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## HERBAL HAIR OIL

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### ABSTRACT:

Hair is one of the beauty of human life. Herbal hair oil is a natural product that helps in growth, health, smooth, shiny etc of hair. A lot of Herbal is being used for the care of hair such as almond, coconut, amla, onion, hibiscus, jasmine, aloe vera etc. herbal hair oil as nowadays tribal hair oil that is being used a natural product. Therefore, we are broadcast through this review paper that has very little physical effect compared to chemical products. Herbal hair oil, which we can use in Ayurvedic methods or with home remedies we can make our life useful. Herbal products are not only useful for hair but also for more space, such as herbal medicine. Hair is very essential for our life, because it helps in not only beauty but also in body maintaining

**Keyword:** Herb, hair oil, hair structure, hair growth cycle and rate, herbal, cosmetics.

### 1. INTRODUCTION

Hair is essential to human existence (2012). Hair is one of the beauty of human life, but nowadays chemical products and pollutions are having more impact on the hair, causing the hair to be weak, rough, dry. Herbal hair oil is a product that does not have any special effect. It is being aired by this review paper that herbal hair oil is a natural product that we can use in any way means in Ayurvedic method or in home remedies.

### 2. HERBAL:

Herbal plant is a gift of nature that have every part is useful like leaf, root, stem, seed, and fruit. Herbal oil, medicine, derived from plants are dietary supplements used to maintain or enhance health, available in various forms like tablets, capsules, oil, powders, teas, extracts and fresh or dried plants.



## HERBAL PRODUCT

### 3. HERBAL HAIR OIL:

Herbal hair oil is hair care product. Hair care product are formulations used to cleanse, modify hair texture, provide nourishment and maintain healthy hair appearance (Swarnlata Saraf et.al. ISSN: 2277-7105). Almond, amla, til, hibiscus, coconut, shikakai, shatvari, nirgandi, brahmi etc natural products are being used in herbal hair oil, which nourishes the hairs which is essential for growth, healthy hair.



## HERBAL HAIR OIL

**DIFFERENT TYPES OF HERBAL OIL:**

- Almond hair oil
- Amla hair oil
- Onion hair oil
- Coconut hair oil
- Jasmine hair oil
- Til hair oil
- Brahmi hair oil

**DIFFERENT HERBS USED ARE AS FOLLOWS:**

| S.NO. | BOTANICALNAME                  | COMMONE NAME | FAIMILY        |
|-------|--------------------------------|--------------|----------------|
| 1.    | <i>Azadirachta indica</i>      | Neem         | Meliaceae      |
| 2.    | <i>Phyllanthus emblica</i>     | Amla         | Phyllanthaceae |
| 3.    | <i>Cocos nucifera</i>          | Coconut      | Arecaceae      |
| 4.    | <i>Rosa sinensis</i>           | Hibiscus     | Malvaceae      |
| 5.    | <i>Ocimum tenuiflorum</i>      | Tulsi        | Lamiaceae      |
| 6.    | <i>Eclipta prostrate</i>       | Bhringraj    | Asteraceae     |
| 7.    | <i>Senegalia ruguta</i>        | Shikakai     | Fabaceae       |
| 8.    | <i>Allium cepa</i>             | Onion        | Amaryllidaceae |
| 9.    | <i>Aloe vera</i>               | Alovera      | Aphodelaceae   |
| 10.   | <i>Asparagus racemosus</i>     | Shatavari    | Asparagaceae   |
| 11.   | <i>Bacopa monnieri</i>         | Brahmi       | Plantaginaceae |
| 12.   | <i>Chrysopogon zizanioides</i> | Vetiver      | Poaceae        |
| 13.   | <i>Glycyrrhiza glabra</i>      | Liquorice    | Fabaceae       |
| 14.   | <i>Nardostachys jatamansi</i>  | Jatamansi    | Caprifoliaceae |

#### 4. PLANT PROFILE:

##### NEEM: (*Azadirachta indica*)

|         |                    |
|---------|--------------------|
| Kingdom | Plantae            |
| Order   | Sapindales         |
| Family  | Meliaceae          |
| Genus   | <i>Azadirachta</i> |
| Species | <i>indica</i>      |

The neem tree, native to India is dubbed the “tree of the 21<sup>st</sup> century” and is known for its medicinal properties (Sharma V, Kalsi D. 2016). Neem is a natural herb that come from the “neem tree” other name for which include, *A. indica* and *Indi lilac* (Dr- Aijaz A. et.al.). Neem is a plant that has a useful every part, neem leaf for hair which is helps to remove the effects of pollution, bacterial infection etc. and make the smooth and healthy hair (Yang F. et.ai. 2014). Neem leaf extract has been found to potentially decrease the contribute to the development of Periodontitis.



