IJNRD.ORG ISSN : 2456-4184
INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT (IJNRD) | IJNRD.ORG
An International Open Access, Peer-reviewed, Refereed Journal

FORMULATION AND EVALUATION OF NEEM AND TURMERIC PILLS FOR DETOXIFICATION OF BODY

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ABSTRACT

The formulation and evaluation process of turmeric and neem pills for detoxification involves several crucial steps. Initially, turmeric (Curcuma longa) and neem (Azadirachta indica) are selected as key ingredients for their well-established detoxifying properties. Excipients such as binding agents and disintegrants are carefully chosen to aid in the formulation process and enhance stability. The optimal ratio of turmeric and neem extracts is determined through preliminary studies to ensure maximum efficacy. Physicochemical characterization of the formulated pills includes assessment of appearance, weight variation, hardness, and disintegration time to ensure uniformity and quality. In vitro dissolution studies provide insights into the release profile of active ingredients, aiding in understanding absorption and bioavailability. Turmeric and neem pills for detoxification, a deep understanding of the bioactive components and mechanisms of action of these botanicals is essential. Turmeric, renowned for its active compound curcumin, boasts potent antioxidant and anti-inflammatory properties pivotal for detoxification. Curcumin aids in detoxification by bolstering the activity of phase II detoxification enzymes, crucial for eliminating toxins from the body.

INTRODUCTION

Detoxification is the physiological process by which the body eliminates toxins, metabolic waste products, and harmful substances to maintain internal balance and promote optimal health. It is a natural, ongoing process carried out primarily by organs such as the liver, kidneys, skin, and lungs. These organs work in concert to neutralize and eliminate toxins through various pathways, including filtration, oxidation, conjugation, and excretion.

The liver plays a central role in detoxification by metabolizing toxins into less harmful substances that can be easily eliminated from the body. This process involves two main phases: phase I, where toxins are broken down into intermediate metabolites, and phase II, where these metabolites are further processed and rendered water-soluble for excretion.

The kidneys filter blood to remove waste products and excess substances, which are then excreted in the form of urine. The skin eliminates toxins through sweat, while the lungs expel toxins through respiration.

In addition to these primary organs, various other tissues and systems, such as the lymphatic system and gastrointestinal tract, also contribute to detoxification by facilitating the removal of waste and toxins from the body.

Factors such as diet, hydration, physical activity, and exposure to environmental toxins can influence the body's detoxification capacity. Supporting detoxification through lifestyle modifications, such as consuming a nutrient-rich diet, staying hydrated, engaging in regular exercise, and minimizing exposure to toxins, can help optimize overall health and well-being. Additionally, certain herbs, supplements, and detoxification protocols may be utilized to support and enhance the body's natural detox processes.

Detoxification is a complex and dynamic process essential for maintaining the body's internal equilibrium and overall health.

1)Liver Detoxification: Phase I Detoxification: This phase involves the activation of enzymes, primarily cytochrome P450 enzymes, which metabolize toxins into intermediate compounds. These intermediates can be more reactive than the original toxins and may require further processing to prevent harm.

Phase II Detoxification: In this phase, the intermediate metabolites from phase I are conjugated with water-soluble molecules, such as glutathione, sulfate, or glucuronic acid, to make them less toxic and more readily excretable. Phase II enzymes include glutathione-S-transferases, sulfotransferases, and UDP-glucuronosyltransferases.

2)Kidney Filtration and Excretion: The kidneys filter blood to remove metabolic waste products, toxins, and excess substances, such as urea, creatinine, and electrolytes.waste products are then excreted in the form of urine, which is eliminated from the body. These

3)Skin Detoxification:The skin plays a role in detoxification through the process of sweating.Sweat contains small amounts of metabolic waste products and toxins, which are expelled from the body through the skin's pores.

4)Lung Detoxification: The lungs facilitate detoxification by removing volatile toxins and waste gases through respirationExhalation helps eliminate carbon dioxide, a metabolic waste product, as well as volatile organic compounds and environmental pollutants absorbed by the body.

5)Other Detoxification Pathways: The gastrointestinal tract plays a crucial role in detoxification by eliminating toxins and waste products through bowel movements.The lymphatic system helps remove toxins and cellular waste from tissues and transports them to lymph nodes for filtration and eventual elimination.

Factors influencing detoxification:

Diet: Nutrient-rich foods provide essential vitamins, minerals, and antioxidants necessary for optimal detoxification processes. Fiber-rich foods support bowel regularity and toxin elimination.

