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# A Review on Anti-Acne Cream

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**Abstract:** Acne is a common skin disorder of the face unit that affects the area containing the largest oily glands, including the face, back, and chest. It is generally characterized by retention of sebum in the follicle, comedone, and inflammatory lesions. *Propionibacterium acnes* and *Staphylococcus aureus* are recognized as pus-forming bacteria that cause inflammation of the skin. The current study addresses the formulation and evaluation of herb gels for the etiology of vulgaris acne. Ethanol extracts of neem (leaf), nutmeg (fruit), and black pepper (fruit) were made and formulated on a topical gel. *In vitro* antibacterial activity (Agar well diffusion method) of *P. acnes* and *S. aureus* was performed on the epidermis. The measured inhibition zones of the manufactured formulations were compared to standard antibiotics (clindamycin) and standard topical herbal formulations. The prepared gels were evaluated for pH values, viscosity, spreading, stability, drug content, acute dermatological activity, and *in vitro* diffusion. Agar Diffusion Results include Neem, Nutmeg, and Black Pepper *P. acnes*, *S. aureus*, and showed inhibiting the growth of *S. aureus*. The polyherbal gel produced showed comparable antibacterial activity against these bacteria. However, standard clindamycin was more active than vegetable anti-acne ingredients, black pepper, and nutmeg extracts. To sum up, our data are *P. acnes*, *S. aureus*, Neem, Black Pepper, and Nutmeg. We showed that inhibitory and synergistic effects were achieved for the epidermis and *S. aureus*. Acne has been discovered as the most common skin problem affecting areas with large oily glands, such as the face, chest, and back. Medical plants are used worldwide to treat a variety of diseases due to their phytochemical components. Ideally, topical therapy is the main treatment for many skin diseases. In this study, our work is to prepare creams with anti-acne and anti-inflammatory properties. Ethanol extracts by *Achyranthus Aspera* and *Allium cepa* were evaluated for physical properties such as color, odor, pH, and viscosity. The physicochemical evaluation of the developed formulation has a green, rosy smell, is simple to wash, has diffusion ability, and has almost neutral pH values.

**Keywords:** Acne, polyherbal cream, skin diseases, antibiotics, *Achyranthus Aspera*, *Allium cepa*, flaxseed oil.

## I. INTRODUCTION

Cream is defined as a solid emulsion of water in oil (G.O./vol.) or oil in water (O/W) and must be applied externally. Creams are divided into two categories: water-in-oil emulsions and oil-in-water. Its main function is to stay long at the application site when applied to the outside or superficial layer of the skin. The purpose of skin cream is to protect the skin from a variety of environmental factors and weather conditions, while at the same time achieving calming effects. There are many different types of creams, including massage, night, disappearing, gaps, cold, and hands and body creams. Our main goal is to create herbal creams that act as moisturizing creams, reduce acne and skin irritation, reduce the appearance of skin diseases such as psoriasis, eczema, dry skin, wrinkles, and rashes, and make your face visible. Aloe Vera Gel is applied as a moisturizer cream to reduce acne and skin irritation and reduce the appearance of skin diseases such as psoriasis, eczema, dry skin, folding, and rashes, making the face more radiant. Aloe vera gel is a moisturizer to help with burns, scratches, and minimize acne and wrinkles. In addition to its anti-mycotic and anti-inflammatory properties, neem reduces skin irritation, pigmentation, scarring, and redness. Many people prefer to use herbal products. Recently, acne in adults has become a major problem, affecting both genders. Acne Rosacea and Acne vulgaris are two forms of acne that can affect individuals. Like adult acne, rosacea acne is a frequent, persistent, and medically curable skin condition. The average of four faces is one-third, especially the nose, usually affected by acne-rosacea, which can cause temporary deterioration and relief. Symptoms can go back and forth, and before they come back, the skin can become clear for days, weeks, months, or even years. Rosacea is characterized by redness on the face, small red acne, and fine red lines on the skin of the face. It has a solid bulbous purple nose, conjunctivitis, swelling, and red eyelids. Example of eye problems. Changes in the prostate unit or skin structure, consisting of hair follicles and the following sebaceous glands, are also known as acne, which causes acne. There are three types of acne symptoms: light, moderate, and severe. Non-inflammatory lesions come in two forms. It is a closed comedo commonly called a whitehead and an open comedo, also known as a blackhead.