Neem hair oil is very beneficial for hair. Given as below:

- ✓ Hair growth
- ✓ Dandruff
- ✓ Reduce hair fall
- ✓ Strengthen hair follicles
- ✓ Remove infection of bacterial, fungal, microbials etc.

**BENEFITS OF NEEM:**

Neem leaves have antiseptic, antifungal, and antibacterial properties, which can be used to –

- ✓ This product effectively helps in preventing dandruff and enhancing hair strength.
- ✓ This supplement boosts the immune system.
- ✓ Protects against diabetes.
- ✓ Prevents blemishes and pimples.
- ✓ Protects teeth and gums from oral periodontal damage.
- ✓ And reduces the risk of cancer and cardiovascular diseases.

**AMLA: (*Phyllanthus embica*)**

|         |                    |
|---------|--------------------|
| Kingdom | Plantae            |
| Order   | Malpighiales       |
| Family  | Phyllanthaceae     |
| Genus   | <i>phyllanthus</i> |
| Species | <i>emblicca</i>    |

Amla fruit, also known as Indian Gooseberry, is a popular Ayurvedic herb in traditional Indian medicine due to its high levels of ascorbic acid and antioxidants, marking it a key component of the Ayurvedic system (Walia K. et.al. 2015).

Amla hair oil very essential for hair. Given as below:

- ✓ Hair growth
- ✓ Hair strength
- ✓ Hair colour
- ✓ Scalp health
- ✓ Hair shine and softness

# Amla



## BENEFITS OF AMLA:

Amla is very beneficial, which we can use to-

- ✓ Dietary fiber
- ✓ Essential for teeth, because in which include calcium
- ✓ Hair oil
- ✓ Weight loss support
- ✓ Immunity
- ✓ Regulated blood sugar

## ALOEVERA:(*Aloe vera*)

|         |              |
|---------|--------------|
| Kingdom | Plantae      |
| Order   | Asparagales  |
| Family  | Aphodelaceae |
| Genus   | Aloe         |
| Species | Vera         |

*Aloe vera*, derived from Arabic “Alloeh” meaning “shining bitter substance” and Latin “vera” meaning “true”, is renowned for its health, beauty, medicinal, and skin care benefits( In which include many types minerals (Ca, Cr, Cu, Mg, Mn, K, Zn etc.), sugars (monosaccharides and polysaccharides), steroids, hormones and other essential material include (Atherton P. 1997).

Although, it has not been proved that *aloe vera*, hair is very beneficial for hair problems but it has many medicinal properties from which it can be said that it is beneficial (Ro JY, Lee B et.al.2000).





### ALOE VERA

USES: Aloe vera is essential for, given as below:

- ✓ Growth, moisturizes, smooth scalp of hair
- ✓ Lightens skin blemishes
- ✓ Skin hydrates
- ✓ Immune system
- ✓ High blood pressure reduces etc.

### COCONUT OIL (*Cocos nucifera*):

|         |           |
|---------|-----------|
| Kingdom | Plante    |
| Order   | Arecales  |
| Family  | Arecaceae |
| Genus   | Cocos     |
| Species | nucifera  |

Coconut oil which we use, food oil, hair oil etc. Coconut oil nourishes that hairs are healthy, long and smooth, shiny



### COCONUT OIL

Coconut is very essential for human life, given as below:

- ✓ Hair oil
- ✓ Coco milk, butter, cream, flour
- ✓ Shells
- ✓ Fuel
- ✓ Building material etc.