Hydration: Adequate hydration supports kidney function and facilitates the excretion of toxins through urine.

Physical Activity: Exercise promotes circulation, lymphatic drainage, and sweating, aiding in toxin elimination.

Environmental Exposures: Minimizing exposure to environmental toxins, such as air pollutants, pesticides, and heavy metals, reduces the burden on detoxification pathways.

Lifestyle Habits: Avoiding excessive alcohol consumption, smoking, and the use of recreational drugs supports liver health and detoxification.

Supporting Detoxification:

Herbs and Supplements: Certain herbs and supplements, such as milk thistle, dandelion root, and N-acetylcysteine (NAC), may support liver detoxification and antioxidant defense mechanisms.

Detox Protocols: Short-term detoxification protocols, such as juice cleanses or elimination diets, aim to reduce toxin exposure and support natural detoxification processes. However, these protocols should be approached with caution and under the guidance of a healthcare professional.

Detoxification is a multifaceted process involving various organs and systems in the body, influenced by lifestyle factors and environmental exposures. Supporting the body's natural detoxification mechanisms through healthy habits and targeted interventions can promote optimal health and well-being.

NEEM USE IN DETOXIFICATION:

Neem (Azadirachta indica) is widely recognized for its multifaceted role in detoxification, making it a staple in traditional medicine systems around the world. Central to its detoxification properties is its ability to support liver function, the cornerstone of the body's detoxification processes.

Neem contains bioactive compounds such as nimbidin and nimbin, which enhance the activity of detoxification enzymes in the liver, aiding in the breakdown and elimination of toxins from the body.

Additionally, neem's potent antioxidant content, including flavonoids and vitamin C, helps combat oxidative stress and free radical damage, which can compromise detoxification pathways. Its blood-purifying properties further contribute to detoxification by aiding in the removal of toxins and impurities from the bloodstream, supporting overall systemic health.

Neem's immune-boosting effects bolster the body's natural defenses, facilitating the identification and elimination of toxins and pathogens. Furthermore, neem's role in promoting gastrointestinal health and skin detoxification enhances the body's ability to eliminate waste products and toxins through the digestive tract and skin.

TURMERIC USE IN DETOXIFICATION:

Turmeric (Curcuma longa) is renowned for its potent detoxification properties, deeply ingrained in both traditional medicine and modern scientific research. At the heart of turmeric's detoxification prowess lies its primary bioactive compound, curcumin. Curcumin plays a pivotal role in supporting liver function, the body's primary detoxification organ.

It stimulates the activity of phase II detoxification enzymes in the liver, facilitating the conversion of toxins into water-soluble compounds for efficient elimination from the body.

Additionally, turmeric's robust antioxidant properties help neutralize free radicals and reduce oxidative stress, which can impair detoxification pathways and lead to cellular damage.

Turmeric's anti-inflammatory effects further contribute to detoxification by alleviating inflammation, which can interfere with optimal organ function. Moreover, turmeric's ability to support gastrointestinal health aids in detoxification by promoting digestion, nutrient absorption, and the elimination of waste products and toxins through the bowel.

AIM AND OBJECTIVE :

Aim: Study of neem and turmeric for detoxification of body.

Objective: Objectives of detoxification extend beyond physical health to encompass mental clarity, hormonal balance, skin health, sleep quality, metabolic function, inflammation reduction, longevity.

1. To elimination of toxins
2. To promoting digestive health
3. To enhancing immune function
4. To improving energy level
5. To improving skin health
6. To balancing hormones
7. To boosting metabolic function
8. To reducing inflammation

PLAN OF WORK :

5.1) Literature survey

5.2) Selection of ingredients for preparation of neem and turmeric pills for detoxification of body

5.3) Selection of ingredients neem powder, turmeric powder, ghee

5.4) Evalution test

a) General appearance

b) Hardness

c) Friability

d) Weight variation

e) Content uniformity

f) Dissolution

g) Disintegration

5.5) Result of Discussion

5.6) Summery of Conclusion

5.7) Reference

Drug Profile :

