



# A REVIEW ON HERBAL HAIR CARE COSMETICS

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## ABSTRACT:-

This review article emphasizes that currently people prefer natural food, herbal hair cosmetics, herbal drug formulation for a healthy life. This involves herbal hair care. Cosmetics which includes herbal hair oil, herbal hair shampoo, herbal hair conditioner, herbal hair dye. The different types of herbal hair oil available in market are amla hair oil, coconut hair oil, bhringraj hair oil etc. In this review the composition of herbal hair oil involves aloe vera pulp, tulsi, hibiscus, shikakai, coconut oil, almond oil. This review article also involves important information about the herbal hair shampoo which involves the properties, types, function and advantages of herbal shampoo also this review emphasize the importance of herbal hair conditioner, herbal hair dye. For a healthy hair life the advantages of herbal hair conditioner includes to increase hair growth to straighten curly hair, to leaves hair soft and moisturized etc. And the dye use for the colouring of hair also the natural ingredients are protect the hair from damaging and make hair beautiful and strong. Some marketed preparations also shown in this article. All about the herbal hair care cosmetics importance for healthy hair life are emphasize in this review article.

**Keywords :-** Herbal Hair Care, Hair Growth, Herbal, Cosmetics,

## ❖ INTRODUCTION:-

Herbal hair cosmetics are one of the maximum effective and powerful areas of decorative generation. It is used for beautifying and simple improving the mortal personality. Natural products are characterised with the resource of better tolerability in contrast with distinctive artificial products. This take a look at geared toward reviewing the significance of herbal hair oil portray for the curing of not unusual hair troubles comparable as baldness, alopecia, hair fall, Argentine hair, blankness, and maximum common

dandruff. Natural products advantage style ability worldwide because it's lack of facet goods in comparison with synthetic merchandise. <sup>[1]</sup>

➤ **HAIR:-**

Hair is one of the traits functions of mammals and has various characteristic such as safety in opposition to external elements i.e. warm temperature, cold, and many others. Hair is one in all the essential components of frame considered to be shielding appendages at the frame and accessory form of the integument along side sebaceous gland and sweat gland. <sup>[2]</sup> The fundamental part of hair is bulb, root and shaft. <sup>[3]</sup> Hair fall, dandruff, lice, cut up give up, grey hair are a number of the extensively identified problems related to hair. <sup>[4]</sup> A chunk of hair appears simple but it's miles one of the maximum complex structures in frame.

➤ **ANATOMY OF HAIR:-**

Hair a personality's have round over two million hair follicles which have each positive in addition to terrible impact on pores and skin fitness. It is one many of the very vital components of our body this is derived from the germ layer of the skin, it's paintings as a defensive appendage for the body and is ponder as an accessory shape of the frame having cowl like structure beside sebaceous gland and sweat gland. In embryonic degree development they may be originated from the stratum accordingly they're additionally referred to as cuticular derivatives.

Follicle and hair shaft rectangular measure the two primary components of a hair. The organic hobby of follicle is hair growth, pigmentation. Hair shaft is basically constituted of supermolecule and is taken into account to be useless. For healthy and clever trying attainable hair, to require care of each follicle and hair shaft is essential . In several seasons hair behaves otherwise eg, in summer season warmness eliminates wet from the hair developing it dry and brittle. <sup>[5]</sup>

Hair is an intertwined machine with unique chemical and bodily receives it is a complicated shape composed of more than one morphological elements that work as a unit. All hair carries a shaft and a root. The shaft is the a part of the hair which is visible that attaches to the skin. Hair roots are present in the skin and attain the deeper layers of the pores and skin. It's girdled by using hair follicles ( coverings of pores and skin and connective towel) that are additionally related to sebaceous glands. Every hair follicle is hooked up to a small muscle (pillar muscle) that can unbend the hair. Numerous letters additionally result in hair follicles. Those jitters ell hair movement and are sensitive to certainly the fewest earth. on the hairline, the hair root spreads right into a circular bulb. there is a dermal papilla in the hair bulb, which components blood to the hair root. New hair cells are constantly Mine inside the hair bulb nour the panilla. The hair shaft of mammals is split into 3 principal regions.

