

Respiranaturals: Revolutionizing Respiratory Relief with an Eco-Friendly Organic Vapor Rub

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ABSTRACT

This study explores the development and efficacy of a natural vapor rub created to provide topical respiratory relief in response to an increased interest among consumers for holistic lifestyle choices. Using the therapeutic qualities of a specifically selected blend of essential oils, this product replaces conventional petroleum-based formulations with an effective and safe natural alternative. They also note that the randomized controlled experiment with participants showed fast and significant improvements in nasal congestion and sinonasal pain-perception following a single application. It is probably due to the interaction of aromatic volatiles with both trigeminal and olfactory involvement. Moreover, the drug was associated with better quality sleep overall and particularly at night when combined with conventional cold medicines. The results emphasize the potential of organic vapour rub in a holistic respiratory care approach that meets the increasing demand for safer and more sustainable treatment options.

Keywords: Respiratory Relief, Essential Oils, Natural Therapeutics, Organic Vapor Rub, Olfactory Pathways, Holistic Intervention, Randomized Controlled Trial.

INTRODUCTION

Growing awareness of the potential negative consequences of utilizing synthetic components in conventional medicines, such as vapour rubs, has led to a push for natural healthcare solutions. (Raut & Karuppayil, 2014). Traditional vapour rubs that include petrochemical-based chemicals usually cause allergies or skin irritation. Conversely natural formulations prefer to employ eucalyptus, peppermint, and lavender because of their antibacterial, anti-inflammatory, and discomfort-reducing qualities. Specifically, 1,8-cineole, the main active ingredient in eucalyptus oil, has been demonstrated to serve as a natural decongestant to alleviate respiratory symptoms such as congestion and cough (Juergens *et al.*, 2003).

While lavender oil has soothing properties that may improve comfort, particularly at night, peppermint oil, which has a high menthol concentration, provides a cooling feeling that can assist ease nasal passages (Cavanagh & Wilkinson, 2002). This study creates a natural vapour rub using essential oils mixed with beeswax and coconut oil as its primary constituents. In order to reassure customers that this product can help ensure quality and safety regarding its role as an organically sourced alternative for manufactured vapour rubs designed for respiratory health and user satisfaction, stability, pH levels, and effectiveness at relieving therapeutic problems are monitored from the product's inception.

OBJECTIVE

Create a New Biocompatible Vapour Rub Composition

Create a novel, eco-friendly vapour rub that relieves the symptoms of respiratory issues while ensuring biocompatibility and being devoid of artificial ingredients. Its basis should be made of natural substances and essential oils.

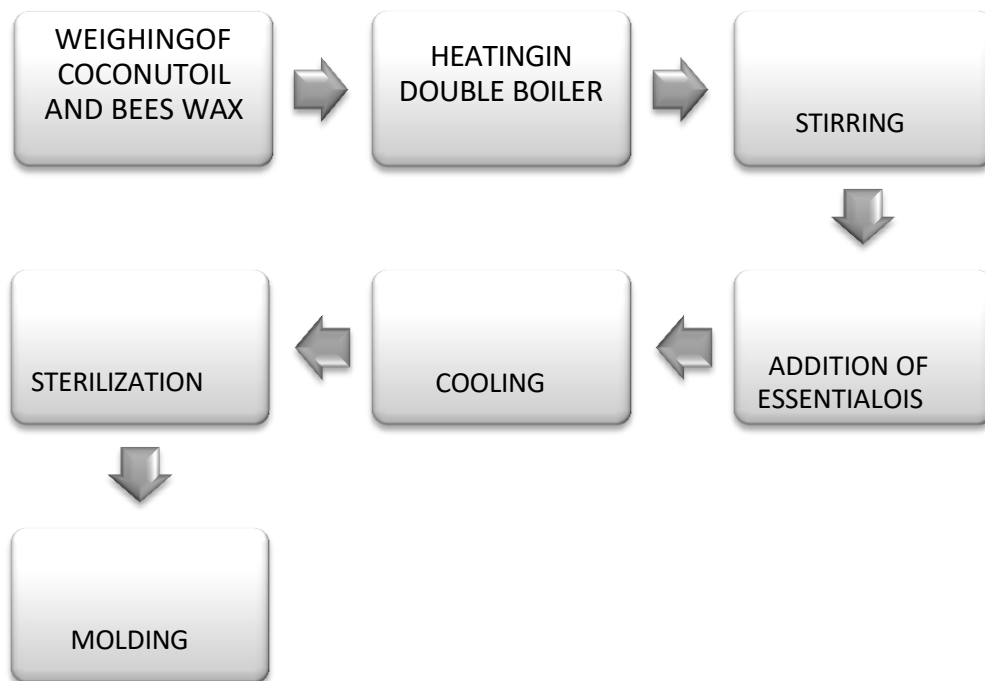
Safety Assurance with Quality

To ensure a safe final product throughout time, the formulation is tested for stability in a range of environmental conditions, pH titration, and microbiological safety.

Enhanced Acceptability of Odor and Therapeutic Effectiveness

Through focused sensory evaluation, this maximizes user happiness while optimizing sensory product profiles in terms of cooling impact, texture consistency, and scent strength to obtain the best potential therapeutic effects.

METHODOLOGY



Testing's

We have performed different tests on the product, which include pH, microbial testing (TPC), sensory evaluation, and stability testing of organic vapor rub, as mentioned below:

Table 1. pH.

Sample	pH Reading	Expected pH Range	Result Interpretation
Organic Vapor Rub	5.5	5.0-6.5	Within acceptable range

Table 2. Microbial Testing.

Sample	Dilution Factor	Colony Count (Cfu/G)	Microbial Limit	Compliance
Organic Vapor rub	Undiluted	<20CFU/g	<100CFU/ g	Pass

Table 3. Sensory Evaluation.

Attribute	Observation
Aroma	Strong, refreshing

Texture	Smooth
Spread ability	Excellent Spread ability
Cooling Effect	Instant cooling effect noted

Table 4. Stability Testing.

Condition	Observation At Day 1	Observation At Day 30	Conclusion
Room temperature	Stable, no change	Stable, no change	Stable

RESULT

With the help of different testing we discuss about the facts and figure that sequels we achieve during product designing. The testing we persuade for betterment of our innovation is microbial testing with 5.5 slightly acidic with the standard range then we have sensory evaluation in which we observe spreadability, cooling effect, texture and aroma. Resulting moderate to expectancy With ineffectual microbial counts. Also catch-up with stability test is it reliable for prolonged period which concluded efficient remarks.

CONCLUSION

Vicks Vapo Rub, which makes use of essential oils' healing qualities, is still a well-liked treatment for cold symptoms. Organic vapor rub using natural ingredients to provide safe and effective respiratory relief. Its significance and effectiveness in the over-the-counter pharmaceutical business are shown by its strong market presence and ongoing customer trust.