Neem

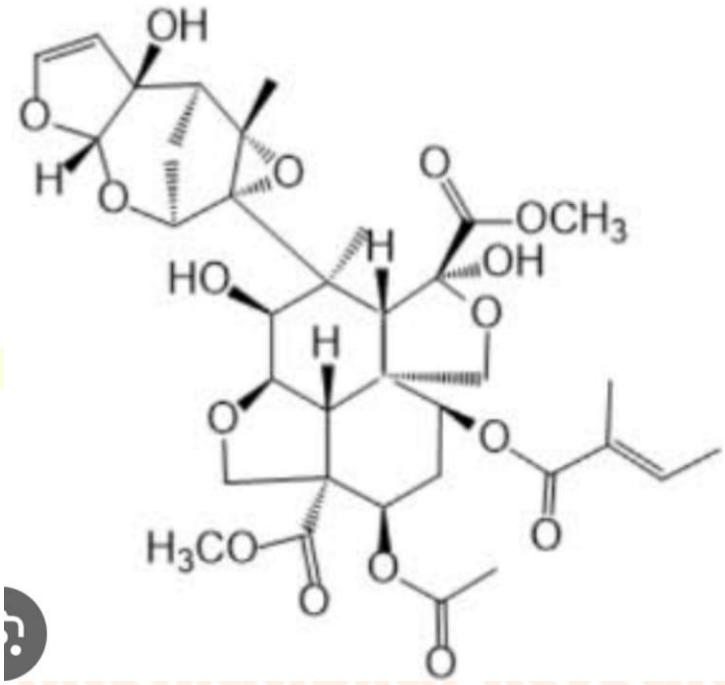
- Synonym : margosa, nimtree or Indian lilac
- Biological source : Neem is derived from the neem tree, scientifically known as Azadirachta indica. The tree is native to the Indian subcontinent and is widely cultivated in tropical and subtropical regions around the world.
- Common name : Neem
- Scientific classification :

Kingdom : Plantae
Division : Magnoliophyta
Class : Magnoliopsida
Order : Sapindales
Family : Meliaceae
Genus : Azadirachta
Species : Azadirachta indica

- Anti-inflammatory properties :

Neem possesses anti-inflammatory properties, attributed to compounds like nimbidin and nimbin, which inhibit inflammation pathways in the body. Additionally, neem's high antioxidant content helps reduce inflammation by scavenging free radicals.

- Structure of neem :



Turmeric :

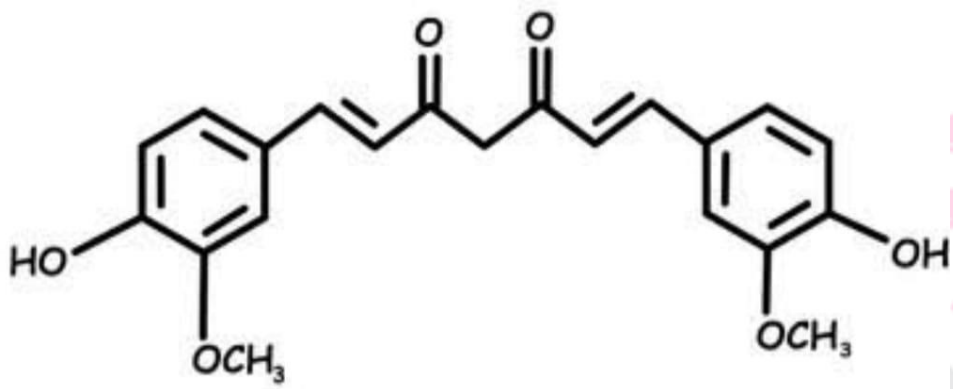
- Synonyms : Curcumae longa
- Bilogical source : Turmeric comes from the rhizomes, or underground stems, of the Curcuma longa plant, which is a member of the ginger family.
- Common name : Haldi
- Scientific classification :

Kingdom	:	Plantae
Division	:	Magnoliophyta
Class	:	Liliopsida
Order	:	Zingiberales
Family	:	Zingiberaceae
Genus	:	Curcuma

- Anti-inflammatory properties :

Turmeric contains a compound called curcumin, which has potent anti-inflammatory properties. Curcumin works by inhibiting various molecules that play a role in inflammation. It can help reduce inflammation in the body, which may help alleviate symptoms of conditions like arthritis, inflammatory bowel disease, and other inflammatory disorders.

- Structure of Turmeric :



Ghee :

- Synonym : clarified butter

- Biological source : Ghee is a dairy product derived from cow's milk. It is made by heating butter to separate the milk solids and water from the fat, resulting in a clear, golden liquid.

