



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## A Review On Polyherbal Hand Wash: A Natural Approach To Hand Hygiene

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### ABSTRACT

It has been shown how herbal medicine has potential for producing safe and effective hygienic products and that can address the growing public imprinting on harmful chemicals in personal care Products such as soaps and hand washes. The hands have always been the means for transferring infections to patients. Promoting “personal hygiene” is the main rationale for developing a herbal handwash. The polyherbal hand wash can also be made at home with your own hand-wash recipes.

The popularity of herbal-based personal products has continued to increase based on their efficacy, safety, and sustainability. The ingredients used in the product preparation from the topic's perception and experience included the use of various herbs with minimal side effects profiles on the skin. The use of the herbs selected was based on their specific medicinal properties. This study reviewed the formulation of an antibacterial hand wash with good cleansing action to maintain personal hygiene in a compatible and eco-friendly manner. The study set out to develop a new polyherbal hand wash gel blend of Neem and Aloe vera extracts, and a selection of different herbal raw materials to promote hand hygiene, inhibit bacterial growth and reduce irritability on the skin. Powdered sapindus saponins are completely safe and nonionic surfactants with a broad-spectrum antibacterial effect. Commercial soaps and hand washes are loaded with toxic fatty acid salts, surfactants, and fragrances that are toxic to skin and the environment. Thus, it is paramount to develop hand washes that are biocompatible while ensuring cleansing capability and antimicrobial functions are maintained.

**Keywords:** Azadirachta indica, sapindus mukorossi, polyherbal hand wash, Antimicrobial activity, Herbal plants.

### INTRODUCTION

The Covid-19 pandemic has raised the awareness of hand hygiene as a primary precaution to prevent infections and communicable diseases. We have had to learn to wash hands properly or apply sanitizer as instructed; the proper approaches to help limit Covid-19's transmission as well as other communicable diseases from person to person and the community at large

Hand hygiene is important to prevent infections and the health of the individual. Although synthetic hand washes contain chemicals that can cause skin irritation, and contribute to environmental pollution, polyherbal hand washes would provide a safer, more natural solution. Polyherbal hand washes can have a

multitude of benefits from multiple medicinal plants which highlight the following properties antimicrobial, antifungal, skin conditioning features, etc. This review discusses the effectiveness, benefits and drawbacks of polyherbal hand washes over synthetic hand washes.

"Polyherbal formulations utilize the natural properties of medicinal plants to provide broad-spectrum antimicrobial activity while also being biodegradable, gentle on the skin, and not containing harsh chemicals." "Herbal hand washes usually contain ingredients such as Neem (*Azadirachta indica*), Reetha (*Sapindus mukorossi*), Aloe Vera (*Aloe barbadensis miller*), Rose(*Rosa rubiginosa*)- all recognized for their antimicrobial, antiseptic and skin-compatible characteristics."

Hand hygiene is an important component of individual and public health, reducing infections and promoting health and well-being. With rising anxieties over chemical-based hand washes, polyherbal hand washes have become a natural and effective alternative. Polyherbal hand wash is a liquid cleanser that is made from various types of herbal extracts with antibacterial, antifungal, and skin nourishment properties. Traditional hand washes sometimes contain synthetic chemicals, whereas polyherbal formulations depend on medicinal plants such as neem, reetha, aloe vera, rosewater, and tea tree oil to remove dirt from hands while keeping them soft and moisturized. The future of polyherbal hand washes is promising and will continue to grow as further developments with herbal sciences, sustainability, and biotechnology are reached.

## Handwash

Washing hands is shown to be the most effective way to inhibit spreading bacteria which could cause diarrhea, flu, and a common cold. Hand hygiene has been shown to be the simplest and cheapest way to guarantee hand hygiene in a healthcare facility and as a method of preventing infectious diseases. The recommended duration for hand washing generally is 15-30 seconds; this included scrubbing the backs of the hands, wrists, and areas between fingers and underneath nails. Since hands are the prime source of transmission for germs and infections hand washing is a must to reduce transmission.

## Different Medical Plants use in formulation of Polyherbal Handwash

### 1.Neem



Fig:- Neem

## Scientific Classification

Common Name	Neem
Scientific Name	Azadirachta indica
Family	Meliaceae
Native to	India subcontinent and parts of Southeast Asia

## Active Compounds & Properties

Azadirachtin: Main bioactive compound with insecticidal and antimicrobial properties.

