

Herbal Extracts for Hair Growth and Skin Rejuvenation: A Potential Solution for Hair Fall and Enhancing Skin Glow

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Abstract: Hair loss can have significant psychological and sociological impacts on individuals, affecting how they perceive themselves and are perceived by others. Globally, there has been a rise in the proportion of both men and women experiencing hair loss or thinning hair. Dermatological disorders, including alopecia, are common causes of hair loss, leading to a constant search for natural products that may promote hair growth. Several factors contribute to hair loss, including stress, major illnesses, medication use, depression, autoimmune diseases, family history, hormonal imbalances, and nutritional deficiencies. In India, approximately 50% of the population is experiencing hair loss at an accelerated rate, partly due to the use of inferior hair products in the beauty industry. Various herbs have been identified for their potential to promote skin renewal and hair development. These include *Ficus religiosa*, *Ficus bengalensis*, coriander seeds, rock sugar, and *Chlorophytum borivilianum*. These herbs contain nutritional components that can help manage hormonal imbalances and stimulate hair growth. Herbal formulations offer a natural and potentially effective solution for hair loss management. They can be tested for quality control and evaluation to ensure their safety and efficacy. These formulations may serve as immunoboosters or highly nutritious compositions, providing additional health benefits beyond hair care. Importantly, such remedies are typically associated with minimal or no negative side effects, making them a preferred option for individuals seeking natural approaches to address hair loss and related concerns.

Keywords: Skin Rejuvenation, *Ficus religiosa*, *Ficus bengalensis*, *Chlorophytum borivilianum*