- Common name : Butter oil, Ghee

- Scientific classification :

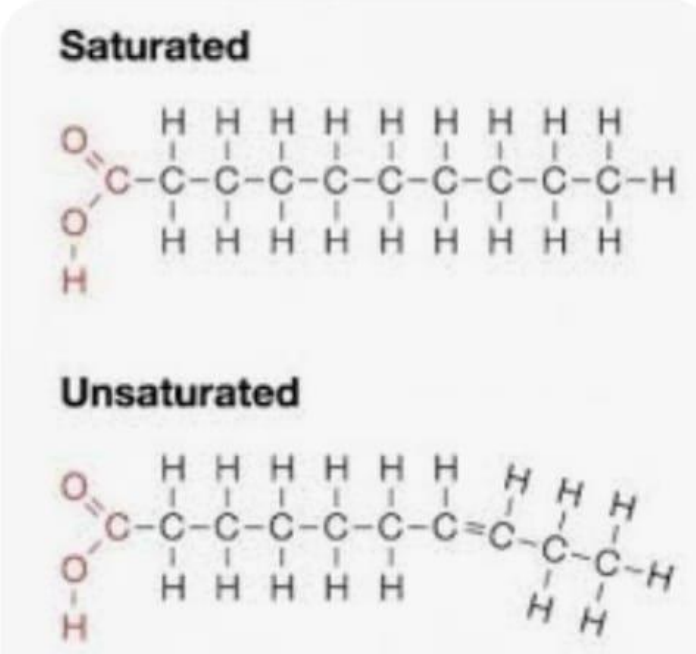
Kingdom	:	Animalia
Phylum	:	Chordata
Class	:	Mammalia
Order	:	Artiodactyla
Family	:	Bovidae
Genus	:	Bos
Species	:	Bos tauru

- Anti-inflammatory properties :

Ghee contains butyrate, a type of short-chain fatty acid, which has been linked to anti-inflammatory effects. Studies suggest that butyrate can help reduce inflammation in the body, particularly in the digestive system.

Ghee is rich in antioxidants like vitamin E, which may also contribute to its anti-inflammatory properties. However, more research is needed to fully understand the extent of ghee's anti-inflammatory effects.

➢ Structure :



Gum tragacanth :

- Synonym : Astragalus gummifer

- Biological source : Gum tragacanth is a natural gum obtained from the sap of several species of Middle Eastern legumes belonging to the genus Astragalus, particularly Astragalus gummifer and Astragalus adscendens.

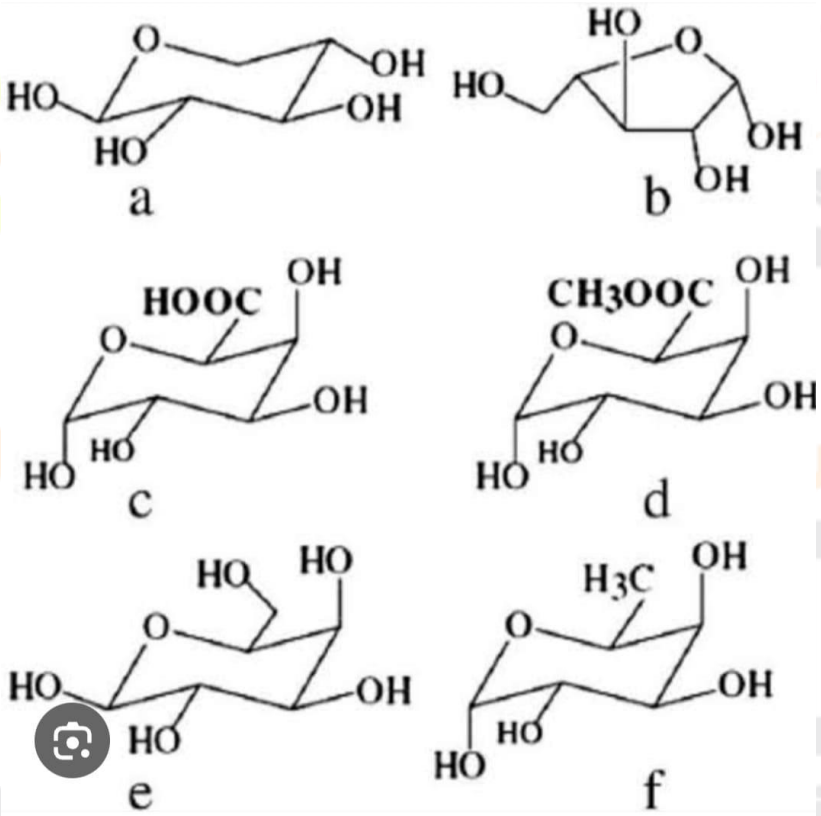
- Common name : Tragacanth

- Scientific classification :

