

Formulasi Sediaan Lulur Krim Ekstrak Etanol 70% dari Daun Pepaya (*Carica papaya* L.) sebagai Pelembab Kulit

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ABSTRAK

Pengelupasan kulit diperlukan dalam membuang atau mengangkat sel-sel permukaan kulit yang mati dan kering serta dapat membuat tekstur kulit menjadi merata dan halus. Eksfoliasi fisik seperti scrub bekerja untuk mengelupaskan kulit mati secara instan. Kebanyakan orang mungkin tidak cocok melakukan eksfoliasi setiap hari, karena dapat menyebabkan kulit menjadi kering dan mudah teriritasi. Untuk itu, senyawa alami yang digunakan dalam pembuatan lulur dapat menjadi pilihan yang lebih baik dalam mengangkat sel mati sekaligus menutrisi kulit dengan banyak senyawa antioksidan. Daun pepaya mengandung senyawa kimia yang bersifat antiseptik, antiinflamasi, antijamur, dan antibakteri. Senyawa antibakteri yang terdapat pada daun pepaya antara lain tanin, flavonoid, alkaloid, terpenoid, dan saponin. Selain itu, daun pepaya mengandung vitamin C dan E (masing-masing 68,59 dan 39,78mg/100 g). Tujuan dari penelitian ini adalah memformulasi sediaan krim lulur ekstrak etanol 70% dari daun pepaya yang memiliki kemampuan dalam meningkatkan kelembaban. Penelitian dilakukan secara eksperimental, meliputi pembuatan simplisia, ekstrak, sediaan lulur krim dan pemeriksaan sediaan secara fisik maupun efektivitasnya terhadap kulit sakarelawan. Studi menunjukkan bahwa tidak ada perubahan bentuk, warna dan bau setelah 12 minggu penyimpanan; uji homogenitas menunjukkan preparasi homogen; sediaan menunjukkan kisaran pH 6,5-6,9; jenis emulsi adalah fase minyak dalam air sehingga krim mudah diaplikasikan, menyebar dan didispersikan dengan air; tes iritasi menunjukkan tidak ada kemerahan, gatal dan panas pada kulit sakarelawan. Dapat disimpulkan bahwa ekstrak etanol 70% dari daun pepaya (*Carica papaya* L.) dapat diformulasikan sebagai krim lulur dan dengan konsentrasi 15% ekstrak daun pepaya memberikan efek terbaik dalam meningkatkan kelembaban kulit.

Kata Kunci: *Carica papaya* L., daun pepaya, kelembaban, lulur krim

ABSTRACT

The primary goal of exfoliating skin is to remove dead and dried skin cells and to promote a smoother skin texture. Physical exfoliants like scrubs work to peel off dead skin instantly. Mostly people shouldn't exfoliate every day, as this can cause your skin thinner and become dry, easily irritated. For that, natural compound used in anal scrub preparations must be a better choice to remove dead cell in meanwhile nourish the skin with a lot of antioxidant compounds. Papaya leaves contain chemical compounds that are antiseptic, anti-inflammatory, antifungal, and antibacterial. Antibacterial compounds found in papaya leaves include tannins, flavonoids, alkaloids, terpenoids, and saponins. Besides, papaya leaves contains vitamin C and E (68.59 and 39.78mg/100 g respectively). The purpose of this study was to formulate a cream scrub preparations from papaya leaf ethanol extract which have an activity in increasing moisture. The study was conducted experimentally, including made of simplisia, extract, cream scrubs and examination of preparations through physical test and onto volunteers' skin. Studies showed that there were no changes in shape, color and odor after 4 weeks of storage; homogeneity tests showed preparations were homogeneous; pH tests showed pH from 6.5 to 6.9; emulsion type was oil in water phase, cream scrubs were easily applied, spread and dispersed with water; irritation tests showed no redness, itchiness and heat changing on volunteer's skin. This can be concluded that 70% ethanol extract of papaya leaves (*Carica papaya* L.) can be formulated as a stable cream scrub and 15% of extract in preparations showed the best increase of skin moisture.

Keywords: *Carica papaya* L., cream ba, moisture, papaya leaves

Submitted: April 9th 2023 | Accepted: June 13th 2023 | Published: June 30th 2023

Pendahuluan

Kulit merupakan bagian terluas dari tubuh manusia akan

selalu terpapar dengan lingkungan sekitar, mulai dari paparan sinar matahari, suhu, dan kelembaban udara. Efek dari paparan sinar matahari adalah dapat menyebabkan hiperpigmentasi

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