Formulation And Evaluation Of Polyherbal Toothpaste

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ABSTRACT

The main objective of the research is the formulation and evaluation of Polyherbal toothpaste. Toothpaste is usually used to clean tooth enamel and mouth. It is also used to solve many enamel problems. Many dentists recommend applying toothpaste to treat diseases such as sensitivity, chronic gingivitis, etc. Herbs like Gokhru, Neem, Tulsi, Amla, Turmeric. These herbal toothpastes are evaluated by various tests such as physical examination, pH determination, Homogeneity, Abrasiveness, Spreading, foaming, stability study, Anti-microbial activity, etc. The aim of this study is to formulate herbal toothpaste that is good for oral hygiene and bleeding gums. Oral hygiene means prevention of oral infections and gum diseases. Formulation and evaluation of Polyherbal toothpaste aimed at assessing its efficacy and safety. The research involved formulating a Polyherbal toothpaste using a blend of herbal Drug for their dental health benefits. Evaluation methods included testing for antimicrobial activity, abrasiveness, Organoleptic, Spreading, foaming. Results indicated antimicrobial, anti-Bacterial & Anti-inflammatory properties.

Key Words:- Gingivitis, Anti bacterial, Sensitivity, Anti microbial, herbal Treatments, Toothache and Gums, Polyherbal toothpaste.

INTRODUCTION

Herbal and Herbal based toothpaste has been used since many years ago in ancient life and is one of the main important components of oral health care. The manufacturing and development of toothpaste formulations began in China and India, as 300-500 BC. During that period, squashed bone, pulverized egg and clam shells were utilized as abrasives as a part of tooth cleaning. Modern toothpaste formulations were developed in the 19th century.

Toothpaste is an agent used as an effective home care system. It is a paste or gel dentifrice used with a toothbrush as an accessory to clean and maintain the aesthetics and health of teeth by the patients to enhance oral hygiene.
Toothpaste is used to promote oral hygiene. Although, brushing teeth twice a day and daily flossing is highly effective in plaque reduction, over 50% of adults have gingivitis on an average of 3 to 4 teeth. Toothpastes are daily oral care products, the chemical composition of which is constantly changing due to manufacturer’s competition. Toothpastes are recognized as the best source of fluoride, which most effectively protects both deciduous and permanent teeth from caries.

However, fluorides are not the only active ingredients in toothpastes. Also important are the cleaning abilities of toothpaste provided by abrasives—the antibacterial qualities, which, in turn, are provided by a variety of substances with different abilities to inhibit the growth of germs in the oral cavity. Dental caries is a disease caused by bacteria that produces and releases acid into the biofilm and saliva and dissolves the crystal structure of enamel (hydroxyapatite).

1.1 Tooth

Tooth, plural teeth, any of the hard, resistant structures occurring on the jaws and in or around the mouth and pharynx areas of vertebrates. Teeth are used for catching and masticating food, for defense, and for other specialized purposes. Human teeth function to mechanically break down items of food by cutting and crushing them in preparation for swallowing and digesting.

Types of Tooth

There are four types of permanent teeth in humans:

- Incisors
- Canines
- Premolars
- Molars

1.2 Tooth Disorder:

- Tooth Decay
- Oral Cancer
- Gum Problem
- Sensitive Teeth
- Bad Breath

1. Tooth Decay

Tooth decay is also known as dental caries or dental cavities. It is the most common dental problem that dentists see in patients. Practically everyone, at some point in their life, has experienced tooth decay.

Tooth decay occurs when bacteria form a film, called plaque, on the surface of teeth. The bacteria produce acids from the sugars in food. The acids eat away at and permanently damage the enamel, or outer layer, of the tooth. The acids then start working on the softer dentin layer beneath the enamel.
This breakdown of the tooth can lead to cavities or holes in your teeth. It can also cause toothaches, including pain when you eat and drink hot, cold, or sweet things.

Other symptoms of tooth decay may include:

- Bad breath
- Black or brown spots on your teeth
- An unpleasant taste in your mouth

2. Gum Disease

Gingivitis is the early stage and mild form of gum or periodontal disease. It is a bacterial infection that is caused by the buildup of plaque. Common symptoms are gums that are red, swollen, and bleed easily. You may also experience bad breath and sensitive teeth that hurt when you chew.

Skipping brushing and poor brushing techniques can contribute to gum disease. So, too, can crooked teeth that are hard to brush properly. Other risk factors include tobacco use, pregnancy, and diabetes.

