



# Review On: Herbal Hair Mask With Antidandruff Property

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**ABSTRACT :** This days more trained in herbalism and herbal cosmetic it well liked by people world wide. Hair is a simple structure light in weight and delicate part of body it easily go to damage condition. Nowadays, people put back use of herbal cosmetics rather than the chemical treatment. Herb gives better result to make damage and dandruff free hair. Thus, create a herbal antidandruff hair mask it's a good for hair and hair problems. Totally chemical free formulation gift with extreme outcome use of herbal antidandruff hair mask gives assistance to darken and strengthen hair also obstruct the frizzy and damage hair. It also eliminate debris and dandruff this mask prevent many hair problem such as itching, chronic scalp infection, premature greying, increase scalp health as well as recent damage of the hair. Applications of herbal hair mask raise the hair healthy, glossy, hydrate, bouncy, and nourish. Herbal antidandruff hair mass is very affordable to people who look for more natural and lighter hair care product rather than the chemical spa. In composition of the mask many ancient Ayurvedic herbs used which provide the various favourable advantages to hair.

**KEYWORDS :** Antidandruff, healthy hair, herbal, glossy, hydrate, advantages, hair problems, dandruff.

## INTRODUCTION

Hair cosmetic enhancing the features of the hair. Herbal hair cosmetic preparation which gives attractive appearance to the hair by enhancing the features of hair.[1] Hair is the important part of body made by keratin. It is essential protein of hair and lead of it's structure.[17] Hair is a sign of beauty and good health in various culture.[2,5] Nowadays young generation facing the serious hair problems due to the different reasons. Healthy hair improve and build confidence in person.[3] Dandruff is common scalp problem affecting almost half of the population of both gender. Corneocytes developed the white flaky scalp.[12] The main problem of dandruff not visible properly but some condition like oily scalp, poor hygiene, leads to the fungal infection. Dandruff is a non inflammatory and chronic condition related to scalp excessive range of the scalp tissue being affected. The fungus *Malassezia furfur* feeds on the oily scalp it stimulate the lipase on scalp which converted into unsaturated fatty acids like oleic acids as scalp irritant and arachidonic acid gives inflammatory

response by this mechanism dandruff caused. Dandruff shows the symptoms like redness, itching, flakes on scalp and gives hair loss. [9,11] Herbal antidandruff hair mask elements the dandruff and gives the healthy hair. Mask is a hair treatment made with the natural and nourishing ingredients. It simply penetrates into the hair strands and roots give the faster and effective result.[5,4]

## INGREDIENT

### 1. Neem (*Azadirachta indica*)

Neem gives the healthy hair and generate effect against dandruff it cleans the scalp and congested pore blockages and enhances hair growth. It helps to treat dry scalp and hair loss due to the dandruff encourages the healthy hair growth. It is most important for dandruff problem and shows antiseptic, healing property, pain relieving property. Neem contains the azadirachtin, gallic acid, salanin, quercetin helps to build good hair



health.[2,14]

**Figure No 1 : Neem**

### 2. Reetha (*Sapindus mukorossi*)

Reetha gives cooling property with the various benefits for the hair. It gives the clean and moist action towards the scalp. It contains the flavonoid, tannin, saponin leads to become a lustrous and healthy hair with nourishment to scalp. It also helps to reduce the dandruff, increase the silkiness of hair and promote the healthy hair growth. It acts like a good cleanser and removes oily secretions. It has a mildly antiseptic and detoxifying effect. [4,6,15]



**Figure No 2: Reetha**

### 3. Amla (*Phyllanthus emblica*)

Amla is packed with the many health benefits. Act as a hair tonic to gives the pigmentation to the hair and enhance the growth. It's largely used in indian medicine. It helped to reduce the dandruff. And boost their growth it reduces the blandness and hair loss. It's super food nourish hair follicle, scalp because it loaded with tannic acid, gallic acid, iron, antioxidant property shows effect against dandruff. It Provide oxygen to hair follicle. Multifaced benefits assemble valuable and important ingredient in both traditional and modern medicine.[4,7,16]



