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## Review on different Herbal cosmetics for hair care

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### ABSTRACT:

Herbal hair care products are becoming more popular because they are safe, natural, and don't usually have as many side effects as products that are made with chemicals. People use herbal hair products to get rid of problems like gray hair, hair loss, dandruff, and scalp infections. Aloe vera, amla, bhringraj, neem, shikakai, and other herbal products can be used to take care of hair. This article talks about these and other herbal products. People say that these herbs can fight bacteria, fungi, and free radicals, as well as feed hair. Herbal hair cosmetics are important because they mix old herbal practices with new cosmetic science. This review shows that herbal cosmetics could be good and long-lasting choices in the hair care industry around the world.

**Key words:**, Herbal , Cosmetic, Hair

### INTRODUCTION

Herbal cosmetics are made with a base of different cosmetic ingredients that are safe to use in cosmetics. These items also have one or more herbal ingredients that are good for your skin in certain ways.

The Greek word "kosmētikos," which means "skilled in arranging or adorning," is where the word "cosmetic" comes from. The Greek word "kosmos," which means "order" or "harmony," gives it its name. It stresses the idea of making things more beautiful and appealing. Herbal cosmetics, which are made from plants, herbs, and other natural things, have been used for beauty and health benefits for a long time.

Herbal cosmetics have become very popular in the last few years because they use natural ingredients to make you look better without the bad effects that come with synthetic chemicals. Herbal hair care products are very popular because they are made with natural ingredients, are good for your health, and don't have many side effects.

Ayurveda, Traditional Chinese Medicine (TCM), and Unani medicine are all types of traditional medicine that have used herbs for a long time to keep hair healthy, feed it, and stop it from falling out. The point of this study was to find out how useful herbal hair oil painting is for fixing common hair problems like baldness, alopecia, hair loss, Argentine hair, blankness, and dandruff.

### Hair problems

A lot of things can go wrong with hair and scalp, like hair loss (alopecia), dandruff, a dry or oily scalp, damaged hair, and infections like folliculitis. These Genetics, stress, hormonal imbalances, bad nutrition, and stress from outside sources are just a few of the things that can cause issues. Common hair-related problems include:

#### 1. Hair Loss:

- i. **Alopecia**: Hair loss due to genetics, stress, or medical conditions.
- ii. **Thinning hair**: Gradual hair loss, often due to aging or hormonal changes.

#### 2. Hair Damage:

- i) **Split ends**: Damage to the hair shaft, often due to heat styling or chemical treatments.
- ii) **Breakage**: Hair breaking off, often due to excessive heat, chemical damage, or mechanical stress.

#### 3. Scalp Issues:

- iii. **Dandruff**: Flaky scalp, often due to dry skin, sensitivity, or fungal infections.
- ii. **Itchy scalp**: Irritation, often due to dryness, sensitivity, or scalp conditions.

**Other Issues:**

- i. **Dryness**: Lack of moisture, often due to environmental factors or hair care products.
- ii. **Frizz**: Unruly hair, often due to humidity or hair texture.
- iii. **Color fade**: Loss of hair color, often due to washing, sun exposure, or chemical damage.

#### 4. Herbal cosmetic for hair includes:

- 1) Herbal hair oil
- 2) Herbal hair shampoo

- 3) Herbal hair gel
- 4) Herbal hair lotion

### Herbal hair oil:

These oils help style, nourish, and make hair look more graceful. Many people use and look into herbal hair oils because they might help hair grow, stop hair loss, and make hair healthier in general. Oil is full of important nutrients that help the sebaceous glands work properly and make hair grow. These are some of the most popular products for treating hair. As people's lives get better, they use more and more hair oil every day.

### Types of herbal hair oil –

- Tea tree oil
- Almond oil
- Coconut oil
- Neem oil
- Amla oil
- Onion hair oil
- Jasmine hair oil

### Benefit of herbal hair oil

Herbal hair oil not only helps hair grow, but it also makes it shine, moisturizes it, and gets rid of dandruff. Some of the herbs that help blood flow in the scalp are bhringraj, amla, and rosemary. This helps the roots get stronger and new hair grow. Regularly using herbal oils can also help keep your hair from falling out by giving it the vitamins and minerals it needs to stay strong and not break or thin. Herbal hair oils also make hair feel better by deeply conditioning the strands, which makes them softer, smoother, and shinier without using harsh chemicals.

#### 1. Herbal hair shampoo :

Herbal cosmetic shampoos are shampoos that are mostly made from plants and are used to clean hair. They are supposed to lower the amount of chemicals that come into contact with hair and scalp while also giving them natural nourishment. These shampoos are becoming more popular because they are gentle and good for the whole body. This is because people are learning more about the side effects of synthetic chemicals.

#### 2. Common Herbal Ingredients

1. Amla (*Embolica officinalis*) – Strengthens hair, reduces hair fall, and promotes Growth.
2. Shikakai (*Acacia concinna*) – Natural cleanser, prevents dandruff, and adds shine.
3. Aloe Vera – Moisturizes, soothes scalp, reduces irritation.
4. Bhringraj (*Eclipta alba*) – Promotes hair growth, prevents premature graying.
5. Neem (*Azadirachta indica*) – Antibacterial, helps with scalp infections

Product name	Brand	Ingredients	Benefits	Price range (Rs)
Wow skin science	Wow	Aloe vera ,apple cider vinegar	Balance scalp Ph ,add shine , reduce dandruff	300-600
Himalaya herbals	Himalaya	Aloe vera , bhringraj , amla	Strengthens hair , promote hair growth ,moisturize hair	250-350
Kesh king Ayurvedic	Kesh king	Amla , Neem , brahmi	Reduce hair fall ,promote hair growth	300-500
Forest essential	Forest Essential	Amla ,bhringraj , hibiscus	Strengthens hair ,promote hair growth	800-1500
Khadi natural herbals	Khadi	Amla ,shikakai, Neem	Cleanses, strengthens hair scalp	250-400

#### 3. Herbal Hair Gel

Herbal hair gel is a natural hair styling product made primarily from plant based or botanical ingredients. Herbal hair gels use extracts from herbs, Essential oils, and other natural substances to style hair while promoting Scalp and hair health.