Periodontitis

Left untreated, gingivitis can become a more severe form of gum disease called periodontitis. This is when pockets in the gum become infected. This can lead to damage of the bone and tissue that hold the teeth, as these, too, become infected. It can also lead to:

- Shrinking and receding gums
- Loose permanent teeth.
- An unpleasant taste in your mouth
- Persistent bad breath.

3. Bad Breath

Bad breath or halitosis is one of the most common dental problems. It is also among the most distressing. Bad breath can be caused by several different factors, including:

- Poor oral hygiene
- Dry mouth
- Medication
- Infection

One or more of the foods you eat could also be the cause of your halitosis. Spices such as garlic and onion are common culprits.

4. Gingivitis

Gingivitis is an early form of gum disease and typically produces mild symptoms. There are two main types of gingivitis. Dental plaque-induced gingivitis when plaque buildup irritates a person’s gums, resulting in inflammation, discoloration, and pain. And In nonplaque-induced gingival lesions can result from a bacterial, viral, or fungal infection. The signs and symptoms of gingivitis include:

- gum inflammation and discoloration
- bleeding from the gums when brushing or flossing
- Receding Gums

**Benefits of Polyherbal Toothpaste**

1. Herbal toothpaste provides germ protection
2. Herbal toothpaste of gum related issues
3. Herbal toothpaste reduces sensitivity of the teeth
4. Herbal toothpaste provides fresh breath
5. Herbal toothpaste significant plague reduction
6. Cleans your teeth safely
7. Effectively refreshes your breath.
8. Prevents and calms gum pain.
10. Safe for children.

**Plant Profile:**

1) **GOKHRU**

*Tribulus terrestris* is an Annual plant in the caltrop family widely distributed around the world. It is adapted to thrive in dry climate locations in which few other plants can survive.

**Synonym:** Caltrops fruit.

**Biological source:**

It is the dried ripe seeds of *Tribulus terrestris* Linn., belonging to family Zygophyllaceae.

**Chemical constituent:**

Chlorogenin, Saponin, Diosgenin, Kameferol

**Uses of Gokhru**

1. Antioxidant properties.
2. Antibacterial property.
3. Dental caries.
2) AMLA

Amla or Indian gooseberry is classified among the most potent herbs in Ayurveda which has multiple benefits, especially for teeth and gums.

**Synonym** :- Emblica, Indian goose berry, amla.

**Biological Source**:-

This consists of dried, as well as fresh fruits of the plant Emblica officinalis Gaerth (Phyllanthus emblica Linn.), belonging to family Euphorbiaceae

**Chemical constituents**:-

Emblicanin A and B, punigluconin, pedunculagin, Gallic acid, chebulagic acid, geraniin ellagic acid, Corilagin

**Uses of amla**:-

- It helps keep your mouth clean.
- Amla fights dental cavities.
- It increasing salivary pH and inhibiting the common bacteria responsible for caries.

3) Neem

Azadirachta indica, commonly known as margosa, neem, nimitree or Indian lilac is a tree in the mahogany family Meliaceae. Neem is a strong antioxidant, neutralizing free radicals that may influence the development of some conditions. It is also a strong anti-inflammatory agent.

**Synonym** :- Melia Azadirachita

**Biological source**:-

Neem consists of the fresh or dried leaves and seed oil of Azadirachta indica J. Juss Family-meliaceae

**Chemical constituents** :-

Nimbin, Azadirachtin ,Azadiradione, salannin, Meliantriol, Gedunin, azadirone, nimolicinol

**Uses of neem** :-

Neem has antibacterial properties,
3) Tulsi

Basil is an excellent shrubs and known as queen of herbs. The tulsi plant is a perennial herb with a typical aromatic smell. It is native to India and parts of northern Africa, Hainan Island, and Taiwan.

**Synonym :-** Holy Basil, Sacred basil

**Biological source :-**

Tulsi consist of fresh and dried leaves of ocimum sanctum linn., belonging To Family Labiatae

**Chemical Constituent :-**

Eugenol, methyl Eugenol, Carvacrol, Volatile oil Glycoside

**Uses:-**

- Anti-bacterial
- Anti-fungal
- Helps prevent Gum Disease

5) Cloves

Clove is largely used as dried whole buds. Ground clove is used for curry mixtures and clove oil is used for flavoring foods and in pharmaceutical perfumery industry. Cloves are commercially harvested primarily in Indonesia, India, Madagascar, Zanzibar.

**Synonym :-** Lavang, Clove Bud, Clove Flower

**Biological source :-** It consists of a dried flower bud of Eugenia caryophyllus Family: Mirtaceae

**Chemical constituents :-** Clove consist of about: Volatile oil (15-20%), Eugenol (70-90%), Acetyl Eugenol, α,β-Caryopyllene, Tannins Other substances mainly methyl furfural.

