

PS HERBAL FIT

Suthiksha Baloo¹, Narashimma Naidu Baloo²

SMK (P) Sri Aman, SMK Damansara Jaya, Malaysia

suthiksha20@gmail.com

ABSTRACT

Abstract— Psoriasis is a skin disorder that leaves red scaly patches on certain parts of our body. It also leads to pain, itchiness, and inflammation. This invention targets at easing skin discomfort felt by many suffering from Psoriasis. Many who suffer from it will need to seek continuous medical treatment to relieve the irritation and discomfort felt. This invention is not intended to replace medical treatment or alternative to modern medical benefits but is a traditional complimentary supplement in the form of a lotion that can help ease skin discomfort. The lotion is different from other store-bought creams and lotions because it is hand produced using only herbal remedies that have been used by our ancestors for years to cure various skin ailments. The soothing sensation felt after it is applied compliments existing medical treatment as it moisturises skin, thus reduces dry skin, itchiness and reliefs soreness and pain. The simple remedy made from the following natural products mainly traditional herbs like Cassia auriculata (*Avarampoo*), Amla berries and Acalypha indica (*Kuppameni*). The ingredients in total has antibacterial and antiseptic properties that helps heal and treat skin problems. The ingredients are also anti-inflammatory and are good antioxidants and contain essential vitamins like vitamin C E and A including iron and calcium. This herbal invention is safe to be applied for all skin type but is specifically recommended for psoriasis skin.

Keywords—psoriasis, herbal lotion, skin disorder, traditional, antibacterial, antiseptic, anti-Inflammatory, antioxidants.

EXTENDED ABSTRACT

I. INTRODUCTION

Psoriasis is a skin disorder that leaves red scaly patches on certain parts of our body. It also leads to pain, itchiness, and inflammation. This disease is a long-lasting disease which may involve period with no symptoms to mild symptoms and followed by severe symptoms. There are more than 125 million people in the world suffering from psoriasis according to the World Psoriasis Day Consortium. According to The Centre for Disease Control (CDC), Psoriasis is prevalent among adults but can be found among children as well.

In Malaysia 1-3% of the population suffers from Psoriasis and this could lead to other health complications. According to a study done on psoriasis prevalence among adults in the United States and published in the Journal of American Academy of Dermatology, psoriasis is associated with other health conditions like Type 2 Diabetes, inflammatory bowel disease, heart disease and arthritis. Typically, the type of treatment for psoriasis depends on the severity of the skin problem. Common treatment includes topical therapy (the use of creams and ointment, light therapy (phototherapy) and oral or injection of medication.



II. MATERIALS

A. The Invention

This invention is targeted at easing skin discomfort felt by many suffering from Psoriasis, who continuously seek medical treatment to relief the constant irritation and discomfort felt. The invention is a lotion when applied on skin leaves a soothing sensation, moisturizers the skin, reduces itchiness, pain and soreness. This lotion or better known as “PS Herbal Fit” is different from other store-bought creams and lotions because it is hand-produced using only herbal remedies that have been used by our ancestors for years to cure various skin ailments.

B. Ingredients

The ingredients used in the preparation of this 100% herbal lotion are the following: Cassia auriculata (Avarampoo), Amla berries, Acalypha indica (Kuppameni), Dried Hibiscus petals, Aloe vera powder, Honey, Turmeric powder, Flaxseed oil and Coconut oil.

INGREDIENTS

The simple remedy made from the following natural products and is **100% herbal**:

- ☞ Cassia auriculata (Avarampoo)
- ☞ Amla berries
- ☞ Acalypha indica (Kuppameni)
- ☞ Dried Hibiscus petals
- ☞ Aloe vera powder
- ☞ Honey
- ☞ Turmeric powder
- ☞ Flaxseed oil and
- ☞ Coconut oil



III. METHODS

All ingredients are carefully measured with accuracy and are hand prepared through a consistent cooking and mixing process. The lotion is carefully weighed and packed in a cream container with high level of hygiene. The ingredients in this lotion are exhibited in the back of the container so that the users are aware of its contents and properties.

