

Review on Polyherbal Hair Oil

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Abstract: *Hair plays a vital role in the personality of human and for their care we use lots of cosmetic products. Herbal formulations always have activity and comparatively lesser or no side effects with synthetic. This study aimed at reviewing the importance of polyherbal hair oil for the treatment of common hair problems such as baldness, alopecia, hair fall, gray hair, dryness, and most common dandruff.*

The concept of the present study involves the preparation of poly herbal hair oil by using various herbal ingredients like Amla, Bhringaraj, Watermelon seeds, Curry leaves, Methi etc. Herbal cosmetics are now-a-days widely used for daily life because they have fewer side effects and with a better safety and security profile. The present work was aimed to formulate a poly herbal hair oil for application in hairs using various herbs. We have used two formulas using different herbal drugs and both the formulation are showing anti-hair fall property with some of other beneficial activities like antidandruff activity, improves blood circulation to the scalp and roots, reduce hair pigmentation, reducing the whitening of the hair.

Keywords: polyherbal hair oil , cosmetic , amla , hibiscus.

I. INTRODUCTION

Hair is one of the most important part of the body as it impact the beauty and overall appearance of any individual. For hair care we often use various hair care products for cleansing, modifying the texture of hair, treatment of the stressed hair and providing nourishment to the hair. Generally we are using various synthetic products for hair care and hair treatment. Sometimes these synthetic products are showing few to many unwanted side effects instead of treating the particular problems. In order to come out from this issues we have formulated Poly herbal hair oil by using various types of oils like coconut oil, almond oil, castor oil, onion oil and bhringaraj oil and various drugs like Amla, Neem leaves Fig no 1.1 Neem leaves and 1 castor oil shows Anti-microbial activity and promotes hair growth. Curry leaves and spring onion helps to treat the scalp infections. Bhringaraj oil helps to prevent baldness. Till oil and Jatamansi promotes hair growth. Almond oil is rich in vitamin E and strengthen the hair. Traditionally coconut oil were used prominently because it get easily absorbed into the hair strands, shows hair growth as well as it is affordable by the common people. Here we have admixture coconut oil with other oils like almond oil, bhringaraj oil, castor oil and some suitable herbal drugs in order to formulate a Poly herbal hair oil. Here we have used two formulas using different herbal drugs and both the formulation are showing anti-hair fall property with some of other beneficial activities like anti-dandruff activity, improves blood circulation to the scalp and roots, reduce hair pigmentation, reducing the whitening of the hair.^[1]

II. ANATOMY OF HAIR GROWTH

Structure of human hair : Hair consists of two major parts – hair follicle and hair shaft. The hair follicle is responsible for anchoring the hair into the scalp. Each hair follicle has a hair bulb located at the base that contains actively growing hair cells. The blood vessels in the hair bulb supply hormones that affect the growth and structure of hair throughout life. The melanocytes present in the hair bulb produce melanin that makes the hair black.

Hair growth cycle : 1. The Anagen or Growth Stage: The hair grows and thickens in the anagen stage as the cells in the hair bulb proliferate rapidly. It lasts for about three to five years before hair follicles become dormant.

2. The Catagen or Intermediate Stage: It is the transition phase when the hair follicles prepare themselves after active growth for the resting stage, and it lasts around one to three weeks. The appearance of club hair characterises this intermediate phase when the hair shaft separates from its roots. The hair follicles shrink and lose about 15% of its diameter as their deeper portions collapse

3. The Telogen or Shedding Stage: It is the final stage of the hair growth cycle that starts with resting and then shedding of hair. The hair follicle remains dormant, and the hair shaft stops growing. Up to 15% of our body hair is in this stage at any point in time^[2]

MECHANISM OF HAIR LOSS

Hair loss occurs because of the conversion of terminal hairs into vellus hairs that eventually atrophy. The process is attributed to the effect of dihydrotestosterone (DHT) on hair follicles of the scalp, causing them to gradually miniaturize.^[3]

MAINTAIN HEALTHY HAIR GROWTH

A. Follow A Regular Hair-care Routine:

B. Consume A Healthy Diet

HAIR OIL WORK ON HAIR GROWTH

Hair oil is the moisturizing agent . its moisturized the hair follicle and prevents dryness .it has enhanced penetration and reaches up the hair follicle, it increases the circulation of blood in scalp ,thereby increasing hair growth and reduce graying of hair. also helps to bring the nutrients to the scalp , which then work by nourishing the hair and it also acts like a stress buster which is one of the cause of hair fall.^[4]

Drug profile :

AMLA



Fig no 1^[6]

Biological Sources-Dried fruits of *Phyllanthus niruri*.

Family-Phyllanthaceae.

Use-Hair conditioner, treats scalp diseases and promotes hair growth.

Amla is rich in vitamin C, tannins, phosphorus, iron, calcium and other minerals that nourish the hair and cause thick, black hair.

Plant parts used-fruits

ALOE VERA



Fig no 2

Organic source-Aloe vera dried leaves

Family -Liliaceae

Uses -conditioner and moisturizing effect to remove dandruff, promote hair growth and nourish hair. The combination of aloe pulp and coconut oil is rich in vitamins and minerals. Used as hair and scalp oils, these oils result in healthy, strong, dandruff-free hair (hair dandruff prevention effect).

Plant part- All plants are used^[5]

HIBISCUS PLANT :



Fig no.3

Organic source: Dried leaves of Hibiscus rosasinensis

Family: Malvaceae

Use: nourishes and thickens hair

Part of plant : flower , leaves[7]

IV. CONCLUSION

In general, the herbal formulation provides a good blend of vitamins, antioxidants, terpenoids, and essential oils. Values in the evaluation of the finished product showed that they are within the acceptable limits. Hence, it is concluded that the oil is beneficial in maintaining good growth of hairs, turning gray hairs to black, providing protection from dandruff, and results in lustrous hairs. Herbal hair oil is one of the most well recognized hair treatments. Herbal hair oil not only moisturizes the scalp but also reverses dry scalp and dry hair condition. It provides numerous essential nutrients required to maintain normal function of sebaceous glands and promotes natural hair growth. The herbal hair oil was prepared from various herbs and their importance in the formulation is presented in above. The various parameters like Sensitivity test, Viscosity, pH, Irritation test, phytochemical screening, Saponification value and Acid value of herbal hair oil were evaluated. Hence, from the present investigation it was found that the formulated herbal hair oil has optimum standards. Deep and profound investigations are needed of the time and future will see the favorable consequence of the genuine efforts of the enthusiastic researchers. Lastly we can predict with the above findings that the formulation is promising and even better results are expected with variation in the proportion of these drugs.

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