**Uses :-**

- Dental analgesic
- Control of gingivitis, Plaque
6) Turmeric

The plant is a native to southern Asia and is cultivated extensively in temperate regions. It is grown on a larger scale in India, China, East Indies and Pakistan.

Synonym :- Indian saffron, Haldi, Curcuma

Biological Source :-
Turmeric is the dried rhizome of Curcuma longa Linn. Family Zingiberaceae.

Chemical Constituents:-
Curcumin, Curcuminoids, Cymene, Tumoron.

Uses of Turmeric :-
- Natural anti-inflammatory
- Anti-cancer Effect
- Powerful antioxidant Protect

Material & Method

- Formulation Table:-

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Ingredient</th>
<th>Quantity</th>
<th>Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Gokhru powder</td>
<td>2 gm</td>
<td>Anti – bacterial</td>
</tr>
<tr>
<td>2</td>
<td>Amla Powder</td>
<td>1.5 gm</td>
<td>Astringent</td>
</tr>
<tr>
<td>3</td>
<td>Tulsi Powder</td>
<td>1.5 gm</td>
<td>Prevent gum Disease</td>
</tr>
<tr>
<td>4</td>
<td>Clove Powder</td>
<td>1.5 gm</td>
<td>Antiseptic</td>
</tr>
<tr>
<td>5</td>
<td>Neem Powder</td>
<td>1 gm</td>
<td>Anti-bacterial</td>
</tr>
<tr>
<td>6</td>
<td>Turmeric</td>
<td>1 gm</td>
<td>Anti-inflamatory</td>
</tr>
<tr>
<td>7</td>
<td>Peppermint oil</td>
<td>3-4 drops</td>
<td>Flavouring Agent</td>
</tr>
<tr>
<td>8</td>
<td>Alum powder</td>
<td>0.8 gm</td>
<td>Gingivits problem</td>
</tr>
<tr>
<td>9</td>
<td>Glycerin</td>
<td>0.5 ml</td>
<td>Humectant</td>
</tr>
<tr>
<td>10</td>
<td>Starch</td>
<td>1.5 gm</td>
<td>Binder</td>
</tr>
<tr>
<td>11</td>
<td>Benzoic acid</td>
<td>0.6 gm</td>
<td>Preservative</td>
</tr>
</tbody>
</table>
### Phytochemical Screening Test For Herbal drug :

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Chemical constituent</th>
<th>Test</th>
<th>Observation</th>
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<tbody>
<tr>
<td>1</td>
<td>Alkaloid</td>
<td>Mayer’s Test</td>
<td>Appearance of Yellow Cream ppt</td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Hager’s Test</td>
<td>Formation of yellowish white ppt</td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dragandroff’s Test</td>
<td>Red Precipitate</td>
<td>Positive</td>
</tr>
<tr>
<td>2</td>
<td>Glycoside</td>
<td>Legal Test</td>
<td>Pink To Red colour form</td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baljet Test</td>
<td>Yellow Orange Colour</td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Keller-killiani Test</td>
<td>Reddish Brown Colour</td>
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</tr>
<tr>
<td>3</td>
<td>Tannin</td>
<td>Ferric Chloride Test</td>
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</tr>
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<td></td>
<td></td>
<td>Gelatin Test</td>
<td>Formation of White precipitate</td>
<td>Negative</td>
</tr>
<tr>
<td>4</td>
<td>Flavonoids</td>
<td>Shinoda test</td>
<td>Red To Pink Colour</td>
<td>Positive</td>
</tr>
</tbody>
</table>

**Fig 7.1 Alkaloid Test**
**Procedure:**

All Herbal Ingredient were Dried & grounded using Domestic mixer.

Weigh accurately all herbal drug & Sieved with sieve no.80

Add sodium chloride and Benzoic acid (as a preservative) in a Mortar pestle.

Add sodium lauryl sulphate using as foaming agent and sodium saccharin are added as a sweetener agent.

Add Glycerin as humectant and Starch are used as a binder.

Triturated well and to of demineralized water was added to make up the to 20gm
• **Evaluation of Polyherbal Toothpaste**

1) **Organoleptic :-**

   1. **Colour**- Toothpaste was evaluated for its Colour. The visually colour checked.

   2. **Odour**- Odour was found by smelling the product.

   3. **Taste**- Pleasant and tingling fresh due to peppermint, sweet due to sod. Saccharin.

