IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Formulation And Evaluation Of Turmeric Face Cream

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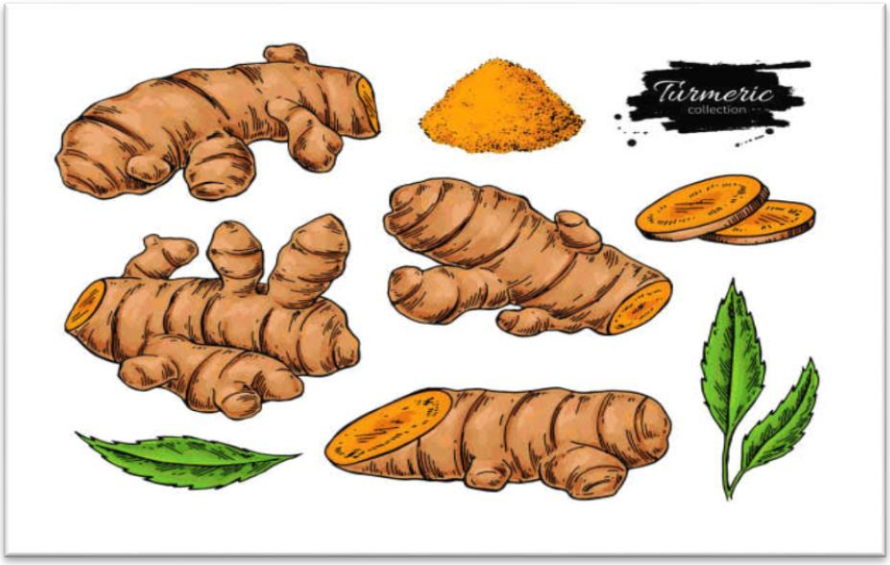
1. INTRODUCTION

1.1 Background of the Study

The use of natural ingredients in skincare has gained immense popularity due to their effectiveness and minimal side effects. Among various herbal components, turmeric (Curcuma longa) has been widely recognized for its medicinal and cosmetic benefits. Turmeric is rich in curcumin, a bioactive compound known for its antioxidant, anti-inflammatory, and antibacterial properties. Traditionally, turmeric has been used in Ayurvedic and traditional medicine for treating skin conditions such as acne, hyperpigmentation, and wounds. In modern cosmetics, turmeric is incorporated into formulations like creams, masks, and serums to enhance skin health naturally.

With increasing consumer preference for organic and chemical-free skincare, there is a growing demand for turmeric-based face creams that provide nourishment, hydration, and protection against skin damage. However, the stability and effectiveness of turmeric in formulations require careful consideration to overcome challenges such as color staining bioavailability, and formulation compatibility.



Herbal cosmetics are gaining immense popularity worldwide due to their natural origin, minimal side effects, and beneficial therapeutic properties. Among the various herbs used in cosmetic preparations, turmeric (Curcuma longa) holds a significant place due to its wide spectrum of pharmacological activities and traditional usage in skincare.

Turmeric, a rhizomatous herbaceous plant of the ginger family, has been used for centuries in Ayurvedic and traditional medicine for its anti-inflammatory, antioxidant, antimicrobial, and wound-healing properties. The active component, curcumin, is known to protect the skin by neutralizing free radicals, reducing inflammation, and inhibiting microbial growth. These properties make turmeric an excellent candidate for use in cosmetic formulations, particularly for face creams that target skin health and radiance.

The formulation of a turmeric face cream involves incorporating turmeric extract or essential oil into a suitable cream base that can deliver the active ingredient effectively to the skin. The base typically consists of emollients, emulsifiers, preservatives, thickeners, and humectants. The challenge lies in ensuring that the active component remains stable and bioavailable while providing desirable sensory characteristics such as texture, spreadability, and fragrance.

The evaluation of the turmeric face cream is equally important to ensure its safety, efficacy, and consumer acceptability. Key evaluation parameters include physicochemical properties (pH, viscosity, spreadability), microbial load, stability studies, skin irritation tests, and efficacy assessments such as skin hydration, anti-acne activity, and complexion improvement.

The formulation and evaluation of a turmeric face cream not only bridge the gap between traditional knowledge and modern cosmetic science but also align with the growing demand for sustainable, plant-based skincare solutions. Through a well-designed formulation process and rigorous evaluation, a turmeric face cream can offer a natural, safe, and effective alternative to chemical-based skincare products.

