IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

# FORMULATION AND EVALUATION OF SHWTASANASTRA HERBAL INHALOBALM

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**ABSTRACT:-**

Modern life is stressful, and tension headaches, sinus, dizziness, migraine and cold, are one result of that stress. Cosmetics have great demand since ancient time, Now a days, a focus has been shifted more towards derived cosmetic products. Not only cosmetic products, but also to the skin Products due to their ease of application among all dermal drug delivery products, Inhalobalm formulation are preferably used So as to get the faster local effect. Menthol is naturally occurring cyclic terpene alcohol of plant origin, which has been used Since antiquity of medicinal purpose.

There has been an increasing focus on development of new routes of drug administration to provide tailored treatments for patients, without decreasing efficacy of analgesia, in proportion to the progression of the knowledge of pain mechanisms. While acute pain acts as an alarm, chronic pain is a syndrome requiring meticulous selection of analgesic drugs of high bioavailability for long-term use.

Herb Inhalobalm is the herbal nostrum which it has an easy process to produce. Not only worth and beneficial of herbal but things which affect the choice to use herb Inhalobalm in the period of high competition in product marketing need to develop Herb Inhalobalm is the home grown remedy which it has a simple prepare to deliver. Not as it were worth and useful of home grown but things which influence the choice to utilize herb Inhalobalm within the period of tall competition in item showcasing got to create distinctive development to make extraordinary home grown inhaler item to create more esteem for it. Different innovation to create outstanding herbal inhaler product to make more value for it.

For herbal inhalers can be made easily, making it highly competitive. Similar packaging bottle styles Such as a plastic bottle, not a packaging highlight, therefore creating an innovation of herbal Inhalobalm.

**KEYWORDS:-**

Traditional medicine, Natural medicine, Herbal remedies, Formulation process, Herbal healthcare products, natural pain relief balm, Camphor, ajwain, Clove, Black Pepper, Cardamom, Mentha, Eucalyptus oil, Nutmeg, turmeric, cinnamon, paraffin wax, petroleum jelly Effective Asthma, COPD, pain management Inhalation device, quick relief headache, back ache, joint pain, Ideal Inhalobalm .

**INTRODUCTION:-**

Two in one Shwasanastra herbal Inhalobalm having both a herbal inhaler and balm in one product offers a dual approach to respiratory relief. The inhaler provided direct inhalation benefits, will the blam offers tropical application for additional relief body affected by joint pain, headache, muscles pain, back ache, cold, reliving pain.

The product combine the functionality of an inhaler on one side and a balm on the other side, providing user with two different methods of application for respiratory relief.

When it comes to managing a cold or flu, one of the worst thing you can do is put yourself to bed with a bottle of pills sure this will help you feed better but do you get rid of cold. Traditional treatment such as antibiotics and pain relievers only mask they symptoms of the cold, but herbal remedies offer much more relief, and theirs safe and free of side effects.

If yours looking for natural ways to relieve stress alleviate cold symptoms and help you breathe more deeply then yours come to the right place herbal Inhalobalm are one of the most effective natural ways to do just that not only herbal Inhalobalm treat symptoms such as congestion and dry ,but they also offer relief from stress anxiety and other conditions.

**HERBAL DRUGS:-**

**CAMPHOR:-**

**Fig No:-1** Chmphor[26]

**Synonyms:-** Gum Camphor, Japan Camphor, Desi kapoor, Kapoor

**Family:-** Lauraceae

**Biological Source:-** Natural bhimseni camphor is attained by distilling the dinghy and wood of the camphor the tree set up in Taiwan japan India and demitasse, Camphor is a solid ketone, attained from the unpredictable oil painting of Cinnamomum camphor(L.) Nees et Eber, belonging to family Lauraceae.

Geographical source:- The factory is a big tree native to Eastern Asia, It's set up extensively in Mediterranean region, Sri Lanka, Egypt, South Africa, Java, Sumatra, Brazil, Jamaica, Florida, Formosa, Japan, South China, India, and California. In India, the tree is planted in auditoriums up to 1,300 m height in the North- west Himalayas. It's successfully cultivated at Dehradun, Saharanpur, Calcutta, and Mysore.

**Characteristics:-** Natural Camphor is colourless translucent mass with crys-talline fracturhombohedral chargers from alcohol, boxy chargers by- melting and nipping. Odour is characteristic, and taste is pungent and sweet which is followed by cold sensation. It evaporates at rore, om temperature and pressure,m.p. 180 °, veritably unpredictable in brume. At 25 °, 1 g dissolves in about 800 ml water( giving a colloidal result), in 1

ml alcohol, 1 ml ether,0.5 ml chloroform,0.4 ml benzene,0.4 ml acetone,1.5 ml of turpentine oil painting, and0.5 ml glacial acetic acid. Camphor has a peculiar tenacity and can not be pulverized in a mortar unless it's bedewed with an organic detergent.

**Chemical Constituents:-** Camphor oil contains camphor, cineole, pinene, camphene, phellandrene, limonene, and diterpenes. Camphor is entirely a monoterpenic ketone. Its basic carbon framework is related to bofneol.

**Uses:-** Camphor is used externally as a rubefacient, counterirritant and internally as a stimulant, carminative and antiseptic. It is a topical antipruritic and antiinfective, used as 1–3% in skin medicaments and in cosmetic. It is also used to manufacture some plastics, celluloid, in lacquers, var-nishes, explosives, pyrotechnics, as moth repellent, and in embalming fluids.(1)

**AJWAIN:-**

**Fig No:-2** Ajwain(27)

**Synonym:-** Bishops weed, Ajwain, Jevain, Ajma, Ajmo, Yavan.
**Family:-** Apiacea.
**Biological source:-** It is a native of Egypt and go through out India, Mediterranean region and in south-west Asian countries such as Iraq Afghanistan and Pakistan

**Geographical source:-** It is a native of Egypt and go through out India, Mediterranean region and in south-west Asian countries such as Iraq Afghanistan and Pakistan

**Characteristics:-** The medicine occurs as entire cremocarps or separated mericarps. Cremocarps are elliptical – cordate to ovate, indirectly compressed;1.7 –3.0 mm long;1.5 –2.4 mm broad, dirty unheroic to unheroic brown in colour and half to two- thirds apical portion has slight purplish tincture. At the top of the cremocarp is a bifid stylopod girdled by five nanosecond sepals. Each mericarp shows five light- coloured crests and is covered with light unheroic protrusions. The medicine has an agreeable odour and sweet and warming taste.

