



## A Review 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. Synthetic shampoo shows harmful effect on hair and scalp like dryness of hair and keratinloss .due to these reasons herbal shampoo has evolved as an alternative to synthetic shampoo because of safe and traditionally use ingredients .This Polyherbal shampoo was formulated by using natural ingredients like Aloe vera ( Barbatensis miller),Neem leaves (Azadirachta indica ),Reetha fruit (Emblca officinallis),Hibiscus leaves (Hibiscus rosa cinensis) with proven efficacy .The main objective of this study was to eliminate harmful synthetic ingredient from herbal shampoo formulation and substitute them with a safe natural ingredient

Keywords: Herbal shampoo, Aloe vera, Barbatensis miller

### INTRODUCTION:

Hair is an integral part of human beauty. Hair care product are primarily meant for cleaning the hair. It also modifies the hair texture, provide nourishment to the hair and gives healthy look to the hair. In humans hair serves lot of purpose like protection against external factors, sebum, apocrine sweat and thermoregulation. Shampoo is the most common hair care cosmetic. It is available for cleaning hair and scalp from dirt, residue of previously applied hair styling products and environmental pollutants. In the early days Consumers is on rise because of there belief. The herbal shampoo are safe and free from side effects . herbal shampoos is widely unstable product all over the worlds it has been used form many years chemical herbal shampoo are prepared with several chemicals which can care hairs problems but also responsible for damage of hairs . some international research said that the chemicals of herbal shampoo also responsible for cancer herbal shampoo are defined as preparation of a surfactant is suitable form liquid, solid or powder which when used under the condition specified will remove surface grease, dirt& skin debris from the hair shaft & scalp [AroraP-2011]- Herbal shampoo have so many types are powder , liquid , lotion, cream, jelly , aerosol and specialized herbal shampoo (conditioning , antidandruff). Herbal shampoos contain all the naturals ingredients with herb extract . It helps hair to improve their quality of moisture, growth, thickening , strength of hair roots The most important thin herbal shampoos

### NEED OF SHAMPOO

The Skin on our head produced a greasy fluids called sebum . It is produced to protect the hair by coating itself all over the head . This give the hair a healthy shine but when secretes in large amount it makes the hair look dirty .Herbal shampoos for hair growth are formulated to strengthen the hair follicles by delivering essentialoils and nourishment all through the roots and follicles.

### CONTENTS OF HERBAL SHAMPOO

1. **Aloe vera** - Aloe vera has scalp soothing and anti-inflammatory properties. It has been used for ages to reduce hair loss. It is also an excellent home remedy for hair damage and dandruff. The gel of aloe vera can restore the pH balance of the scalp and increases hair growth.



Fig. 01

2. **Reetha** - Aritha, Sapindusmukorossi is also known as Soapnuts, is an excellent hair tonic, long known for its benefits for healthy hair and scalp. Used for centuries as an anti-hair loss shampoo, the natural antifungal, and antibacterial properties may help with dandruff. The natural saponins not only cleanse hair but also add body and sheen and make hair feel thicker, silky, and smooth.



Fig.2

3. **Shikakai** - Remember those days when our mother gives us shikakai to wash hair Thanks to our mother because shikakai is a fantastic herb for healthy hair. Shikakai or Acacia concinna is a natural cleanser and scalp soothing ayurvedic herb. It is rich in vitamin c and [www.ijpr.humanjournals.com](http://www.ijpr.humanjournals.com) Citation: P Naga Haritha et al. Ijpr.Human, 2021; Vol. 21 (2): 346-363. 352 phytochemicals that help to reduce dandruff, itching, and scalp dryness. Shikakai is rich in antioxidants that help and promote hair growth naturally.



Fig.3

4. **Hibiscus** - It is used to lessen grey hair and promote hair growth. The flowers and leaves contain mucilage and plant proteins that help in the treatment of dandruff and hair Scalp. Used for centuries as an anti-hair loss shampoo , The natural antifungal and anti bacterial properties may help with dandruff .The natural saponins not only cleanse hair but also add body and sheen and make hair feel thicker , silky and smooth .



