

Uji manfaat krim pelembab yang mengandung campuran ekstrak etanol biji kelabet (*trigonella foenum-graecum* l.) dan malam lebah (*cera flava*) = Efficacy test on moisturizer cream containing ethanol extract fenugreek seeds (*trigonella foenum-graecum* l.) and beeswax (*cera flava*)

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Abstrak

Keringnya kulit menua pada wanita disebabkan oleh penipisan struktur kulit, berkurangnya produksi Natural Moisturizing Factor serta penurunan kadar estrogen. Krim pelembab kulit menua pada umumnya mengandung gliserin dalam konsentrasi tinggi, tetapi kurang disukai ketika digunakan. Tujuan penelitian ini adalah menggabungkan 4% ekstrak etanol biji kelabet dan 2% malam lebah untuk menghasilkan krim pelembab (krim uji) yang lebih efektif, aman, disukai serta stabil untuk melembabkan kulit menua dibandingkan dengan gliserin 10% (krim kontrol). Uji manfaat (efektivitas) kedua krim diukur berdasarkan pengamatan skor gambaran klinis dan skor korneometer CM825® pada 33 sukarelawan wanita berusia 30-45 tahun. Uji keamanan dinilai dengan patch test. Tingkat kesukaan kedua krim dinilai dengan uji perbandingan jamak. Uji stabilitas mencakup cycling test, uji mekanik, uji stabilitas dipercepat selama 12 minggu serta uji efektivitas pengawet. Hasil uji manfaat menunjukkan krim uji dinilai lebih efektif untuk melembabkan kulit menua dibandingkan dengan krim kontrol. Hasil uji keamanan menunjukkan kedua krim tidak mengakibatkan iritasi. Uji perbandingan jamak menunjukkan kedua krim samasama kurang disukai. Tidak terjadi pemisahan fase pada uji stabilitas dan penggunaan pengawet dinilai sudah cukup efektif. Berdasarkan penelitian, terdapat perubahan warna, pembesaran diameter globul, penurunan kadar pH, penurunan viskositas serta konsistensi, sehingga dapat disimpulkan kedua krim yang dihasilkan kurang stabil.

.....Dry aging skin on women is caused by thinning of skin structure, less production of Natural Moisturizing Factor and estrogen level decrease. Generally, moisturizer creams for aging skin contain high concentrate of glycerin, although less comfortable to use. The aim of this research is to combine 4% ethanol extract of fenugreek seeds and 2% of beeswax to produce moisturizer cream (herbal cream) which is more effective, safe, comfortable and stable to moisturize the aging skin compared to glycerin 10% (control cream). Efficacy test for both creams were measured based on observation of clinical score and corneometer CM825® score for 33 women volunteers aged 30-45 years old. Safety test was evaluated by patch test. The comfortability level for both creams were determined by pair comparison test. The stability test consists of cycling test, mechanic test, accelerated stability test within 12 weeks and preservative effectiveness test. The result of efficacy test showed that the herbal cream was more effective to moisturize the aging skin compared to the control cream. The safety test indicated that both creams did not cause irritations. The pair comparison test showed that both creams were less comfortable to use. There was no emulsion breaking during stability test and preservative was adequately effective. During the research, there were change in color, enlargement of globule diameter, decrease in pH level as well as viscosity decrease and inconsistency; hence it can be concluded that both creams were less stable.