iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** IV **Month of publication:** April 2025

DOI: https://doi.org/10.22214/ijraset.2025.68993

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue IV Apr 2025- Available at www.ijraset.com

Formulation and Evaluation of an Herbal Toothpaste

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Abstract: ***Their natural origin, low risk of side effects, and numerous therapeutic benefits, herbal formulations are receiving a lot of attention in the dental care industry. The creation and assessment of an herbal toothpaste that contains medicinal plants with antibacterial, anti-inflammatory, and antiseptic properties is the main goal of this study. Based on traditional knowledge and established pharmacological effects, ingredients including Glycyrrhiza glabra (liquorice), Ocimum sanctum (Tulsi), Syzygium aromaticum (clove), and Azadirachta indica (neem) were chosen. PH, foamability, abrasiveness, spreadability, stability, and antibacterial effectiveness were all assessed for the toothpaste. The formulation showed notable antibacterial effectiveness against oral infections together with good physical properties. The findings imply that herbal toothpaste may be a more natural, safe, and efficient substitute for traditional oral hygiene products.***

Keywords: Herbal toothpaste, neem, clove, tulsi, licorice, formulation, antimicrobial activity, oral hygiene, natural ingredients, evaluation tests, dental care.

I. INTRODUCTION

Maintaining the cleanliness of the oral cavity is essential for preventing dental illnesses such dental caries, gingivitis, periodontitis, and halitosis. Oral hygiene is a basic aspect of general health. More than 700 microbial species make up the intricate ecosystem that is the human oral cavity, which includes the surfaces of the tongue, teeth, gums, and It is thought that these herbal formulations have antibacterial, anti-inflammatory, antioxidant, astringent, and wound-healing qualities, among other medicinal benefits. Additionally, they are often biocompatible and devoid of the negative effects linked to artificial chemicals like parabens, triclosan, and Sodium Lauryl Sulphate (SLS)[6] cheeks

The equilibrium of this microbiota can be upset by improper oral hygiene, which can result in bacterial infections, dental plaque, and eventual oral tissue degradation. One of the most popular ways to encourage good oral hygiene is to use toothpaste, a paste or gel dentifrice, with a toothbrush. Although traditional toothpaste has been successful in preserving dental health, public interest has changed as a result of growing worries about the negative effects of synthetic additives[1]-[3].

Herbal and natural personal care products have become much more well-known and popular in recent years. Growing consumer awareness, a desire for chemical-free products, and the incorporation of ancient medical systems like Ayurveda, ancient Chinese Medicine (TCM), and Unani into contemporary healthcare are some of the causes driving this shift towards natural alternatives. Formulated with plant extracts that offer therapeutic qualities, herbal toothpastes have become a popular substitute for manufactured oral hygiene products[4-5].

Usually, a blend of natural excipients and herbs is used in herbal toothpaste. *Mentha piperita* (peppermint), *Ocimum sanctum* (Tulsi), *Salvadora persica* (miswak), *Glycyrrhiza glabra* (liquorice), *Azadirachta indica* (neem), and *Syzygium aromaticum* (clove) are frequently used as key components[7-8].

By providing distinct pharmacological advantages, each of these herbs adds to the formulation's effectiveness. For example, turmeric has a great anti-inflammatory impact, neem has strong antibacterial benefits, and clove oil has powerful analgesic and antiseptic qualities. These components meet the growing need for sustainable, environmentally friendly dental care products in addition to improving the toothpaste's practical value[9].

It is not a novel idea to use natural substances into dental formulas. For oral hygiene, ancient societies in China, Egypt, and India employed twigs, powders, and decoctions of therapeutic herbs.

Herbs like neem and babool were suggested for dental cleanliness in Ayurvedic books like the Charka Samhita and Sushruta Samhita, which extensively recorded the usage of herbal tooth cleaners. Through clinical research, in vitro and in vivo testing, and phytochemical standardization, the contemporary herbal toothpaste business seeks to scientifically confirm these age-old methods[10].

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A thorough grasp of Pharmacognosy and pharmaceutics is necessary for the pharmaceutical formulation of herbal toothpaste. To guarantee product consistency and therapeutic efficacy, it is essential to choose the right active herbal ingredients, extract them, standardize them, conduct compatibility tests, and analyses their stability[11].

To maintain an all-natural profile while attaining the required texture, taste, and stability, excipients like abrasives (like calcium carbonate, silica), humectants, binders (like gum tragacanth, xanthan gum), surfactants (like natural soap bark extract), sweeteners (like stevia, xylitol), and flavoring agents (like peppermint oil) must be carefully chosen[12].