Inflammatory lesions include papillae, pustules, cysts, and nodules. The main features of vulgaris acne are fat, comedones, inflammatory lesions, bacteria in the follicle channels, and sebum production. Creams are classified as semi-solid emulsions designed for external use. It can be either water in oil (F/O) or oil in water (O/W). Creams are divided into two categories. Water in oil Emulsion and oil in water. The main function is to stay longer at the application site when applied to the outer or surface layers of the skin. The purpose of the cream is to treat illnesses, sunburns, and acne, and at the same time provide a calming effect to the skin, and protect the skin from different environmental conditions. Our main goal is to create herbal creams that improve skin tone, minimize folding, and reduce acne and skin irritation.<sup>[1]</sup> Acne is an unsettling problem, especially for young people and adolescents. According to global statistics, approximately 85% of the population, only 3% of adults aged 23 to 24, suffer from only 3% of the aged of 12 to 25, and 35 to 44. The presence of this bacteria caused acne, and *Staphylococcus aureus*, as these bacteria were isolated in samples that were simultaneously isolated. Increased acne resistance induces bacteria in the direction of antibiotic-resistant bacteria. Consumer interest in natural bioactive compounds has functional ingredients in cosmetics due to their different health benefits. Their diet and sensation - In addition to their properties, their potential effects on improving skin health are also effective. Although some skin problems can be categorized as self-limiting, psychosocial outcomes that are negative for individuals can lead to the idea of suicide through social withdrawal of low self-esteem, due to embarrassment, and worst-case scenarios. We planted the ingredients to prepare Aloe-Vera-Tera Extract and turmeric extract. Aloe vera is used as a moisturizer cream and an anti-acne. It is also used to treat burn wounds. Aloe vera is the first active ingredient, while turmeric is the second. Curcumin also exhibits many other properties, including wound healing, sunburn protection, and aging treatment, and also treats chronic skin diseases. Rose oil is used as a scent. We try to prepare effective creams suitable for all skin types.<sup>[2]</sup> Herbal cream is defined as a preparation used to improve the appearance of a human. Additionally, herbal ingredients are used to provide the benefits of cosmetics, known as herbal cosmetics. Lack of side effects increases the demand for herbal medicines. Herbal cosmetics are described as cosmetics with inexpensive physiological benefits. B. Regeneration, smoothing, Improvement, shielding quality. This is due to natural fixation, natural fixation, natural fixation, improvement and promotion, information, information, quality, quality, quality, nature fixation, natural fixation, natural fixation, natural fixation, fundraising, fundraising, local transportation improvements, and natural fixation due to natural fixation due to improvements in qualities. Qualities, suspects, misunderstandings, and nearby injuries. The hairy type called herbal cream contains aloe vera concentrate. *Azadirachta Indica*, *Ocimum Sanctum*, *Curcuma longa*, Cedro Oil and *Myristica Barbadosensis* Duftrans, *Daucus carota*, *Prunus dulcis*, Orange Oil, *Olium Rosa* (Rosary Oil), *Ocimum Santum*. Aloe vera leaves, turmeric, bananas, neem, papayas, cucumbers, and other plants are some of the herbs that are used in cosmetics with plants. Our main goal is to create herbal creams that can provide the multipurpose effects of moisturizers to reduce skin diseases such as acne and rash, face, eczema, psoriasis, dry skin, folding, folding, and folding. The playable face cream in the current research article is manufactured using the following ingredients: Additionally, other connections are used, including methylparaben, liquid paraffin, beeswax, and rose oils. Aloe cream has been proven to reduce skin problems and calm the mind with skin irritation. Neem is used to treat anti-inflammatory and anti-fungal properties. Skin removal, discoloration, and itching. Pharmacological effects have antibacterial, anti-inflammatory, antifungal, anti-gold, anti-arthropathic, anti-pigment, and anti-gastric properties, and have been reported to have anti-ulcer and hypoglycemic effects. Its healing, antibacterial, antifungal, and anti-inflammatory properties make Tarshi beneficial to the skin by preventing dark spots and relieving acne and skin infections, to name just a few. It is rich in vitamin K and antioxidants and stimulates blood flow to prepare your hair for hair, especially promoting hair growth. Tulsi is often used as a hand gizi nephytant, mouthwash, and water cleaner, as well as food, animal combat, and preservation of wound healing due to its antibacterial properties of broadband and its inclusion against infections in many human and animal species. It helps in fighting swelling. The use of leaves includes stimulants, aromatherapy, anti-inflammatories, and dimerized ones.<sup>[3]</sup> The skin is the most susceptible part of our body. It is well known that this is daily sun exposure and that dust leads to searching of an increase of acne acne, sunburn, and pigmentation. Conditions usually begin between the ages of 14 and 19. Acne comes from "acme". Changes in the keratinization pattern of the hair follicles lead to blocking sebum secretion. It can dodge acne. Comedonal (non-inflammatory), Easy Papillary (inflammatory), Pustule (inflammatory), medium size. Drainer is the most common. Studies have reported that *Propionibacterium* is also isolated from acne patients. *P. acnes* settles in the follicular canal and proliferates.<sup>[4]</sup> Acne vulgaris is a very common skin condition that can occur in inflammatory and non-inflammatory lesions. The word acne comes from "Acme," which means "Prime of Life. Vulgar acne is caused by *propionibacterium* in adolescence under the influence of dehydroepiandrosterone in normal circulation. Acne vulgaris is one of the most common skin diseases in the world, a chronic inflammatory disease of the pilosebaceous unit, and is associated with 650 million people worldwide. Acne causes types of psychological problems, such as low self-esteem, sadness, and fear. There are a variety of acne forms, including acne, rose liquor, acne, cosmetics for acne, acne Acne mechanic, and acne mechanic.