**Chemical Constituents:-** Ajowan contains an essential oil painting( 2 –3.5), protein(17.1), and fat(21.8). Ajowan oil painting is a colourless or brownish unheroic liquid enjoying a characteristic odour of thymol and a sharp taste. The top ingredients of the oil painting are phenol, substantially thymol( 35 – 60), carvacrol, p-cymene, γ-erpinene, α-, and β- pinenes and dipentene. The adipose oil painting is composed of palmitic, petroselinic, oleic, linoleic, and 5,6-octadecanoic acids.

**Uses:-** Ajowan is extensively used as a spice in curries; in pickles, certain types of biscuits, confectionary, and in potables. It's valued for its antispasmodic, goad, alcohol, and carminative parcels. It's given in flatulence, atonic dyspepsia, diarrhoea, and cholera. It's used most constantly in con- junction with asafoetida, myrobalans and rocksalt. Ajowan is also effective in relaxed sore throat and in bronchitis, and frequently constitutes an component of cough admixture.[2,16]

**CLOVE:-**

**Fig No:- 3** Clove[28]

**Synonyms**:- Clove bud, Laung, Lavang, Caryophyllum.
**Family:-** Myrtaceae.
**Biological source:-** Clove correspond of dried flower kids of Eugenia carryphyllus, family Myrtaceae. It should contain not lower than0.7 per cent( w/ w) of eugenol calculated on dried base.

**Geographical source:-** It's indigenous to amboyna and molucca islets. and traditionally cultivated in Tanzania( Zinziber), Madagascar, Indonesia, Srilanka and India( substantially in Nilgiri hills, Kanyakumari, Kottayam and Quilon hills of Kerala).

**Characterisitics:-** The epidermis of the clove is covered with thick cuticle. clove is sanguine- brown in colour, with an upper crown and a hypanthium. The hypanthium issub-cylindrical and tapering at the end. The hypanthium is 10 to 13 mm long, 4 mm wide, and 2 mm thick and has schizolysigenous oil painting glands and an ovary which is bilocular. The Crown region consists of the calyx, corolla, style and stamens. Calyx has four thick sepals. Corolla is also known as head, crown or cap; it's doineshaped and has four pale unheroic coloured petals which are imbricate, immature, and membranous. The ovary consists of abundant ovules. Clove has strong racy, sweet odour, and pungent and sweet taste.

**Chemical ingredients:-** Clove contains about 14 – 21 of unpredictable oil painting, 10 percent to 13 percent of tannin( gallotanni acid), resin, chromone and eugenin. The other ingredients present are the eugenol, acetyl eugenol, gallotannic acid, and two liquid principles; α- and β-caryophyllenes, methyl furfural, goo, resin, and fibre. Caryophyllin is odourless element and appears to be a phytosterol, whereas eugenol is a colourless liquid. Clove oil painting has 60 – 90 eugenol, which is the cause of its anesthetic and antiseptic parcels.

**Uses:-** Clove is used as an dentel analgesic, antiseptic, goad, carminative, sweet, and as a flavouring agent. It's also used as hurtless, antiemetic. Dentists use clove oil painting as an oral anesthetic and to disinfect the root conduits. Clove kills intestinal spongers and exhibits broad antimicrobial parcels against fungi and bacteria and so it's used in the treatment of diarrhea, intestinal worms, and other digestive affections. Clove oil painting can stop toothache. A many drops of the oil painting in water will stop puking, eating cloves is said

to be aphrodisiac. Eugenol is also used as original anesthetic in small boluses. The oil painting stimulates peristalsis; it's a strong fungicide, also a stimulating expectorant in bronchial problems.[3,16]

**BLACK PAPPER:-**

**Fig No:- 4** Black Pappper[29]

**Synonyms:-** Kalimirch, Golmarich, Milagu, Laung, Clovebud, Clove flower, Caryophyllum.
**Family:-** Piperaceae.
**Biological source:-** It's obtain from dried flower kids of Eugenia Caryophyllus.

**Geographical source:-** Black piper is indigenous to India and extensively cultivated in Assam, Kerala, Karnataka and Maharashtra. This factory is extensively available from North Kanaka to Kanyakumari. It's also cultivated in Malaysia, Indonesia, Brazil, Sri Lanka, South America and West Indies.

**Characteristics:-** The transverse section of medicine shows tubular epidermal cell followed by thin walled parenchymatous hypodermis with blockish gravestone cells. The inner pericarpic subcaste is brown coloured and is made up of sclerenchyma. Seed fleece subcaste is attached to it and is redfish- brown. Pericarp and perisperm contain oil painting glands and abundant bounce grains are also present.

**Chemical Constituents:-** Black pepper contains Piperine. Molecular formula for Piperine is C17H19NO3. • The most important seeker ofp. nigrum is piperine, its attention varies in different species ofp. nigrum. For illustration the quantum of piperine in long pepper varies upto 1- 2 and in white and black pepper, it varies upto 5- 10. • The reason behind its veritably essential remedial use is that due to presence of piperine, it increases the bioavaibility of numerous nuitrients and medicines by inhibiting colorful metabolizing enzymes. therefore it play an essential part in regulating rotundity convinced dyslipidemia.

**Uses:-** It works as an analgesic, antipyretic and antioxidant. It utilizes as a rubefacient. It's also used as a preservative. It has operation in ornamental diligence and also in the medication of germicides. It improves appetite, increases digestive power and also has antimicrobial conditioning.( 2) It's used in the treatment of fever, bellyache, dysentery, piles and infections of worms.[4,16,21]

**CARDAMOM:-**

**Fig No:- 5** Cardamom[30]

**Synonym:-** Cardamon fruit, Cardamom seed, Cardamomi semina, Malabar cardamums, Capalaga, Gujatatti elachi, Ilachi, Ailum.
**Family:-** zingilberaceae.
**Biological Source:-** Cardamom consists of the dried ripe seeds of Elettaria auto- damomummaton., belonging to family Zingiberaceae.

**Geographical Source:-** It's cultivated in South India and Ceylon. Like Mysore, Pakistan, Kerala, etc.

**Characteristics:-** Cardamom has simple, erect stems, the leaves are lanceolate, upper face is dark green and rough, whereas it's light green and silky below. The small, unheroic flowers grow in loose racemes on prostrate flower stems. The fruit is a three- celled capsule holding up to 18 seeds. The fruit is an inferior trilocular three-angled capsule, 1 to 2 cm long, greenish to pale buff or unheroic in colour. They've an elliptical or oblong shape, rounded at the base; the base has the remains of stalk or the perianth. Seeds are deduced from anatropous ovules and the seeds are attached in double rows with axile placentation and the membraneous septa. The seeds are about1/5 of an inch long, angular, wrinkled and whitish outside. They should be pulverized only when wanted for use, as they lose their sweet parcels.