- a) Cuticle
- b) Cortex
- c) Medulla.

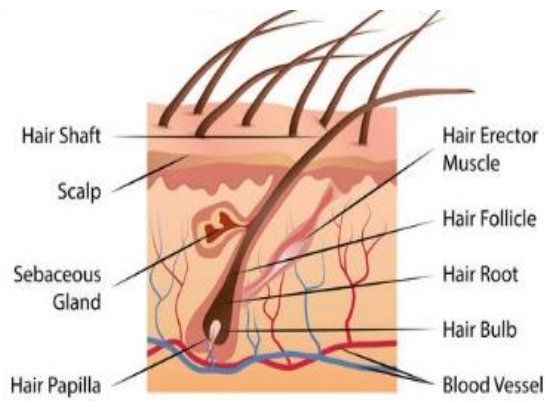


FIG.1. Anatomy of hair

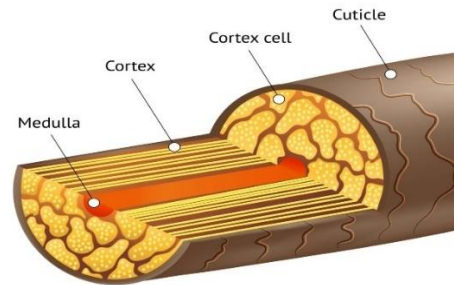


FIG.2. Structure of hair

## ➤ STRUCTURE OF HAIR :-

### a) Cuticle :

The cuticle of the hair is certainly made with a substance known as sebum, which protects the hair from drying out. So, whilst the cortex of the hair penetrates, it gets rid of the shielding sebum. The cuticle is open and herbal, have to be closed to return to a wholesome state. The cuticle made of lapping cells like fish scales or roof penstocks, is the protective subcaste of the hair that fast personal. A healthful cuticle is clean and flat. It includes luster to the hair and protects the inner layers from harm. It additionally minimizes the motion of humidity in and out of the beginning cortex, keeping the hair's humidity stability and inflexibility, still, chemical treatments and exposure to the sediments elevate the cuticle and disappointed this stability, making hair dry and brittle.<sup>[6]</sup>

### b) Cortex:-

The cortex makes up the majority and shade colour) of the hair. It includes long seashores of keratin held together with the aid of disulfide and hydrogen bonds. Cortical fitness is basically dependent on the integrity of the cuticle that protects the cortex. The cortex is the biggest a part of the hair ,counting for more or less seventy five of its weight. The cortex, gift within the middle of each hair fiber, is composed of long, tightly packed keratin spindles stabilized via disulfide bonds. these keratin spindles are organized crescively beginning from the bottom shape, the keratin protein itself, to the largest and final structure, the cortex itself. The cortex offers energy to the hair and also homes melanin grains. these are the shade packets accountable for the colour of the cortex additionally answerable for giving the hair its shape and texture, acting in it being either instantly, crimped, coiled.<sup>[7]</sup>

### c) Medulla :

The medulla is the inner subcaste of the hair shaft. This nearly unnoticeable subcaste is the softest, maximum fragile, and serves as the gist or core of the hair. Hair increase cycle.