Acne can be divided into four groups based on the type of lesion. It is inflammatory (particularly common acne), mild papules, scarred hills, and nodules. The development of facial lesions in acne can lead to fear and low self-esteem, which can reduce the quality of life. Additionally, patients with acne also have other symptoms, such as scarring, erythema, and the incidence of excessive seizures.<sup>[5]</sup> Medical herbs as potential sources of therapeutic AIDS have played an important role in health care systems around the world for humans and animals as potential materials for maintaining health, not just disease states, but also as potential materials for maintaining health. It is a hidden medical plant, natural, and has been used in all human cultures (over 75% of the population) around the world since time immemorial, and has been an unexplored treasure.<sup>[6]</sup> Acne is a multifactorial disease that affects the skin. Blocking of the fur unit can lead to the development of acne lesions. The latest studies suggest a possible role for pathogenicity in bacterial species, *Propionibacterium epidermidis* and *Propionibacterium acnes* acne vulnerabilities. In particular, *P. acnes*, an obligatory anaerobic microorganism, is responsible for the development of inflammatory acne, as it attracts inflammatory neutrophils due to its ability to activate, activate, activate, and convert sebum triglycerides into fatty acids. There are three types of acne: acne on comedonal acne, inflammatory acne, and acne nodules. The main causes of acne are sebum, bacteria, and dead skin cells. It clarifies and prevents pores and greasy structures. Retinoids can be very effective in treating acne, but they should be used appropriately to avoid possible side effects, such as sensitivity to sunlight or dryness or skin irritation. Bacteria that cause infection under the skin can lead to this error. Antibiotics kill these bacteria, reduce inflammation and redness, and clarify pores. Antibiotics usually begin to clear the skin in 4 weeks, and treatment may take several months. Isotretinoin is used for more serious forms of acne. Retinoids are removed from the mouth. Retinoids By reducing the amount of oil that the skin produces, it clogs pores and kills the bacteria that live there. It may take several months for oral isotretinoin to be used to confirm skin improvement, and dermatologists recommend waiting at least 2 months for results to be evaluated.<sup>[7]</sup>

#### A. Advantages:<sup>[8][9][10]</sup>

- It acts as a protective layer for the skin. (UV rays).
- Some creams are used for fungal infections.
- After applying the cream, the skin will become soft, clean, and glow.
- They do not cause allergic reactions and do not have any negative side effects.
- Easy to attach to your skin and hair.
- These are much more effective than small amounts of other cosmetics.
- Plant extraction forms reduce the mass properties of cosmetics and provide appropriate pharmacological effects.
- Simply available and found in a variety of plants.
- It's more stable, pure, and effective due to herbal ingredients.

