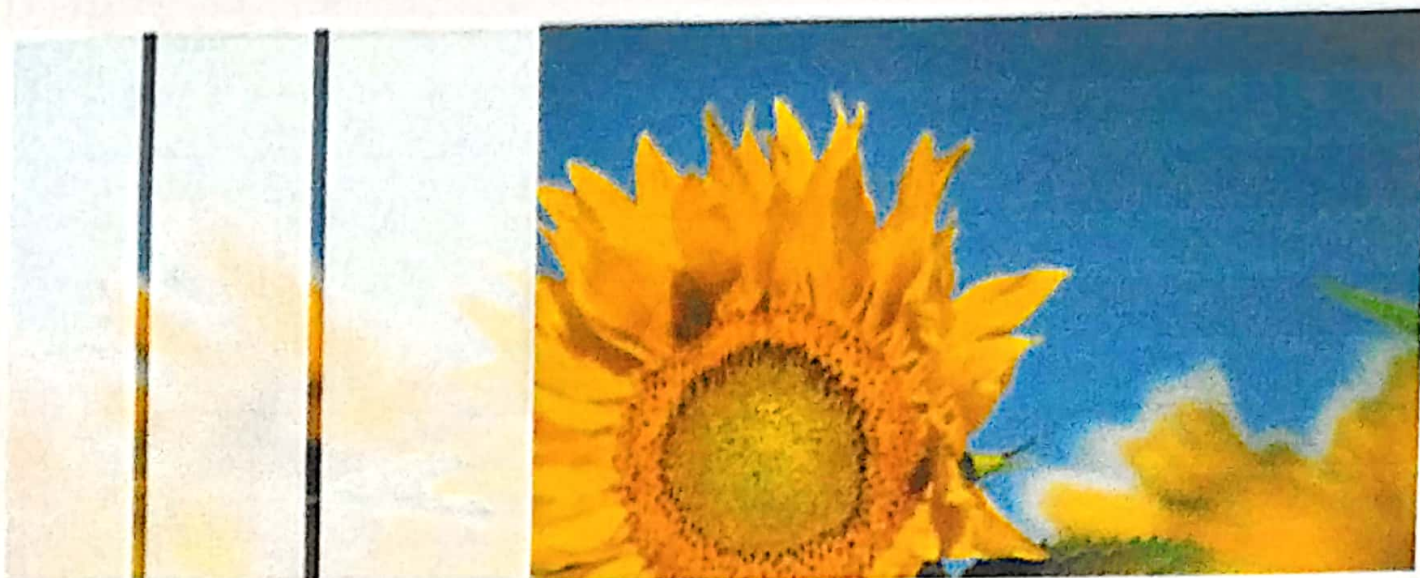




Herbal Pain Ointment

Department of Chemistry
D.K. Government College for
Women(A)



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Introduction



In ancient times *Moringa oleifera* was used to treat patients suffering from heel pain. The authors after intensive research and studies proved that an ointment made up of moringa, ginger, turmeric, along with boswellia, menthol, dalchini oil and camphor in proved proportion is the best suitable external application. Highly uses of analgesic drugs such as NSAIDs and opioid causes side effects for men. In this situation shows the need for new factors that treat pain and reduce the advancement of the disease. Therefore, the present study was taken up to estimate the analgesic activity of these plant herbals scientifically.

Selection of Ingredients:

Moringa oleifera leaves have been used to treat the pain and inflammatory conditions caused by arthritis and other degenerative diseases. Along with arthritic pain relief, *Moringa* has a rich source of minerals, vitamins, like A, C, and E, calcium, potassium, amino acids and protein. *Moringa* contains antioxidants such as flavonoids, polyphenols and ascorbic acid in the leaves, flowers, and seeds. Previous studies show that leaves of *Moringa oleifera* may lead to modest reductions in cholesterol and blood sugar. It is also have antioxidant and anti-inflammatory effects and protect against arsenic toxicity.

Ginger is a popular spice. It is high in gingerol, a substance with powerful anti-inflammatory and antioxidant properties.