**❖ PROBLEMS RELATED TO HAIR:**

- Dandruff
- Dry hair
- Split ends
- Oily hair
- Frizzy hair
- Limp hair
- Hair loss
- Heat damage
- Colour damage
- Grey hair <sup>[8]</sup>

**❖ HERBAL HAIR CARE COSMETICS INCLUDES:**

1. HERBAL HAIR OIL
2. HERBAL HAIR SHAMPOO
3. HERBAL HAIR CONDITIONERS
4. HERBAL HAIR DYES <sup>[9]</sup>

**1.HERBAL HAIR OIL :-**

Hair oil are hair care products. Hair care merchandise are defined as the formulations which might be used for the reason of cleaning, editing the hair texture, providing nourishment to the hair and retaining the healthful appearance of hair.<sup>[10]</sup> hair oil are hair care components implemented to the hair for the treatment of hair disorder which include baldness, greying of hair, hair fall, dry hair and also allows in providing nourishment to hair.<sup>[11]</sup> Herbal cosmetics are excessive in demand because of increasing hobby of mankind closer to them additionally natural cosmetics are more effective with negligible facet consequences and components are without problems to be had. Natural hair oil is an critical part of natural cosmetics. <sup>[12]</sup> Herbal hair oil is greater desired and used in lots of aliments of hair.<sup>[13]</sup> They now not most effective sell hair boom however additionally offer vital moisture to the scalp rendering in stunning hair.<sup>[13]</sup> Herbal oil which incorporate herbal pills are referred to as hair tonic.<sup>[14]</sup> Natural hair oil gives some of vital nutrient which can be important to keep the normal function of sebaceous gland and promote natural boom of hair.<sup>[15]</sup> Those are one of the maximum properly identified product for the treatment of hair<sup>[15]</sup> . Using hair oil is growing everyday in step with the development in preferred of dwelling of human beings to present herbal flavours and colourings to hair oil the herbal essences and perfumes are introduced.

▪ **Different types of herbal hair oil available in market :-**

1. Amla hair oil
2. Coconut hair oil
3. Bhringraj hair oil
4. Jasmine hair oil
5. Brahmi hair oil
6. Cantharidine hair oil
7. Onion hair oil <sup>[16]</sup>

❖ **List Of Ingredients And Importance In The Formulation Of Herbal Hair Oil:**

**TABLE :-**<sup>[17]</sup>

Sr.No	Ingredient	Importance/role
1	Alovera Pulp	Boosting scalp health
2	Tulsi	Antibacterial
3	Hibiscus	Control premature Graying
4	Shikakai	Anti dandruff
5	Coconut oil	Moisturizise dry hair
6	Almond oil	Treat hair loss and strengthens

**Table .1. List of ingredients and Importance in the Formulation of Herbal Hair Oil**

❖ **Requirements of a Herbal Hair Oil:-**

1. It ought to be fluently removed on irrigating with water.
2. It have to leave the hair-dry, soft, and lustrous with true manageability and minimum Fly down.
3. It have to impart a nice scent to the hair.
4. It shouldn't beget any aspect consequences to the skin or eye. <sup>[13]</sup>

❖ **BENEFITS OF HERBAL HAIR OIL :-**

1. It offers herbal goodness to hair. herbal oil consists of vitamins and micronutrients which act as a food for here.
2. Normal use of hair oil of hair oils therapy problem of premature grey hair.
3. Oil enables in stopping hair loss and fames frizzy hair. Hair ends desires unique care and natural oil pampers them throughout their nourishment.
4. Maintains the scalp hydrated.
5. Improves hair boom.
6. Protects your hair from harm similar as breakage and cut up ends.

7. Prevents dandruff.
8. Gives shine glow.
9. Stress alleviation.
10. Protects the crown<sup>[18]</sup>

**2 HERBAL HAIR SHAMPOO:-** Shampoos are normally made up of 10–30 elements, whilst there are others than as low as four. The ingredients are divided into four categories: (1) cleaning sellers (2) components that contribute to the product's stability and comfort; (3) Conditioning marketers that impart softness and gloss, reduce fly away, and improve Disentangling capacity; and (4) special care elements that focus on specific problems like Dandruff and greasy hair Shampoos no longer only clean the scalp, however additionally they guard the hair shaft from damage.<sup>[21]</sup> energetic chemicals delivered to shampoo formulas also can deal with a ramification of Scalp ailments. regardless of the ailment or circumstance (dermatitis, seborrhea, alopecia ,Psoriasis), it's miles leading to maintain the hair strands visually presentable by means of retaining Their softness, combability, and luster at the same time as treating the scalp.<sup>[22]</sup>

