



## Formulation of Herbal Pain Relief Balm Using Extracts of Different Medicinal Plants

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**Abstract:** Herbal balms have grabbed significant attention due to their therapeutic potential and minimal side effects compared to synthetic and chemical containing balms. This study focuses on formulating and evaluating a herbal balm using selected plant extracts with analgesic, anti-inflammatory, and antimicrobial properties. The formulation includes olive oil and waxes as a base, combined with plant extracts such as

Moringa, Ashwagandha, Neem and Aloe Vera. Preliminary results indicate that the formulated balm has promising potential as a safe and effective alternative for managing minor pain, skin irritations, and inflammation.

**Keywords:** Ashwagandha, Moringa, Neem, Aloe Vera, Essential oils, Herbal Balm, Pain relief, Natural pain relief ointment.

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### Introduction:

Herbal balm is an ayurvedic preparation of potent essential oils for reducing pain and providing fast relief from headache, backache, cold and other symptoms. This herbal balm composition offers relieve in pain and stiffness when applied on skin. It consists of organic essential oils, organic bases, wax, and other desired components (Jagruti S.B. et.al., 2023). The increasing consumer preference for natural and plant-based health products has spurred a renewed interest in the therapeutic applications of medicinal plants. Among these, Ashwagandha (*Withania somnifera*), Moringa (*Moringa oleifera*), Neem (*Azadirachta indica*), and Aloe Vera (*Aloe barbadensis miller*) stand out for their diverse pharmacological properties and extensive use in traditional medicine. This report focuses on the formulation of a balm utilizing these four botanicals, aiming to create a multipurpose topical remedy that leverages their synergistic benefits for skin health and overall wellness.