Pharmacologically speaking, a number of herbal extracts that are utilized in toothpaste formulations have demonstrated encouraging outcomes in antimicrobial tests, especially when it comes to oral pathogens like Candida albicans, Porphyromonas gingivalis, and Streptococcus mutans. Herbal toothpastes tend to be less abrasive, which makes them more appropriate for people with tooth sensitivity and those who lead holistic lifestyles. Several studies have shown that herbal formulations are either more effective than or as effective as conventional antimicrobial agents like triclosan and chlorhexidine[13].

A number of physicochemical, microbiological, and organoleptic tests are used to evaluate herbal toothpaste. These consist of microbiological limit tests, stability testing, spreadability, foaming ability, abrasiveness, and pH measurement. In order to ascertain user acceptance in terms of flavor, texture, and aftertaste, sensory evaluation with volunteers is also an essential component of the assessment process. Agar diffusion techniques are used in in vitro antimicrobial testing to confirm the herbal formulation's antibacterial efficacy against common oral infections. Clinical tests may also be performed to look at improving gingival health, reducing plaque, and alleviating foul breath[14].

Despite its advantages, herbal toothpaste has drawbacks, including inconsistent active ingredients from batch to batch, a lack of standardized extraction methods, and a comparatively short shelf life because it doesn't include artificial preservatives. However, new developments in green chemistry, nanotechnology, and Phytochemistry have made it possible to create herbal formulations that are more stable and efficient. The bioavailability and shelf life of volatile herbal components can be improved by using encapsulation methods like liposomes and phytosomes. Furthermore, regulatory bodies like the FDA, WHO, and AYUSH are now actively involved in developing standards for the quality assurance and uniformity of herbal products, including formulations for oral care[15].

The majority of consumers have a favorable opinion of herbal toothpaste, particularly those looking for natural remedies for everyday medical issues. The increased demand and acceptability for herbal personal care products is demonstrated by the expanding market penetration of companies such as Patanjali, Himalaya, Dabur, Biotique, and Vicco. People who care about the environment and choose cruelty-free, vegan, and non-toxic substitutes are especially in great demand. Herbal toothpaste is also frequently seen to be a safer choice for kids, expectant mothers, and those who are allergic to artificial chemicals[16].

According to market projections, the growth of e-commerce platforms, rising disposable incomes, and growing healthcare awareness will all contribute to the significant expansion of the worldwide herbal oral care market. Herbal toothpaste's potential in the oral care sector is further supported by the rise of clean-label goods and the incorporation of herbal research into conventional dentistry. According to market research, people strongly prefer herbal toothpaste that is devoid of fluoride, artificial colors, artificial flavors, and preservatives.

In summary, the development and assessment of herbal toothpaste reflects a well-balanced fusion of contemporary scientific methods with ancient wisdom. It presents a viable path towards long-term, efficient dental care options that meet the changing needs of customers who are concerned about their health[17]-[18].

II. LITERATURE SURVEY

1) Bhambal, A., Kothari, S. S., & Saxena, S. (2011)[19]

Title: Comparative effect of herbal and conventional dentifrices on gingivitis

Journal: Journal of Indian Society of Periodontology, 15(4), 349–352

the study compared the effectiveness of herbal and conventional toothpaste on gingival health. Results showed that herbal toothpaste containing *neem* and *clove* significantly reduced gingival inflammation and plaque scores over 30 days.

2) Rai, M., Acharya, D., & Dhanvijay, S. (2004)[20]

Title: In vitro efficacy of herbal extracts against *Streptococcus mutans*

Journal: Journal of Herbal Pharmacotherapy, 4(1), 21–31

the research evaluated the antimicrobial activity of various herbal extracts such as *Ocimum sanctum* and *Azadirachta indica* against *S. mutans*, confirming their potential use in herbal toothpaste.

3) *Nayak, P. A., Nayak, U. A., & Khandelwal, V. (2014)*[21]
Title: The effect of toothpaste containing herbal extracts on plaque and gingival inflammation
Journal: International Journal of Clinical Pediatric Dentistry, 7(3), 152–156
this clinical study showed significant improvement in oral hygiene with the use of a toothpaste formulated with herbal extracts like *neem*, *turmeric*, and *miswak*, especially in pediatric patients.

4) *Arora, R., & Sharma, A. (2017)*[22]
Title: Formulation and evaluation of Polyherbal toothpaste
Journal: International Journal of Pharmaceutical Sciences and Research, 8(6), 2734–2739
A Polyherbal toothpaste was developed using *clove*, *turmeric*, and *babul* bark extract. Evaluation tests confirmed acceptable physicochemical properties and antibacterial activity against oral pathogens.