#### B. Disadvantages:<sup>[11][9]</sup>

- Possible skin irritation or contact dermatitis as a result of the drug or its adjuvant substances.
- Bad skin tab.
- Possibility of an allergic reaction.
- Only the drug, its function depend on very low plasma concentrations.
- Irritation
- Drought
- Wound

#### C. Ideal Properties:<sup>[9]</sup>

- Non-toxic
- Possess small
- Non-irritating
- Non-sticky
- It should be physically and chemically stable.

*D. Benefits:*<sup>[11][12]</sup>

- Disinfection.
- A fairly wide spread area compared to the cave of the nose or cheek.
- Fighting the bacteria that cause acne and acne.
- Natural antibacterial ingredients such as neem, tea tree oil, clove oil, and basil have powerful antibacterial properties that help to remove cutting machines (formerly *Propionibacterium acnes*), the bacteria that cause acne development.
- Reducing inflammation and redness
- Herbal extracts such as turmeric, aloe vera, chamomile, and calendula have powerful anti-inflammatory properties that help to reduce redness, swelling, and acne-related irritation.
- Regulates sebum production
- Green tea, witch hazel, and lemon extracts compensate for oil production, prevent excess talg buildup, clog pores, and cause explosions.
- Gently remove salicylic acid (from willow bark), papaya extract, and lemon extract that clog pores and peel off the skin, removing dead cells and preventing clogged pores, the main cause of acne.
- Promoting skin healing and SCR reduction.

## II. CLASSIFICATION OF ACNE CREAM:<sup>[8]</sup>

*A. Non-inflammatory acne*

Comedon

Open comedone

*B. Inflammation of acne*

The insect - A skin glow appears on the skin. Comedonal, hill ulural,

Knot. Pustules and cysts are considered inflammatory acne. Mild acne. This patient has erythematous papules, and sometimes acne vulgaris mixed pustules are characterized by inflammatory, closed or open comedones and secondary crushing cones, pustules, and knots. Acne usually affects skin areas with the densest population of sebum follicles. These areas include the face, upper chest, and back.

*C. Causes:*<sup>[8]</sup>

- Hyperactive sebaceous glands (oil), pouring abnormal dead skin, and bacterial growth due to the lack of No skincare or missing, and they must all be available, acne will occur.
- Inflammatory acne usually appears on the face.
- Acidinal adhesion (accelerated angulation)
- In the case of the infundibulum in hair.
- Bacterial activity (*Propionibacterium acnes*) promotes comedogenesis.
- Cyclic hormone levels in women.
- Special dangers such as exposure to chemicals and air pollution, and high humidity.

*D. Symptoms:*<sup>[8]</sup>

- Whitehead (closed pores)
- Black (open pores).
- Swelling can be illuminated and filled with pus.
- They usually appear on the face, chest, shoulders, neck, or top of the back. Dark spots with open pores in the center (acne).
- Acne is a chronic skin condition, and most people at some point in life.
- It usually leads to the skin of the face, the face, the back and chest, and the skin.
- Acne symptoms can be mild and moderate, or severe.
- Acne is caused by hormonal changes that occur during adolescence.
- Acne causes a huge burden and is at a disadvantage in quality of life and a person's self-esteem.

*E. Treatment:[11]*

- Mild Acne: Benzoyl Peroxide
- Moderate Acne: Topical Retinoids/Antibiotics
- Severe Acne: Hormonal Therapy
- oil in water (O/W) or water in oil (f/o) and both semi-dissolved emulsions must be used externally.
- Creams are classified as water and oil emulsions.
- Applies to extreme or surface skin layers and its main advantage is that it takes time on the application site.
- The task of creaming is to soothe the skin, heal infections, remove sunburns and acne, and protect the skin from a variety of environmental conditions.
- The cream is applied to the skin with a topical drug.

*F. Types of Creams: [11]*

- Oil-in-water (O/W): In water emulsion (O/W) is a method in which the oil spreads as a drop in the aqueous phase. The underwater cream (O/W) is formed from small oil drops from the continuous phase.
- Water-in-Oil (F/O): A cream made up of small droplets of water scattered over a continuous oily phase. When the oil provides both the dispersion medium and the dispersion phase, it produces a type of water-in-oil (F/O) emulsion.