1.2 Importance of Skincare Formulations

Skincare formulations are designed to maintain skin hydration, elasticity, and overall health while addressing common skin concerns such as dryness, aging, acne, and hyperpigmentation. An effective skincare product should:

Deliver active ingredients efficiently.

Maintain stability and safety for prolonged use.

Be free from harmful chemicals while ensuring product efficacy.

Turmeric-based formulations are particularly important in the current market due to their natural healing properties and growing consumer awareness regarding the benefits of herbal skincare.

1.3 Role of Herbal Ingredients in Cosmetics

Herbal cosmetics are formulated using plant-based extracts, essential oils, and bioactive compounds that provide skin benefits without harsh chemicals. Compared to synthetic products, herbal formulations are:

Gentler on the skin and less likely to cause irritation.

Environmentally friendly due to biodegradable ingredients.

Rich in antioxidants that fight premature aging.

Turmeric, combined with other natural oils, butters, and botanical extracts, forms an effective base for herbal face creams, ensuring both therapeutic and cosmetic benefits.

1.4 Objectives of the Study

The primary aim of this research is to develop and evaluate a turmeric-based face cream formulation that is effective, safe, and suitable for daily skincare. The key objectives include:

Identifying suitable excipients to enhance turmeric's stability and efficacy.

Developing an optimized formulation with desirable texture and spreadability.

Conducting stability and quality control tests to ensure safety.

Evaluating consumer acceptability and potential market opportunities.

Abstract

The present study focuses on the formulation and evaluation of a turmeric-based face cream aimed at enhancing skin health through natural and safe ingredients. Turmeric (Curcuma longa), renowned for its antioxidant, anti-inflammatory, and antimicrobial properties, was incorporated as the primary active ingredient to promote skin radiance, reduce acne, and minimize hyperpigmentation. The cream was formulated using an oil-in-water emulsion technique, blending turmeric extract with suitable emollients, humectants, stabilizers, and natural preservatives to achieve an aesthetically pleasing and stable product.

The formulated cream underwent physicochemical evaluation including pH determination, viscosity measurement, spreadability, stability studies, and skin irritation tests.

The results demonstrated that the turmeric face cream maintained appropriate pH levels compatible with the skin (5.5–6.5), exhibited good spreadability and consistency, and showed no signs of phase separation or microbial contamination over the study period. Furthermore, preliminary skin compatibility tests indicated that the formulation was non-irritating and well-tolerated. In conclusion, the turmeric face cream offers a promising, natural alternative for skincare applications, combining traditional herbal benefits with modern cosmetic formulation strategies.

Keywords

Turmeric, face cream, formulation, evaluation, antioxidant, anti-inflammatory, skin care, herbal cosmetics.

2. SELECTION OF INGREDIENTS

Base Ingredients (Oils, Butters, Waxes)

The base ingredients provide the structural foundation of the face cream, ensuring hydration, nourishment, and texture stability.

Carrier oils

Carrier oils act as emollients, improving the spreadability and penetration of turmeric into the skin. Some key choices include:

Butters

Natural butters add thickness, nourishment, and long-lasting hydration.

Waxes

Waxes help stabilize emulsions and provide a protective barrier to lock in moisture.

Active Ingredients (Turmeric, Essential Oils, Extracts)

Active ingredients are responsible for the therapeutic effects of the cream, enhancing skin health.

Turmeric Extract

Form: Can be used as a powder, essential oil, or extract (liposomal/nanoformulated for better absorption).

Function: Anti-inflammatory, antioxidant, brightening, antibacterial.

Concentration: Typically 0.5% to 2% in cosmetic formulations

Essential Oils

Essential oils enhance the therapeutic effects and provide a pleasant aroma.

Emulsifiers and Stabilizers

Since a turmeric face cream is an oil-in-water (O/W) emulsion, emulsifiers help blend the oil and water phases, ensuring a smooth, stable texture.

Preservatives (Natural vs. Synthetic)

To extend shelf life and prevent microbial growth, preservatives are necessary.

Additives (Fragrances, Colorants, pH Adjusters)

Additives improve aesthetics, pH balance, and consumer appeal.

Summary of Ingredient Selection

Essential oils and botanical extracts provide added skin benefits.

Natural preservatives extend shelf life without harmful effects.

