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## Herbal Hair Oil

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### ABSTRACT:

herbal hair oil have lesser or no side effects comparatively with synthetic and semi synthetic hair oil. Herbal cosmetic are now-a-days widely used by the common people because of fewer side effects and with a better safety and security profile. The aimed of work to formulate herbal hair oil for reduce hair loss, reduce dandruff, increase growth of hair, to make soft and attractive purpose. The herbal cosmetic was more convenient and effective for hair. Herbal ingredient was collected from various part of plant like. Amla, Sunflower oil, Citronella oil, Aloe vera etc. The hair oil was prepared individually and in a varying concentration of herbal constituted or (active Ingredient).

Key word: Herbal Hair Oil , Herbal Cosmetic, Reduce Hair Loss.

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### INTRODUCTION

Hair loss is a distressing condition for an increasing number of men and women. Therefore it is of great importance, to develop new therapies for the treatment of hair loss. It is a dermatologic disorder, and the surge for discovering natural products with hair growth promoting potential is continuous. 1, 2. Hair loss, or alopecia, is a common patient complaint and a source of significant psychological and physical distress. 1 The hair oil preparations are included to treat various dandruff, hair fall process, split ends etc. The hair oil preparations are mainly used to cool the scalp for luxurious growth of hair in both men and women. Various types of oils like coconut oil, almond oil, castor oil, onion oil are applied to scalp in admixture with suitable herbal drugs. Among these oils coconut oil is the foremost worthy oil base because it gets absorbed into the hair strands better than other oils and also economical compared to other oils. Hence coconut oil added with herbal drugs is mentioned method for best hair growth. 2 Herbal Cosmetics are prepared by the association of active bioactive ingredients or pharmaceuticals. The presence of variety of phytochemicals and botanicals in the herbal products have dual importance, one is that they used as cosmetics to care body and another is the phytochemical improves the biological functions of human body naturally results in healthy skin and healthy hair. 3

In the formulation of herbal cosmetics plants are used in three ways either it is a total extract or a single molecule obtained from the purification of extracts (e.g. aloe vera gel, teas, plant extracts) selective extract like wheat germ, ginkgo or single natural molecule like vitamins, coenzyme Q10. 4 On the basis of market survey carried out on crude drugs used presently for herbal hair oils gives us clue for selection of drugs for hair oil. Hence the present study was aimed to evaluate the hair growth activity of herbal formulations, which includes oil extract of all mentioned drugs in various concentrations. The Plant *Embolia officinalis* belongs to family Euphorbiaceae. Amla is rich source of vitamin C and contains appreciable amount of pectin rich in mineral matters like phosphorus, iron, and calcium. 5 Amla is rich in vitamin C, tannins and minerals such as phosphorus, iron and calcium which provides nutrition to hair and also causes darkening of hair. 6 Hibiscus consists of calcium, phosphorus, iron, vitamin B1, riboflavin, niacin and vitamin C, used to stimulate thicker hair growth and prevents premature graying of hair. 7 Methi contains high protein fodder which supply required protein nutrition to hair. 8

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### HAIR CARE PRODUCTS:

#### Sunflower oil

It is the non-volatile oil expressed from sunflower seeds obtained from *Helianthus annuus*, family Asteraceae. Sunflower oil contains lecithin, tocopherols, carotenoids and waxes. In cosmetics, it has smoothing properties and is considered noncomedogenic.

#### Aloe

A native of southern Africa, the aloe vera plant has fleshy spiny-toothed leaves and red or yellow flowers. It is an ingredient in many cosmetics because it heals, moisturizes, and softens skin. Simply cut one of the aloe vera leaves to easily extract the soothing gel. 9

#### Citronella oil

It is one of the essential oils obtained from the leaves and stems of different species of *Cymbopogon* family *Cardioperidaceae*, as shown in figure 5. The crisp, rich citrus or lemon like aroma of this oil drives away body odour and is used in deodorants and body sprays, although in very small quantities, since in heavy doses it may give skin irritations. It can also be mixed with the bathing water to have a refreshing, body odour ending bath. Other

essential oils which are used in cosmetics include anise oil, coriander oil, grapefruit oil, jasmine oil, palma rose oil, sandalwood oil.[10]

#### **Amla**

Amla is obtained from the plant *Emblica Officinalis*, Family Euphorbiaceae. Amla is rich in vitamin C, tannins and minerals such as phosphorus, iron and calcium which provides nutrition to hair and also causes darkening of hair.[6] Hibiscus consists of calcium, phosphorus, iron, vitamin B1, riboflavin, niacin and vitamin C, used to stimulate thicker hair growth and prevents premature graying of hair.[11]

#### **Conclusion:**

The knowledge of medicinal plants used by the people of seems to be well known to its culture and tradition. In the present study we identified many plants used by the people to cure hair loss and dandruff. Some of the plants were found to have dual use, both as curative and cosmetic. Further extensive ethnobotanical and ethanopharmacological study may lead to the discovery of plants and compounds for hair care

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