

Role of Cocoa Butter in Anti Stretch Cream

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Abstract

Skin is the largest protective body organ which cover entire external surface. Skin disorders are differ by symptoms and severity, may be permanent or temporary, or painless or painful, major or minor . It includes acne, psoriasis, eczema , rosacea, ichthyosis, vitiligo, hives, seborrheic dermatitis, stretching.

Stretching is more common , long , narrow line or strip that occur on the body.They are occur due to when skin is extremely stretch . They are occur on all body parts. Most common in women than men Pregnancy, puberty, weight gain cause the stretch mark.

Antistretching cream are used to reduce the stretch mark. It include hapdco marks go cream, bio oil, Stretch mark therapy, luciara anti stretch mark , Inostretch stretch mark cream, cocoa butter argan Stretch cream.This review focus on stretching and anti stretch cream cocoa butter stretch cream, which is made off From natural products. Main key ingredients, method of preparation, quality control test, symptoms, causes and treatment of stretch marks.

Keywords – skin, eczema, anti stretch cream, psoriasis.

Introduction

Skin cover the largest part of the body. It consist of three layer epidermis, dermis, hypodermis. Epidermis is top most layer, dermis is middle, hypodermis is bottom layer. Stretch mark occur in dermis Or middle layer .when connective tissue stretched beyond its elasticity . The dermis is divided into two Layers the papillary dermis also called upper layer dermis. The reticular dermis also called lower layer Dermis. Stretch marks also called as striae or striae distensae , in which scarring on the skin with off Colour hue. They occur due to hormone replacement therapy. Stretch mark is type of scar that develops When our skin stretches .

The most common areas including stretch mark

- Breasts
- Hips



- Lower back
- Thighs
- Buttocks
- Flank

Sign And symptoms

Stretch marks are purple , red, reddish brown, dark brown depending on our skin., reddish lesion occur On all over the body especially on abdomen, and areas where fat are stored in large amounts, or area Which are soft to touch.

Causes

The most common causes are

- Pregnancy
- Puberty
- Rapid weight gain
- Medical conditions
- Corticosteroid use

1. Pregnancy

During pregnancy most of the woman experienced the stretch mark during or after of birth

2. Puberty

Rapid growth in young girls/boys lead to stretch marks.

3. Rapid weight gain

Rapid increase in weight within a short period of time leads to stretch marks on body .

4. Medical conditions

Marfan and Cushing syndrome causes stretch marks. In Cushing syndrome increase in hormone Level , rapid weight gain , skin becomes fragility. Marfan syndrome causes decreased elasticity in Skin tissue.

5.Corticosteroid use

Corticosteroid use causes decrease collagen in skin. Corticosteroid help in reduced chances of stretch marks.

Risk Factors

A no of risk factors associated with stretch mark but evidence is varies a more research is needed to Confirm the causes of stretch mark.

- Family history
- Chronic diseases
- Body mass index before pregnancy
- Birthweight of the child in women who are pregnant

Treatment

Creams, gel, lotion, cosmetic surgery proposed treatment for stretch marks.

It includes

- Natural remedies

1. Vitamin A

Main constituent of vit A is retinoid which help in keep the skin smooth.But it avoided when you are pregnant or lactating.

2. Hyaluronic acid

It help in kept the skin moisturizing and skin healing.

3. Centella

It help to reduce inflammation and promote collagen production

4. Sugar

Add ½ cup of sugar with coconut oil make a wet scrub , after applying skin become more Fresh and smoother.

5. Coconut oil

It acts as skin protective barrier.

6. Alovera

Alovera gel acts as moisturizer and smoother.

- **Medical therapy**

It includes medicine and doctor including cosmetic surgeon, plastic surgeon, dermatologist

- **Laser therapy**

Laser improve the collagen production and reduce the stretch marks.

- **Radio frequency therapy**

Energy wave present in radio frequency which stimulate the collagen production and form the firmerskin.

- **Microneedling**

This causes skin to produce collagen and elastin , causes skin tighter

- **Microdermabrasion**

It involves use of scrub which remove dead skin and skin become more fresh and smoother.

- **Chemical peel**

Chemical peel of glycolic acid promote the collagen production and reduce the stretch marks . Stretch mark become small.

- * **Coca butter argan stretch marks cream**

Coca butter act as main ingredient in cosmetics product. It's have ability to nourish the skin and improve Elasticity.

Extraction of coca butter

Cocoa butter also called theobroma oil , which is extracted from the whole cocoa Beans. Full matured pods are harvested , golden brown colour show best time for Harvesting. Fermentation can be carried out



in 24/48 hrs after pod breaking.