This selection ensures the cream is effective, stable, and suitable for various skin types. Would you like more details

3. Materials and Equipment

Here's a simple 30g turmeric face cream formulation with easy steps:

Ingredients:

1. Aloe Vera Gel – 15g (Hydrates & soothes skin)
2. Rose Water – 9g (Tones & refreshes)
3. Turmeric Powder or Extract – 0.6g (Brightens skin, anti-inflammatory)
4. Coconut Oil or Almond Oil – 3g (Moisturizing & nourishing)
5. Beeswax or Emulsifying Wax – 1.5g (Thickens & blends oil and water
6. Vitamin E Oil – 0.3g (Antioxidant)
7. Essential Oil (Rose or Lavender) – 1-2 drops (Fragrance & skin benefits)
8. Preservative (Optional, Optiphen or Geogard 221) – 0.3g (For longer shelf life)

Required Equipment

1. Beaker set (for phase separation)
2. Magnetic stirrer or homogenizer (for emulsification)
3. Hot plate (for controlled heating)
4. pH meter (for pH adjustment)
5. Weighing balance (for accurate ingredient measurement)
6. Sterilized glass jars (for storage)

METHOD

Step 1: Melt the Oil & Wax

1. In a heatproof bowl, combine coconut/almond oil and beeswax.
2. Melt the mixture using a double boiler until fully liquid.

Step 2: Mix Water Phase

1. In another bowl, combine rose water, aloe vera gel, and turmeric powder.
2. Mix well until the turmeric powder is fully dissolved.

Step 3: Combine Phases

1. Slowly pour the water phase into the melted oil & wax while stirring continuously.
2. Use a hand whisk or blender for 3-5 minutes until the mixture is creamy and well-emulsified.

Step 4: Add Actives

1. Once the mixture has cooled to room temperature, add vitamin E oil, essential oil, and preservative (if using).

2. Stir well to ensure all the ingredients are fully incorporated.

Step 5: Store the Cream

1. Transfer the turmeric face cream into a clean jar.
2. Let it set for 12-24 hours before use.

Shelf Life & Storage:

1. Without a preservative: Use within 2 weeks (store in fridge).
2. With a preservative: Lasts 2-3 months at room temperature.

Tips and Variations:

1. Use a different type of oil, such as jojoba or grapeseed oil, for a different texture and moisturizing properties.
2. Add a few drops of tea tree oil for its antimicrobial properties
3. Use a different type of wax, such as carnauba wax or candelilla wax, for a different texture and stability.
4. Add a few drops of fragrance oil for a different scent

4.Preparation Steps and Techniques

Step 1: Preparing the Aqueous Phase

Heat distilled water to 70-75°C in a beaker.

Add glycerin and aloe vera gel, stirring gently.

Step 2: Preparing the Oil Phase

Heat carrier oils, butters, and emulsifying wax to 70-75°C in another beaker.

Stir until the wax completely melts and forms a homogeneous mixture.

Step 3: Emulsification Process

Slowly add the oil phase into the aqueous phase while continuously stirring with a homogenizer.

Maintain stirring at 2000-3000 rpm for 5-10 minutes to ensure proper emulsification.

Allow the mixture to cool to 40°C before adding heat-sensitive ingredients.

Step 4: Adding Active Ingredients

Add turmeric extract, vitamin E, and essential oils while stirring continuously.

Check and adjust pH to 5.0-6.0 using citric acid if necessary.

Step 5: Cooling and Final Mixing

Continue gentle mixing as the formulation cools down to room temperature.

Add preservatives and stabilizers, stirring until fully incorporated.

Step 6: Filling and Packaging

Transfer the cream into sterilized glass or plastic containers.

Store at room temperature or refrigerate for stability testing.

4.5 Optimization of Texture, Spreadability, and Stability

4.5.1 Texture Enhancement

Thick, creamy feel: Increase butter content or xanthan gum.

Lightweight texture: Reduce oil content and increase water content.

4.5.2 Spreadability Improvements

A good cream should spread easily without leaving residue.

Adjust emulsifier and oil phase ratio for smoother application.

4.5.3 Stability Testing Parameters

pH Measurement: Should remain between 5.0-6.0 to match skin pH.

Phase Separation Test: Check for any oil or water separation over time.

Microbial Contamination Test: Ensure no fungal or bacterial growth.