**Chemical constituents:-** The seeds contain 3 to 6 of unpredictable oil painting along with fixed oil painting, mariners of potassium, a colouring principle, nitrogenous gum, an acrid resin, bounce, ligneous fibre, and ash. The active element of the unpredictable oil painting is cineole. Other sweet composites present are terpinyl acetate, terpineol, borneol, terpinene, etc. The oil painting is colourless when fresh, but becomes thicker, more unheroic and less sweet on storehouse. It's answerable in alcohol and readily in four volumes of 70 alcohol, producing a clear result.

**Uses:-** Cardamom is used as an sweet, carminative, goad, stomachic, expectorant, diaphoretic, digestive, appetizer, and flavouring agent. It's used in the treatment of respiratory diseases like asthma, bronchitis, cough, nausea, puking, indigestion, headache, diarrhea, snap, for flatulence, also used as a spice in cuisine.[5, 16, 22]

**MENTHA:-**

**Fig No:- 6** Mentha[31]

**Synonym:-** Spearmint, Garden mint, Mackerel mint, Our lady's mint, Green mint, Sage of Bethlehem.
**Family:-** Labiatae.
**Biological Source:-** It's the oil obtained by the distillation of Mentha piperita, belonging to family Labiatae.

**Geographical Source:-** It's firstly a native of the Mediterranean region and was latterly introduced into Britain, India, Pakistan.

**Characteristics:-** From creeping rootstocks, erect, square stems rise to a height of about 2 bases, with veritably short- stalked, shaft- shaped, acute-pointed, wrinkled, bright green leaves. It has fine- toothed edges and smooth shells, the caricatures veritably prominent on the lower face. Leaves are sessile, lanceolate to oblong, acute apex, and coarsely dentate periphery. The flowers are densely arranged in curls in the axils of the upper leaves, forming slender, spherical, tapering harpoons, pinkish in colour. The factory has characteristic taste and odour.

**Chemical constituents:-** It contains about0.5 unpredictable oil painting containing carvone. It also contains limonene, phellandrine, dihydrocarveol acetate, esters of acetic, butyric, and caproic or caprylic acids. The medicine also contains resin and tannins.

**Uses:-** The medicine is used as spice, flavouring agent, carminative, digestive, spasmolytic, goad, and as a diuretic. Pudina is primarily used for culinary purposes. Candied infusion is an excellent remedy for immature trouble and also a affable libation in complications, seditious conditions,etc.[6,16]

**EUCALYPTUS OIL:**

**Fig No:- 7** Eucalyptus oil[32]

**Synonyms:-** Eucalyptus, Stringy Bark Tree, Blue gum, Blue Gum Tree.
**Family:-** Myrtaceae.
**Biological Source:-** Eucalyptus oil painting is the essential oil painting attained by the distillation of fresh leaves of Eucalyptus globulus and other species likeE. Polybractea,E. viminalis, andE. Smithii, belonging to family Myrtaceae.

**Geographical Source:-** It's substantially set up in Australia, Tasmania, United States, Spain, Portugal, Brazil, North and South Africa, India, France, and Southern Europe.

**Characteristics:-** Eucalyptus is a altitudinous, evergreen tree, the box, which grows to 300 bases high or more, is covered with shelling papery dinghy. The leaves on the youthful factory, up to five times old, are contrary, sessile, soft, oblong, pointed, and a antediluvian blue colour. The mature leaves are alternate, petioled, leathery, and shaped like a smalls word. The flowers are solitary and white, without any petals.

**Chemical constituents:-** Eucalyptus oil painting contains unpredictable oil painting of which 70 to 85 is 1,8-cineole also known as eucalyptol. The other ingredients present are p- cymene, α- pinene; small volume of sesquiterpenes like ledol, aromadendrene; aldehydes, ketones, and alcohols. It also has polyphenolic acids like ferulic acid, caffeic acid, gallic acid; flavonoids similar as eucalyptin, hyperoside and rutin.

**Uses:-** The oil painting is used as goad, antiseptic, flavouring agent, sweet, deodorant, expectorant, antimicrobial, febrifuge, diuretic, and antispasmodic. It's also used in the treatment of lung conditions, sore throat, cold, as a vapour bath for asthma and colorful respiratory affections and in bronchitis.[7, 14, 23]

**NUTMEG:-**

**Fig No:- 8** Nutmeg[33]

**Synonyms:-** Semen myristicae, Myristica, Nutmeg, Jaifal.
**Family:-** Myristicaceae.
**Biological source:-** Is the kernel of the dry drip seed of Myristca scent Hourtenbe belonging to family myristicaceae.

**Geographical Source:-** A native of Molucca islets in Indonesia. It's also cultivated in West Indies, Banda islets, Archipelago, Malayan, Sumatra, and in Guiana.

**Characteristics:-** Nutmeg is the kernels conforming of external and inner perisperm, endosperm and embryo; it has an elliptical or astronomically stretched shape with a size of 2 to 3 cm length and1.5 to 2 cm wide. The kernels are greyish brown in colour, with multitudinous sanguine brown spots on them. One end of the nutmeg has a small depression indicating the position of micropyle and slightly by its side it has the position of hilum. The line of raphe extends to contrary end of the kernel to the depression called chalaza. The embryo is present in a small depression inside the endosperm.

**Chemical constituents:-** Nutmeg contains of 5 to 15 unpredictable oil painting, lignin, stearin, bounce, goo, colouring matter, and0.08 of an acid substance. The unpredictable oil painting contains clemicine, myristicin, geraniol, borneol, pinene, camphene, and dipentene. It also contains eugenol, safrol, p- cymene and isoeugenol in small volume.

**Uses:-** Nutmeg is sweet, carminative, flavouring agent. Both nutmeg and mace are used for flatulence, in relieve nausea and vomiting. Graded nutmeg along with lard is used in ointment for piles. It has narcotic action and peripherally it irritates and produces anesthetics action, since it irritates intestine and uterus it can beget revocation. Oil painting of Nutmeg is used to conceal the taste of colorful medicines and as a original goad to the gastrointestinal tract.[8, 15, 24]

**TURMERIC:-**

**Fig No:- 9** Turmeric[34]

**Synonyms:-** Saffron, haldi, Curcuma, Rhizoma cur-cumae.
**Family:-** Zingiberaceae.
**Biological Source:-** Turmeric is the dried rhizome of Curcuma longa Linn.(syn.C.domestica Valeton)., belonging to family Zingiberaceae.
Geographical Source:- The factory is a native to southern Asia and is cultivated considerably in temperate regions. It's grown on a larger scale in India, China, East Indies, Pakistan, and Malaya.