### III. FACTORS RESPONSIBLE FOR ACNE:<sup>[1]</sup>

- Propionibacterium acnes (p. bra).
- Follicular keratinization
- Inflammation
- Androgen-induced enhanced valley overproducts
- Menstruation Press Charts.
- Error and dark spots.

*A. How Common is Acne: <sup>[13]</sup>*

- Acne is the most common type of skin disease. It is most widely used among older children, teenagers, and young adults.
- Between the ages of 14 and 17, the condition between the ages of 16 and 19 is most common in boys. Most people experience repeated episodes or flare-ups for several years before they realize that their symptoms gradually improve in old age. Acne symptoms usually go away when you are in your 20s.

### IV. REVIEW OF LITERATURE:<sup>[14]</sup>

- Dhanashri Jadhav et al. (2024). Taro Leaves, Aloe vera, and spinach leaves are medical plants used to produce anti-acne creams. The resulting cream had neutral pH values, good consistency and spreading ability, and no phase separation symptoms. There is no doubt that you will use polyherbal anti-acne cream. These formulations are safe and stable on the skin in room temperature. Herbal creams that can be applied to the skin can master many skin problems. Herbal creams can be used as a barrier to protect the skin. Herbal creams produced without chemicals protect the skin from a variety of skin diseases. This phrase is stable at room temperature. This ingredient is usually used to treat acne and has additional properties such as anti-aging, anti-inflammatory, and antibacterial properties. These creams are easy to wash. This cream does not cause sensitive skin after use. The composition is safe at room temperature.
- Srushti P. Kumbhar et al. Form and evaluate an herbal cream with a funnel for the treatment of acne (2022). The cream was tested for its color and foreign substances, and the active ingredient fennel was white. All parameters were also handed over and spread slightly after use on the skin surface. These creams are stable at room temperature. These are safe, effective, and non-toxic herbal acne creams.
- L. V. Vigneshwaran et al. (2022) Aloe Create and evaluate herbal face creams that will use vera-gel, green tea extract, and turmeric will use as skin toner. These creams do not have such adverse effects. These creams are easy to wash. The cream was certainly safe and remained stable at room temperature. These formulations exhibit anti-aging, anti-acne, smooth, anti-inflammatory properties, antibacterial, and preservative. These preparations are used to treat infectious diseases or a variety of

disorders. The wording was evaluated using many factors such as pH, viscosity, ability to spread, and stability. There were no signs of phase separation, and the wording was easily removed. It is going to appear on the skin. Creams were formulated using the plate process. The cream is easy to wash and is not irritating. The composition has fewer adverse effects than synthetic creams available in stores. Cream's language is carried out using the plate method. And then there's the whole test, which gives good results. It also moisturizes our skin and improves its clarity and appearance. This wording does not irritate and is not easy to wash.

- K.S. Misar et al. (2020) Check the anti-acne cream with clove oil. Using agar wave diffusion technology, all formulations were tested for antibacterial activity against microorganisms that caused acne. This proves beneficial as Clove oil works well as an anti-acne agent. Furthermore, the connections show antifungal and antibacterial properties. Each of these herbal-based compounds exhibits anti-acne properties, sparkling properties, and more. The composition was certainly used topically and remained stable at room temperature. The formulations resulted in good phase separation, viscosity, pH value, and appearance.

## V. INGREDIENTS

### A. *Aloe vera*.<sup>[14]</sup>

- 1) Synonyms: Aloe barbadensis, aloe, aloe indica.
  - 2) Biological source: dried juice of aloe leaves
  - 3) barbadensis uller (curacao aloe), aloe perryi baker (socotrine aloe). It is necessary.
  - 4) Perhaps black, brownish black, or dark
  - 5) Odor: Characteristics
  - 6) Taste: Intensive bitterness and bad
  - 7) Size: Chemical components are found in different-sized mass forms.
  - 8) Uses: lignin, saponins, amino acids, and salicylic acid
- Antibacterial activity
  - Anti-inflammatory properties
  - Anti-Acne properties.
  - Aloe vera can also be used to moisturize.

### B. *Clove*:

Synonyms: caryophyllum, nelkeblume, nelke bud, lavang.