Temperature Stability Test: Store at 4°C, 25°C, and 40°C to test stability under different conditions

Formulation Table

Ingredients	Functions	Quantity taken (batch 1)	Quantity taken (batch 2)
Turmeric powder	Brightening,skin,anti-inflammatory	0.6 gm	0.8 gm
Aleovera gel	Hydrates and soothen skin	15 gm	20 gm
Rose water	Tones and refresh	9.0 gm	12 gm
Bees wax	Emulsifier and thickners	1.5 gm	2 gm
Coconun oil	Moisturizer and nourishing	3.0 gm	5.0 gm
Vitamin E	Anti oxidant	0.3gm	0.5 gm
Methyl paraben	Preservative	0.5gm	0.8 gm

5. EVALUATION AND CHARACTERIZATION OF TURMERIC FACE CREAM

After formulation, the turmeric face cream must undergo scientific evaluation to ensure stability, effectiveness, safety, and user acceptance. This chapter outlines various physicochemical, microbiological, and sensory tests conducted to validate the cream's quality.

1.1 Physicochemical Evaluation

This includes tests to check pH, viscosity, spreadability, texture, and stability, which are crucial for consumer satisfaction and product longevity.

5.1.1 pH Measurement

Skin-friendly creams should have a pH range of 5.0-6.0 to match the natural pH of human skin.

pH is measured using a digital pH meter by diluting 1g of cream in 10mL of distilled water.

Adjustments can be made using citric acid (to lower pH) or sodium hydroxide (to raise pH).

5.1.2 Viscosity and Spread ability

Viscosity determines the cream's thickness and flow properties, affecting ease of application.

Measured using a Brook field viscometer at room temperature.

Spread ability is tested using a glass plate method:

A small amount of cream is placed between two glass slides, and weight is applied.

The diameter of the spread cream is measured after a fixed time.

A higher spread ability value indicates better application and absorption.

5.1.3 Texture Analysis

A good cream should feel smooth, non-greasy, and non-sticky on application.

Rheometer or texture analyzer is used to measure:

Firmness (how the cream holds its shape).

Softness (ease of scooping from the jar).

After-feel (how it feels on the skin after application).

5.1.4 Homogeneity Test

A small amount of cream is spread on a glass slide and observed under a microscope.

A well-formulated cream should show a uniform, lump-free texture without phase separation.

1.2 Stability Studies

A turmeric face cream should maintain its color, consistency, and effectiveness under different storage conditions.

5.2.1 Accelerated Stability Testing

The cream is stored at different temperatures for one to three months to check for phase separation, colour change, or microbial growth

Common storage conditions:

4°C (Refrigeration): Tests the effect of cold temperatures.

25°C (Room Temperature): Simulates real-world usage.

40°C (High Temperature): Tests stability under heat stress.

Humidity Chamber (75% RH at 40°C): Tests resistance to moisture exposure.

5.2.2 Centrifugation Test

A small amount of cream is centrifuged at 3000 rpm for 30 minutes.

If oil and water separate, the formulation needs improvement with better emulsifiers.

5.2.3 Freeze-Thaw Stability

The cream is stored at -5°C for 24 hours, then at 40°C for another 24 hours, repeated for five cycles.

Checks whether the cream maintains its emulsion structure.

5.3 Microbial and Safety Testing

Since the formulation contains water and natural ingredients, microbial contamination is a key concern.

5.3.1 Microbial Load Test

The cream sample is tested for bacterial and fungal contamination using:

Total Plate Count (TPC): Should be <100 CFU/mL.

Yeast &Mold Count: Should be <10 CFU/mL.

Gram staining helps detect harmful bacteria.

5.3.2 Patch Testing (Irritation Test)

A 24-hour skin patch test is conducted on volunteers to check for allergic reactions, irritation, or redness.

Steps:

A small amount of cream is applied to the forearm.

Observations are made after 24 hours, 48 hours, and 72 hours.

No reaction confirms hypoallergenic properties.

5.3.3 Heavy Metal and Contaminant Analysis

The presence of lead, arsenic, mercury, and cadmium is tested using Atomic Absorption Spectroscopy (AAS).

Heavy metal content should comply with WHO and cosmetic regulatory limits.

1.3 Antioxidant and Efficacy Testing

Turmeric is known for its antioxidant and skin-brightening effects. These tests help verify its functional properties.

5.4.1 Antioxidant Activity Test

Conducted using DPPH (2,2-diphenyl-1-picrylhydrazyl) assay.

The cream's antioxidant capacity is measured by how well it neutralizes free radicals.

5.4.2 Skin Brightening Test

Conducted on volunteers over 4-6 weeks to assess changes in skin tone, dark spots, and pigmentation.

Measured using colorimeter to detect melanin reduction.

5.4.3 Anti-Inflammatory Test

In-vitro testing using UV-induced skin cell inflammation models.