**Characteristics:-** The primary rhizomes are elliptical or pear- shaped, oblong or pyriform or spherical, and frequently short fanned . The rhizomes are known as ' bulb ' or ' round ' turmeric. The sec- ondary, more spherical, side fanned , tapering on both ends, rhizomes are 4 – 7 cm long and 1 –1.5 cm wide and called as ' fritters '. The bulbous and cutlet- shaped corridor are separated and the long fritters are broken into accessible

bits. They're freed from clinging dirt and stringy roots and subordinated to curing and polishing process. The curing consists of cooking the rhizomes along with many leaves in water until they come soft. The cooked rhizomes are cooled, dried in open air with intermittent turning over, and rubbed on a rough face. Colour is deep unheroic to orange, with root scar and encircling crest- suchlike rings or annulations, the ultimate from the scar of splint base. Fracture is wanton and the cut face is moldable and resinous in appearance. external face is deep unheroic to brown and longitudinally wrinkled. Taste is sweet, pungent and bitter; odour is distinct.

**Chemical constituents:-** Turmeric contains unheroic colouring matter called as curcuminoids( 5) and essential oil painting( 6). The principal element of the colouring matter is curcumin I( 60) in addition with small amounts of curcumin III, curcumin II and dihydrocurcumin. The unpredictable oil painting contains mono- and sesquiterpenes like zingiberene( 25), α- phellandrene, sabinene, turmerone, arturmerone, borneol, and cineole. Choleretic action of the essential oil painting is attributed to β- tolylmethyl carbinol.

**Uses:-** Turmeric is used as sweet, antiinflammatory, stomachic, uretic, hurtless for billiary math, goad, alcohol, auto minative, blood cleaner, antiperiodic, alterative, spice, colouring agent for ointments and a common ménage remedy for cold and cough. Externally, it's used in the form of a cream to ameliorate complexion. Color- stuff acts as a cholagogue causing the compression of the bitterness bladder. It's also used in menstrual pains. Curcumin has choleretic and cholagogue action and is used in liver conditions.[9,17]

**CINNAMON:-**

**Fig No:- 10** Cinnamon[35]

**Synonyms:-** Cortex cinnamoni, Ceylon cinnamon, Saigon cinnamon, Chinese cassia, Cinnamomum aromaticum, Cinnamomum laurus.
**Family:-** Lauraceae.
**Synonyms:-** Cortex cinnamoni, Ceylon cinnamon, Saigon cinnamon, Chinese cassia, Cinnamomum aromaticum, Cinnamomum laurus. Family- Lauraceae.
**Biological Source:-** Cinnamon is the dried inner bark of the coppiced shoots of Cinnamomum zeylanicumNees., belonging to family Lauraceae.

**Geographical Sources:-** Cinnamomum zeylanicum is extensively cultivated in Ceylon, Java, Sumatra, West Indies, Brazil, Mauritius, Jamaica, and India. Characteristics- Cinnamon are moreover in single- or double-emulsion quills, with a size of 1 m length,0.5 mm consistence, and 6 to 10 mm periphery. The external face has unheroic brown colour having longitudinal lines of pericyclic fibre and scars and holes representing the position of leaves or the side shoots. The inner face is darker than the external. Cinnamon has a ambrosial incense; taste sweet and sweet.

**Chemical constituents:-** Cinnamon contains about 10 of unpredictable oil painting, tannin, gum, calcium oxalate and sugar. Unpredictable oil painting contains 50 to 65 cinnamic aldehyde, along with 5 to 10 eugenol, terpene hydrocarbons and small amounts of ketones and alcohols.

**Uses:-** It's used as an alterative, sweet, carminative, flavouring agent, analgesic, antiseptic, antirheumatic, antispasmodic, demulcent, digestive, expectorant, stomachic, diaphoretic, antibacterial, antifungal, etc. It stops puking, relieves flatulence and is given with chalk and as astringents for diarrhoea and haemorrhage of the womb. It's also used in the treatment of bronchitis, snap, pulsations, nausea, traffic, and liver problems.[10,16]

**COCONUT OIL:-**

**Fig No: 11** Coconut oil[36]

**Synonyms:-** Coconut oil, coconut butter, copra oil.
**Family:-** Palmae.
**Biological Source:-** Coconut oil is the oil expressed from the dried solid part of endosperm of coconut, Cocos nucifera., belonging to family Palmae.

**Geographical Source:-** Coconut is extensively distributed throughout the world. It's largely cultivated in African and southeast Asian countries. Coconut also known as copra is a salutary as well as artificial product throughout the world. Large volume of oil painting is produced in India, Sri Lanka Malaysia, South Africa, China, Indonesia, and other countries.

**Characteristics:-** In temperate region below 23 °C coconut oil painting is concrete oil painting. Coconut adulation is a white or pearl white oleaginous mass, odourless or with peculiar coconut odour and mellow taste. Its melting point is 23 °C to 26 °C. It's answerable in two volumes of alcohol at 60 °C but largely answerable in chloroform, ether and carbon disulphide. The oil painting readily becomes rancid on exposure to air. The coconut oil painting has the loftiest saponification value, 250 – 264 and the smallest iodine value, 7 – 10 among the vegetable canvases in common use.

**Chemical constituents:-** Coconut attained from the hard, dried endocarp consists of a admixture of triglycerides of impregnated adipose acids. The oil painting contains about 95 of impregnated adipose acids with 8 and 10 carbon tittles. It shows the presence of caprylic acid, 2; capric acid, 50 – 80; lauric acid, 3; and myristic acid about 1.

**Uses:-** Coconut oil painting is used as salutary products in numerous areas of the world. In European pharmacopoeia, fractionated coconut oil painting is known as ' Thin vegetable oil painting '. It's useful as a nonaqueous medium for the oral administration of some cures. Fractionated coconut oil painting is used as a base for the medication of oral suspense of medicines unstable in waterless media. Diets grounded on medium chain triglycerides including medications made from coconut oil painting are used in conditions associated with mal- immersion of fat similar as cystic fibrosis, enteritis, and steatorrhoea. Abdominal pain and diarrhoea have been reported in cases taking diet grounded on medium chain triglycerides.[11,16]

**BEES WAX:-**

**Fig No:- 12** Bees wax[37]

**Synonyms:-** White beeswax, yellow beeswax, cera alba, and cera flava.
**Family:-** Apidae
**Biological Source:-** Beeswax is the purified wax obtained from honeycomb of hive bee, Apis mellifera Linn and other species of Apis, belonging to family Apidae.

