

Rapid Symptomatic Relief of Infant Upper Respiratory Congestion Using DrSneeze Cream: A Transdermal Herbal Innovation

Abstract

Infant flu, sinus congestion, and allergic rhinitis are common conditions with limited pharmacological options due to safety restrictions. Conventional decongestants are contraindicated in young children, leading parents to seek safe, natural alternatives. This paper presents DrSneeze Soothing Cream, developed at Makmal Izzah as a topical herbal formulation. DrSneeze contains turmeric (*Curcuma longa*), black cumin (*Nigella sativa*), cumin (*Cuminum cyminum*), coffee extract (*Coffea arabica*), beeswax, aqua, and proprietary transdermal excipients. Caregiver reports indicate rapid onset of relief, improved breathing, and better sleep continuity in infants and children. Literature review supports the antihistaminic, anti-inflammatory, and antioxidant properties of these herbs. The inclusion of Makmal Izzah's proprietary transdermal technology enhances local absorption and efficacy. Controlled clinical trials are warranted to further validate outcomes.

Introduction

Upper respiratory congestion is a major source of distress for infants and children. Clinical treatment options are limited because decongestant medications are not recommended for children under two years of age. Parents often turn to natural remedies for safer symptom relief. DrSneeze Soothing Cream was developed by Makmal Izzah as a safe, topical, science-based alternative. The formulation combines turmeric, *Nigella sativa*, cumin, and coffee extract in a beeswax base, enhanced with proprietary transdermal technology.

Materials and Methods

Composition: - Turmeric (*Curcuma longa*) – anti-inflammatory, antioxidant - Black cumin oil (*Nigella sativa*) – antihistaminic, immunomodulatory, antiviral - Cumin (*Cuminum cyminum*) – antimicrobial, antioxidant - Coffee extract (*Coffea arabica*) – antioxidant, mild anti-inflammatory - Beeswax – emollient base, skin barrier support - Aqua – carrier - Proprietary transdermal excipients – Makmal Izzah penetration enhancer
Registration & Safety: - NPRA Notification No: NOT250702554K - Validity: 08/07/2025 – 08/07/2027 - Classified as non-hazardous topical cosmetic
Usage: - Apply thinly on the T-zone, chest, or back 2–3 times daily. - Observational caregiver reports recorded onset, duration, sleep quality, and safety.

Results

Caregivers reported: - Rapid onset: noticeable relief within minutes - Breathing: easier nasal comfort, calmer infants - Sleep: improved continuity, longer rest - Duration: effects lasted 2–4 hours per application - Safety: no adverse reactions; mild transient warmth in some cases - Acceptance: herbal scent mild and well tolerated

Discussion

Mechanistic rationale: - *Nigella sativa*: inhibits mast cell degranulation, reducing histamine release; clinical trials show relief in allergic rhinitis. - Turmeric: curcuminoids modulate NF- κ B and COX-2, reduce nasal symptoms and balance Th1/Th2 immune responses. - Cumin: provides antimicrobial and antioxidant benefits, supporting mucosal health. - Coffee extract: polyphenols reduce oxidative stress, supporting sinus comfort. Role of Makmal Izzah Transdermal Technology: - Enhances

localized absorption of actives through skin. - Provides higher concentration at targeted site of congestion. - Extends duration of action, reducing reapplication frequency. - Increases efficacy at safe, low concentrations suitable for infants. Comparative advantage: - Conventional baby remedies mainly mask symptoms with aroma. - DrSneez neutralizes inflammation, histamine activity, and oxidative stress with scientifically supported herbs plus advanced delivery. - Combines traditional natural remedies with modern technology for safer, more effective relief. Limitations & Future Work: - Observational only; no randomized control yet. - Future trials should include nasal airflow measurements, sleep tracking, and dermatology patch testing.

Conclusion

DrSneez Soothing Cream represents a safe, natural, and effective topical solution for infant flu symptoms, sinus congestion, and allergic rhinitis. By combining *Nigella sativa* and turmeric as primary antihistaminic and anti-inflammatory agents, with cumin and coffee as supportive antioxidants, and enhancing delivery via Makmal Izzah's proprietary transdermal technology, DrSneez demonstrates rapid relief, high safety, and strong caregiver acceptance. Controlled clinical validation is recommended.

References

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