METHODOLOGY

- ☞ Double boil both coconut and flex oil. Add Acalypha Indica (Kuppaimeni kirai), Aloe Vera powder, Dried Hibiscus petals, Amla powder, Casia Auriculata (Senna Flower) powder and turmeric powder. Stir it for 15-20 minutes.
- ☞ Keep aside to cool. Then filter the oil.
- ☞ Measure the oil and water in two separate containers and heat them both in a double boiler.
- ☞ Add honey and emulsifying wax into the water. Mix it well. Let it melt and dissolve in the water. It will take about 2-3 minute.
- ☞ Mix the water and oil. Ensure the temperature of both oil and the water are the same. Mix them well with a spatula.
- ☞ Blend the solution with an electrical whisk for about 5-10 minutes until it comes to a creamy consistency.
- ☞ Add Preservative, anti-oxidant and fragrance. Mix well and bottled the lotion.



The preparation of this lotion consists of two parts. Part 1 is where the main herbs mentioned above are mixed with coconut oil and flex-seed oil that have been double boiled.

Part 2 of this process is where we double boil oil and water separately. Both ingredients are mixed, for this we need to ensure that the temperature of both ingredients are the same. The solution is whisked for 5-10 minutes until a creamy consistency is obtained. Once this is done, we can add preservatives, anti-oxidant and fragrance.

The final product is carefully weighed and packed in a cream container with high level of hygiene. The ingredients in this lotion is exhibited at the back of the container so that the users are aware of the contents and properties of this lotion.



IV. HEALTH BENEFITS

These ingredients in total have antibacterial and antiseptic properties that helps heal and treat skin problems. They are also anti-inflammatory and are good antioxidants and contain essential vitamins like vitamin C E and A including iron and calcium. The main ingredient *Acalypha indica* (Kuppameni) is a herbal remedy for various skin problems ranging from Acne, Eczema, cuts, scraps, curing burns and wounds.



V. SIGNIFICANCE OF THE INVENTION

This product has been used by respondents for a period of two weeks and it has been validated by the respondents as a product that has produced satisfactory results. The respondents who used it on scraps and scars had noticed significant healing on their skin within 3 days to 1 week of its use. This product has also been tested on Psoriasis patients who found that the lotion could ease their itchiness due to its soothing sensation and moisturizing effect. This consequently reduces scaling and redness of the skin and ultimately reduces discomfort.

The significance of this invention is a product that is 100% herbal that is safe. This product is also sustainable as it is linked with the 3 important SDG goals namely SDG 9 (Industry Innovation & Infrastructure) SDG12 (Responsible Consumption & Production) and SDG 13 (Climate Action) which contributes to positive environmental impact.

SIGNIFICANCE OF THE INVENTION



This product is also contribute to 3 important SDG goals:

- **SDG 9** (Industry Innovation & Infrastructure);
- **SDG12** (Responsible Consumption & Production);
- **SDG 13** (Climate Action) which contributes to positive environmental impact