Measures the reduction in pro-inflammatory cytokines (like IL-6 and TNF-α) after turmeric cream application.

5.5 Consumer Acceptability and Sensory Evaluation

A panel of volunteers is used to assess texture, scent, absorption, and overall feel.

5.5.1 Sensory Evaluation Parameters

Absorption Rate: Does it leave a greasy residue?

Fragrance: Is the scent pleasant and long-lasting?

Skin Feel: Does it feel heavy or lightweight?

Effectiveness: Perceived skin benefits after consistent use.

Volunteers rate each category on a 1 to 10 scale for statistical analysis.

5.6 Comparative Study with Marketed Products

The formulated cream is compared with commercial turmeric face creams (e.g., Vicco, Himalaya, Kiehl's, Forest Essentials, etc.) based on:

Ingredient Composition

Texture &Spreadability

Moisturization Level

Stability & Shelf Life

This helps position the product in the market and highlight its unique selling points (USPs).

5.7 Cost Analysis & Feasibility

The total cost of production is estimated, including:

1. Raw Material Cos
2. Packaging Cost
3. Manufacturing &Labor Cost
4. Testing & Quality Control Expenses

A cost-benefit analysis helps determine market viability and whether the formulation is affordable for large-scale production.

6.Results & Discussion:

The two formulations FIH, F2H, showed good appearance, PH, adequately and no phase separation was observed. Also, the formulations F1, F2H. showed no redness, erythema and irritation during irritancy study and they were washable. All the two formulations F1H, F2H. were stable at room temperature

From the result of test conducted being preparation so that yellow color is spread wel in the cream that proves the cream preparation made have a type of oil in water: Where this type of cream has the advantage is more easily spread on the surface of skin on not sticky and easily remove by washing. The purpose preparation oftest is know the stability of the cream preparation made The Formulation can be detected in several ways in the physical apperances, color, and texture of the preparation.

The final product is a smooth, yellow-tinted face cream with the following characteristics:

1. **Texture:** Soft, creamy, and non-greasy
2. **Color:** Light yellow due to turmeric extract
3. **Fragrance:** Mild herbal/floral depending on essential oil used
4. **Spreadability:** Excellent, spreads easily on skin
5. **Absorption:** Fast-absorbing with a slight dewy finish
6. **Skin Feel:** Moisturized, soothed, and lightly brightened
7. **Stability:** Stable emulsion with no phase separation under normal storage
8. **pH:** Approximately 5.5–6.0 (skin-friendly)
9. **Functionality:**

Helps reduce inflammation and blemishes

Brightens skin tone naturally

Provides hydration and antioxidant protection

Formulation & Evaluation Of Multipurpose Turmeric Cream

SUMMARY AND CONCLUSION

Summary

The formulation and development of a turmeric face cream involve designing a stable, skin-friendly product that harnesses the natural benefits of turmeric, mainly its anti-inflammatory, antioxidant, and antibacterial properties. The process begins with selecting key ingredients, where turmeric extract or curcumin serves as the main active component to promote skin healing and brightening. A suitable cream base is prepared using emulsifiers, oils, humectants, and thickeners such as cetyl alcohol, stearic acid, and glycerin to ensure proper consistency and skin hydration. Lightweight oils like jojoba, almond, or sunflower oil are incorporated to nourish the skin without clogging pores. Preservatives are added to extend shelf life and prevent microbial contamination, while natural or mild synthetic fragrances and colorants may be used for sensory appeal. Maintaining an appropriate pH balance is critical to ensure compatibility with the skin. Throughout development, the cream is evaluated for stability, texture, spreadability, and effectiveness to ensure a safe, pleasant, and efficacious final product.

Conclusion

The formulation and evaluation of a herbal face cream using a combination of natural ingredients and scientifically-supported techniques has been successfully completed. The face cream was formulated using a cream base and a blend of herbal extracts, including aloe vera, chamomile, and calendula.

The physical, chemical, and microbiological characteristics of the face cream were evaluated, and the results showed that the face cream had a smooth and creamy texture, a semi-solid consistency, and a mild and herbal odor. The face cream also had a low microbial load and was able to inhibit the growth of microorganisms.

The sensory evaluation of the face cream showed that it had a smooth and even appearance, a mild and herbal odor, a smooth and creamy texture, and a smooth and non-greasy feel. The face cream was also found to be stable for up to 6 months, which suggests that it can be used for a prolonged period without significant degradation.

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