**Geographical Source:-** It's substantially set up in Jamaica, Egypt, Africa, India, France, Italy, Californiaetc.

**Characterisitics:-** Yellow wax or Cera flava is unheroic to greyish brown coloured solid, with agreeable, honey- suchlike odour and a faint, characteristic taste. When cold, it's kindly brittle and when broken, shows presence of a dull, grainy, noncrystalline fracture. Unheroic wax is undoable in water and sparingly answerable in cold alcohol. It's fully answerable in chloroform, ether, and in fixed or unpredictable canvases , incompletely answerable in cold benzene or in carbon disulphide and fully answerable in these liquids at about 30 °C.

**Chemical ingredients:-** Beeswax contains myricin, which is melissyl palmitate; melting point 64 °C, free cerotic acid( C26H52O2), myricyl alcohol( C30H61OH) is liberated when myricyl palmitate is saponified. Melissic acid, some unsaturated acids of the oleic series, ceryl alcohol, and 12 to 13 advanced hydrocarbons are present.
**Used:-** Beeswax is used in the medication of ointments, cataplasm, and polishes.[12,16]

**Petroleum jelly:-**

**Fig No:- 13** Petroleum jelly[38]

Petroleum jelly is a thick, moldable paste that numerous people use as a skin care product and treatment for minor cuts and becks. Other names for petrolactum jell include petrolactum and Vaseline, a common brand name people use petroleum jelly for diaper rash, as a moisturizer, to treat skin conditions similar as eczema, and as a lubricant.

**Uses:-** This drug is used as a moisturizer to treat or help dry, through, scaled, itchy skin and minor skin vexation similar as a diaper rash cream skin burn from radiation remedy. Emollients substances that software and moisturizer the skin and decreases itching and flacking. Some product similar as zinc oxidized, white petroleum are you substantially to product the skin against vexation similar as from sanguineness, dry skin is cure survive the loss of water in the upper subcaste of the skin. Emollients moisturizer work by the form an unctuous subcaste on the top of the skin that traps water in the skin.[13]

## FORMULATION OF HERBAL INHALOBALM

### Herbal Inhaler Ingredients:-

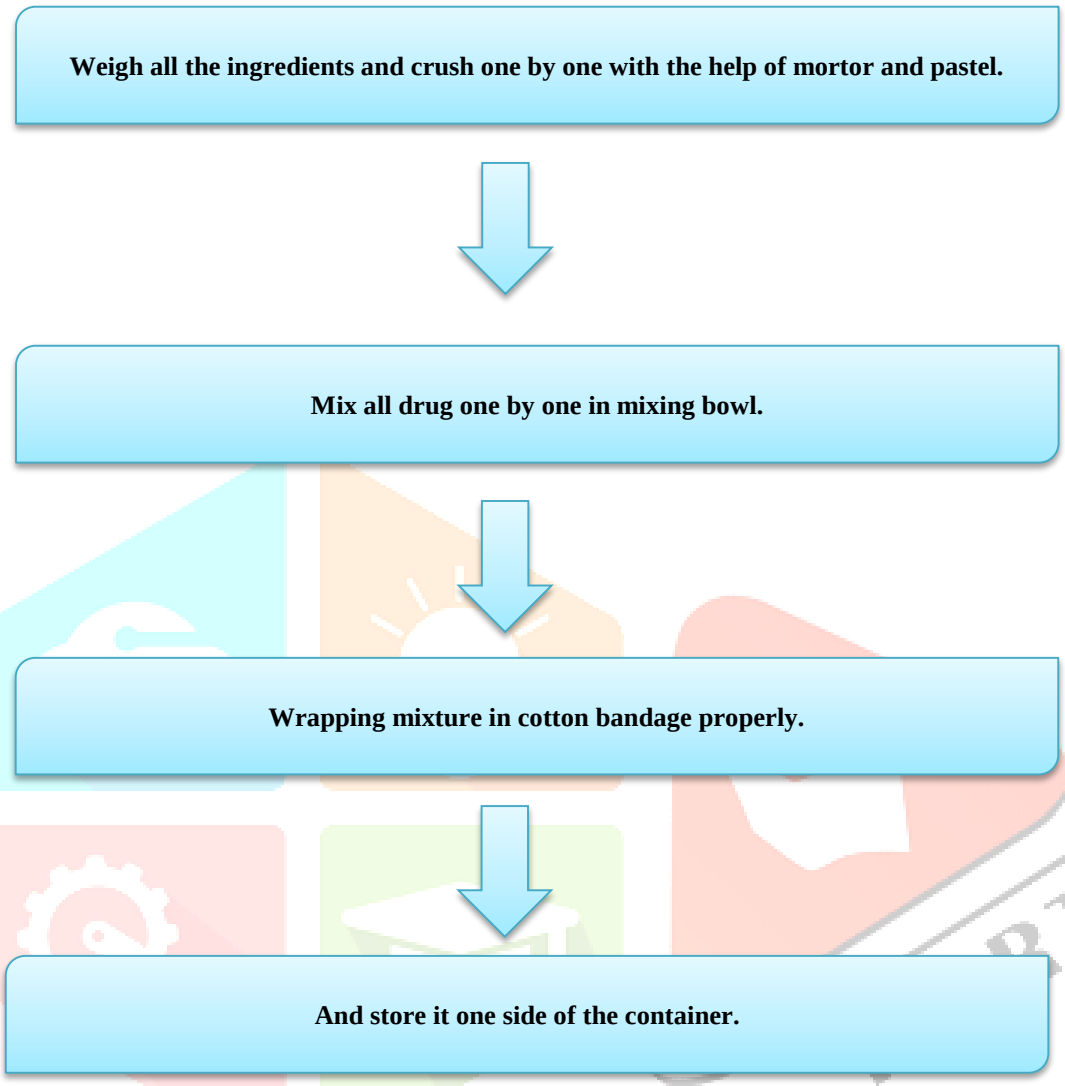
| Ingredients | Quantity taken | Medicinal uses |
|---|---|---|
| Ajowan | 4 gm | Antibacterial |
| Camphor | 3 gm | Antiseptic, relieve cough |
| Black paper | 3 gm | Antioxidant |
| Clove | 3 gm | Anti- inflammatory |
| Cardamom | 3 gm | Common cold, Bronchitis |
| Nutmeg | 2 gm | Anti Thrombotic |
| Mentha | 1mg | Counter irritant |
| Eucalyptus oil | 1gm | Antitoxic, Pain reliever |

### Equipment Needed:-

| |
|---|
| Measuring cylinder |
| Mortar and Pestle |
| Weighing balance |
| Mixing bowel |
| Cotton bandage |
| Container for storage |

**Procedure:-**

Weighing all the required herbal ingredient for Herbal Inhalobalm preparation where accurately weighed hate by using balance.



