



## A Review on Anti-Dandruff Hair Cream with Herbal Ingredient

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### ABSTRACT:

Cream is a type of cosmetic that has good absorption in skin and scalp. It is most preferred dosage form due to ease in application. In this article review, we have shown several benefits of herbal products over chemical products. Hair creams are meant for reasons like removing dandruffs that is caused due to shredding of excess skin of scalp and thus, causing white substances like flakes. Herbal creams have enormous benefits as it is risk free. The reason being is herbal ingredients. Herbal hair cream is a popular hair care product that contains natural ingredients like aloe vera, henna, neem, and other plant extracts. These creams are designed to nourish and protect the hair, it helps to improve the quality and thickness of hair.

**Keyword:** cream, formulation, herbal hair cream, hair care.

### Introduction:

Herbal hair creams for antidandruff are formulated with natural ingredients like neem, teatree oil, aloe vera, and rosemary that work to smooth and nourish the scalp while effectively eliminating dandruff [1]. These formulations help moisturize scalp area and help to retain moisture, which can cause dandruff in most people. They can also help to reduce inflammation and itching, providing relief for those suffering from dandruff [2]. Benefits of Herbal Anti-Dandruff Hair cream are as follows:

1. Hair growth promoter.
2. Cleansing effects.
3. Anti dandruff.
4. Slows down hair fall.
5. Premature graying prevention [3].

Unlike many conventional anti-dandruff treatments that contain harsh chemicals, herbal hair creams are made with gentle, natural ingredients that do not strip the hair or scalp of essential oils. They are also free from synthetic fragrances and sulfates, which can irritate sensitive scalps [4].

Only a few ingredients that can be used for hair treatment for dandruff are listed below there are several more to mention.

#### (1). AMLA:

Amla extract has potent antimicrobial activity against *Malassezia furfur*. A well known microbe that is the cause of dandruff. The study concluded that amla extract could be a potential natural remedy for dandruff [5].

#### (2). BHRINGRAJ:

Bhringraj is widely used in hair care products, as it is believed to stimulate hair growth, prevent hair fall, and improve overall hair health. It prevents microorganisms and also shows anti-inflammatory properties that can help to soothe the scalp and prevent dandruff [6].

#### (3). SHIKAKAI:

Shikakai can be a natural and effective remedy for dandruff due to its antimicrobial and anti-inflammatory properties. Its natural cleansing properties can also help to remove excess oil and dirt from the scalp, which can contribute to dandruff [7].

#### (4). KESHI:

Keshi oil is commonly used in hair care products due to its ability to regulate hair growth, strengthen roots of hairs, and improve hair condition. Its natural cooling properties can also help to soothe an itchy and irritated scalp, which is a common symptom of dandruff [8].

#### (5). MARSH MALLOW ROOTS:

A natural hair cream with marshmallow root can offer several blessings for the hair and scalp. Marshmallow has hydrating and conditioning properties that may assist nourish the hair and save you dryness and breakage [9].

#### (6). NAGARMOTHA:

Nagarmotha is believed to have hair growth-promoting effects and can help to strengthen hair roots. It is also known for its ability to soothe an itchy scalp and prevent dandruff due to its anti-inflammatory properties [10].

#### (7). ROSEMARY:

Rosemary is a fragrant herb commonly used in cooking and as a natural remedy for a variety of health issues. In hair care, rosemary is known for its ability to stimulate hair growth and improve overall hair health [11].

#### (8). JATAMASI:

Jatamansi is known for its ability to promote hair growth and improve hair texture. It has anti-inflammatory and antimicrobial properties, that can help to soothe the scalp and prevent dandruff [12].

One can use hair cream. Creams are less popular options for hair care and not available in market as compared to other dosage form. Cream are a very preferable form and can be applied or removed easily from scalp. As we surveyed, we came to know that most people are unaware of hair masks and hair creams and want such formulations. Creams, show better absorbability compared to hair masks and are more convenient to use as they have a good and convincing texture compared to hair masks. The formulation includes Coconut oil as it is rich in other nutrients as well it is used in India since ancient times so people may prefer it in creams. Hair creams and hair masks have similar benefits in that they are both designed to nourish as well as prevent dandruff [13,14].

### {\*}. BENEFITS OF HERBAL CREAMS:

There are several benefits of using herbal hair cream formulations for dandruff treatment and hair care:

- Creams formulations can be applied directly to the scalp, targeting the affected area and providing maximum benefit.
- Creams are easily absorbed by the skin and hair, allowing the active ingredients to penetrate deep into the scalp and hair follicles for maximum effectiveness.
- Unlike oil-based formulations, creams are typically non-greasy and leave no residue on the hair, making them more convenient and comfortable to use.
- Creams formulations are easy to apply and can be massaged into the scalp for a relaxing and therapeutic experience [15].

### {\*}. EVALUATION PARAMETERS:

Evaluation parameters of hair creams includes following tests: (1). Test for organoleptic characteristics:

- a) Color: white or cream colour of formulation is appreciated.
  - b) Texture: no ununiform texture intended, smooth texture is expected. Smell: it must be noted that no foul odour is developed.
1. pH test: The pH of herbal hair cream can vary depending on the ingredients used in the formulation. Ideally, the pH of a hair cream should be between 4.5 and 5.5, which is slightly acidic. This is because the natural pH of the scalp is also slightly acidic, and using a product with a similar pH can help maintain the health of the scalp and hair.
  2. Irritancy study: apply cream on dorsal side of your non-dominant hand and check for edema or irritability on your hand for twenty four hours.
  3. Removal: after application of cream it should get removed very easily with flow of running water.
  4. Thermal stability: cosmetic formulation's thermal stability is one of the prime parameters that affect the formulation's acceptability. We can see in all products, formulations should have thermal stability at 20 °C, 30 °C, and 40 °C. Based on the physicochemical parameters less thermal stability and less spreadability resulted in cracking and phase separation of formulations.

5. (6) Biological studies: rabbits were considered for study and their dorsal surface was shaved and applied with cream that was 0.5 grams at once for two times per day and length of hairs were measured.
6. Dye test: To perform a dye test, a small amount of a dye is added to the cream and mixed well. The cream is then applied to a small area of skin, and the area is observed for any signs of staining or discoloration. If the cream is effective, the dye should be evenly distributed and should not leave any stains or discoloration on the skin.
7. Test for spreadability: The spreadability of the cream preparation, when applied to the epidermis, was evaluated using the spreadability test.
8. Viscosity test: A well-calibrated Brookfield viscometer that is commonly used in industries are employed [16-18].

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### {\*}. CONCLUSION:

Herbal hair cream is a formulation consisting of herbal ingredients as API and excipients like glycerine, beeswax and shea butter. The most commonly used gum in formulation is xanthan gum, while parabens are preferred preservatives however they may cause adverse effects, sorbates are good choice of preservatives for herbal ingredients thus resulting in a stable formulation. We conclude that ingredients have specific nourishing properties like rosemary is a well used ingredient and show hair strengthening properties while henna is used as a conditioner and methi and neem is used for anti-dandruff activities [19].

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### {\*} AIMS OF HERBAL HAIR CREAMS:

Hair cream does not only fulfil styling needs but also work to make hair healthy. Natural ingredients like Rosemary oil, Hemp, Peppermint Oil and Almond Oil give your hair a shine and nourishment, while fighting off damage done by harmful pollution, UV rays and dirt.

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