Biological source: Eugenia caryophyllus

There a family of dried flower buds

Mirtaceae family

Organic pneumococcus: Strong spicy

Size: length (12-17mm), diameter (3-4mm).

Chemical ingredients:

Volatile oil (15-20%)

Eugenol (70-90%)

Tannins.

### C. *Rose oil*

Synonyms: Rose oil, oleum rose

Biological source: Rose oil extract of flowers by pink damascene.

Insoluble in water

**Chemical constituents:**

(10-50%) rose oil

terpenes

glycosides

flavonoids

Non-adeane (10.5-40.5%)

Geraniol (5.5-18%)

Nerol and Kaempferol.

**D. Tea Tree Oil**

Synonyms: Paper Tree.

Biological Source: Dried

Extracts made with leaves and terminal branches

Melaleucaortanaimo

Family: Mirtaceae family.

Color: pale yellow to almost colorless.

**Chemical Constituents:**

Terpinene-4-ol

gamma - Terpinene

a-terpinene Terpinelene

1,8-cineole

terpineol.

**Uses:**

Antibacterial.

Antifungal.

**E. Glycerin:[15]**

Moist

This is a type of moisturizer

Used in skin care products.

**F. Rose Water**

- Moisturizes the skin
- It is light in stringency
- Works as the toner used.

**G. Borax**

- Prevents bacterial growth
- It is also used as a buffer.

**H. Steric Acid**

- It is an emulsifier
- Works as a madness
- Used as a moisturizer cream.



## VI. EVALUATION PARAMETER:<sup>[16]</sup>

### A. Determining the Type of Emulsion

The scarred dye was mixed with the cream. Cream drops were placed under a microscope Hunting and inspecting under a microscope. Ball When the distribution beads are displayed red, the continuous phase is colorless. The cream is an oil (o/w) type in water. The reversed state occurs with oil. Approximately 0.5 g of cream was covered with water with 50 ml and the pH was measured.

### B. Uniformity

The wording was tested for uniformity with visual appearance and touch.

### C. Appearance

The appearance of the cream was rated and graded based on its color, pear reading, and roughness.

### D. Types of Smears

After applying the cream, the membranes or smears formed on the skin were checked.

### E. Stability Survey

The stability studies were conducted by storing the anti-acne cream at three different temperatures for two months at 8°C, 27°C, and 40°C.

### F. Microbial Testing

Four frequently pathogenic microorganisms were used in this study. All four bacterial tribes obtained from the Faculty of Microbiology and the Department of Cell Culture were used to assess antibacterial activity.

### G. Disk Diffusion Methods

Standard amounts of test microorganism suspensions were evenly spread on nutrient agar plates using sterile cotton swabs. Sterile empty slices were individually stained at different concentrations of formula cream (10, 25, 50, and 100 mg/ml) and exposed to inoculated agar plates with extracts (5, 10, and 25 mg/ml). Plates were reversed and incubated for 24 hours at 37°C for bacterial growth. Antibacterial activity was assessed according to the diameter of the zone obtained as a result of inhibition against the microorganisms tested. The positive control used was activity against more bacterial types and vancomycin with distilled water used as a negative control. All disk diffusion experiments were performed in two separate experiments, with antibacterial activity expressed as the average of standard errors.

## VII. CONCLUSION

In India, many healing systems have been used since ancient times for skin care. Acne is a common skin problem associated with microbial infections and many other Acne is not a health critical disorder, but it has a negative effect on self image. The demand for more and more cosmetics from plant sources is constantly increasing. A longer chemistry based and higher recurrence rate treatment suggests the potential alternative options. Antibacterial and antifungal properties. Clove oil is not as popular as an acceptable agent for inclusion in cosmetic formulations. Therefore, this study was conducted with the aim of formulating, developing, and evaluating antiacne creams using three different concentrations of clove oil. From the results of this study, it is possible to conclude that antiacne cream with clove oil (C) is accepted in consideration of improving the skin condition of acne, and that contains all excellent character skin cream. Therefore, Nelken oil effective tolerance measures may prove beneficial to include in resistant preparations. Competing The best clarification of competing. The author explains that the competing financial interests and personal relationships that need to affect the work reported in this article are unknown.

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