Curcuma longa, turmeric contains curcumin, a substance with powerful anti-inflammatory nature. Turmeric is a spice widely used throughout Asia. Curcumin is the most active and most beneficial to health. Curcumin can reduce markers of inflammation and thus relieve osteoarthritis symptoms. It has powerful anti-inflammatory effects and is a very strong antioxidant.

Menthol

Menthol is an organic compound made synthetically or obtained from peppermint or mint oils with flavoring and local anesthetic properties.

Dalchini oil

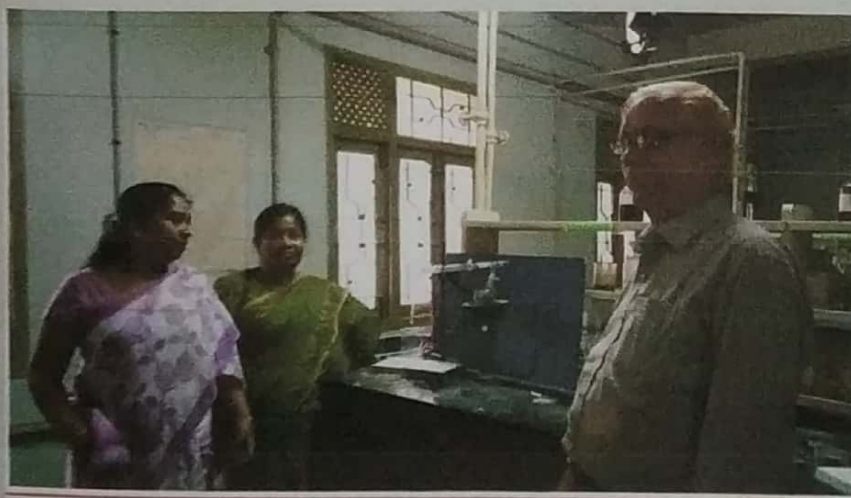
Cinnamon, Dalchini is a potent anti-inflammatory agent, and it helps reduce the stiffness of muscles and joints. People with arthritis and other inflammatory disorders should consume cinnamon essential oil to get relief. This essential oil plays a key role in alleviating pains including muscle pulls, aches or even stiffness of the joints

Materials and method

Two tea spoons of Moringa powder one tea spoon of ginger and turmeric are mixed in a mixture of three tsp of coco nut virgin oil, 2tsp of olive oil, 1tsp of castor oil and heated in water bath or double boiler under stirring till the contents are dissolved completely. mix one tsp of bees wax and stir its dissolution.

Add 10 drops of Boswellia and dalgichini oil followed by menthol and stir well till its dissolution. 10 tablets of pure camphor are added and gently heated and dissolved. The contents are filtered twice and transferred into steril bottle. This bottle is cooled at room temperature which forms ointment of moringa.

Photos



• *Dr. C. C. C. C.*

Don't let me know how long it
takes, otherwise you'll be
dead before I can get my
hand off your neck.



Faint handwritten notes at the bottom of the page.

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Dr. Manjunath Reddy

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List of Students Participated..

S.No	Name & Class	Signature
1.	Ch.Aruna III B.Sc. B.Z.C. T.M	Ch. Aruna
2.	T.Madhavi ;uri	T. Madhuri
3.	T.Sujatha	T. Sujatha
4.	B.Susmitha	B. Susmitha
5.	D.Rupa III B.Sc Bio tech	D. Rupa
6.	P.Maheswari	P.Maheswari
7.	N.Anitha	N. Anitha
8.	M.Swapna Rawal	M. Swapna
9.	M.Vyshnavi	M. Vyshnavi
10.	Sk.Anjum Bhano Bany	Sk. Anjum
11.	G.Varalakshmi III B.Sc M.B.C	G. Varalakshmi
12.	V.Gayathri	V. Gayathri
13.	J Nikhitha	J. Nikhitha
14.	K.B.Prajwala	K. B. Prajwala
15.	Ch.Suma	Ch. Suma
16.	K.Vanaja	K. Vanaja

Signature of I/C
Dept. of Chemistry

Principal

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