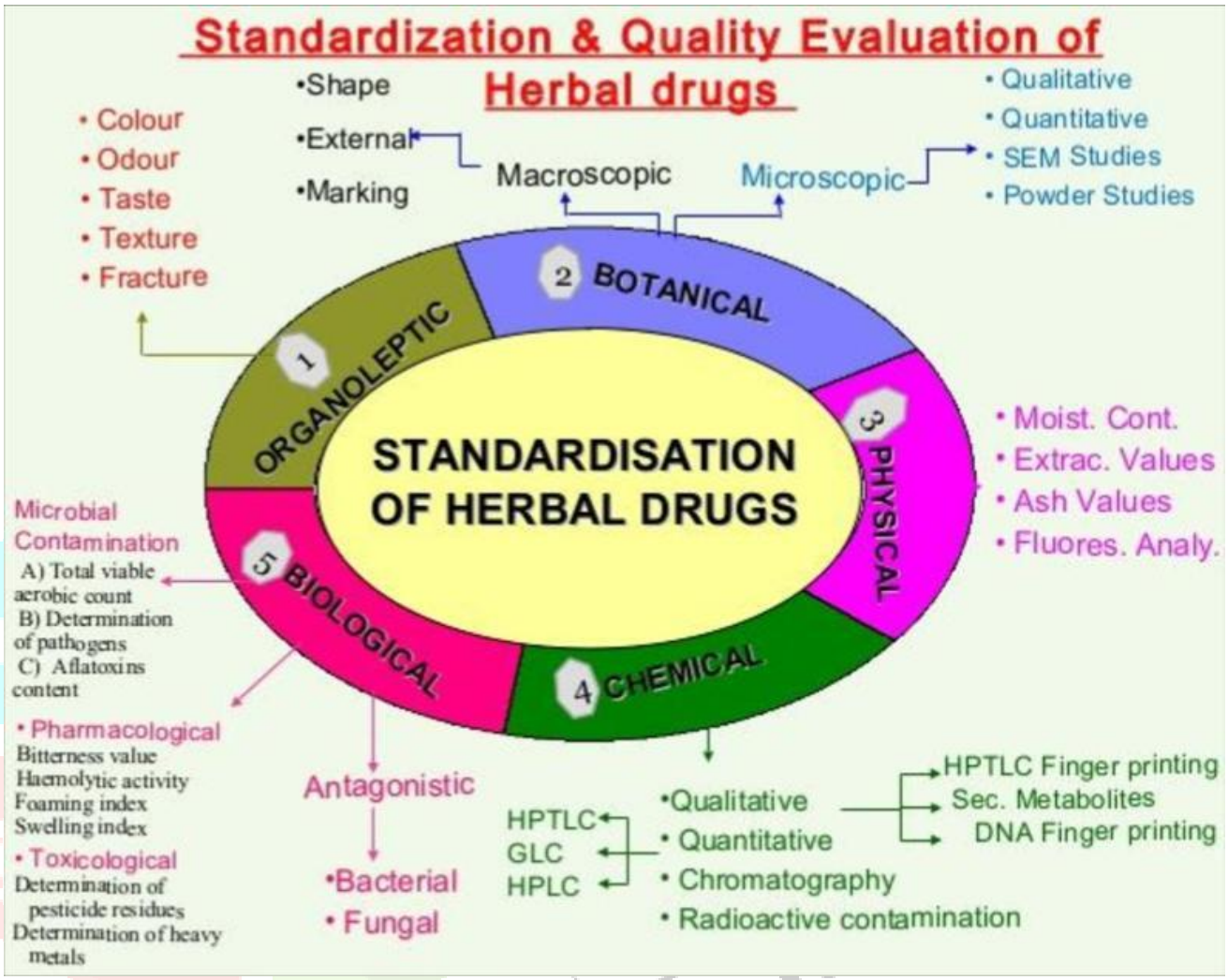
**Herbal Balm Ingredient:-**

| Ingredients | Quantity taken | Medicinal uses |
|---|---|---|
| Clove | 2gm | Anti- inflammatory |
| Mentha | 2gm | Counter irritant |
| Ajwain | 3gm | Antibacterial |
| Camphor | 3gm | Antiseptic, relieve cough |
| Cardamom | 2gm | Common cold |
| Black paper | 2gm | Antioxidant |
| Cinnamon | 1gm | Anti-inflammatory |
| Nutmeg | 1gm | Anti- rheumatic |
| Turmeric | 1gm | Powerful antioxidant |
| Eucalyptus oil | 2gm | Antitoxic, pain relieve |
| Coconut oil | 2gm | Solvent |
| Bees wax | 3gm | Base |
| Petroleum jelly | 1gm | Moisturizer |

**Equipment Needed:-**

| | |
|---|---|
| Measuring cylinder | Glass rod |
| Weighing balance | Burner |
| Mortar and pestle | Tripod stand |
| Beaker | Forceps |
| Water bath | Container |

