

# Developing the concept of ‘Feel Ezzy Hair Oil’: Explore the Nature of Hair Oil with Respect to Personal Well-Being

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**Abstract:** Hair fall is a very common phenomenon and a matter of concern within whatever young or aged. This study is formulated a herbal hair oil and made a clinical trial over selected person under the research and development unit at Routi Herbal Limited. To see the efficacy of the experimental oil made up of Kala Jera Toil (*Nigella sativa*) Narkal Toil (*Cocos nucifera*) Amloki (*Embllica officinalis*) Henna (*Lawsonia alba*) Durba Ghas (*Cynodon dactylon*) Mathi (*Trigonella foenum-graecum*) in different concentration over the simple Coconut Oil (purified). Total 25 volunteers man and women were selected for 25 days and arranged in 3 groups, one for experimental oil recipient, one for control group another for the simple Coconut Oil (purified) recipient. And it is found that hair fall reduced to 76%, 72%, 67%, 59%, 32%, 0% on 15days, 30 days, 45 days, 60 days, 75 days, and 90 days by using of this experimental herbal hair oil. Aims of the study: To find out the efficacy of test herbal hair oil over simple Coconut Oil (purified) to reduce the hair falls. Discrimination toward black hair is pervasive in today's society. Hair discrimination is negative bias manifested toward black natural or textured hair styles typically worn by persons of African descent. This commentary discusses the potential effects of hair discrimination on the health and well-being of persons of African descent. Specifically, it explores the mental and physical health implications of hair discrimination and situates it within the broader context of social determinants of health.

**Keywords:** Hair fall reduction, Herbal hair oil, Combing assay, Hair growth, clinical study

## I. INTRODUCTION

Hair fall is no longer a condition barred by age! 15 or 50, when most of us walk out of the shower, the drain is clogging and when we Hair fall was in the earlier days attributed as a sign of aging and was a cause for a great deal of embarrassment. But today, we no longer count by age but rather count by so very many other reasons. No matter what the cause, the embarrassment associated does not reduce even by a fraction. We hunt for a solution with great intensity. Diffuse hair shedding is the result of a disruption of one phase of the hair cycle 1, 2 i.e., anagen (active hair growth), catagen (involution) or telogen (resting). The anagen phase can last 2-8 years.3 he catagen phase lasts 4-6 weeks, and the telogen phase lasts 2-3 months. The exogen phase (the release of dead hair) coincides with the end of the telogen phase. Most people have about 100,000 scalp hairs; normally 10-15% of these are in the telogen phase 4 . Shedding of 100- 150 telogen hairs per day is norm

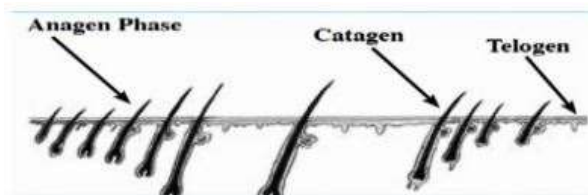
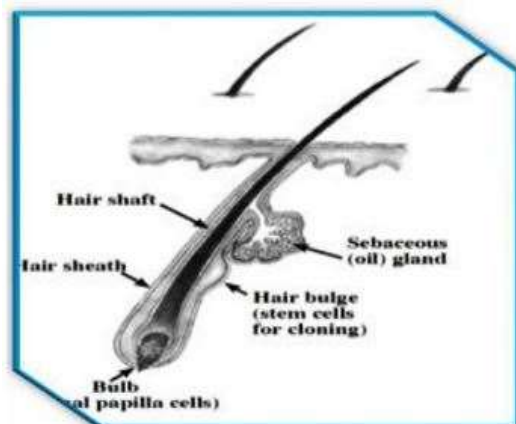


FIGURE 1: THE THREE PHASES ARE THE ANAGEN PHASE, THE CATAGEN PHASE, AND THE TELOGEN PHASE



**FIGURE 2: SCALP HAIR FOLLICLES TEND TO HAVE A LONGER GROWTH PHASE THAN EYELASH HAIR FOLLICLES** Various factors contribute to hair fall. Genetic predisposition and hormonal factors predominantly contribute to the above. Diseases state such as typhoid, malaria, jaundice etc, also cause hair fall. The use of chemotherapeutic agents also causes hair fall 5. Management of hair fall is extremely complex. Hormone therapy use of  $\alpha$ -reductase inhibitors, vasodilators like minoxidil are widely used to reduce the hair fall 6. The use of some of the herbal oils is also reported to reduce the hair fall. 7 **MATERIALS AND METHOD:** Equipment: Pulverizer, Mixer, Gas cylinder, Iron & Steel vessels, Spoon, Oven, etc. Raw Materials: Design for each 5 liters

