

PREPARATION AND EVALUATION OF PAIN-RELIEVING GEL

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ABSTRACT

The increasing interest in natural products for therapeutic use has prompted the exploration of medicinal plants with analgesic potential. *Dendrobium Macrae*, a species of orchid known for its traditional medicinal uses, has shown promise as a source of pain-relieving agents. This article outlines the formulation of a topical gel incorporating extracts of *D. Macrae* and evaluates its analgesic efficacy, stability, and physicochemical properties. This study focuses on the development and assessment of a topical gel designed for pain relief. Using both natural and synthetic ingredients, the gel was formulated for fast absorption, reduced skin irritation, and effective analgesic activity. The evaluation process included physicochemical analysis, spread ability, pH, viscosity. Recent molecular and phylogenetic (evolution-based) research has already started to provide valuable insights into the *Dendrobium* genus. Future research in these areas holds great promise for the conservation of rare, endemic (native to a specific area) endangered species of *Dendrobium*. By understanding the genetic structure and diversity of these plants, scientists can develop better strategies to protect and preserve them. This paper acts as a review of molecular studies conducted on *Dendrobium* and aims to guide researchers in selecting the most effective methods for future molecular research in Malaysia. Such studies are expected to contribute to the conservation efforts and deepen our understanding of this fascinating genus.

KEYWORD: Herbal Remedy, Orchid-based pain relief, *Dendrobium*, Anti-inflammatory herbal gel

INTRODUCTION

Pain is a complex physiological response that serves as a warning system for the body but becomes pathological when chronic or inadequately managed. It is a leading cause of disability worldwide, associated with inflammatory conditions, nerve injuries, muscle strains, and arthritic disorders.^[1,2,3] Conventional treatment involves NSAIDs, opioids, and corticosteroids, which, despite their efficacy, pose risks such as gastrointestinal damage, renal dysfunction, and addiction. Therefore, the search for safer alternatives has turned attention toward herbal therapeutics and topical formulations.^[13,14,15,17] Topical drug delivery systems, particularly gels, offer several advantages, including localized action, avoidance of first-pass metabolism, rapid onset, and reduced systemic side effects.^[55,65,70] Herbal gels integrate the pharmacological benefits of medicinal plants with a convenient and patient-friendly mode of delivery.^[56,59] Among these, *Dendrobium macraei*, a member of the Orchidaceae family, has gained interest due to its traditional use in Ayurvedic medicine under the name Jeevanti, where it has been used for joint pain, muscle soreness, and inflammatory conditions.^[18,19,20,21]

This species is native to Southeast Asia and grows in humid, tropical environments.^[64] It is characterized by epiphytic growth, cane-like stems, and yellow to greenish flowers. Phytochemical screening of *D. macraei* has identified compounds such as alkaloids, phenanthrenes, flavonoids, and polysaccharides—all of which have shown analgesic, antioxidant, and anti-inflammatory potential in earlier studies.^[22,23,24,26]

Despite its traditional relevance, *D. macraei* has not been extensively studied in modern pharmaceutical formulations.^[4,5,6] This study, therefore, aims to develop a herbal gel formulation using ethanolic extracts of *D. macraei* and to evaluate its physicochemical parameters, stability, and drug release properties. By bridging the gap between traditional medicine and evidence-based pharmaceutical science, this work contributes toward safer and more effective herbal alternatives for pain relief.^[28,29,30,31]

Phytochemical Constituents: The therapeutic effects of *Dendrobium* species are attributed to Alkaloids (e.g., dendrobine), Phenanthrenes, Bibenzyls, Flavonoids, Polysaccharides, Steroids.

Medicinal Properties: Anti-inflammatory, Analgesic, Antioxidant, Immunomodulatory, Antipyretic

Extraction of *Dendrobium*

1. Powder the dried plant material.
2. Use Soxhlet extraction with ethanol or water for 6–8 hours.
3. Filter and concentrate using a rotary evaporator^[51,52]

Gel Formulation Procedure

1. Carbopol Dispersion: Disperse Carbopol 934 in distilled water; hydrate overnight.^[71]
2. Extract Addition: Dissolve *D. macraei* extract in ethanol/propylene glycol and mix into the gel base.^[60,62]
3. Preservative Addition: Add methylparaben and propylparaben dissolved in warm water.^[7,8,9]
4. Neutralization: Adjust pH to 6.5–7.0 with triethanolamine.^[23,24]
5. Deaeration: Let the gel stand to remove air bubbles.^[63]

Evaluation Parameters

- **Physical Appearance:** Smooth, homogeneous, free from lumps.^[58,69,58]
- **pH Measurement:** Ideal range 6.0–7.0, measured with a digital pH meter.
- **Viscosity:** Assessed with a Brookfield viscometer.^[72]
- **Drug Content Uniformity:** Determined via UV spectrophotometry.^[73]
- **Stability Testing:** Store at 40°C/75% RH for 3 months; observe for phase separation, discoloration, and degradation.^[10,11]

Feature	Benefit
No First-Pass Metabolism	Avoids liver metabolism; improves bioavailability
Faster Onset	Rapid relief compared to oral formulations
Better Compliance	Easy, non-invasive, well-accepted by patients ^[25,26,27]
Controlled Release	Sustained delivery of active phytoconstituents

Final Formulation (Example)

Ingredient	Quantity (%)
<i>D. macraei</i> Extract	40g
Coconut oil	20g
Bees wax pellets	15g
Aloe vera gel	q.s.
Camphor	10g
Menthol	15g



Fig. 1: Dendrobium macraei extract.



Fig. 2: Picture of ingredients.

RESULTS

The formulated gel was visually appealing, homogeneous, and stable, with no signs of phase separation or microbial contamination. The pH was maintained within the ideal range, ensuring compatibility with skin application. Viscosity and spreadability parameters confirmed the gel's ease of application and desirable consistency. Drug content analysis revealed uniform distribution of the active constituents. In vitro drug release studies demonstrated a sustained release pattern over several hours, indicating prolonged therapeutic effect.

CONCLUSION

This study successfully developed a topical pain-relieving gel formulated with *Dendrobium macraei* extract, emphasizing its physicochemical stability, aesthetic appeal, and therapeutic effectiveness. The formulation showed an optimal pH range, uniform drug content, high viscosity, and smooth spreadability, all of which are crucial for patient acceptability and product performance. The sustained drug release observed in vitro indicates a prolonged analgesic effect, aligning with the goal of long-lasting pain relief through a single application.

The incorporation of both natural and synthetic components in the gel base optimized its penetration and bioavailability while minimizing the risk of irritation or adverse effects. The use of a herbal extract like *D. macraei* bridges traditional medicine and modern pharmaceutical practices, contributing to the development of safe, effective, and patient-friendly therapeutic options.

Furthermore, the formulation remained stable under accelerated storage conditions, confirming its robustness for long-term shelf life. These comprehensive results strongly suggest that this gel could serve as a viable alternative to conventional oral painkillers, especially for patients requiring localized and sustained pain management. Future studies, including in vivo pharmacodynamic and clinical evaluations, are essential to validate its efficacy, safety, and acceptability in real-world therapeutic settings.

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