**Common Ingredients in Herbal Hair Gel**

- 1.Aloe Vera 2.Flaxseed 3.Neem
- 4.Amla
- 5.Brahmi 6.Henna
- 7.Essential oil

**Key Benefits:**

1. Natural Hold
2. Scalp Health
3. Hair Nourishment
4. Chemical-Free

Product name	Brand	Key ingredients	Benefits
Aloe vera hair gel	Patanjali	Aloe vera ,vit E	Moisturize scalp , controls dandruff
Bringraj styling gel	Khadi natural	Bhringraj ,amla ,brahmi	Promote hair growth
Herbal hair styling gel	Biotique	Amla ,hibiscus ,aloe vera	Add shine , nourish hair
Hibiscus hair gel	Forest essential	Hibiscus ,aloe vera ,coconut oil	Softens hair
Organic hair gel	Organic harvest	Green tea ,aloe vera , lemon	Controls oil , strengthens roots
Herbal hold hair gel	Jovees	Amla , henna	Adds volume
Ayurvedic hair gel	Himalaya	Bhringraj ,fenugreek ,aloe vera	Control frizz , nourish scalp
Neem and aloe styling gel	Just herbs	Neem ,aloe vera ,basil	Antibacterial
Herbal hair styling gel	VLCC	Rosemary ,aloe vera, wheat protein	Improves texture
Nourishing hair gel	Indus valley	Aloe vera ,Tulsi , Tea Tree oil	Hydrates scalp ,fights dandruff

**4. Herbal hair lotion:**

Herbal hair lotion is a natural hair care product made with herbs, essential oils, and plant extracts. It's designed to nourish, moisturize, and protect your hair and scalp. Herbal hair lotions can be great natural alternative to chemical-based hair products

**Benefits:**

1. Natural ingredients : Gentle on hair and scalp.
2. Promotes hair growth : Stimulates hair follicles.
3. Soothes scalp : Calms irritation and reduces dandruff.
4. Nourishes hair : Moisturizes and conditions hair.

**Common Herbs Used:**

1. Amla : Strengthens hair and promotes growth.
2. Bhringraj : Stimulates hair growth and reduces hair fall.
3. Rosemary : Improves circulation and stimulates hair growth.
4. Neem : Soothes scalp irritations and reduces dandruff.

**Uses:**

1. Daily hair care : Apply to hair after washing or as a leave-in treatment.
2. Hair growth : Use products containing herbs that stimulate hair growth.
3. Scalp issues : Look for products with soothing herbs.

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## Product Examples:

### 1. Kama Ayurveda Bhringraj Hair Lotion.

Ingredients: Contains Bhringraj, Amla, and other herbs Uses: To promote hair growth and reduce hair fall.

### 2. Ayur Herbal Hair Lotion.

Ingredients: Made with herbs like Bhringraj, Amla, and Brahmi Uses: to nourish and strengthen hair.

### 3. Indulekha Bringadi Hair Lotion.

Ingredients: Contains Bringadi oil, Amla, and other herbs Uses:

1. Promotes hair growth : Stimulates hair follicles and improves hair Density.
2. Nourishes hair : Moisturizes and conditions hair, leaving it soft and Shiny.
2. Reduces hair fall : Strengthens hair roots and reduces breakage.
3. Soothes scalp : Calms irritation and reduces dandruff.
1. These herbal hair lotions can help promote hair growth, nourish hair, and Soothe the scalp.

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## CONCLUSION

Herbal hair and beauty products are becoming very popular because they are safe, have natural ingredients, and are good for you in the long run. Herbal alternatives don't have the strong chemicals that regular products do. Instead, they use plant-based extracts like aloe vera, neem, amla, and turmeric, which are known to be good for your health and healing. People of all ages can use these products every day because they are usually safer for hair and skin and have few side effects. Herbal cosmetics are good for your health and the environment.

They are good for the environment because they break down naturally and don't hurt animals. But there are still issues with them, such as the fact that they aren't standardized, don't last as long, and have trouble with rules. As more people learn about and want natural solutions, the herbal cosmetics industry is likely to keep growing. People who want to look good naturally should generally choose herbal hair and beauty products.

Using herbal hair products is a natural way to take care of your hair. They use the healing powers of plants to help with things like making hair grow, stopping hair loss, and making the scalp healthier. People often pick them because they think they don't have as many bad side effects as synthetic ones.

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## Summary

In a nutshell, herbal hair products have become very popular in the last few years because they come from plants, have few side effects, and have been used in traditional medicine systems like Ayurveda for a long time.

These items are made with plant-based ingredients that are good for the hair and scalp. Amla, bhringraj, shikakai, hibiscus, neem, and aloe vera are some of the most common herbs that can help hair grow, get rid of dandruff, nourish the scalp, and make hair stronger. Herbal products usually don't have parabens, sulfates, or other harsh chemicals that synthetic products do. Over time, this makes them safer to use. Research and customer feedback show that they help make hair feel better, stop hair loss, and keep the scalp healthy in general. More and more people want beauty products that are clean and good for the environment, so herbal hair care products are a promising and natural way to treat hair.

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