

Eclipta Alba (Bhringraj): A Review of Herbal Hair Oil.

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Date of Submission: 20-04-2025

Date of Acceptance: 30-04-2025

ABSTRACT – The review article highlights the importance of herbal hair oil for healthy life of hair . Now days human beings are interested for hair preparation materials. Hair plays important role in human life , personality of human and for their cautions we used lot of cosmetic product.

These also involves the advantages of herbal hair oil and their formulation. Herbal hair oil formulation use for hair loss treatment and different hair problems with less side effects compare to other chemical products.

These herbal hair oil involves mostly Bhringraj leaves and flowers, hibiscus flower, curry leaves, fenugreek seeds, coconut oil, jasmine oil . This all ingredients provide essential nutrients such as vitamins , antioxidants , proteins and many essential oils to maintain normal function of sebaceous gland .

KEYWORDS– Herbal oil ,Hair care , Natural herbs , Herbal formulation , Hair growth activity , Evaluation , Bhringraj .

I. INTRODUCTION–

Hair plays vital role in human life. Hair oil are hair care product and formulation . Herbal hair oil are used for the reason of the cleaning , editing of hair structure , providing nourishment to hair and retaining the health full appearance of hair . Hair oil are also used for treatment of hair disorder which includes baldness , greying of hairs , hairfall , dry hair, etc.

Hair is important part of body originates from ectoderm off the skin, is protected and considered structure with sebaceous gland, sweat Gland,nails. During embryological development epidermal derivatives originates epidermis . For treatment of various treatment of dandruff, hair fall and spilt ends hair preparation are used, such preparation are also used to cool the scalp for luxurious growth of hair in both men and women. Various type of herbal oil which consist of coconut oil, jasmine oil are applied on hair for

improvement of scalp with suitable herbs including Bhringraj.

Bhringraj 'Eclipta alba' exhibit properties which enhance growth and blackening of hair, each part of medicinal plant is correlated with therapeutic properties such as anticancer, anti oxidant, anti bacterial and ovicidal. E alba is known as 'king of hairs'.

The Charaka Samhita (the defenative book on Ayurvedic medicine) describe the importance of oiling the hair and scalp to maintain good hair health and prevent hair loss. The daily hair oiling was recommended with appropriate herbs filled to suit other constituents and this practice also continous until today. Such hair oil preparations are included to treat various dandruff, hairfall process split ends, etc.

Bhringraj (Eclipta alba) :



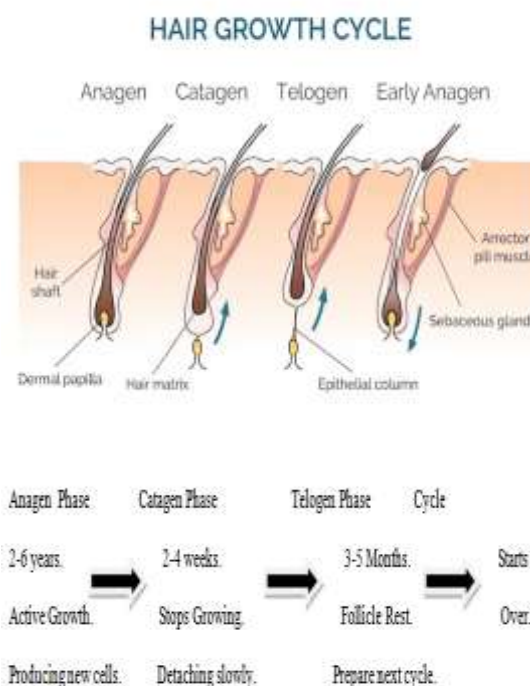
Bhringraj hair oil is herbal hair oil that is formulated with the herb bhringraj , which is botanically described as Eclipta alba. Although there are many variation bhringraj oil that are available the best bhrinraj oil will always contain bhringraj as the primary ingredient . This plant that is native to India is often used in combination with carrier oil like coconut or jasmine oil, but may also be combined with other herbal extract and herbal oils.

In Ayurved , bhringraj is recognized for its cooling properties and it is most highly recommended as a treatment for hair fall, balding, and other hair disorders . Bhringraj oil has a long

history to use in this context and it is regarded as balancing for all dashes , but most importantly it helps to pacify pitta dasha. This is significant because pitta aggravation is known to play a major role in hair thinning , blading and hair damage.

- ✓ Promotes hair growth - This benefits of bhringraj for hair care is perhaps the most important and valuable to most people . Research shows that the regular use of bhringraj hair oil can reduce the time taken for hair growth , increasing hair volume to counter the effects of hair loss and hair thinning .Similarly , it is examined that the effectiveness of herbal hair formulation containing bhringraj found that the use of such products improved regeneration and hair growth time. They observe an increase number of hair follicles during anagenic phase which translate into thicker hair. Bhringraj has high vitamin E content , which can reduce free radical damage that is linked to hair damage.

Hair Growth Cycle:



Composition of herbal hair oil:

Sr. no.	Ingridients	Role of ingredients	Formula
1	Bhringraj	Prevents hairfall.	6gm
2	Curry Leaves	Eliminates dead scalp follicles.	6gm
3	Fenugreek Seeds	Antidandruff.	6 gm
4	Coconut Oil	Moisturize hairs.	10ml
5	Jasmine oil	Fragrance.	5 ml
6	Hibiscus	Hair conditioner.	6gm
7	Castor oil	Promote hair growth.	5 ml

Evaluation test for Herbal hair oil(Bhringraj):

1. Physical Properties:

- Viscosity –34.56 cps

2. Organoleptic Properties:.

- Colour – Pale green.
- Odour – Pleasant.

3. Chemical Characterstics:

- PH- 6.5

II. CONCLUSION :

Herbal hair oil is one of the most wellrecognized hair treatments. The use of different materials which is having different benefits with good combination will give the great effect for hair.

The herbal extracts and constituent chosen for the formulation of hair oil were reported to have hair growth , relaxation , antidandruff , hair thickening and hairfall control properties which when used together elicited asynergistic effect in promoting healthy and shiny hair growth . The formulation was proven to be safe for human use .

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