Nimbin & Nimbidin: Anti-inflammatory, antifungal, and antibacterial agents

Gedunin & Salannin :Known for antifungal and antimalarial effects.

Flavonoids & Tannins: Antioxidant and astringent properties

## Medicinal Uses

1. Antibacterial & Antifungal -Treats skin infections, acne, and fungal diseases.
2. Antiviral & Immunomodulatory -Boosts immunity and fights viral infections.
3. Anti-inflammatory- Reduces swelling and irritation in skin conditions.
4. Insect Repellent-Used in natural pesticides and mosquito repellents.
5. Dental Health-Used in toothpaste and mouthwashes for gum health.

## 2.Reetha



Fig :- Reetha

## Scientific Classification

Common Name	Reetha, Soapnut, Indian soapberry
Scientific Name	Sapindus mukorossi
Family	Sapindaceae
Native to	India, Nepal, China

## Active Compounds & Properties.

Saponins: Natural surfactants with foaming and cleansing properties

Flavonoids & Tannins: Antioxidant and antimicrobial agents

Glycosides: Beneficial for scalp and skin health

## Medicinal & Cosmetic Uses

1. Natural Cleanser: Used as a soap and shampoo due to its foaming nature
2. Antibacterial & Antifungal: Helps treat dandruff, skin infections, and acne
3. Scalp & Hair Care: Strengthens hair, reduces hair fall, and promotes shine
4. Skin Soother: Used for sensitive skin and eczema treatment.
5. Eco-Friendly Detergent: Safe for washing clothes, dishes, and household cleaning

### 3.Aloevera



**Fig :- Aloevera**

## Scientific Classification

Common Name	Aloevera, Ghritkumari
Scientific Name	<i>Aloe barbadensis miller</i>
Family	Asphodelaceae
Native to	North Africa, Arabian peninsula and now cultivated worldwide

## Active Compounds & Properties

Aloin & Emodin: Anti-inflammatory, antibacterial, and antiviral properties

Polysaccharides: Help in wound healing and skin hydration

Saponins: Provide mild cleansing and antimicrobial effects

Vitamins & Minerals: Includes Vitamin A, C, E, B12, and zinc for skin nourishment.

Amino Acids & Enzymes: Promote skin regeneration and repair

## Medicinal & Cosmetic Uses

1. Skin Healing: Soothes burns, wounds, and insect bites.
2. Moisturizer: Hydrates dry skin and prevents irritation.
3. Anti-Aging: Reduces wrinkles and promotes collagen production
4. Antimicrobial: Helps treat acne and fungal infections

5. Hair Care: Nourishes the scalp, reduces dandruff, and strengthens hair.

#### 4. Rose water



**Fig :- Rose water**

#### Scientific Classification

Common Name	Rose, Rose water
Scientific Name	Derived mainly from <i>Rosa damascene</i> , <i>Rosa centifolia</i> , <i>Rosa gallica</i>
Family	Rosaceae
Native to	Middle East, South Asia, and Europe

#### Active Compounds & Properties

Citronellol & Geraniol -Provide the distinct floral aroma

Flavonoids & Tannins- Have antioxidant and astringent properties

Phenolic Compounds - Offer antimicrobial and anti-inflammatory benefits

#### Medicinal & Cosmetic Uses

- 1 Skin Toner: Tightens pores and balances skin pH
2. Anti-inflammatory: Soothes irritation, redness, and acne.
3. Hydration: Act as a natural facial mist and moisturizer.
4. Aromatherapy & Stress Relief: Used in perfumes and relaxation therapies.

#### FUTURE SCOPE

##### 1. Growing Consumer Demand for Natural Products

Today's consumers are increasingly mindful of what they place on their skin. This has resulted in a huge demand for natural, plant based hygiene products. Polyherbal hand washes; made from long established health-promoting herbs, such as neem, tulsi, aloe vera, turmeric, tea tree, and lemon; are considered safe, gentle, and effective. They also appear to utilize low-toxicity antimicrobial,



antifungal, and antiviral properties, as compared to the strong side effects associated with synthetic chemicals.