VI. RESULTS AND FINDINGS

SATISFACTORY REVIEW ECZEMA PATIENT



TESTING & SAMPLING Psoriasis Patient



SATISFACTORY REVIEW

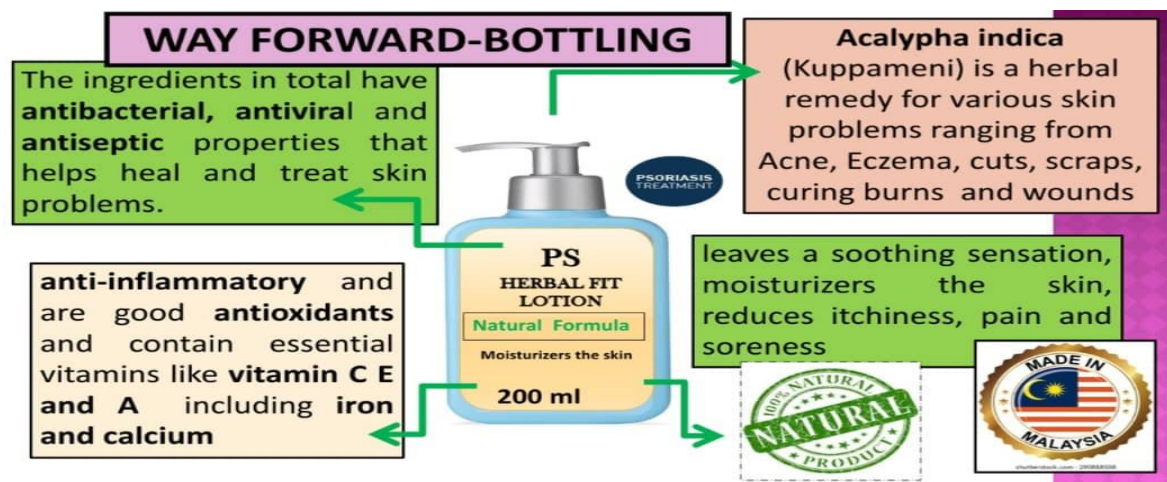
Rashes Due To The Infection of Bee Sting



VII. CONCLUSIONS

A. Contribution

Our invention is not intended to replace medical treatment or alternative to modern medical benefits but is a traditional complimentary supplement that helps ease discomfort felt by people suffering from Psoriasis. Although this lotion is recommended for Psoriasis skin but it is safe to be applied for all skin type. The significance of this invention is a product that is 100% herbal that is safe, sustainable and effective for everyone.



B. Way forward

This lotion needs further testing on its properties if it was going to be widely commercialized. This includes chemistry testing and licencing from the National Pharmaceutical Regulatory Agency and the Ministry of Health prior to it being commercialized. Besides, in view of its impact on sustainability this product will also be tested to certify that there is no animal testing involved in its production and is highly

sustainable. The final step to be taken in this endeavour is to patent the discovery of the product so as to protect its Intellectual Property rights.



PS Herbal Fit Product Development Unit (PDU) have invented and introduced three more skin products using similar ingredients recently. They are namely:

- **PS Herbal Fit Body Soap**
- **PS Herbal Fit Body Scrub**
- **PS Herbal Fit Body Wash**

These three products come with package of similar health benefits like the lotion and are expected to be tested and commercialised together. The prototype of these new products is also expected to be ready by end of November 2023.



C. Next In Line

PS Herbal Fit Product Development Unit (PDU) also have intended to work together to produce herbal base shampoo and foundation using similar ingredients especially *Aclypha Indica* to provide a complete **“Personal Herbal Kit”** for young generation to be privileged and benefited using herbal.



On the other hand, our PDU also been working to venture into food industry. It is our next aim to promote everyone to consume to gain the fullest benefit of our secret herbal ingredients. Our first product is called the PS Herbal Fit Peanut Candy filled with similar ingredients.

WAY FORWARD

Introducing Next In Line:-

- **PS Herbal Fit Peanut Candy**

D. COLLABORATION

We are pleased to inform that PS Herbal Fit Product Development Unit (PDU) have attain an agreement to work with a foundation called “**Bamboosa**” to support in planning, production and commercialize our product lines. We have already working with this foundation to conduct a full lab test for all our product and several discussion is in progress on pricing, promotion and patenting.

BAMBOOSA FOUNDATION

Collaborate In The:

- Lab testing & Promotion
- Commercializing
 - Production, Pricing, Sales
- Attain necessary accreditation
 - Licensing
- Patent the discovery
- Fully funding the discovery
 - financial grants

ACKNOWLEDGMENT

Sincere appreciation goes to all those that had contributed to the discovery of PS Herbal Fit.

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