properties, such as to increase a lip balm luster, enhance its color and sensory characteristics, and improve its application characteristics. For example, it is used as a stiffener to provide elasticity, plasticity, and increase skin adhesiveness.12 Beeswax has been shown to be nonirritating and generally has a low comedogenic potential, 23 in ad- dition to its previously noted antimicrobial, anti-inflammatory, and antioxidant properties .Beeswax is the essential ingredient in our lip balms. This is because it contains natural moisturizers that lock in Moisture from the air and help keep the skin looking firm.



Beeswax (Fig.3)

3. Dragon fruit - . Source of natural dye is dragon fruit (Hylocereus costaricensis), toproduce a good quality, good colour Consistency and effective dyes in the production of natural lip balm. There are several methods used to extract The dyes from selected plant which involved different kind of solvent. Results from this study shows that the Best solvent used for all the extraction processes is ethanol compared to methanol and distilled water. It is Proved by the higher yield of extracted dyes that comes from extraction using ethanol as a solvent. The plant soaked dragon fruit produces 300 ml of dyes, dragon fruit produces dark purple dyes and turn to pink when mixed with Natural ingredient in lip balm. Whereas, dragon fruit peel produces light pinkdyes and appears yellowish on Lip balm.



Dragon fruit (Fig.4)

Red Dragon fruit that can be used as a natural dye is a red dragon fruit (Hylocereuscostaricensis) because it contains anthocyanin pigment that as a color pigment. Red dragon fruit is a fruit that has plenty of properties such as antioxidants, antimicrobials, boost the immune system and contains some good vitamins for the skin such as vitamin E, vitamin C and vitamin B 3. Red dragon fruit can be used as a lip moisturizer and can prevail over dry skin that will effective when used regularly. Red Dragon fruit is washed ,peels and seedare removed and grinder in mixer.

4. Coconut Oil: The primary benefit of coconut oil is its moisturizing effects .The moisturizing and emollient properties of coconut oil make it very helpful in soothing dry, chapped lips. It is commonly used in lip balms, other lip products, and many other desirable and self-careproducts. It absorbs quickly and leaves skin soft and www.irjmets.com
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radiant. In particular, as a lip balm, it replenishes moisture and helps hydrate dry skin. If your lips are chapped, adding coconut oil to your lip care will help moisturize and maintain their softness. Your lips are specifically Sensitiveto moisture loss because the skin is thin, and they're by exposed to the atmosphere more so than other parts of your skin.



Coconut Oil (Fig.5)

5. Shea Butter:

Shea butter helps to repair dry, pigmented lips and make lips soft.



Shea butter (Fig.6)

6. Cocoa Butter : Cocoa butter is a natural fat that comes from cocoa bean and it gives a creamysoftness to the lip balm. It will nourish and Moisturize lips and help heal chapped and dry lips because it contains antioxidants.



Cocoa butter (Fig.7)

7. Rose oil – Rose oil is added in the formulation for its perfumery / fragrance properties.



Rose oil (Fig.8)



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8. Vitamin E: Vitamin E can also help to close up those painful cracks in the skin that are caused by dryness and cold weather. By applying the Lip Balm with Vitamin E, you can seal up these cracks and keep the skin of your lips soft, limber .Vitamin E helps to maintain the soft, active texture of your lips by reducing the signs of aging .Vitamin E oil is well known antioxidant that plays an essential Role in lip balm.



Vitamin E (Fig.9)

Methods of preparation of lip balm.

Weigh accurately all the required ingredients as per Table.In a clean evaporating dish, take Bees wax and coca butter Shea butter firstly and melt it on a water bath (not exceeding the temperature range of 50-64°C). Then add the liquorice extract and stir vigorously and label it as A.Then in another evaporating porcelain dish, take coconut oil, and Vitamin E (pour the capsule Content into coconut oil and mix thoroughly and label it as B. Pour the contents of porcelain Dish B into Dish A by observing the uniform temperatures of both the dishes and adding it Drop by drop with vigorous stirring. Finally add Rose oil to the Formulation and lastlypour The liquid lip balm into a clean wide mouth container. Keep the lip balm for cooling at room Temperature.