### **HIBISCUS:**

|         |           |
|---------|-----------|
| Kingdom | Plantae   |
| Order   | Malvales  |
| Family  | Malvaceae |
| Genus   | Hibiscus  |

Hibiscus is a genus of native plants in the mallow family, native to warm temperate and tropical regions, known for their showy flowers and useful fiber plants (<https://www.britannica.com/>). Himalayan hibiscus hair oil, crafted from a family recipe, uses fresh herbs and botanicals to nourish and heal hair, reducing damage from chemical treatment and environmental stress.



### **HIBISCUS**

#### **USES:**

- ✓ Stops hair loss
- ✓ Prevent premature graying
- ✓ Thicken hair and add volume
- ✓ Treat dandruff
- ✓ Decoration etc.



**ONION (*Allium cepa*):**

|         |                |
|---------|----------------|
| Kingdom | Plantae        |
| Order   | Asparagales    |
| Family  | Amaryllidaceae |
| Genus   | <i>Allium</i>  |
| Species | <i>cepa</i>    |

*Allium cepa*, also known as onion, is a perennial herb with an underground bulb stem, belonging to the Liliaceae family or Alliaceae (Suleria H.A.R. et.al. 2015). Ascorbic acid sulphur compounds (Bystricka J, Musilova J. et.al. 2013) contribute to its color, flavor, aroma, and potential health benefits, including anti-toxic anticarcinogenic, antiasthmatic, antithrombotic, antiplatelet, antibiotic, and detoxification system modulation (Griffiths G. et.al. 2002). Studies show onion's health benefits, including antioxidant (Ouyang H. et.al. 2018), antimicrobial (Loredana L. et.al. 2019), anti-inflammatory (Jakaria M. et.al. 2019), anti-obesity (Lee JS. Et.al. 2016), anti-diabetic (Jini D. et.al. 2019), anticancer (Tsuboki J. et.al. 2016) etc. properties. However, potential health concerns include pesticide residue (Malhat F. et.al. 2019), heavy metal-enrichment (Cavanagh JAE. et.al. 2019), microbial contamination (Mayer S. et.al. 2016), and nitrate accumulation (Haftbaradaran S. et.al. 2018).



ONION

**USES:**

- ✓ Hair care
- ✓ Caush medicine
- ✓ Flavoring food
- ✓ Cancer prevention etc.

**FENUGREEK SEED (Trigonella foenum-graecum):**

|         |                |
|---------|----------------|
| Kingdom | Plantae        |
| Order   | Fabales        |
| Family  | Fabaceae       |
| Genus   | Trigonella     |
| Species | Foenum-graecum |

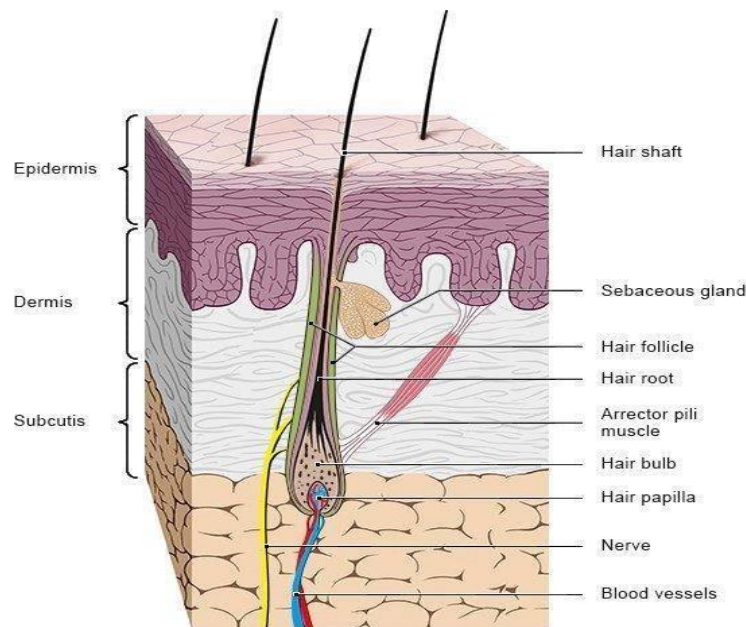
Fenugreek, a member of the Fabaceae family, is named Trigonella, meaning “little triangle” in Latin, derived from its yellowish-white triangular flowers (Flammang A. et.al.2004). Fenugreek, a medicinal plant is known by various names including Methi, Hulba, Moshoseitaro, Uluva, Shoot, Dari and hayseed (Altuntas E. et.al.2005). Fenugreek plant compounds may inhibit DHT, a hormone that causes hair loss. Studies show that herbal oil mixed with fenugreek seed extract can increase hair thickness and growth. However, more research is needed to determine its effectiveness in hair growth.