**TABLE 1: RAW MATERIALS REQUIRED FOR THIS EXPERIMENTAL HAIR TONIC OIL**

S. No.	Local name in Bangladesh	Scientific name	Used part	Quantity
1	Kalo jera toil	<i>Nigella stiva</i>	Oil	500 gms
2	Narikal toil	<i>Cocos nucifera</i>	Oil	5 liter
3	Henna	<i>lawsonia alba</i>	Leaf	125 gms
4	Amloki	<i>Emblica officinalis</i>	Fruit	500 gms
5	Durba ghas	<i>Cynodon dactylon</i>	Whole plant	125gms
6	Methi	<i>Trigonella foenum-graecum</i>	Seed	125 gms

### 1.1 Method for preparation of feel ezzy hair oil:

Method for preparation of Hair eel ezzy: All the raw materials except narikal toil (*Cocos nucifera* oil) should be dried in sun for 1-2 hours and then grinded in a mixer to make a coarse powder and soaked in 3 liters of water for 10 hours in an iron pan (koro). Boil the content for 30 minutes. Filter the contents with the help of a fine cotton fabric. Keep the filtrate. Repeat the process three times with the materials left after filtration on the fabric. All the filtrate materials mixed well and boiled to reduce the volume to 5 liters. Then, by taking 5 liters of hair tonic as prepared above without preservative. It is heated to 1000°C along with 5 liters of coconut oil. Heat the contents continuously until the water gets evaporated. It can be checked by dipping raw cotton in the liquid and burning the cotton on a flame. If the cotton burns without clerking sound, it means water is removed. Two grams each of Methyl-phydroxybenzoate and Methyl-4-hydroxybenzoate added to the final solution as preservative. The preservative is water based only. Finally it is packed in bottles. Use of Hair Tonic oil: The oil is applied to hair using raw cotton, on hair and left for a maximum of 24 hours, then washed with water. Volunteer selection: Male/female subjects between 17-40 years of age group complaint with hair fall for near about three months duration was selected for this study.

Subjects who are affected with recent malaria, typhoid, and jaundice excluded from the study. As same as, pregnant women, lactating mother, those who are on hormone or chemo therapy were also excluded from the study. Method for preparation of Hair Tonic oil: All the raw materials except narikal toil (*Cocos nucifera* oil) should be dried in sun for 1-2 hours and then grinded in a mixer to make a coarse powder and soaked in 3 liters of water for 10 hours in an iron pan (koro). Boil the content for 30 minutes. Filter the contents with the help of a fine cotton fabric. Keep the filtrate. Repeat the process three times with the materials left after filtration on the fabric. All the filtrate materials mixed well and boiled to reduce the volume to 5 liters. Then, by taking 5 liters of hair tonic as prepared above without preservative. It is heated to 1000°C along with 5 liters of coconut oil. Heat the contents continuously until the water gets evaporated. It can be

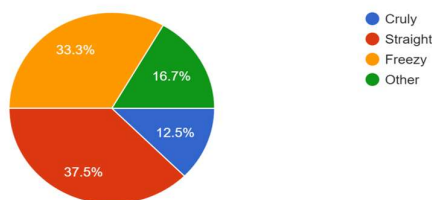
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**TABLE 2: HAIR FALL REDUCTION IN VOLUNTEERS AFTER USE OF THE TEST OR COCONUT OIL BY COMBING ASSAY**

Sl. no.	Name of the sample	Number of the volunteers	Number of hair root out after using the oil						
			Before use	Days					
				15	30	45	60	75	90
1	Test oil	30	390	302	270	210	155	105	94
2	Coconut oil	30	375	290	310	322	320	337	342
3	Control group	30	350	352	356	366	369	371	374

**II. LITERATURE REVIEW QUESTIONS**

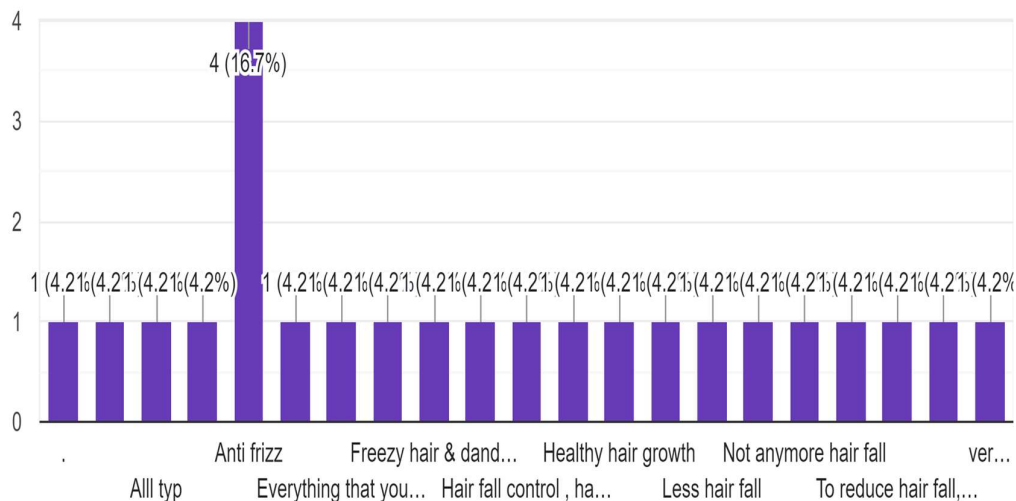
What type of hair do you have  
24 responses