5) *Kumar, A., & Bhowmik, D. (2010)*[23]
Title: Herbal toothpastes: A review
Journal: The Pharma Innovation Journal, 2(9), 45–50
The review summarizes the importance of various medicinal plants in toothpaste formulations. It discusses the therapeutic benefits, standardization challenges, and regulatory considerations for herbal dental care.

6) *Kumari, A., & Kumar, V. (2015)*[24]
Title: Comparative study of commercial herbal and non-herbal toothpastes on salivary pH
Journal: International Journal of Pharma and Bio Sciences, 6(3), 516–521
the study found that herbal toothpaste maintained a more favorable salivary pH level than non-herbal formulations, indicating better potential for preventing tooth demineralization.

7) *Tiwari, R., & Singh, A. (2016)*[25]
Title: Antibacterial effect of herbal toothpaste on salivary microflora
Journal: Journal of Ayurveda and Integrative Medicine, 7(2), 90–94
an herbal toothpaste containing *neem*, *licorice*, and *peppermint* significantly reduced salivary bacterial load when used consistently for two weeks.

8) *Sankar, D., & Rathi, V. (2012)*[26]
Title: Development and evaluation of herbal toothpaste using medicinal plant extracts
Journal: International Journal of Pharmacy and Pharmaceutical Sciences, 4(4), 260–262
Herbal extracts like *Acacia nilotica* and *Mentha* were used in formulating a toothpaste, which demonstrated good foaming ability, pH, abrasiveness, and user acceptability.

9) *Yadav, P., & Gupta, R. (2018)*[27]
Title: A review on herbal dental care products
Journal: Journal of Drug Delivery and Therapeutics, 8(6), 290–294
the review discusses various herbal ingredients used in toothpaste and mouthwashes. It emphasizes the antimicrobial and antioxidant potential of these products in maintaining oral health.

10) *Chauhan, E. S., & Sikarwar, M. S. (2011)*[28]
Title: Formulation and evaluation of herbal toothpaste: A novel approach
Journal: International Journal of PharmTech Research, 3(1), 190–194: The researchers formulated a herbal toothpaste using *guava leaves*, *clove oil*, and *basil*. Evaluation confirmed its effectiveness in plaque reduction and acceptable physical characteristics.

III. FORMULATION

The process of creating herbal toothpaste include choosing suitable herbal constituents that are well-known for their antibacterial, anti-inflammatory, and oral health properties.

The antibacterial qualities of neem (Azadirachta indica), the analgesic effects of clove oil (Syzygium aromaticum), the gum-soothing effects of liquorice (Glycyrrhiza glabra), and the anti-inflammatory effects of basil (Ocimum sanctum) are common constituents. The base usually consists of sodium lauryl sulphate as a foaming agent, glycerin as a humectant, and calcium carbonate or dicalcium phosphate dihydrate for abrasion. For taste and freshness, natural sweeteners and essential oils are used. A stable, tasty, and efficient dental product is produced by consistently combining liquid and powdered phases in a sanitary manner[29]-[30].

IV. EVALUATION TEST

The herbal toothpaste undergoes several evaluation tests to ensure safety, effectiveness, and consumer acceptance. These tests include:

1) PH determination: Should be between 6.5–7.5 for oral compatibility.
2) Foaming ability: Indicates cleansing action.
3) Abrasiveness test: Evaluates enamel safety.
4) Spreadability and extrudability: Measures ease of use.
5) Stability studies: Assesses shelf-life under varying conditions.
6) Antibacterial activity: Typically tested against oral pathogens like *Streptococcus mutans* and *Lactobacillus* spp.
7) Organoleptic properties: Color, taste, and odor are assessed for consumer appeal. These evaluations confirm the herbal formulation's effectiveness in plaque removal, gum care, and breathe freshness while ensuring non-irritant and safe use[31]-[32].

V. FUTURE SCOPE OF STUDY

Because more people are aware of the negative consequences of synthetic chemicals, there is a growing demand for natural dental care products. Future research might concentrate on:Validation and standardization of active herbal ingredients to provide reliable therapeutic results.Using nanotechnology to improve herbal extracts' efficacy and penetration.Studies using a bigger sample size to prove effectiveness in comparison to traditional toothpaste.Creation of specialty herbal toothpaste for use by children or for ailments like halitosis or sensitivity.Packaging that is sustainable and eco-friendly to meet consumer needs for green products. This study might lead to a wider adoption of herbal dental treatment with scientific support in international market[33]-[34].

