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Development and evaluation of selected Indian medicinal plant based poly herbal anti-aging cream

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Practice of using herbal remedies as a strategy against aging skin has been evolved as an imperative step to accomplish comprehensive skin rejuvenation. Present study is aimed to prepare and evaluate a poly herbal cream containing standardized extracts of Aloe vera (A), Ocimum sanctum (O) and Punica granatum peel (P) at different ratios. Santalum album, Citrus aurantium, Olea europa, Prunus amygdalus oils, cetyl alcohol and stearic acid were used in a ratio of 0.1:0.1:1.0:0.5:0.5 and 3.0, respectively, along with preservatives to formulate a cream base for formulation water in oil (W/O) creams, i.e., F1 to F6. Prepared formulations were evaluated for formulation parameters like pH, viscosity, spreadabilty, extrudability and stability. Further, formulations were also evaluated for anti-oxidant, anti-microbial and Advanced Glycation End Product Inhibition (AGE) properties. Formulations F3-F6 have shown no phase separation upon storage. Formulations F3 and F6 have featured lower spreadability and extrudabiltiy. The order of anti-oxidant ability of the all formulations found as F6>F5>F4>F3>F2>F1. Formulations F4 and F5 shown comparable AGE inhibitory and anti-microbial effects to standards aminoguanidine and neomycin sulphate cream, respectively. However, F4 showed higher AGE inhibitory effect vis-a-vis with F5. In human volunteer's study, the formulations F4 and F5 shows no redness, edema, inflammation and irritation during irritancy studies. The synergistic effects of formulation F4 containing A:O:P (each 1.6% w/w) has addressed hyperpigmentation, erythema, wrinkles and firmness of skin more significantly than F5. These finding indicate the significant anti-aging potential of examined poly herbal anti-aging cream.

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Evaluation of nutraceutical composition of *Phellinus gilvus* (Schw. Fr) Ryv

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Mushrooms have long been appreciated for their flavor, medicinal and nutraceutical attributes. They have been receiving much attention as good neutraceutical and pharmaceutical source because they are rich in various bioactive compounds. The genus Phellinus (family: Hymenochaetaceae) has been receiving special concern because of its potent nutritive and medicinal properties. There are various species of the genus Phellinus that are known to be used as a cure against various ailments like diarrhoea, stomachaches, inflammation, arithritis, hepatoprotection, detoxification, combating allergy and diabetes since ages. In the present investigation, the powdered basidiocarp of the mushroom *Phellinus gilvus* has been studied for its various nutraceutical properties in terms of its mineral constituents and fatty acid composition. The mineral composition of *Phellinus gilvus* has been determined by wavelength dispersive X-Ray Fluorescence (WDXRF) technique. The presence of various minor and major mineral nutrients having immense role in boosting human health have been detected. The fatty acids which are important nutrition and physiology components have been analyzed by GC-MS technique. The mushroom has been found rich in various nutritive and medicinally important saturated and unsaturated fatty acids. The present study revealed that the mushroom *Phellinus gilvus* can be used in neutraceutical and herbal drug formulations.

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