#### ❖ **Ideal properties of shampoo :-**

- It should correctly and absolutely get rid of dirt or soil, excessive sebum or different fatty substances and loose corneal cells from the hair.
- It ought to produce a very good amount of froth to fulfill the mental requirements of consumer.
- It ought to be easily eliminated on rinsing with water.
- It should go away the hair non -dry, gentle, lustrous with precise manageability and minimal flyaway.
- It must impart a pleasing perfume to the hair.
- It need to not reason any facet-outcomes / inflammation to skin or eye.
- It ought to no longer make the hand difficult and chapped<sup>[19,24]</sup>

#### ❖ **TYPES OF SHAMPOOS:-**

➤ Shampoos are of the following types:

- Powder Shampoo
- Liquid Shampoo
- Conditioning Shampoo
- Anti- dandruff Shampoo
- Traditional shampoo
- Herbal shampoo
- Solid shampoo<sup>[5]</sup>

❖ **FUNCTION OF HERBAL SHAMPOO:-**

- 1.Lubrication
- 2.Conditioning
- 3.Hair growth
- 4.Preservation of Hair coloration
5. Medicinal drug <sup>[20]</sup>

❖ **ADVANTAGES OF SHAMPOO:**

- Cleansing properties
- Enhancing hair hygiene.
- Treatment for dry scalp
- Remedy for hair loss.
- Treatment for greasing or oily hair.
- Relieves itch and irritation
- Upkeep broken hair.
- Continues your hair lovely and blossomed <sup>[20,23]</sup>

❖ **LIST OF HERBAL INGREDIENTS:-****TABLE:-**

SR No	INGREDIENTS	PARTS	USE
1	Neem Powder	Leaves	Antibacterial Agent
2	Hibiscus Flower Powder	Flower	Conditioning Agent
3	Aloe Vera Powder	Leaves	Moisturizing Agent
4	Shikakai Powder	Pods	Detergent
5	Amla Powder	Fruits	Anti-Dandruff Agent
6	Soap Nut	Nut	Foaming Agent

**TABLE.2. INGREDIENT ,DRUG PARTS AND USES****3.HERBAL HAIR CONDITIONER:**

Hair conditioner is a hair care product this is carried out after shampooing as a way to condition the hair . Conditioning allows defend your hair and restore it. Conditioner means a coaching used to improve the situation of hair. The product is beneficial to all forms of hair. it works through restoring moisture, and smoothing the cuticles of the hair follicles. Hair conditioner comprising of powerful antioxidants can reduce UV damage to the hair including hair colour adjustments and protein harm. 3 varieties of Hair Conditioners had been made after which evaluated for his or her properties. <sup>[27]</sup>

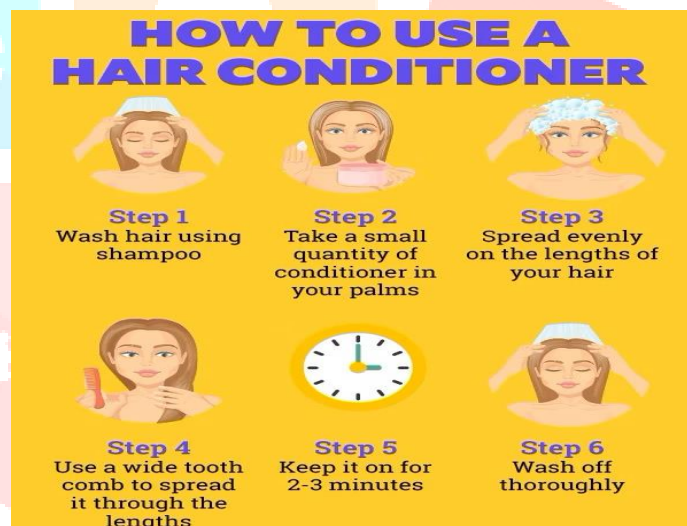
➤ **Functions of the conditioners:-**

- Enhance compability
- Mimetize the hair natural lipid outer layer
- Repair hydrophobicity
- Seal the cuticle
- Avoid or limit frizz, friction: neutralize the terrible rate <sup>[25]</sup>

