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FORMULATION AND EVALUTION OF POLY HERBAL FACE SERUM

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ABSTRACT

The use of Vitamin E in dermatology has been ongoing for over 50 years, with a substantial number of case reports documenting its effects. However, there is still a lack of controlled clinical studies to establish clear dosages and clinical indications. Despite this, significant advances in basic research have deepened our understanding of Vitamin E's role in human skin, including its physiology, mechanism of action, penetration, bioconversion, and photoprotection properties. These findings have driven the development of new formulations in cosmetics and skin care products. The article highlights experimental evidence that suggests topical and oral Vitamin E has potential benefits, including antitumorigenic effects, photoprotection, and stabilization of the skin barrier. While Vitamin E is mainly used in cosmetics today, further controlled clinical studies are necessary to evaluate its efficacy in treating conditions like atopic dermatitis or preventing photocarcinogenesis. Respiratory infections are a significant health concern for the elderly, leading to higher rates of morbidity, mortality, and healthcare utilization. The aging process is associated with a decline in immune function, which makes older adults more susceptible to infections. This decline in immune response has been linked to altered patterns of illness in the elderly, resulting in a higher frequency and severity of respiratory infections compared to younger populations. This age-related immune deterioration contributes to the increased incidence of conditions such as pneumonia, influenza, and other respiratory diseases in older individuals. Consequently, addressing the unique immune challenges faced by the elderly is crucial for improving their health outcomes and reducing the burden on healthcare systems.

KEYWORDS: Respiratory infections are a significant health concern for the elderly, leading to higher rates of morbidity, mortality, and healthcare utilization.

INTRODUCTION

Vitamin E is an important fat-soluble antioxidant that helps eliminate chain reactions caused by free radical-initiated chain reactions in the polyunsaturated fatty acids of biological membranes.

Vitamin E plays a crucial role in maintaining the stability and function of body tissues, particularly cell membranes and subcellular organelles such as mitochondria, nuclei, lysosomes, and the endoplasmic reticulum. It stabilizes these structures by providing antioxidative protection, especially for fats and certain vitamins, and helps prevent the formation of toxic cellular hydroperoxides. Vitamin E also safeguards erythrocyte membranes from oxidative damage. It is vital for life, both in humans and animals, with deficiencies causing clinical symptoms due to impaired protection of polyunsaturated fatty acids (PUFAs) in cell membranes. Without sufficient vitamin E, PUFAs become unstable, leading to reduced membrane fluidity and function, which can contribute to various diseases or exacerbate their progression.

Vitamin E plays an important role in maintaining the stability and function of the body, particularly cell membranes and intracellular organelles such as the mitochondria, nucleus, lysosomes and endoplasmic reticulum. It stabilizes this structure by providing antioxidant protection (especially from fats and certain vitamins) and helps prevent the production of toxic cellular hydroperoxides. Vitamin E also protects red blood cells from oxidative damage. It is essential for human and animal life, and its deficiency causes symptoms due to poor

protection of polyunsaturated fatty acids (PUFAs) in cell membranes. Without sufficient vitamin E, PUFAs can become unstable, reducing cell membrane fluidity and function, contributing to or contributing to the development of many diseases.

Vitamin E capsules treat low levels of vitamin E in your body. This vitamin protects your cells and maintains the health of your organs. You can take these capsules or tablets by mouth with a glass of water as directed. This medication may work best when you take it with food. Vitamin E is a vitamin that dissolves in fat. It is found in many foods including vegetable oils, cereals, meat, poultry, eggs, and fruits.

Vitamin E is used for treating vitamin E deficiency, which is rare, but can occur in people with certain genetic disorders and in very low-weight premature infants. Vitamin E is also used for many other conditions, but there is no good scientific evidence to support many of these other uses.

VITAMINE E FOR SKIN BENEFITS

Applying vitamin E to the skin helps protect sensitive skin from damage thanks to its antioxidant properties. It is also high in water, working as a "humectant" and "emollient", helping your skin absorb and retain water. It has also been shown to help reduce eczema in some people.