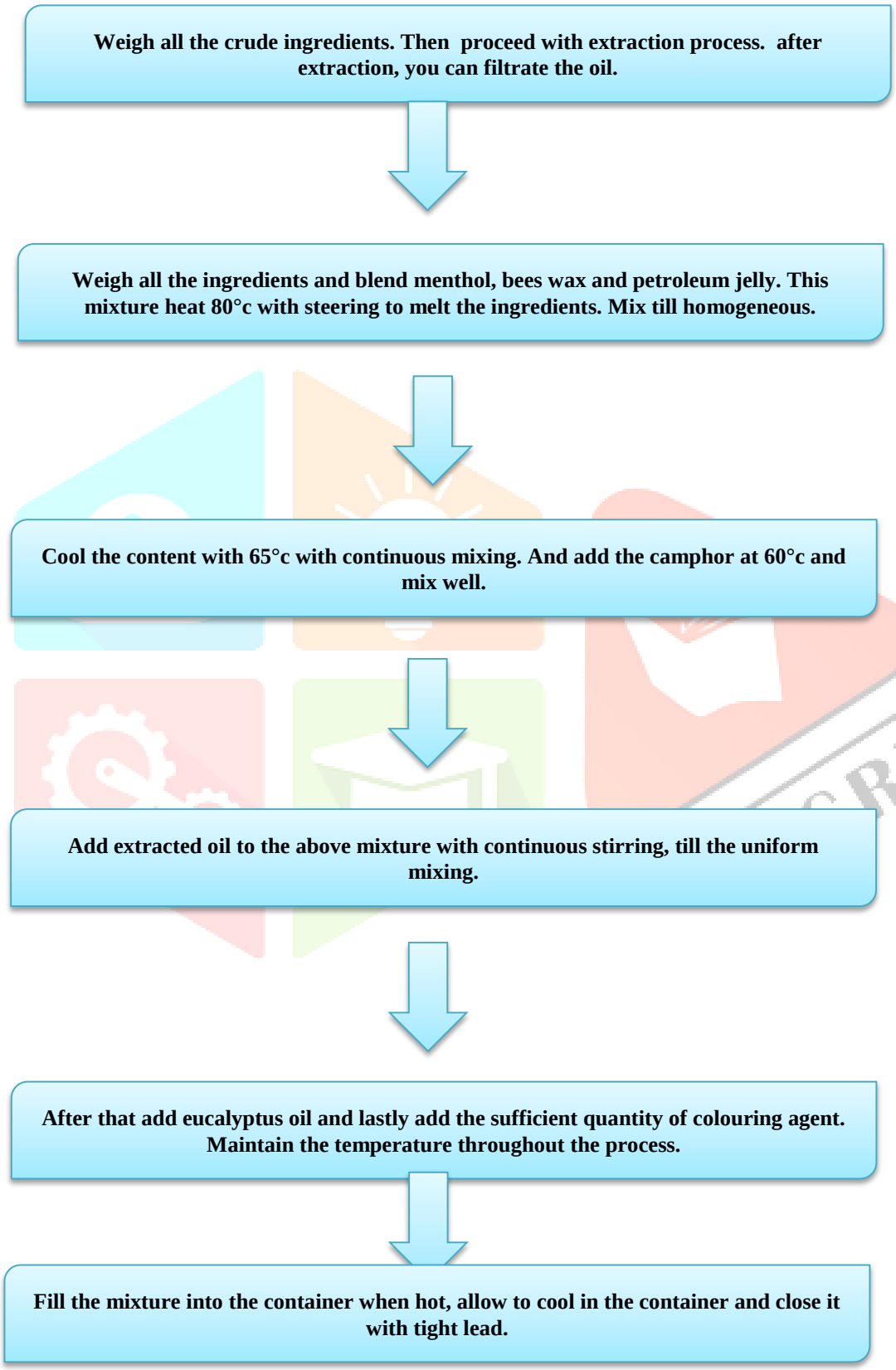
**EVALUATION:-**




(39)

**Procedure:-**

Weighing all the required herbal ingredient for Herbal Inhalobalm preparation where accurately weighed hate by using balance.



**Evaluation:-**

**PH:-** The PH of the set expression was determined by using digital PH cadence by dipping the glass electrode fully in to the gel system to cover the electrode. The dimensions was carried out in triplet and the normal of the three reading was recorded.

**Viscosity:-** viscosity of balm was determined using brook filled viscometer (S-62, model LVDV-E) at 25° c with a spindle speed of information rotated at 12rpm.(18)

**Consistency:-** Smooth and soft no greeting is observed.

**Phase Separation:-** The prepared balm was transferred in a suitable wide mouth container. Set aside for storage, the oil phase and aqueous phase separation were visualizing after 24h.

**Spredability:-** Two sets of glass slides of standard confines were taken. The herbal attar expression was placed over one of the slides. The other slides were placed on the top of the gel, similar that the gel was squeezed between the two slides in an area enthralled by a distance of7.5 cm along the slides. Hundred g weight of gel was placed on the upper slides so that the gel was between the two slides was pressed slightly to form a thin subcaste. The weight was removed and the excess of gel clinging to the slides was scrapped off. The two slides in position were fixed to a stage without fewest trouble and in such a way that only upper slides to slip off freely by the force of weight tied on it. A20 g weight was tied to the upper slide precisely. The time taken for the upper slide to travel the distance of7.5 cm and separated down from the lower slide under the influence of the counted was noted. The trial was repeated for three times and the mean time was taken for computation.(19)

**Patch Test:-** Apply the product to a small patch of skin where a person is questionable to fortuitously wash or rub it down. Good areas may include the inside of the arm or bend of the elbow. Apply the product to a quarter- sized patch of skin. A person should apply the product as thickly as they would when using it regularly. Leave the product on the patch of skin for as long as it would generally be on the skin However, analogous as a cleanser, they should keep the patch on for 5 min or long as the instructions advice, If a person is testing a product that they would generally wash off. Repeat the patch test twice a day for between 7- 10 days. A response may not be directly, so it’s important to continue applying the product for this length of time .However, they should wash it off as soon as If a person’s skin reacts to theproduct. possible and stop using it. A person can use a cool compress or petroleum jelly to relieve the skin if demanded.

**No-irritancy:-** This is used to check the quality of accoutrements as well as chemicals and whether it’s dangerous to skin/ mucosal or not. First of all, we’ve to mark area on left hand( rearward face). After that we’ve to applied expression of attar to that area and time was noted. Also weve to leave expression for many twinkles by this we can checked for irritancy.


**FORMULATION OF SHWTASANASTRA INHALOBALM**



# HOW TO USE INHALOBALM

- Open The lid
- Take a slowly deep breathe
- Can you used any time you want

## When to use

At work to boost you energy

When feels exhausted

In the area where there is an unpleasant smell

When feels sleepy

In crowd area

When feels dizzy

### SOOTHING AROMA

Feel relax, get rid of your dizziness along with clear up sinuses and stuffy nose promotes relaxation with delightful aroma form natural extract herbs.

### MOOD BOOSTER

Enhance your days. Lifesaver during those high allergy seasons. Feeling happy and energized with calming sensation.

### BREATHE DEEP

Take a slowly deep breathe from aroma essential oil to clam your nervous system. Upgrade your breathing while providing you the benefits of the herbs.

### EASY TO USE

Handy size with wide bottlenose, enjoy the therapeutic benefits of herbs extract anywhere anytime. The scent can last long for up to 3-4 years.

**Why Herbal Inhalobalm can be so Beneficial** :-

Did you know that herbal nasal inhaler and herbal pain relieve balm has been around for hundreds of years? They are often recommended for common types of headaches, cold, joint pain, back pain, muscle pain, chest pain, sinusitis, stress, anxiety. herbal nasal inhalers and pain relief balms have indeed been used for centuries, often relying on natural ingredients with purported medicinal properties. They're frequently recommended for a variety of ailments, thanks to their potential to alleviate symptoms and promote relaxation.

**TRY HERBAL INHALOBALM FOR COLD, STRESS, JOIN PAIN, HEADACHES, BACK PAIN,RELIEF AND MANY MORE**

**1. Alleviates Nasal Congestion and Promotes Easier Breathing**

in Common Cold It's hard to breathe if your nasal passage is congested. Symptoms of nasal traffic include difficulty breathing through the nose, a watery nose and indeed stuffy head. One of the many benefits of an herbal inhaler is its ability to combat respiratory congestion. It soothes irritated and inflamed tissues in the nasal cavity by provide a cooling sensation. Whether you are looking to treat a common cold or sinus infection, this type of inhaler is a great way to provide relief from nasal congestion and soothe sinuses while helping you take a deep breath.

