



## Formulation And Evaluation Of Herbal Hair Mask

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**Abstract**— Aloe vera barbadense has been treasured as a sacred botanical since ancient times, revered across many cultures for its numerous health and healing properties for the hair and the body as a whole. The juice from the plant has been called the “blood of the gods.” Aloe vera has also been referred to as “the plant of immortality.” It has earned the name, kumari in sanskrit which translates as the word, princess, implying the plant’s anthropomorphized feminine and regal existence upon the physical plane. Native americans thought of the pointy plant spears as each being a “wand of heaven,” using the aloe vera juice to beautify as well as protect their skin and hair from the sun and adverse weather.

### Keywords:

Keywords: Aloe Vera, Health and Beauty, Skin.

### INTRODUCTION

Hair is an important part of the body, it is the health indicator. Hair mask can help moisturize our hairs. They especially beneficial for dry or damaged hairs. hair mask may improve the health of our scalp and boost the strength of our hairs. Aloe vera is a succulent that grows in sunny climates all over the world. The fleshy leaves of this plant contain a gel that has many uses in natural remedies. It’s best known for helping to relieve sunburned skin and other surface wounds, but emerging research is starting to uncover other health benefits, too. Due to its moisturizing properties and nourishing vitamins, aloe vera has gained popularity as a treatment for dry hair and skin. Research has shown that it may help with dandruff relief, and that the plant compounds may also help promote healthier hair. Here’s a look at the benefits of using aloe vera in a hair mask, recipes and steps for making one, and other ways you can use this natural ingredient in your hair. of glucose uptake into muscles and adipose tissue.

### LITERATURE SURVEY:

- 1 ] Owen kramer, et al , ( august 16 , 2019 ). —they perform work on action of herbal hair mask (medically written by crystal raypole.)
- 2 ] Begum F, et al, (2016) - they perform work on "formulation of herbal hair mask", they found the antidandruff property in aloe vera . ( reference - international journal of herbal medicine )
- 3 ] Gyawali R , et al , ( 2022 ) - they perform work on "formulation of aloe vera herbal hair mask" and their study reveals the aloe vera nourishes and make hair silky ( reference - annapurna journal of health sciences)
- 4 ] Hendrawati T. Y. , et al , (2018) - the purpose of this research is to get the effect of adding aloe vera extract to mask formulation and get the best mask formula. The aloe vera mask formulation is done with the amount of aloe vera extract added.
- 5 ] Saple D. G. , et al , (2008) - from the department of dermatology, venereology and leprosy, grant medical college and sir j j group of hospitals, mumbai. majority of patients are aged between 45 and 64 years

Aloe vera is a natural product that is now a day frequently used in the field of cosmetology. Though there are various indications for its use, controlled trials are needed to determine its real efficacy. The aloe vera plant, its properties, mechanism of action and clinical uses are briefly reviewed in this article

### PLAN OF WORK:

- 1] Firstly i have collected all the information regarding with the formulation of herbal hair mask
- 2] Then the procurement of drugs and all ingredients.
- 3] After that the formulation has started according to procedure.
- 4] Once the formulation is ready then the storage condition is maintained such as temperature, ph , humidity.

### METHODOLOGY:

- 1 ] Firstly, take the two leaves of aloe vera, wash them properly and separate the gel from aloe vera leaves.
- 2 ] 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.

3 ] Curd have antibacterial properties. So, it is very effective. The quantity for curd is 2 teaspoons.

4 ] 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.

5 ] 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

#### Plant:

The botanical name of aloe vera is aloe barbadensis miller. It belongs to asphodelaceae (liliaceae) family, and is a shrubby or arborescent, perennial, xerophytic, succulent, pea- green color plant. It grows mainly in the dry regions of Africa, Asia, Europe and America.

#### Anatomy:

The plant has triangular, fleshy leaves with serrated edges, yellow tubular flowers and fruits that contain numerous seeds. Each leaf is composed of three layers: 1) an inner clear gel that contains 99% water and rest is made of glucomannans, amino acids, lipids, sterols and vitamins. 2) the middle layer of latex which is the bitter yellow sap and contains anthraquinones and glycosides. 3) the outer thick layer of 15–20 cells called as rind which has protective function and synthesizes carbohydrates and proteins. Inside the rind are vascular bundles responsible for transportation of substances such as water (xylem) and starch (phloem).

#### Phytochemical Screening of Herbal Hair Mask preparations

The Prepared herbal hair mask were subjected to various qualitative chemical analysis for identification of various plant constituents like alkaloids, glycosides, flavonoids, tannins, phenols, steroids and saponins by using different techniques. Physical Evaluation In the test, the herbal hair mask was observed for colour, odor, physical state, solubility, specific gravity, PH, viscosity, refractive index, acid value and saponification value. Were determined manually. Primary Skin Irritation Test The prepared formulations are assessed for primary skin irritation test on our primary irritation test on our hand, little amount of F1, F2, F3, were applied on test site. The test site was observed for erythema and edema for 5 to 6 hrs.

#### Clinical uses:

The clinical use of aloe vera is supported mostly by anecdotal data. Though most of these uses are interesting, controlled trials are essential to determine its effectiveness in all the following diseases. A .Uses based on scientific evidence: These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Conditions: seborrheic dermatitis, psoriasis vulgaris, genital herpes, skin burns, diabetes (type 2), hiv infection, cancer prevention, ulcerative colitis wound healing (results of aloe on wound healing are mixed with some studies reporting positive results and others showing no benefit or potential worsening ), pressure ulcers, mucositis, radiation dermatitis,acne vulgaris, lichen planus,

frostbite, aphthous stomatitis, and constipation. B. Uses based on tradition or theory: the below uses are based on tradition or scientific theories. They often have not been thoroughly tested in humans, and safety and effectiveness have not always been proven **MECHANISM OF ACTIONS:**

1) Healing properties: Glucomannan, a mannose-rich polysaccharide, and gibberellin, a growth hormone, interacts with growth factor receptors on the fibroblast, thereby stimulating its activity and proliferation, which in turn significantly increases collagen synthesis after topical and oral aloe vera. aloe gel not only increased collagen content of the wound but also changed collagen composition (more type iii) and increased the degree of collagen cross linking.

2) Effects on skin exposure to uv and gamma radiation: Aloe vera gel has been reported to have a protective effect against radiation damage to the skin. Exact role is not known, but following the administration of aloe vera gel, an antioxidant protein, metallothionein, is generated in the skin, which scavenges hydroxyl radicals and prevents suppression of superoxide dismutase and glutathione peroxidase in the skin. It reduces the production and release of skin keratinocyte-derived immunosuppressive cytokines such as interleukin-10 (il-10) and hence prevents uv-induced suppression of delayed type hypersensitivity

#### CONCLUSION:

The clear, viscous juice from the aloe vera is packed with numerous restorative and healing compounds that benefit the body in a multitude of ways. A growing number of research studies continue to unveil the effectiveness of aloe vera on various aspects of hair health, supporting its immense potential as an effective treatment ingredient for the scalp, follicles and hair strands.

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