## 2. Addressing Antimicrobial Resistance (AMR)

A pressing global health issue today is antimicrobial resistance, which is often linked to widespread antibiotics and synthetic antimicrobials in household products. Polyherbal formulations present natural and safe alternatives to fight infections without rampant resistance. Future research and development will verify and improve these effects. Polyherbal hand washes establish themselves as a tactical product in preventing the spread of drug-resistant microbes.

## 3. Sustainability and Environmental Impact

Polyherbal hand washes are typically more biodegradable and environmentally-friendly than synthetic hand washes which may have non-biodegradable components. They also embrace a growing green consumerism trend and are suitable for promoting as eco-friendly products, especially if sustainable packaging is used.

## 4. Scope for Customization and Branding

Polyherbal hand washes can be tailored based on skin type, environmental conditions, age levels, or seasonal variations. This offers significant opportunities for niche branding or customized lines and will benefit businesses with a differentiating advantage in the marketplace.

## 5. Health and Wellness Integration

The hand wash market is changing from a base of hygiene to products that also address skin nutrition, as well as a therapeutic aspect. Polyherbal formulations can be designed to include herbs that are moisturizing, anti-inflammatory, and antioxidant in nature and therefore suitable for everyone, including those with sensitive or dry skin. Polyherbal hand wash fulfills a valuable need in the cosmeceutical market.

## 6. Opportunities in Research and Innovation

The approach of polyherbals provides great potential for research and clinical investigation. This possibility for combining various herbal actives can create a synergy that may enhance its overall antimicrobial effectiveness. This research into polyherbals allows for more innovative formulation, and new patentable products and combinations that were never available before. Finally, techniques such as nano-technology allow for more advanced formulations of herbal actives for better delivery and absorption.

## 7. Commercial and Export Potential

India, along with other countries with strong herbal traditions, are uniquely positioned to produce and export polyherbal products. The global prominence of Ayurveda, Traditional Chinese Medicine (TCM) and the overall move toward holistic health and healing then provides a channel for polyherbal hand washes, to fulfill the demands of these international markets seeking Ayurvedic, natural, and cruelty free products.

## 8. Adoption in Public and Institutional Spaces

Investing in polyherbal hand washes can greatly benefit hospitals, clinics, schools, hospitality, and the food industry in terms of enhancing hygiene practices. With an increased focus on safer, skin-friendly, and environmentally sustainable products, herbal alternatives would continue to appeal to health focused institutions.

## 9. Rural and Low-Cost Market Solutions

Polyherbals hand wash can be designed as an inexpensive hygiene alternative for rural/underserved areas lacking access to soap. As governments and NGOs advocate for improved hygiene as a public

health standard, a cheap herbal hand wash product could feature in campaigns against infectious diseases in particular, particularly post-pandemic.

#### 10. Global Pandemic Preparedness

The COVID-19 pandemic highlighted the global importance of hand hygiene. Product availability for effective hand cleansing is still a priority to a large degree with hand cleansers that can be used frequently are safe for the skin. Therefore, polyherbal hand washes with soothing, immune-enhancing herbs are perfect for periodical use and would position themselves well in a future pandemic preparedness plan.

#### 11. Sustainable Packaging Innovations

For future products, we can also evolve into zero-waste, biodegradable, or refillable packaging, in line with the growing movement toward sustainable living and maybe even add value to the product or business, while helping to create meaningful brand positioning around personal and planetary health.

#### 12. Educational Value and Awareness Campaigns

There is great potential for awareness initiatives related to herbal hygiene. You can do workshops, awareness campaigns in schools, hospitals and health centers to help inform the consumer why herbal hygiene is a safe hygiene option.

## CONCLUSION

The development of a polyherbal handwash with Neem (*Azadirachta indica*), Reetha (*Sapindus mukorossi*), Aloe vera (*Aloe barbadensis*), and Rose water demonstrated a natural, effective alternative to standard hand washes. Each component provides unique therapeutic and hygienic benefits that compliment each other and enhance the therapeutic and skin compatibilities. The Neem-Reetha-Aloevera-Rose water polyherbal handwash has amazing potential as a conventional hygiene product that is a cleaner, safer, more natural, and sustainable option during its production and use. It meets the growing demand for natural personal care products while ensuring effective hand hygiene and is critical to public health and infection prevention and control.

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