VI. CONCLUSION

For preserving oral hygiene, herbal toothpaste presents a possible natural substitute for formulations based on chemicals. Traditional medicinal herbs with antibacterial, anti-inflammatory, and therapeutic properties, such as neem, clove, tulsi, and liquorice, can be used without having negative side effects. Herbal toothpaste's ability to prevent dental issues like plaque, gingivitis, and foul breath is confirmed by its successful formulation and testing. These products have the potential to make a substantial contribution to comprehensive dental care with the right standardization and clinical validation. Their cost-effectiveness, biocompatibility, and consumer inclination towards natural therapies all contribute to their potential for growth in the personal care sector.

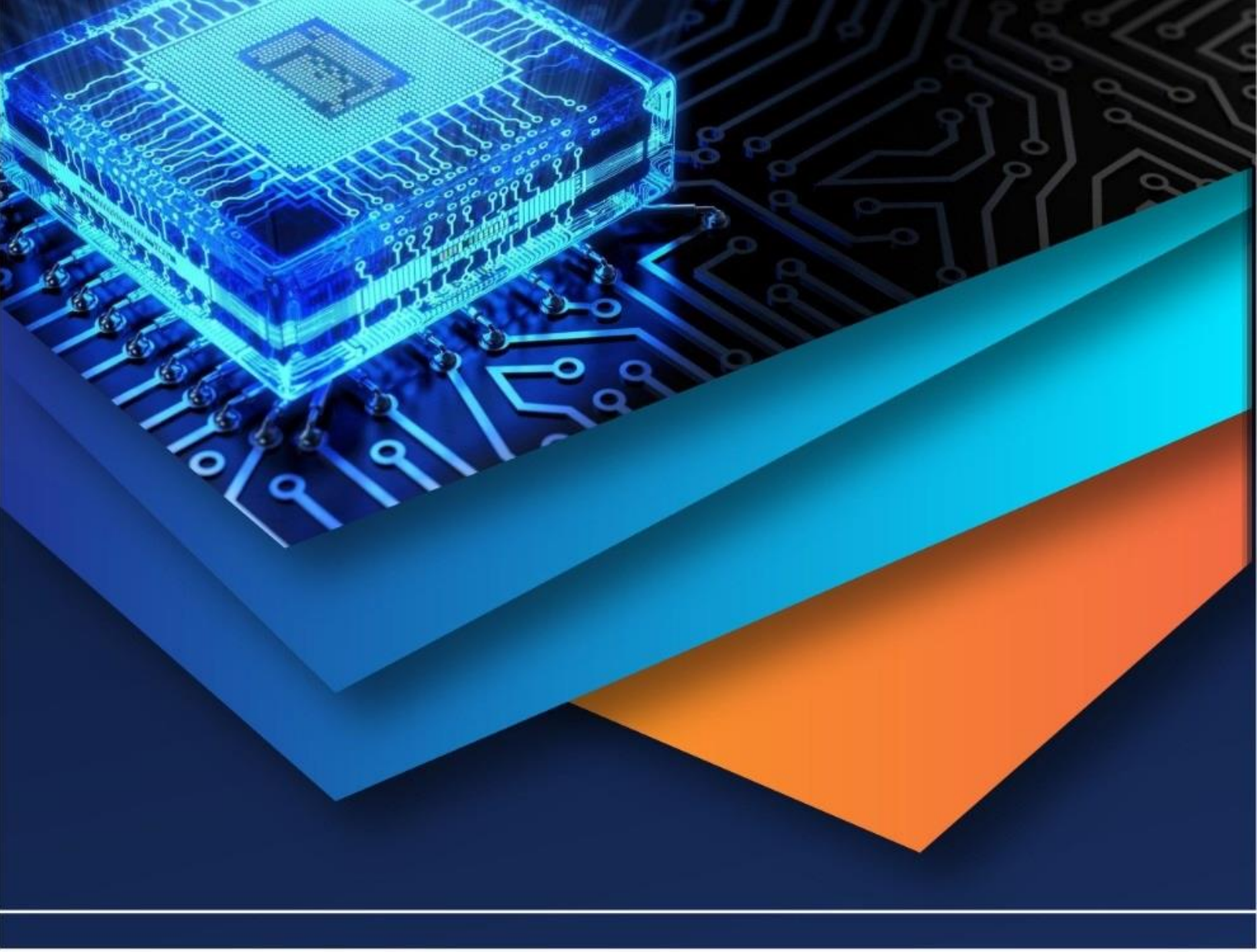
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