Sr.no	Ingredients	Uses /. Activities
1.	Liquorice	API
2.	Beeswax	Impart glossiness and Hardness /.Base
3.	Shea butter	Emollient
4.	Coca butter	Emollient/ Moisturizer
5.	Coconut oil	Carrier oil
6.	Rose oil	Perfume
7	Vit E	Antioxidant and maintain stability.
8	Dragon fruit extract	Pegimentation.

Table no -1. Formulation table of lip balm

IV. EVALUATION PARAMETERS

- **1. Organoleptic properties**:-The preparation was tested for appearance, Colour and smell. These characteristics were Assessed through physical observation. Consistency And evenness were tested by squeezing a small Amount of the mixture between the thumb and Forefinger. The presence of large particles and Consistency were used to assess the consistency and Homogeneity of the preparations. Skin feel (including tightness, oiliness and roughness) was Also assessed.
- **2. pH measurement-** The pH study was carried out by dissolving 1 gm of sample into 100 ml water. The pH measurement was done using pH meter.[19]
- **3. Melting point-**For melting point, the sample of lip balm was taken in a glass capillary whose one end Was sealed by flame. The capillary containing drug was dipped in liquid paraffin inside the melting Point apparatus which was equipped with magnetic stirring facility. Melting was determined visually And melting point was reported.[16]
- **4. Test of spread ability**-The product was applied (at room temperature) repeatedly onto a glass slide to Visually observe the uniformity in the formation of the protective layer and whether the stick Fragmented,



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deformed or broke during application.[18]

- **G** Good: uniform, no fragmentation; perfect application, without deformation of the lip balm.
- I Intermediate: uniform; leaves few fragments; appropriate application; little deformation of the lip Balm.

 ${f B}$ – Bad: not uniform; leaves many fragments; difficult or inappropriate application, intense deformation Of the lip balm

- 5. Skin Irritation Test:-It is carried out by applying lip balm on the skin for 10 minutes[23]
- 6. Perfume stability:-After 30 days, the herbal lips balm underwent testing to record its fragrance [26–27].
- **7. Surface anomalies:-** This was investigated for any surface flaws, such as the absence of formation crystals on the surfaces or any microbial Or mould contamination[27]
- **8. Breaking point:-**The strength of Lipbalm was assessed using the breaking point method. The lip balm was positioned inch from the edge of the support and held horizontally in a socket. The weight was increased progressively by a predetermined amount (10 gm) at predetermined intervals of 30 seconds, and the weight at which it broke was regarded as the breaking point. [28]

Stability studies-Prepared lip balm was placed for accelerated stability studies at room temperature ($25.0 \pm 3.0 \,^{\circ}$ C), refrigeration ($4\pm 2.0 \,^{\circ}$ C) and oven temperature ($40.0 \pm 2.0 \,^{\circ}$ C) for 30 days. After 30 Days, it was again characterized for organoleptic properties, melting point, spread ability, and PH.[20,21].

V. CONCLUSION

Due to tremendous demands of beauty enhancing products cosmetics industry is flourishing. The research concluded that the natural Remedies are more safe and minimum side effect than synthetic formulation. The above formulated herbal lip balm was used to Protect the lips and makes them glossy. The herbal lip balm was used to protect the chapped lips and also protect from sun damage.

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Special Issue, 2021, 10(12) EVALUATION OF YASTIMADHUADI LIPBALM FOR ITS EFFECT ON OSTHASPHUTANA POOJA THAKUR1 AND VINAYKUMAR R KADIBAGIL2*1: UG Scholar 2: Professor & Head, Department of Rasashastra & Bhaishajya Kalpana, Sri Dharmasthala Manjunateshwara College of Ayurveda and Hospital, Hassan-573201

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