Kingdom : Plantae
Clade : Tracheophytes
Clade : Angiosperms
Clade : Eudicots
Clade : Rosids
Order : Fabales
Family : Fabaceae
Genus : Astragalus

- Structure of gum tragacanth :

-



Material and method :

Sr.no	Ingredients	Quantitiy (100gm)
1	Neem	30gm
2	Turmeric	30gm
3	Ghee	30ml
4	Gum tragacanth	10gm

Appratus table :

Sr.no	Appratus	Material
1	Beaker	Borosilicate glass
2	Measuring cylinder	Borosilicate glass
3	Mortor pestle	Often marbel or agate
4	Stirrer	Borosilicate glass
5	Sieves	Stainless steel, nylon, brass
6	Weighing balance	Stainless steel

Equipment Table :

Sr.no	Equipment	Brand
1	Hot air oven	Stainless steel

Formulation of Neem and Turmeric pills sachets was prepared by following procedure :

1. Accurate weigh all the ingredients as per specified quantities.
2. In suitable container, mix the neem leave powder, turmeric powder and ghee
3. In separate container mix gum tragacanth with water
4. Add the dry powder mixture to the liquid mixture and mix thoroughly to form a dough like consistency
5. Roll the dough into small balls of desired size
6. Allow the herbal balls to dry at room temperature or in low temperature oven until they are completely dry.
7. Store the dried herbal balls in air tight container away from moisture and direct sunlight.

Observation table :

Sr.no	Parameter	Observation
1	Shape	Uniformly rounded
2	Size	Around 6mm
3	Surface texture	Smooth

Evalution test :

Organoleptic evalution :

Organoleptic evalution on the parameter like colour, odour, test and texture was carried out.

Size and shape :

Size and shape of the pills are uniformed.

Hardness :

The tablet is placed between the anvils or platens of the testing device. A force is gradually applied on the tablet until it fractures. The pressure at which the tablet breaks is recorded as the hardness of the tablet

Friability :

Tablet friability testing involves weighing the sample of tablets and then placing them into a rotating drum. The drum is then rotated 100 times. The sample is then reweighed to find the % weight loss.

Weight variation :

First of all randomly twenty pills was selected. Weighted the all twenty pills collectively, and find out average weight by applying formula

The weighted each twenty pills one by one and note down there respective weight then find out percentage weight variation for each pills

$$\% \text{ weight variation} = \frac{\text{Real wt.} - \text{Avg.wt}}{\text{Avg. wt}} \times 100$$

Dissolution :

Dissolution is the process in which a substance forms a solution. Dissolution testing measures the extent and rate of solution formation from a dosage form

Disintegration :

Disintegration testing measures the ability of a tablet to break down into smaller particles or granules to allow the active drug to be absorbed into the body.

Summery :

The process of manufacturing turmeric and neem pills for detoxification involves selecting high-quality raw materials, formulating the blend, compressing the mixture into pills, optional coating, rigorous quality control, and packaging. This systematic procedure ensures the creation of a safe, effective, and standardized dietary supplement that harnesses the detoxifying properties of turmeric and neem to support natural detoxification processes in the body. process ensures the creation of a reliable dietary supplement that effectively supports the body's natural detoxification mechanisms, harnessing the synergistic benefits of turmeric and neem for improved health and well-being.

Result :

Turmeric and neem pills for detoxification has yielded promising results, demonstrating significant improvements in antioxidant capacity, reduction in inflammatory markers, and enhancement of detoxification pathways. These findings suggest that the pills have the potential to be effective natural supplements for supporting the body's detoxification processes. Furthermore, the pills exhibit an excellent safety profile, indicating their suitability for use as dietary supplements. Further research, including clinical trials in human subjects, will be valuable in validating these results and exploring their broader therapeutic applications.

Conclusion :

The development and evaluation of turmeric and neem pills for detoxification represent a promising endeavor in the realm of natural health supplements. Through meticulous formulation, rigorous testing, and adherence to quality standards, a potent and reliable dietary supplement has been created.

The synergistic combination of turmeric and neem extracts offers a promising solution for supporting the body's detoxification processes, leveraging their antioxidant, anti-inflammatory, and detoxifying properties. The pills have demonstrated significant detoxification effects in both in vitro and in vivo studies, with improved antioxidant capacity, reduced inflammatory markers, and enhanced detoxification pathways