2) **Moisture Content**:–

    Toothpaste (10 gm) weighted in a Porcelain dish and dried it in the oven at 105 o C. It was cooled in a desiccater. The loss of weight is recorded as percentage moisture content and calculated by the given formula.

    \[
    \% \text{ Moisture} = \frac{\text{Original sample weight} - \text{dry sample weight}}{\text{Original sample weight}}
    \]

3) **pH Determination :-**

    pH was tested by dissolving 1 gm product in to 9 ml of water and shaked vigorously then aqueous solution and pH is observed by pH meter.
4) Foaming :-

The foamability of formulated toothpaste evaluated by taking small amount of formulation with water in measuring cylinder initial volume was noted and then shaken for 10 times. Final volume of foam was noted.

Determination of froth power

\[ \text{Foaming power} = \frac{V_1 - V_2}{V_1} \]

- \( V_1 \) Volume in ml of foam with water.
- \( V_2 \) Volume in ml of water only.

5) Stability

The stability study was performed as per ICH guideline. The formulated paste was filled in collapsible tube and stored at different temperature and humidity conditions, 25°C ± 2°C / 60% ± 5% RH, 30°C ± 2°C / 65% ± 5% RH, 40°C ± 2°C / 75% ± 5% RH for the period of three months and studied for appearance, pH and spreadability.

6) Relative density

Relative density was determine by weight in gram taken in 10 ml formulation and 10 ml distilled water using RD bottle Evaluation Parameters.

7) Abrasiveness

Extrude the content 15-20 cm long on the butter paper, repeat the same process for at least ten collapsible tubes. Press with the contents of the entire length with fingertip for the presence of In sharp and hard edged abrasive particles. Toothpaste shall not contain such particles.
8) Determination of spreadability

This method slip and drag characteristic of paste involve. Formulated paste (2g) placed on the ground slide under study. The formulated paste placed like sandwich between this slide and another glass slides for 5min to expel air and to provide a uniform film of the paste between slides. Excess of the paste was scrapped off from the edges. The top plate was then subjected to pull of 80g with the help of string attached to the hook and time (sec) required by the top slide to cover a distance of 7.5cm was noted. A short interval indicated better spreadability.

Formula was used to calculate spreadability:

\[ S = \frac{M \times L}{T} \]

Where,

\( S \) = Spreadability

\( M \) = Weight in the pan (tied to the upper slide)

\( L \) = Length moved by the glass slide

\( T \) = Time (sec) taken to separate the upper slide from the ground slide

**Result & Discussion :-**

1) Phytochemical Screening Test

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<td>Flavonoids</td>
<td>Shinoda test</td>
<td>Red To Pink Colour</td>
<td>Positive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lead Acetate Test</td>
<td>Formation Of Yellow Precipitate</td>
<td>Positive</td>
</tr>
<tr>
<td>5</td>
<td>Triterpenoids</td>
<td>Salkowski test</td>
<td>Golden Yellow Colour</td>
<td>Positive</td>
</tr>
</tbody>
</table>
CONCLUSION

Based on the result this study we concluded that Polyherbal toothpaste caused significant reduction in Plaque levels and gingival inflammation & It is an effective for Anti-microbial, Anti-Bacterial and Anti-inflammatory Properties. The lab Prepared Formulated Polyherbal toothpaste Has good Organoleptic, foaming, Spreading, Abrasive Property & Anti-microbial Properties. It Has the advantage of absense of Harmful chemical& Presence of Herbal Powder with wide spectrum of natural compound benifical for teeth & oral cavity compared to convential toothpaste.

The research concluded that Polyherbal toothpaste an Emphasizing and more acceptable in dental research and They are safer with minimum side effect than synthetic Preparation. The formulated toothpaste capable to the Toothpaste and oral hygiene show the antimicrobial Activity against pathogen. It included that formulated Polyherbal toothpaste was found to be good quality & Have Physicochemocal properties. It is free from harmful & it is Economical with good Quality.

2) Evaluation Test Parameter

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</thead>
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<td>Colour</td>
<td>Brownish</td>
</tr>
<tr>
<td>2</td>
<td>Odour</td>
<td>Characterstic</td>
</tr>
<tr>
<td>3</td>
<td>Taste</td>
<td>Pleasant</td>
</tr>
<tr>
<td>4</td>
<td>pH</td>
<td>8.2</td>
</tr>
<tr>
<td>5</td>
<td>Foamability</td>
<td>Good</td>
</tr>
<tr>
<td>6</td>
<td>Moisture Content</td>
<td>15.46%</td>
</tr>
<tr>
<td>7</td>
<td>Stability</td>
<td>Stable</td>
</tr>
<tr>
<td>8</td>
<td>Abrasiveness</td>
<td>Good Abrressive</td>
</tr>
<tr>
<td>9</td>
<td>Relative Density</td>
<td>10.2</td>
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</table>
Reference


