

A Review on Active Ingredients used in Herbal Shampoo

Shreya G. Jadhav.

Professor: Anaghya sarvadnya.

Student, Mahavir Institute of Pharmacy Nashik-422101

Date of Submission: 10-01-2025

Date of Acceptance: 20-01-2025

ABSTRACT: The main motive of this present study is to see what are Herbal Shampoo and the active ingredients used in it. It also shows various evaluation parameters studies of shampoo which is important to check whether it meets its goals and reaches its quality, safety, and efficacy of the shampoo or not. Herbal Shampoo mainly consists of natural ingredients. The main property of the Herbal shampoo is it is non-toxic, non-irritant, no harsh chemicals, etc. It keeps hair soft, smooth, shiny, frizz free, and cleans the scalp without drying the hairs.³

Keywords: - Herbal Shampoo, Hair growth, Anti inflammatory, dandruff

- 2) Prevents or reduces hair loss.
- 3) Promotes hair growth.
- 4) It promotes collagen production which keeps healthy skin cells thus in result healthy hair growth.⁵



I. INTRODUCTION:-

What is Herbal Shampoo?

The word Herbal is derived from the Latin word “herbalis” meaning, ‘book of herbs’. Herbal is related to herbs which has culinary and medicinal properties. Shampoo is a preparation use for cleaning and maintaining the hairs. Thus Herbal Shampoo is defined as a shampoo made with herbal ingredients.²

Benefits of using Herbal Shampoo:-

- 1) It is a natural product with no chemicals.
- 2) No irritation and less toxic.
- 3) Maintains natural oil on scalp
- 4) Less hair falls as compared to chemical shampoo.
- 5) The herbal ingredients have no side effects.⁷

Ingredients:-

Here are some herbal ingredients which can be or are used in Herbal Shampoo.⁴

A) Onion.

Biological name: - Allium cepa.

Family: - Amaryllidaceae.

Biological Source: - The Onion is grown natively in Southwestern Asia but now is grown all over the world, typically in Temperate Zone.³

Uses:-

- 1) It gives strong and thick hair.

B) Sunflower.

Biological name: - Helianthus annus L.

Family: - Asteraceae.

Biological Source: - Sunflower is grown natively in North and South America but now is grown in many countries like India, Russia, Ukraine, Argentina, etc.³

Uses:-

- 1) It gives strong and shiny hair.
- 2) It keeps the scalp and the hair hydrated.
- 3) It has protective properties which limits the proliferation of bacteria.
- 4) It reduces the frizz and thinning of hair.²



C) Rosemary.

Biological name: - *Rosemarinus officinalis*.

Family: - Lamiaceae.

Biological Source: - Rosemary is grown natively in the Mediterranean region.

Uses:-

- 1) It nourishes the hair follicle.
- 2) Stimulates the blood circulation which strengthens the hair roots.
- 3) Controls hair fall.
- 4) Reduces the dandruff.⁵



D) Avocado.

Biological Name: - *Persea americana*.

Family: - Lauraceae.

Biological source: - Avocados are grown natively in Mexico and Central America but now is grown all over the world. The research states that the top producer of Avocados is California.²

Uses:-

- 1) Avocados have anti-inflammatory and anti-oxidant properties.
- 2) It smoothen, detangles, and makes hair soft which is a best conditioning property.
- 3) It prevents the risk of Alopecia.
- 4) It protects, nourishes, strengthens, and encourages the hair growth.¹



E) Macadamia Nut.

Biological Name: - *Macadamia integrifolia*.

Family: - Proteaceae.

Biological Source: - Macadamia nuts are natively grown in Australia. It is also grown in some countries in Asia, Africa, Latin America, and continental United States.³

Uses:-

- 1) It hydrates and regenerates the scalp skin.
- 2) It controls dry and frizzy hair.
- 3) Restores the damaged hair.
- 4) It maintains and adds the shine and smoothes the hair.⁴



F) Oat.

Biological Name: - *Avena sativa*.

Family: - Poaceae.

Biological Source: - Oats have originated from Western Asia and Eastern Europe. But is also grown worldwide mainly in China, Australia, Canada, etc.⁶

Uses:-

- 1) It gives nourishment to hair follicles which in results promotes the hair growth.
- 2) It moistures the hair.
- 3) It gives frizz free and softens the hair.
- 4) It controls the split ends.⁷



Evaluation Parameters:-

Evaluation is necessary to see the quality, efficacy, and safety of the product. Here are some evaluation parameters of shampoo.⁵

1) Physical Appearance:-

In this parameter the color, texture, clarity, and fragrance are determined of the shampoo.

2) pH determination:-

It is necessary to check the pH of the shampoo as the more the acidic nature of the shampoo it makes the cuticle of the hair shrink. And the more basic the shampoo is it makes the cuticle of hair swell. Ideally the pH of the shampoo should range 4.0 to 5.5.

3) Dirt Dispersion test:-

The Dirt Dispersion test is done to check if there is dirt present in the shampoo or not. If there is no ink distribution it means there is no dirt present in the shampoo. If there is an ink present in the shampoo it is consider as the dirt is present in the shampoo. The India ink is used in dirt dispersion test.⁷

4) Cleaning Action:-

This parameter is done to see the cleaning effect of the shampoo. In this it determines whether the shampoo removes the environment dirt, grease, and sebum or not. The test is done under the microscope by comparing the image of scalp before and after applying the shampoo.⁴

5) Wetting Time:-

The parameter is done to check the wetting ability of the shampoo means the ability of the shampoo to spread on the surface. A canvas disk is taken to measure the time to sink in the shampoo solution. Less the time to sink the disk higher is the efficacy.⁶

6) Foaming ability and Stability:-

The foaming ability of the shampoo determines how the shampoo is distributed on the hair easily which helps to remove dirt from scalp properly as the foaming agents helps to spread the shampoo properly.⁷

REFERENCES:-

- [1]. Ishii MK. Objective and instrumental methods for evaluation of hair care product efficacy and substantiation of

- claims. In: Hair and hair care. New York: Marcel Dekker, Inc; 1997. P. 261-302
- [2]. Mrs. K. Sravanthi N. Kavitha, K. Sowmya, S. Naazneen, U. Vaishnavi, CH. Anil St. Pauls college of pharmacy, Turkayamjal, Rangareddy District, Telangana, 5015A Review on Formulation and Evaluation of Herbal Anti Dandruff Shampoo Volume 6, Issue 3 May – June 2021
- [3]. Suyog Sunil Bhagwat Dr. N. J. Paulbudhe College of Pharmacy, FORMULATION AND EVALUATION OF HERBAL SHAMPOO 2020 IJCRT | Volume 8, Issue 9 September 2020
- [4]. Jaya Preethi P., Padmini K., Srikanth J., Lohita M., Swetha K., Vengal Rao P.A Review on Herbal Shampoo and Its Evaluation Volume - 3, Issue - 4, Year – 2013
- [5]. Mainkar AR, Jolly CI. Evaluation of commercial herbal shampoos. Int J Cosmet Sci 2000;22:385-91.
- [6]. <https://www.medicalnewstoday.com>
- [7]. <https://en.m.wikipedia.org>