**FENUGREEK SEE****USES:**

- ✓ Revives damaged hair
- ✓ Fights dandruff
- ✓ Scalp inflammation
- ✓ Cholesterol reduction
- ✓ Weight loss
- ✓ Cooking etc.

**5. HAIR STRUCTURE:**

Hair is made up of two separate structure- first shaft, which comprise the visible part outside the skin and second is the hair follicle which lies underneath the skin surface (Mante JL et.al.2022). Hair shaft that we can see, they do not survive after coming up, Hair shaft is three layers of keratin-Inner layer, middle layer and outer layer Inner layer is called as medulla, middle layer is called as cortex. Medulla and cortex are pigmenting cell and outer layer is called as cuticle.



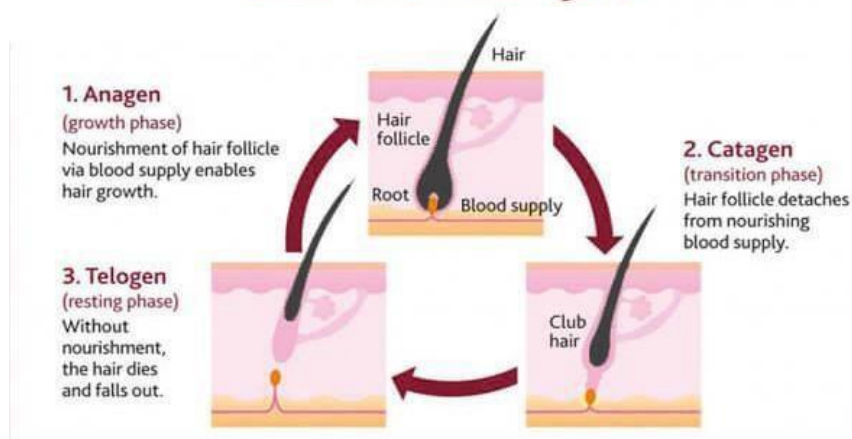
## HAIR STRUCTURE

Socks-like structure from where hair begins to grow, it is called Hair Coup. Which extends from Epidermis to Dermis. The roots of the hair are found from the blood vessels named Nutrition Papilla. Rome also has a germinal matrix where new Romes are found (Grimoricz M, Rudnoika E. et. al.2020).

## HAIR GROWTH CYCLE:

Hair on the scalp grows in three stages: anagen, catagen and telogen. The anagen phase, which lasts several years, involves new hair pushing old hair out of the follicle. The catagen phase, lasting a few weeks, is a transitional stage where growth slows and the outer root sheath shrinks, forming club hair. The telogen phase, a three-month resting period, accounts for 10% to 15% of hair, involving the complete formation of club hair and revealing a dry, white, root material (Grimovicz M. et.al. 2020).

## Hair Growth Cycle



## 6. CONCLUSION:

Hair is very important in human life. Hair is one of the beauty but of human life. Hairs is not only for beauty but also included in body maintaining etc. But due to excessive chemical products and pollution, the problem of hairs is increasing. Hence it is being aired by this paper that herbal hair oil is natural product which would have reduced side effects, compare to chemical products. Amla Hair Oil, Almond Hair Oil, Coconut Hair Oil etc. Which is being found in the market. Herbal Hair Oils are hair care products, which are essential for healthy, long, strong, moisture, smooth and shiny hairs.

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- [https://himalayanoriginsindia.com/products/hibiscus-hair-oil?srltid=AfmBOOpJINDjVKV3Jw8383XZB1Kpp\\_zr6mrqza4-HI8IWycF1pMhJlR](https://himalayanoriginsindia.com/products/hibiscus-hair-oil?srltid=AfmBOOpJINDjVKV3Jw8383XZB1Kpp_zr6mrqza4-HI8IWycF1pMhJlR)
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