

THESIS

FORMULATION OF BODY CREAM WITH MANGO ARUM MANIS LEAVES EXTRACT (*Mangifera indica* L. val. arum manis) AS ANTIOXIDANTS AND YOGURT AS HUMECTANT



Compiled By:

**Ajeng Nandareztya Putri Mulyana
NIM 422021718007**

**DEPARTMENT PHARMACY
FACULTY OF HEALTH SCIENCES
UNIVERSITAS DARUSSALAM GONTOR
PONOROGO
2025**

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

THESIS

FORMULATION OF BODY CREAM WITH MANGO ARUM MANIS LEAVES EXTRACT (*Mangifera indica* L. val. arum manis) AS ANTIOXIDANTS AND YOGURT AS HUMECTANT

Compiled By:

**Ajeng Nandareztya Putri Mulyana
NIM 422021718007**

Supervisor:

**Yulisa Raras Dewi, M. Farm
Anggun Mahirotun Nur Sholikah, M. Farm**

**DEPARTMENT PHARMACY
FACULTY OF HEALTH SCIENCES
UNIVERSITAS DARUSSALAM GONTOR
PONOROGO**

2025

UNIVERSITAS DARUSSALAM GONTOR



UNIDA
GONTOR

UNIVERSITAS DARUSSALAM GONTOR

**APPROVAL SHEET
THESIS DEFENCE**

It is hereby stated that the thesis with the title :

**“FORMULATION OF BODY CREAM PREPARATION WITH MANGO ARUM MANIS
LEAF EXTRACT (*MANGIFERA INDICA L. VAL. ARUM MANIS*) AS AN ANTIOXIDANTS
AND YOGURT AS AN HUMECTANT”**

Written by:

**Ajeng Nandareztya Putri Mulyana
422021718007**

It has been reviewed and recommended to meet scientific standards, in terms of both scope and quality.

It has been approved to presented on:

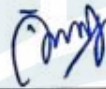
Supervisor 1

Yulisa Raras Dewi, M.Farm
NIY. 180709



Supervisor 1

Anggun Mahiraton Nur Sholikah, M.Farm
NIDN. 0716089501



Head of Pharmacy Study Program



apt. Nadia Iha Fatihah, S.Farm., M.Clin.Pharm.
NIDN. 0714059105

UNDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

VALIDITY SHEET

It is hereby stated that the thesis with the title:

**"FORMULATION OF BODY CREAM WITH MANGO ARUM MANIS LEAVES
EXTRACT (*Mangifera indica* L. var. arum manis) AS ANTIOXIDANTS AND
YOGURT AS HUMECTANT"**

Written:

Ajeng Nandareztya Putri Mulyana
NIM 422021718007

Has been tested and approved & before the Thesis Examiner Board

Examiner Board:

Supervisor I

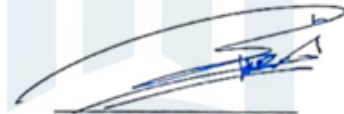
Yulisa Raras Dewi, M.Farm
NIY. 180709

Supervisor II

Anggun Mahiratun Nur Sholikah, M.Farm
NIDN. 0716089501

Examiner

apt. Satwika Budi Sawitri, M.Farm
NIDN. 0721118402



Approved by,

Head of Pharmacy Department
Faculty of Health Science, University of Darussalam Gontor



Apt. Nadia Iha Fatimah, M.Clin.Pharm.
NIDN. 0714059105

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

AUTHENTICITY STATEMENT

It is hereby declared by,

Nama : Ajeng Nandareztya Putri Mulyana
NIM : 422021718007
Fakultas : Ilmu Kesehatan
Program studi : Farmasi
Judul penelitian : Formulasi Sediaan Body Cream Ekstrak Daun Mangga Arum Manis
(*Mangifera indica* L. var. *arum manis*) Sebagai Antioksidan Dan Yogurt
Sebagai Humektan

I sincerely declare that the research contained in this thesis is my own work and does not belong to anyone else. This thesis has never been published before, except for some parts with original references.

If in the future it is found that this work is plagiarism, I am ready to be given administrative and academic sanctions.

Ponorogo, 20th Februari 2025

Writer,



Ajeng Nandareztya Putri. M

NIM. 422021718007

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR

PREFACE

Assalamualaikum Warrahmatullahi Wabarakatuh

Alhamdulillah Rabbil 'alamin, all praise and gratitude be to Allah SWT for His mercy and guidance, as well as the blessings of knowledge, which have enabled the author to complete this thesis as expected. May peace and blessings be upon the beloved Prophet Muhammad SAW, along with his family and companions, who have dedicated themselves to conveying the path blessed by Allah SWT.

This thesis, titled "**Formulation of Body Cream Preparation with Arum manis Mango Leaves Extract (*Mangifera indica* L. var. arum manis) as an Antioxidant and Yogurt as a Humectant**", is prepared as one of the requirements for completing the final assignment in the Bachelor's Program of the Department of Pharmacy, Faculty of Health Sciences, Universitas Darussalam Gontor.

The author realizes that the completion of this thesis would not have been possible without the assistance, guidance, and encouragement from various parties. Therefore, on this occasion, the author would like to express the deepest gratitude to:

1. Prof. Dr. Hamid Fahmi Zarkasyi, M.A, M.Phil., as the Rector of Universitas Darussalam Gontor. Dr. Abdul Hafidz Zaid, M.A, as the Vice Rector I of Universitas Darussalam Gontor. Dr. Setiawan Bin Lahuri, M.A, as the Vice Rector II of Universitas Darussalam Gontor. Dr. Khoirul Umam, M.Ec, as the Vice Rector III of Universitas Darussalam Gontor.
2. apt. Amal Fadhollah, S.Si, as the Dean of the Faculty of Health Sciences, and apt. Nadia Iha Farihah, M.Clin Pharm, as the Head of the Department Pharmacy at Universitas Darussalam Gontor.
3. Yulisa Raras Dewi, M.Farm, as the primary thesis supervisor, and Anggun Mahiratun Nur Sholikah, M.Farm, as the second thesis supervisor, along with apt. Satwika Budi Sawitri as the examiner, for their invaluable

knowledge, time, guidance, and advice throughout the thesis proposal process, enabling its successful completion.

4. All lecturers, laboratory assistants, educators, and administrative staff of the Department who have shared their knowledge, provided guidance, and given direction throughout the research process.
5. My beloved parents, Papa Wawan Mulyana and Mama Irma Irayanti, for their unwavering moral and financial support, and for always praying for my success, achievements, and knowledge. My younger siblings, Salfira Az zahra, Ghafidz Altaf Al-Abbab, and Hafiz Altaf El-Lubbab, for being my source of motivation during the thesis writing process.
6. My fellow Department Pharmacy classmates, Faculty of Health Sciences, Universitas Darussalam Gontor, Class of 2021, as well as my fellow consulate friends at Universitas Darussalam Gontor who have provided assistance, prayers, and encouragement. Special thanks to the members of ENHYPEN for being my inspiration throughout the thesis writing journey. And to all other individuals who have contributed, whose names I may not be able to mention one by one.

The author realizes that there are still many shortcomings and limitations in the writing of this thesis proposal. Therefore, the author welcomes constructive criticism and suggestions from all parties to improve this thesis. Hopefully, this thesis can provide benefits and serve as an inspiration for readers. Aamiin Ya Rabbal ‘Alamin.

Ngawi.
Author

UNIDA
GONTOR
UNIVERSITAS DARUSSALAM GONTOR