

A Comprehensive Review on Phyllanthus Emblica L. (Amla) and Hibiscus Rosa-Sinensis (Hibiscus)

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Abstract: Hair growth elongation was subsequently photographed Due to its many uses in daily life, cosmetics are used on an excessive scale. Humanity employs a variety of cosmetics to enhance beauty and elegance in order to appear youthful and endearing. The assumption that herbal cosmetics have fewer adverse effects, are safer, and last longer has led to their widespread use in recent years. The follicle is thought to be the most important organ in the mammalian system, influencing appearance, gender differentiation, providing protection from extreme heat, and playing a role in tone-defense. Extreme hair loss issues have started to affect the younger generation due to a variety of life-related changes, including exhaustion, anxiety, eating junk food, using various hairstyles and coloring techniques, etc.

Keywords: Hair growth

I. INTRODUCTION

Hair serum is a liquid therapy product. Serum gives your hair a lustrous, non-greasy finish by reflecting the sun off of a smooth layer. The idea that hair serum will fix naturally thin hair is a frequent misconception. Rather, it all relies on the type of serum you use and how much of it you use. A group of admirers for hair serum Some people are unsure of how and where it fits into their hair care regimens, while others assert that it has completely changed the way their hair looks. For the protection and nourishment of the hair, hair serum is essential.

It is true that volatile oil extracts are present in hair serums. For this reason, it keeps the hair healthy and silky. It gives the hair strength and shine in addition to nourishment. To guarantee optimal protection, using shampoo and conditioner alone is insufficient. Because it may protect the hair from environmental pollutants, hair serum is important. For this reason, it is crucial to use hair serum in order to completely protect and strengthen the hair. To learn more about the benefits of hair serum, scroll down. The benefits of utilizing hair serums are numerous. These give the hair a healthy, shiny appearance in addition to giving it an amazing appearance. EPRA 2024.

History:

The ancient supper berry - Indian Gooseberry emerges for India. Yes, it is native to India, that is why its first name is Indian. Well, there are many histories linked to the amla (Indian Gooseberry). It is part of Indian culture. According to one mythology, When Brahma was immersed in Vishnu's meditation, tears began to fall from Vishnu's eyes. It is believed that the amla tree grew when Vishnu's tears dropped to the earth.

According to the second mythology, there is a fight between the gods and demons after the ksheera sagar manthan. Amrit started to fall to the ground. Thus, it is believed that these drops of Amrit are turned into Amla. Hence, we can say. Amla is not new. It is from ancient times when god was on earth. It is produced from a tree that has small and green leaves. It is edible fruit for all. Trees can produce fruit for 65 to 70 years. Its has been used in many ways :-

Fresh Amla or Indian Gooseberry

Indian Gooseberry Juice or Amla juice

Amla Candy

Except oral consumption, amla is also used in many lotion, cream, hair & skin products.



Hair growth phases:

Hair Structure:

Hair grows from the hair follicle, which has a bulb at the base.

Made mainly of keratin, a fibrous protein.

Phases of Hair Growth:

Anagen (Growth Phase): 2–6 years, active hair growth.

Catagen (Transitional Phase): 2–3 weeks, hair stops growing and follicle shrinks.

Telogen (Resting Phase): 3–4 months, old hair falls out and new hair begins to grow.

Factors Affecting Hair Growth:

Genetics – Determines hair thickness and growth rate.

Hormones – Androgens can affect growth and hair loss.

Nutrition – Proteins, vitamins (A, C, D, E), biotin, and minerals (iron, zinc) are essential.

Scalp health – Clean, healthy scalp supports better growth.

Stress & lifestyle – Can slow growth or cause hair loss.

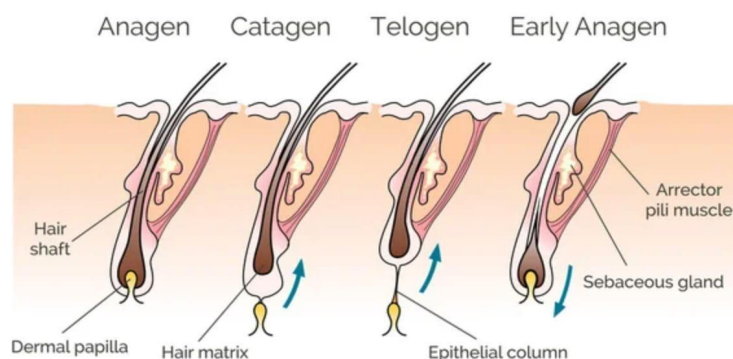
Ways to Promote Hair Growth:

Use nourishing oils and herbal extracts (like hibiscus, amla, curry leaves).

Maintain a balanced diet rich in proteins and vitamins.

Avoid excessive heat, chemicals, and harsh styling. Regular scalp massage improves blood circulation to follicle

HAIR GROWTH CYCLE



Pharmacognocny:

Amla -

Synonyms: Indian Gooseberry, Amlaki

Biological source: Dried or fresh fruits of *Phyllanthus emblica* Linn.

Family: Euphorbiaceae

Macroscopic characters:

Fruits are globular, pale greenish-yellow, with six vertical furrows.

Taste: Sour and astringent.

Odor: Slight.

Microscopic characters:

Epicarp with polygonal cells containing cuticle.

Mesocarp with stone cells and vascular bundles.

Presence of abundant tannins and calcium oxalate crystals.

Chemical constituents:

Vitamin C (ascorbic acid)

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Tannins (emblicanin A and B)
Gallic acid, ellagic acid, phyllembelic acid
Flavonoids and pectin

Pharmacological actions / Uses:

Potent antioxidant and rejuvenator
Promotes hair growth and pigmentation
Used in hair and skincare formulations
Improves immunity and digestion



Hibiscus:

Family: Malvaceae

Common Names: China Rose, Gudhal

Plant Description: Perennial shrub, 1–3 m tall, glossy ovate leaves, large red trumpet-shaped flowers.

Parts Used: Flowers (mainly), leaves, roots

Active Constituents: Flavonoids (anthocyanins), mucilage, phenolic compounds, vitamins C & E, tannins

Pharmacological Activities: Promotes hair growth, conditions hair, antioxidant, antimicrobial, anti-inflammatory

Uses : Strengthens roots, prevents split ends, adds shine, soothes scalp



II. CONCLUSION

In conclusion One of the main issues related to natural changes is hair loss. Alopecia is a condition that many of the individuals complained about. People who are bald experience depression and low self-esteem, and most of them either isolate themselves or avoid social interactions. Pollution, dust, junk food, and other chemical hair products are the main causes of issues for the younger generation. Because they have fewer negative effects and more positive effects, herbal hair oils are therefore extensively used. India is where the herbal hair oil is most frequently utilized. These hair oils have a variety of effects on hair. Herbs help people look better and maintain their confidence.



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