➤ **OBJECTIVES OF HERBAL HAIR CONDITIONER:**

1. To Designed to feature shine to your hair.
2. To growth hair increase.
3. To Makes hair greater practicacle and simpler to comb.
4. To Leaves hair tender and moisturized.
5. To repair broken hair.
6. To straighten curly hair.
7. To revitalizes and top off hair strands.

➤ **HOW TO USE A HAIR CONDITIONER:-**



**FIG.3. HOW TO USE HAIR CONDITIONER**

➤ **Advantages of herbal conditioner:**

- 1) Offers hair shine and softness.
- 2) Reduce split ends.
- 3) Enhance manageability.
- 4) Prevent hair breakage.
- 5) Protects hair from chemical and mechanical harm.



- **INGREDIENTS AND THEIR ROLE:**

**TABLE:-**

Sr.no	INGREDIENT	Role of ingredient
1	Fenugreek seeds	Nourishes the hair
2	Hibiscus flower	Natural conditioner
3	Curry leaves	Promote hair growth
4	Aloe Vera	Conditioning Agent
5	Mint oil	Antimicrobial agent
6	Almond oil	Smoothing Agent

**TABLE 3. INGREDIENTS AND THEIR ROLE****4. HERBAL HAIR DYES:**

Hair colouring or dyeing, practices of changing the hair shade. the primary purpose for this is cosmetics to recover white and slate hair, to alternate the seemed as farther stylish or applicable, The set herbal colour includes all the probity of herbal ingredients. the precise blend of herbals additionally acts as a hair increase enhancer and hair nourisher.

❖ **PLANT-DERIVED DYES :-**

- Catechu or Cutch tree (brown)
- Gamboge tree resin (dark mustard yellow)
- Chestnut hulls (peach to brown)
- Himalayan rhubarb root (bronze, yellow)
- Indigofera leaves (blue)
- Kamala seed pods (yellow)
- Madder root (red, pink, orange)
- Myrobalan fruit (yellow, green, black, source of tannin)
- Teak leaf (crimson to maroon)
- Weld herb (yellow) <sup>[26]</sup>

❖ **ADVANTAGES:-**

1. Herbal appearance of using actual human hair fiber.
2. Can be styled as natural hair.
3. Capable of colour and perm.
4. Movements like herbal hair.
5. Much less vulnerable to warmth harm.

❖ **DISADVANTAGES :-**

1. More expensive.
2. Want greater upkeep and care.
3. Calls for styling.
4. May be heavier in weight than artificial wigs, which might also cause itching.
5. More prone to daylight fading and environmental damage

➤ **MARKETED PREPARATION OF HERBAL HAIR COSMETICS:-**

**FIG.4. MARKETED PREPARATION OF HERBAL HAIR COSMETICS**

❖ **CONCLUSION:-**

This article, contains information about hair, hair growth ,natural hair care products, and, herbal products, hair care cosmetics, shampoo ,conditioner and dyes .Herbal products are of greatest popularity because they are purely made up of herbs and shrubs. Today's generation both men and women, suffers normal hair problems as there is more polluted environment which leads to hair disorders such as pigmentation problems (Fading), dandruff and falling of hair (Shedding). The use of bioactive ingredients from the herbal formulation stimulates the biology of hair for natural growth that provides healthy hair. Generally herbal formulation provides many vitamins, antioxidants, various oils, proteins, terpenoids and many essential oils. This article is describe the advantage and application of herbs as herbal cosmetics for the purpose of natural hair growth.

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