



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## Formulation Of Herbal Hair Mask

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### Abstract

Hairs are the delicate part of the body. So, accordingly to take care of them we made the formulation of hair mask. The ingredients in the hair mask are added by knowing their benefits to hairs. The purpose of using hair mask is to remove dirt that is built up in hairs. Coconut oil is also a part of hair mask which is used to apply the mask on hairs. The hair mask that made is completely free from chemicals. It only contains the natural ingredients which does not harm your hairs.

### Introduction

Hair is an important part of the body, It is the health indicator. Hair mask can help moisturize our hairs. They are especially beneficial for dry or damaged hairs. Hair mask may improve the health of our scalp and boost the strength of our hairs...

These hair masks are also made at home, It has no disadvantages, And it is very beneficial. We can make this mask from whatever ingredient we have,

This product is very important for those whose hairs are very thin or whose hairs are bad which is damaged. If our hair is good then our personality looks better. There are many types of masks available in the market but they contain chemicals. And chemicals are bad for our hairs. So we have made a product without chemicals. This mask is very easy to make

**Ingredients**

Sr.no	Ingredients name	Benefits	Quantity
01	Methi	1. Strength hair from root 2. Treat follicular problems 3. Adds Shine 4. Prevents premature graying 5. Fight Scalp problem	2 Teaspoons
02	Curry Leaves	1. Reduce hair fall 2. Treat damage hair 3. Remove clogged hair follicles 4. Scalp restoration	10 – 15 leaves
03	Multani Mitti	1. Effective cleanser 2. Improves blood circulation 3. Conditioning 4. Smoothing for scalp	1 teaspoon
04	Aloe Vera	1. Stimulate hair growth 2. Add shine and strength 3. Hydrate hair 4. Anti fungal and anti dandruff properties	2 leaves
05	Curd	Reduce hair dandruff	2 teaspoons
06	Coconut Oil	Hair grow faster	1 teaspoon
07	Castor Oil	1. Balance pH level 2. Anti dandruff properties 3. Prevents fizzy hairs 4. Moisture 5. Cooling effect	½ teaspoon

**01. METHI**

Methi is the hindi word and it's english name is Fenugreek ..

This methi seeds are soaked for 30 minutes and then after it use.

Methi is not just restricted to cooking regional delicious but you can extract it's numerous benefit by using it in home remedies from aiding digestion to reducing hair fall.

.methi seeds are considered to be one of the most effective remedies to treat hair fall issue..

Hair fall is a common problem in today's time.

methi is rich in folic acid, vitamin A , vitamin K , vitamin C.

Methi also helps to moisturizing the hairs and bringing back the luster .

### **Main Advantages Of Methi :**



1. Strength hair from root
2. Treat follicular problems
3. Adds Shine
4. Prevents premature graying
5. Fight Scalp problem



## **02. Curry Leaves :**

Curry leaves are very effective and maintain the health of our hairs..

Curry leaves are beneficial to remove the dullness of our hairs.

Curry leaves are full of health and beauty benefits and they can do wonders for our hairs.

Curry leaves helps to keep our hairs healthy and naturally gorgeous.

From an itchy scalp to grey hairs and from hairs loss to dullness,it can fight it all and help get the hairs of ours dreams..

### Main Advantages of Curry Leaves :

1. Reduce hair fall
2. Treat damage hair
3. Remove clogged hair follicles
4. Scalp restoration



### 03. Multani Mitti :

Multani mitti is very beneficial for our hairs..

It helps to remove the impurities from our hairs.

Multani mitti improves blood circulation when applied to the scalp.

It is ideal for people with oily scalps.

It helps to remove the dryness of our hairs..



**Main Advantages Of Multani Mitti :**

1. Effective cleanser
2. Improves blood circulation
3. Conditioning
4. Smoothing for scalp

**04. Aloe Vera :**

Aloe Vera is the most beneficial for our hairs.

It helps to stop the hair fall.

Aloe Vera repairs dead skin cells on the scalp.

It gives shines to our hairs..

And it acts as great conditioner and leaves our hairs all smooth and shiny.

It helps to promote the growth of our hairs.

Aloe Vera prevents itching on the scalp and reduces dandruff and conditions our hairs.

**Main Advantages Of Aloe Vera :**

1. Stimulate hair growth
2. Add shine and strength
3. Hydrate hair
4. Anti fungal and anti dandruff properties

**05. Curd :**

Curd is an excellent ingredients to keep scalp infection away.

Curd reduces hair dandruff.

It helps to reduce itchiness.

In the curd vitamin B5 and D are present.

curd is a full of anti bacterial properties so it's very beneficial to hairs.

**06. Coconut Oil :**

There's plenty of medical research on the health benefits of coconut oil for your body, skin, and hair. Some people use coconut oil on their hair and scalp because they believe that it helps hair grow faster. We'll explore if this is actually effective.

Coconut oil is a fatty oil that's made from raw or dried coconuts. It looks like solid, white butter at room temperature and melts when heated.

This natural oil is traditionally used as a food, for cooking, and as a hair and beauty treatment.



**07. Castor Oil :**

It is a optional in this product.

**Advantages Of Castor Oil :**

1. Balance pH level
2. Anti dandruff properties
3. Prevents fizzy hairs
4. Moisture
5. Cooling effect



**Procedure:-**

Firstly, take the two leaves of aloe vera, wash them properly and separate the gel from aloe vera leaves. Take 10-15 curry leaves from the curry plant and wash them properly and then take the methi seeds in a bowl in the quantity of two teaspoons. As the multani mitti has cleaning property we have to take it as a cleaning agent in the quantity of one teaspoon. Curd have antibacterial properties. So, it is very effective. The quantity for curd is 2 teaspoons.

Take a separate bowl containing two teaspoons of coconut oil and add castor oil to coconut oil in quantity of half teaspoon. Castor oil is optional.

For the procedure of making herbal hair mask we have to take the mixer grinder pot and add all taken ingredients in given quantity. Grind them in mixer pot with the help of mixer until the all ingredients becomes uniform and make their paste. Remove the paste from the grinder pot and take it in a separate bowl and add the given quantity of mixture of coconut oil and castor oil to the paste. Mix them properly until the uniform mixture is formed.

Here the procedure for making herbal hair mask is completed. Now apply the paste on scalp to the ends using fingers, massage gently. (Don't rub or scratch). Leave for 30 minutes then wash nicely with diluted shampoo.



**Benefits of herbal hair mask:-**

- 1) Stimulate hair growth.
- 2) Cleansing.
- 3) Remove clogging.
- 4) Prevent premature greying.
- 5) Repairs damage.
- 6) Cooling effect.
- 7) Reduce hair fall.
- 8) Healthy scalp.
- 9) Conditioning.

**Conclusion :**

This study presents the use of herbal plant products with proven efficacy as in the hair care preparation. This investigation was carried out on the basis of traditional and present days knowledge that used to formulate the herbal hair mask to develop few parameters for quality and purity of the herbal hair mask. Shelf life is assured the stability at room temperature and thus every ingredients implicates efficacy and safety.

**Acknowledgments:-**

We would like to express our special thanks of gratitude to our Prof.Miss. Aishwarya Shinde Mam as well as our principal Prof.Mr. Deepak Musmade sir who gave us the golden opportunity to do this wonderful review project on the topic of herbal hair mask, which also helped us in doing a lot of Research and we came to know about so many things.

Because of their support and helpful guidance we made the formulation of hair mask that is herbal and free from all chemicals.

We are making this review project not only for the marks but also to increase our knowledge.

Thanks again to all who helped us.

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