1) Strengthen skin

Strong skin allows your skin to retain and retain moisture. It can help reduce skin sensitivity.

2) Super Hydrating

When your skin barrier is strong, your skin can retain more moisture. This makes vitamin E a great addition to your daily routine, especially for those with very dry skin or those who experience cold, dry months. It helps to eliminate dry spots so you can enjoy smooth, hydrated skin all year round. It helps prevent damage caused by free radicals (impurities that stick to your skin and damage it).

Antioxidants also help to brighten skin by preventing the oxidation of facial oil, which helps to reduce blackheads. Vitamin E products can protect your skin and even help to reduce fine lines that are already caused by pesky free radicals. kin to retain and retain moisture. It can help reduce skin sensitivity.

3) Treat Hyperpigmentation

Vitamin E is often used to help lighten areas of hyperpigmentation. If this is the case for you, it works best when combined with Vitamin C.

4) Protects against UV rays

Vitamin E absorbs UVB light, which can cause skin damage and wrinkles. But it can only protect so much and is not an excuse to skip sunscreen are made to suit different skin types and needs, making it easy to find the best sunscreen for your skin. The moisturizing properties and the properties of vitamin E, which help repair and protect the skin barrier, are often used to help clear up acne scars. It is more effective on small scars, but continued use of vitamin E during acne can help prevent scarring.

5) Promotes cell renewal and regeneration

Vitamin E brings new cells to the surface faster, thus accelerating healing, cell renewal and regeneration. This makes it useful in lotions and cosmetics, as well as being added to lip products because it heals quickly and prevents chapped lips.

USES & EFFECTIVENESS

Effective for An inherited condition that affects motor control (ataxia with vitamin E deficiency or AVED). Taking vitamin E by mouth is effective for treating vitamin E deficiency due to this genetic movement disorder.

Vitamin E deficiency. Taking vitamin E by mouth is effective for preventing and treating vitamin E deficiency.

Side Effects

When taken by mouth: Vitamin E is likely safe for most people when taken in doses lower than 1000 mg daily. This is the same as 1100 IU of synthetic vitamin E (all-rac-alpha-tocopherol) or 1500 IU of natural vitamin E (RRR-alpha-tocopherol). The risk of side effects increases with higher doses. Side effects can include nausea, fatigue, headache, and bleeding. Vitamin E is possibly unsafe when taken in doses greater than 1000 mg daily.

Vitamin E capsules can have many benefits for your skin, including.

Antioxidant

Vitamin E is a fat-soluble antioxidant that can help protect your skin from damage caused by

UV rays, pollution, and smoke.

Moisturizing

Vitamin E is a natural moisturizer found in your skin, and it can help keep your skin soft an protected.

Collagen Production

Vitamin E can help your skin produce collagen, a protein that gives your skin strength and elasticity. This can help reduce the appearance of wrinkles and fine lines.

Scar Reduction

Vitamin E can help fade and reduce the visibility of scars, including acne scars, surgical scars, and stretch marks.

Anti-Inflammatory

Vitamin E can help reduce inflammation, which can be caused by many common skin conditions, including acne.

You can apply vitamin E directly to your skin by popping open a capsule and putting the contents on your face. You can also add the gel to face packs.

Vitamin E is also an ingredient in many cosmetic products. However, it's not a substitute for sunscreen or limiting your time in the sun. Vitamin E won't protect you from sunburn or skin cancer.

CONCLUSION

Vitamin E supplementation in PCOS patients has a positive effect on some anthropometric values and Ang-1. VEGF and Ang-1/Ang-2 ratio in serum. These findings suggest that vitamin E may be beneficial in PCOS. Considering the limitations of our study, further research is recommended to investigate the role of vitamin E in the treatment of angiogenin dysregulation in PCOS patients.

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