



A Review Article on: Herbal Shampoo

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ABSTRACT

The main object of this present study is to prepare and evaluate an herbal shampoo and determine physiochemical function that emphasizes on safety, efficacy and quality of the product Herbal Shampoo is the natural haircare product which is use to remove grease, dirt, dandruff and promote hair growth, strenthness and darkness of the hair. It is also provide softness, smoothness, and shiness for the hair. Various drugs are used for the preparation of cosmetics shampoo. Such drugs shows various side effects such as hair loss, increased scaling, scratching, discomfort, nausea and headache. Therefore an attempt is made to formulate herbal shampoo that is free from side effects.

KEYWORDS- *Introduction materials and methods.*

INTRODUCTION:

1.1 Hebal Shampoo-

Shampoos are probably the most widely used cosmetic products for cleansing hairs and scalp in our daily life[1]. Herbal shampoos are the cosmetic preparations that with the use of traditional ayurvedic herbs are meant for cleansing the hair and scalp just like the regular shampoo. They are used for removal of oils, dandruff, dirt, environmental pollutions etc. Herbal shampoo is a type of cosmetic preparation that uses herbs from plants as an alternative to the synthetic shampoo available in the market. The herbal shampoo is important, as people nowadays prefer herbal products than chemical ones for they proved to enhance health. The awareness and need for cosmetics with herbs are on the rise, primarily because it is believed that these products are safe and free from side effects.

INGREDIENTS OF HERBAL SHAMPOO

1) Ritha :

USES :

- (i). Stop Hair Fall
- (ii). Prevents Dandruff
- (iii). It is used as cleanser
- (iv). It is also used as removing lice from hair
- (v). Rita helps to control hair fall by removing dandruff from the scaff.
- (vi). It is used as to improve the health of Hair.



Fig No. 1

2) Amla

USES:

- i. Strengthen the Scalp and Hair.
- ii. Reduce premature pigment loss from hair, or greying.
- iii. Stimulate Hair Growth.
- iv. Reduce Hair Loss.
- v. Prevent or treat dandruff and dry scalp. Prevent or treat Fungal and Bacterial hair.



Fig No. 2

3) Shikakai

USES :

- i. Cleanses Hair
- ii. Add more Shine to the Hairs..
- iii. Prevents Grays.
- iv. Crubs Hair Loss
- v. Prevents Lice, Psoriasis & Scabies.
- vi. Provides Nourishment to the hair and promote healthy and rapid hair growth.



Fig No. 3

4) Eggs White

USES :

- (i). It is used as conditioner.
- (ii). Eggs white content bacteria enzyme that keep the scalp fresh and clean.
- (iii). Enhance the growth of hair.
- (iv). It provide the protein to hair.
- (v). It makes the hair silky.



Fig No. 4

5) Rose Oil

USES :

- (i). It is use as a perfumes.
- (ii). Improves Growth.
- (iii). Reduce dandruff.
- (iv). Gives fragrance to the hair.

**Fig No. 5****6) Aloe vera**

- (i). Calms an itchy scalp.
- (ii). Deep cleans oily hairs.
- (iii). Strengthens
- (iv). Aloe vera contains proteolytic enzymes which repairs dead skin cells on scalp.
- (v). Promote hair growth
- (vi). Smooth natural curls
- (vii). Detangle Hairs.

**Fig. No. 6****1.2 Need of Shampoo-**

The skin on our head produce a greasy fluid called sebum. It is produc the hair by coating itself all over the head. This give the hair a health, when secretes in large amount it makes the hair look dirty.

1.3 History-

Indian subcontinent

In the Indian subcontinent, a variety of herbs and their extracts have been used as shampoos since ancient times. A very effective early shampoo was made by boiling Sapindus with dried Indian gooseberry (amla) and a selection of other herbs, using the strained extract. Sapindus, also known as soapberries or soapnuts, a tropical tree widespread in India, is called ksuna[3]. In ancient Indian texts and its fruit pulp contains saponins which are a natural surfactant. The extract of soapberries creates a lather which Indian texts called phenaka[4]. It leaves the hair soft, shiny and manageable.

Other products used for hair cleansing were shikakai (Acacia concinna), hibiscus

flowers,[5][6] ritha (Sapindus mukorossi) and arappu (Albizia amara)[7].Guru Nanak, the founder and the first Guru of Sikhism, made references to soapberry tree and soap in the 16th century.[8]Cleansing with hair and body massage (champu) during one's daily bath was an indulgence of early colonial traders in India. When they returned to Europe, they introduced the newly learned habits, including the hair treatment they called shampoo [9].

1.4 Ideal properties of Herbal Shampoo-

1. It should effectively and completely remove dust or soil, excessive sebum or other fatty substances and loose corneal cells from the hair.
2. It should produce a good amount of foam to satisfy the psychological bod amount of foam to requirements of user.
3. It should be easily removed on rinsing with water.
4. It should leave the hair non -dry, soft, lustrous with good manageability and minimum fly away
5. It should impart a pleasant fragrance to the hair.
6. It should not cause any side-effects/irritation to skin or eye. 7. It should not make the hand rough and chapped.[10,11]

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