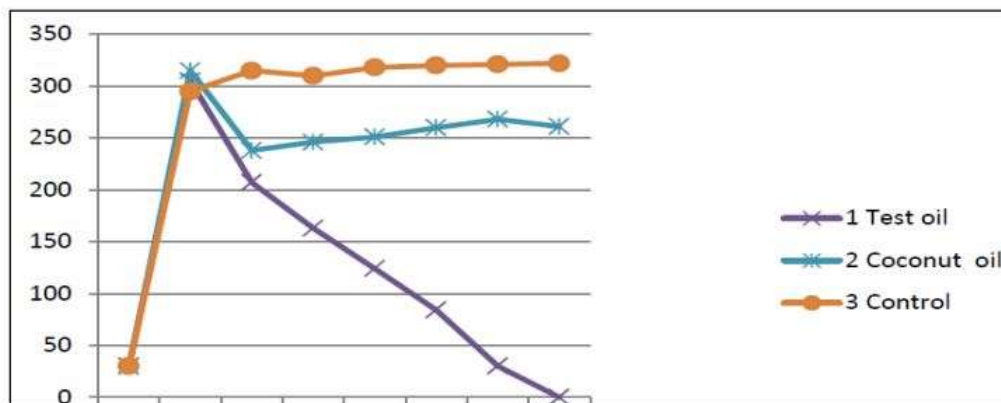
An analysis of the feel-ezzy hair oil the skull shot flavor preferences reveals that among both men and women, the majority (33.3%) express a strong interest in trying the classic, original flavor. In addition to the original, (12.5%) of individuals expressed a preference for the exhilarating berry blast option, while 16.7% leaned towards the enticing tropical twist. Furthermore, (37.5%) of respondents exhibited a more adventurous palate, expressing a desire to explore the array of other captivating flavors available

What kind of benefits do you want in this oil ?

24 responses



**GRAPH 2: % HAIR WITH ROOT OBTAINED FROM VOLUNTEERS AFTER USE OF THE OILS BY COMBING ASSAY.**



**GRAPH 2: % HAIR WITH ROOT OBTAINED FROM VOLUNTEERS AFTER USE OF THE OILS BY COMBING ASSAY.**

No. of Hairs with root out of total hair obtained after use of oils by Combing Assay Clinicians often assess the ferritin level to rule out iron deficiency (particularly in menstruating women, vegetarians, and women with a history of anemia 8-10) and the thyrotropin level to rule out thyroid dysfunction in women with diffuse hair loss, although the yield of such universal testing has not been proved. If the ferritin level is less than 70 mg per milliliter, iron supplementation is recommended 10. However, its effects on hair loss and re growth have not been rigorously evaluated in controlled trials; data suggestive of efficacy are limited to case series indicating cessation of hair loss and new hair growth with iron supplementation in women with low ferritin levels, 11 and not all case series have shown a benefit of iron supplementation

### III. CONCLUSION

Hair fall is very common in Bangladesh, we indented and dedicated to find some permanent solution and by the grass of Ayurveda finally we found remarkable result causing no side effect (or fear of) hair discrimination can affect health behaviors in Black persons directly and indirectly. The relationships and paths from hair discrimination to health outcomes are complex, but discrimination is associated with numerous mental and physical health outcomes. Perceived hair discrimination or activities done to straighten hair to prevent hair discrimination or conform to discriminatory policies may place individuals at risk for disease (burns, hair loss, etc.) or risk for other risk factors (e.g., physical inactivity). Although the experiences of hair discrimination addressed in this article have focused on natural hair and hair styles in persons of African descent, people with “non-natural hair” also face hair discrimination (prejudice toward Blacks who straighten their hair, prejudice toward certain hair colors, etc.). The purpose of this piece is to shed light on the long history and potential effects of hair discrimination on persons of African descent in the United States. In keeping with the tenets of equity, the authors are not stating that black natural hair is superior to other types, textures, or hair styles, but the purpose of this piece is to advocate for everyone’s freedom to wear their hair in whatever manner they chose without the fear of prejudice or discrimination

#### Authors’ Contributions

M.N. contributed to conceptualization, methodology, writing—original draft preparation, and writing—review and editing. B.B.M.R. was involved in conceptualization, writing—original draft preparation, and writing—review and editing. C.M.R. carried out conceptualization, writing—original draft preparation, and writing—review and editing. S.E.S.I. was in charge of conceptualization, writing—original draft preparation, and writing—review and editing. J.L.T. took charge of conceptualization, writing—original draft preparation, and writing—review and editing

#### Author Disclosure Statement

Four of the authors are affiliated with CROWN Campaign.com, a national advocacy organization toward ending discrimination, but this is not in conflict with the content of this article.

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