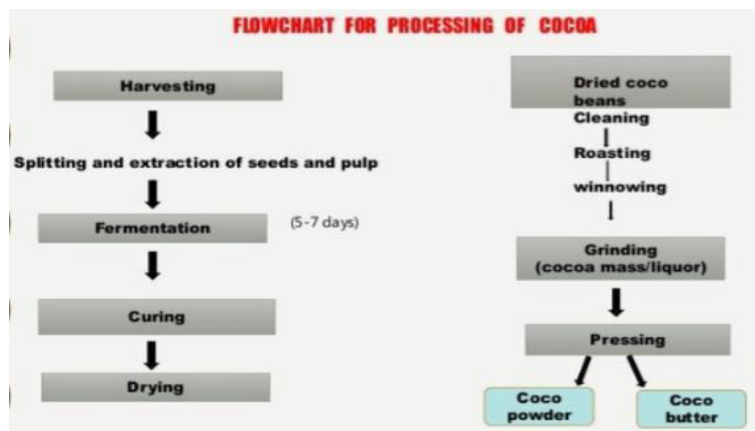


Fig- extraction of coca butter

Main constituent

- Argan oil
- Calendula oil
- Seabuckthron oil
- Liquorice brahmi calendula hibiscus barley lotus extract

Sr.no	Natural products	Biological source	Family	Which part of plant used
1	Argan oil	Oil produced from the kernel of argan argania spinosa L	Sapotaceae	Kernel
2	Calendula oil	Natural oil extracted from marigold flowers of calendula officinalis	Calendulaceae	Flower
3	Sea buckthorn oil	It is extracted from berries seeds of sea buckthorn plants (hipposphaenoides)	Elaeagnaceae	Barriers, seeds
4	Liquorice	It consists of peeled or unpeeled roots, stems, stolon of glycyrrhizin glabra linn	Leguminosae	Stems, stolon
5	Hibiscus	Genus of flowering plants of hibiscus Rosa sinensis	Malvaceae	Flower
6	Brahmi	Fresh stems and leaves of bacopa monnieri	Scrophulariaceae	Stems, leaves

7	Lotus	Flowering plants of nelumbonucifera gaertn	Nelumbonaceae	Flower
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Procedure

1)Phase A

Weigh 70gm of demineralized water&10ml aloe vera juice mixed well with slow

Stirring. Take 95ml of step 1 and mixed 0.03gm EDTA and 0.09 gm of azelic acid liquid Solution. Add 0.01gm of carbomer in step 1&2 give well stirring of all mixture.

Mix all ingredients in vessel and heat , mix 1&2 step with continuous stirring.

Add allantoin and preservative , colour.

Kept aside for 24 hrs



Fig- cocoa butter Anti stretch mark cream

Quality control test

- 1) **Physical properties** -a) colour - white
- b) Odor – floral smell
- c) Appearance – off white colour

2)**PH** -5.5-7.2

3)**Viscosity- 20000-30000CP**

By using viscometer can check the viscosity of the cream.

4) Moisture content –Not More than 4%

Amount of water present in sample is termed as moisture content of water.

5) Stability test –Passes @RT

How the quality of substance change under the environment condition such as humidity, light, temperature.

6) Microbial test-

TVC- <1000 cfu/gm

Y&M - <100 cfu/gm

Pathogen- Absent

7) Sensitivity test-

Do not cause of itching for skin

Test for demineralized water

1) Total dissolved solid (TDS)-

Normal range for demineralized water 1-10mg/l.

2) Biological Oxygen Demand (BOD)-less than 2mg/l

Amount of oxygen required to remove impurities from water in decomposition Process.

3) Total viable count- <100 cfu/ml

Total no of microorganisms such as bacteria yeast or mould present in water sample.

4) Y&M - <10cfu/ml

5) PH- 6.5-7.5

Marketed products for anti stretch cream



Benefits of Cocoa butter –

Cocoa butter is fat which is derived from the cocoa beans. They helps to improve skin hydration , nourish the skin, improve elasticity, moisture the skin. Phytochemicals are the substance which can improve the blood flow to skin. Protect the skin from UV ray acting as protective agent by slow down aging. It also use to remove scars, wrinkles and other marks.

Conclusion

Cocoa used in medicine from 3000year, chemical constituents present in cocoa help to maintain skin and body smoothly and healthy. Cocoa butter is a type of fat derived from cocoa plant . Fat from a protective barrier over on skin to hold in moisture. Many woman uses cocoa butter cream during and after pregnancy to prevent or minimize the appearance of stretch marks.. cocoa butter also uses in rashes from eczema and dermatitis. However treatment are available to improve stretch marks apperance by tightening your skin. You can also use topical creams with moisturizing components.

Discussion

Stretch marks is result of rapid stretching of skin associated with rapid weight gain or changes. Natural products are used to reduce or prevent stretch marks with the less or without side effects.

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