Figure No 3: Amla

### 4. Tulsi (*Ocimum tenaifloium*)

Tulsi contains the vitamins, eugenol, menthol, apigenin leads to make the healthy hair. Paste of tulsi apply to hair make dandruff free hair. It increases the blood circulation smooth the scalp. Tulsi shows the response against hair fall due to the dandruff and increase the scalp health, reduce irritation. It shows the antimicrobial, antiseptic, antistress, antioxidant, antiinflammatory action it potentials to generate effect against dandruff.[9,10,11]



Figure No 4: Tulsi

### 5. Ginger (*Zingiber officinalis*)

Ginger is a fantastic hair conditioner that make your hair easy to comb and gives silky and lustrous nature to hair. All of the minerals and essential oil make hair more maintain. Provide smoother and shinier hair. Gives relief to itching scalp treat dryness and reduced dandruff. It gives antiinflammatory, antibacterial action. Ginger oil, bisabolo, zingiberene, vitamin c it offer the natural effect towards hair. [7].



Figure No 5: Ginger

### 6. Hibiscus (*Hibiscus rosa sinensis*)

Hibiscus is also called gudar, gudhal, gudal. It is a tremendous herb for hair care it rich in the calcium, phosphorus, iron which gives the hair growth and decrease the premature greying of the hair it also reduce the dandruff. It is a natural good conditioner to avoid freezy hair and make it soft also gives the antioxidant property.[3,10]



Figure No 6: Hibiscus

### 7. Aloevera (*Aloe barbadensis miller*)

Aloe is very beneficial for the hair it repair dead skin cell and prevent hair loss due to the dandruff. It gives the lights to hair and its good conditioner to provide the smooth and shiny hair and promote hair growth with reducing the dandruff. It contain the various chemicals or enzyme. In aloe proteolytic enzyme effectively breakdown death skin cell on scalp, blocked sebum, dirt. It gives the more nutrients. [8,5]





**Figure No 7: Aloe vera**

#### **8. Bhringraj (*Eclipta prostrata*)**

It increases blood circulation in hair and promote hair growth repair the losses of the hair due to the various factors prevent the scalp problem caused by the dandruff. It is healing spice popular for its ability to stimulate hair growth freely. It has antibacterial, antifungal, antioxidant action. vitamin d, vitamin e, calcium, magnesium, iron gives the medicinal value and reduce the dandruff. [7,11,2,16]



**Figure No 8: Bhringraj**

## 9. Fenugreek (*Trigonella foenum graecum*)

Methi commonly used in hindi cuisine. It rich in follic acid, vitamin A, vitamin k, vitamin c soften hair and restore the shine and treat follicular problem fight against the scalp problem. Seeds of methi soak for 30 min then used it give better conditioning action. It gift with various action antiinflammatory, antibacterial and it reduce the infections.[5,10,18]



Figure No 9: Fenugreek

## 10. Curry leave (*Murray Koenigii*)

It contains the proteins and beta carotene which help to prevent the thickening of hair. It stored natural colour of the hair. It very effective and maintain health of hair. It beneficial to remove dullness of hair. Antioxidant property gives the healthy and strong hair. It gives to cellular regeneration and promote the blood circulation in scalp vessels. It rich in amino acid which gives strength, shine to hair.[3,15,8]



Figure No 10: Curry leave

### Benefits

Tigger hair growth  
Rid dandruff  
Decrease baldness  
Natural effect  
Resist to gray hair  
Cooling effect

Healthy scalp and hair

Clean dirt and C clogging [17]

### Why you apply mask to hair

1. Application of mask after the shampoo is shows superior effect to hair. Oil, bacteria and dirt remove by the shampoo easily and shampoo opens the hair follicles then mask easily penetrated to the hair scalp.
2. The mask not only smoothest or relaxes you by increase blood circulation and delivers intensive dosage of nutrients for repair hair. Additionally it secure roots and encourage healthy hair. [18]

### Conclusion

Herbal hair mask is beneficial for to make damage and dandruff free hair. In study proven the efficiency of herbs and herbal hair care preparation so, it's beneficial feature of herbal antidandruff hair mask. Investigational record of some herbs that winning used to make hair care product with extremely easy technique for removing dandruff from hair. In traditional study it identified from these few plants having the both property like therapeutic and cosmetics. The word market also moving towards herbal formulation for hair care. The beneficial feature of herbal antidandruff mask was discloses in the study.

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