Fig.-4

5. **Amla**—*Phyllanthus emblica*, also known as Indian gooseberry is an excellent hair conditioning herb. Vitamin-c loaded amla is an essential part of hair care and skincare routine. It contains essential fatty acids and antioxidants which strengthen the hair follicles and make hair strong and luster. Amla is overall good for hair and scalp health as it helps to remove dandruff and dissolve grease, dirt from follicles. It promotes essential nutrients to hair follicles to promote hair growth.



Fig.-5

6. **Fenugreek or Methi seeds** - It is a common spice in every Indian kitchen. It is considered the best ayurvedic medicine since its seeds are rich in vitamin A, C, K, proteins, and folic acid. Fenugreek seeds contain the protein nicotinic acid which is known to be very effective against hair fall, dandruff, and various scalp problems.



Fig.-6

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#### FUNCTION OF HERBAL SHAMPOO:

1. Lubrication
2. Conditioning
3. Hair Growth
4. Maintenance of Hair growth
5. Medications

**EVALUATION PARAMETERS:**

- 1) Visual assessment-The prepared formulation was assessed for color, clarity, odor, and froth content. 2.3.2
- 2) pH determination-The pH of the prepared herbal shampoo in distilled water (10% v/v) was evaluated by means of pH analyzer at room temperature
- 3) Percentage of solid content determination: 4g of shampoo is taken in a previously weighed evaporating dish and evaporated by placing the evaporating dish on the hot plate. The final weight is noted down. Percentage of solid contents of shampoo left after complete evaporation is calculated.
- 4) Foaming ability and Foaming stability: The cylinder shake method is employed in the foaming ability and stability test. In this method 50ml of the 1% shampoo solution is taken in a 250ml graduated cylinder and covered the cylinder with hand. The cylinder is then shaken for 10 times. The volume of the foam appeared due to shaking is measured after every one minute consecutively for 5 minutes.
- 5) Dirt dispersion test : About 1% of shampoo solution taken in a test tube and 1 drop of India ink is added. The test tube is stoppered and shaken for about 10 mins.The amount of ink present in the foam is indicated as None, light, moderate, or heavy.
- 6) Cleansing action: The cleansing property of the herbal shampoo was evaluated by the application of the shampoo on hair that has not been washed for seven days. The shampoo was used to wash the hair of human subject that had applied oil 4-5 hours before washing. The performance of the shampoo was assessed on its ability to remove oily dirt from scalp.
- 7) . Froth stability test: The stability of the froth was determined using cylinder shake system. About 50 ml of formulated soap( 1) result was taken in a graduated cylinder of 250 ml capacity and shaken for 10 times roundly. Froth stability was measured by recording the froth volume of shake test after 1 min and 4 min, independently. The total froth volume was measured after 1 min of shaking.
- 8) . Skin irritation test: Apply the solution of prepared shampoo on skin and kept for 5 minutes and observed for redness of skin and irritation there, were no any red colouration and the irritation to the skin.
- 9) Viscosity: Viscosity was determined by using the Ostwald viscometer.

**COMEPARATIVE STUDY :**

Sr. No.	Name	Brand Name	Main Ingredient	PH	Uses
1	Onion shampoo	khadi	Onion	4.2	Antioxident,Antimicrobial
2	Keshking shampoo	Emami	Milk	6-7	Repair damage hair with its milk protein
3	Vatika shampoo	Dabur	Amla	5.6-6	Strengthen folical, control hair breakage
4	Shikakai shampoo	Patanjali	Shikakai	4.5-5.5	Hair development, control hair fall
5	Mamaearth shampoo	Mamaearth	Lemon	5-6	Treat dandruff, keep white flakes away

**CONCLUSION:**

The present study was point out with the object of preparing the herbal shampoo that reduces hair loss promote growth and strength of hair . Herbal shampoo was formulated with the aqueous extract of medicinal plants that are commonly used for cleansing hair traditionally. It includes the awareness and need for the cosmetics with herbal ingredients, as it is strongly believed that the herbal products are safe and free from side effects. It emphasizes on types, methods of preparation and evaluation of polyherbal shampoos. The present study was carried out with the aim of preparing the herbal shampoo that reduces hair loss during combing, safer than the chemical conditioning agents as well as to strengthen the hair growth.

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