**2. Joint Pain**

little Pacific event support the use of the Inhalobalm to relief joint pain. However, many people use the balm to ease aches and pain related to osteoarthritis. Osteoarthritis uses bones to loss density and become brittle over time, leading to joint pain.

**3. Back Pain**

People frequently used inhalobalm to relieve back pain. In the lower back some use certain ingredients in the inhalobam before or after receiving alternative treatment for back pain.

**4. Neck And Shoulder Tension**

Inhalobalm may help reduce neck and shoulder pain.

**5. Energizes Your Body & Mind**

One of the most popular and natural ways to energize your body and mind is through herbal inhalation. A variety of herbs have been shown to provide both physical and mental stimulation through the use of a vaporizer. Popular herbs include camphor, menthol, mint, and many more. These are known for their ability to boost cognitive abilities, improve mood, relieve stress, and enhance a sense of well-being.

**6. Provides Relief from Motion Sickness or Dizziness**

Motion sickness is often triggered by visual, auditory, or olfactory stimuli that are experienced in the absence of physical movement. his can include watching television or movies, riding a bus or train, or even eating certain foods (particularly spicy foods). Herbal inhalers help alleviate motion sickness by increasing the amount of serotonin in your brain. Freshaler Herbal Inhaler is a combination of herbs that help calm the nervous system and ease symptoms of motion sickness.

**7. Helps You Relax**

Herbal inhalers are quick-relief inhalers that come in many shapes and sizes, but all serve the same purpose: to help people relax. For example, if someone has had a stressful day at work, he or she can inhale the vapor of from the inhaler to help calm and relax the mind and body. The vapor travels through the bloodstream to the brain and stimulates the central nervous system. The brain responds by relaxing all the muscles in the body.[20]

**Shwasanastra Herbal Inhalobalm**

is a power-pack inhaler and balm made with camphor, menthol, Ajowan, Nutmeg, Eucalyptus oil, cinnamon, cloves and black pepper, cinnamon, coconut oil, petroleum jelly. This powerful herbal inhalobalm can help soothe sore throats, provides relief from nasal congestion, reduces breathing difficulties, boost energy and heal common cold. It can be used by kids above 3 years of age to adults to elders. The Aroma in the product

is so amazing that when you wake up, inhaling for a long time will make you charged, refreshed, stress-free and active all day. It is a go to product with herbal extracts to make you feel relaxed.[20]

**Relieves**

- **Cold:** The inhaler helps to get relief from cold.
- **Dizziness:** Inhaling this will help feel better from dizziness.
- **Sinus**: It helps in relieving sinus pains
- **Migraine**: It helps in headache caused due to migraine
- **Stress**: It relieves stress and helps you to feel fresh
- **Joint pain:-** Little specific evidence supports the use of Inhalobalm to relieve joint pain.
- **Toenail fungus:** The active ingredient camphor may treat this type of fungal infection.
- **Back pain:** The active ingredients camphor and menthol may help soothe this type of pain.
- **Common colds:** Menthol may alleviate cold symptoms.
- **Congestion:** A combination of menthol and eucalyptus may clear up congestion.
- **Flu-related symptoms:** Menthol and eucalyptus may help aches associated with the flu.
- **Headaches:** Menthol may provide relief. The addition of eucalyptus can also have pain-relieving effects.

**Benefits of a herbal Inhalobalm:-**

Inhalers and balms both offer respiratory benefits, but they serve different purposes. Inhalers typically deliver medication directly to the lungs, making them effective for managing conditions like asthma and COPD. On the other hand, balms often contain soothing herbs and oils that can provide relief from congestion, coughing, and other respiratory discomforts when applied to the chest or under the nose. So, they complement each other well, offering targeted relief for various respiratory issues. Herbal Inhalobalm has a number of benefits. First, it helps to relieve pain naturally. Second, it can be used for various types of pain including muscle aches, arthritis, nerve pain, and menstrual cramps. Third, it is made with natural ingredients that are safe for both adults and children. Finally, pain relief balm is easy to use and can be applied as often as needed.

A herbal inhaler can also be used to get immediate relief from asthma and other health issues involving an individual's respiratory system.

An inhaler as the Peppermint Field can also be used to get comfort for someone who is prone to travel sickness. When inhaled, this product can help a person relax especially during stressful conditions. Its soothing properties can help unclog your airways and promote easier breathing. Some people also use a herbal inhaler to keep them awake as it is known to promote alertness when it is needed. It certainly can energize both your mind and body.

It can also be applied on the side of your head to get immediate comfort for headache or minor cases of migraine. Herbal inhalers can also be used as temporary treatment for someone who is suffering from colds, nausea, dizziness, or motion sickness.

It can also be used to temporarily fight fatigue or weakness. This product is also used by some people to treat insect bites.

**Quick Action:-** Herbal inhalers provide easy relief for cold symptoms. If you're feeling sisk, you don't want to wait until your cold is gone to relieve yourself. With herbal inhalers, you can breathe easily again quickly.

**Easy Maintenance:-** Unlike prescription drugs, herbal inhalers are safe and natural. They want leave any harmful chemicals behind. They are also biodegradable dable and safe for children as well.

**Low Cost:-** Herbal inhalers are inexpensive compared to over the counter cold medication.

**Convenient To Carry:-** Many herbal inhalers are portable and compact. They fit easily in purses backpack and pockets.
This means you can take them any where without worrying about carrying bulky medication. there are many types of herbal inhalers available.

**Conclusion:-**

In conclusion, Two in one herbal Inhalobalm herbal Inhaler and balm for relieving cold symptoms and other ailments. Herbal Balm was prepared by using melt processing technique. The Eucalyptus oil have Anti-oxidant and pain relieving property menthol oil are counter irritant property and Camphor antiseptic and relieving pain.

if you suffer from cold symptoms such as fever and coughs herbal inhaler may be able to provide relief. Many herbs have been shown to be effective against respiratory infections. Shwasanastra Herbal Inhaler for cold that offers you a convenient, easy to carry and effective inhaler to get you rid of your common cold, sinus, stress, headache, and many.

An aromatic herbal inhaler is one of the most effective home remedies that you can use to relieve the symptoms of a cold or flu, alleviate stress, fight off cold germs, and promote overall good health.

Based on the study research it can be concluded that herbal components can be effectively formulated. Processing Technique which having excellent pain- relieving property.

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