

Formulation of Herbal Hair Mask

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ABSTRACTS

Hairs are delicate part of the body. So accordingly to take care of them we made the formulation of the hair mask. Are added by knowing their benefits to hair.

The purpose of using hair mask is to remove dirt that is built up in hairs coconut oil is also a part of hair mask which is used to apply the mask on hairs. The hair mask that made is completely free chemicals. It only contains the natural ingredients which does not harm your hair.

I. INTRODUCTION

Hair is an important part of the body. It is the health indicator. Hair mask can helps moisturize our hairs. They especially beneficial for dry or damaged hairs. Hair mask may improves the strong of our hairs.

These hair mask are aslo made at home. It has no disadvantages and it is very beneficial we can make this mask from whatever ingredient we have. This product is very important for these whose hair is very thin or who's hairs is bad which is damage. If our hair is good then our personality looks better. These are many type of mask available in the market but they contain chemicals. And chemicals are bad for our hairs so we have made a product without chemicals. The mask is very easy to make.

01. METHI / FENUGREEK SEED :

INFORMATION OF FENUGREEK SEED :

- Methi is the hindi word and its english name is fenugreek.
- This methi seeds are socked for 30 minutes and then after it use.
- Methi seeds are considered to be one of the most effective remedies to treat hair fall issue.
- Hair fall is a common problem in today's time.



MAIN ADVANTAGES OF METHI :

1. strength hair from root
2. Treat follicular problem
3. Adds shine
4. Prevents premature graying
5. Fight scalp problem

02. CURRY LEAVES

INFORMATION OF CURRY LEAVES :

- curry leaves are very effective and maintain the helth of our hairs.
- curry leaves are beneficial to remove the dullness of our hairs.
- curry leaves are full of helth and beauty and they can do wonders for our hairs.
- curry leaves helps to keep our hairs healthy and naturally gorgeous to from an itchy scalp to grey hairs and from hairs loss to dullness. It can fight it all help get the hairs of ours dreams.



MAIN ADVANTAGES OF CURRY LEAVES :

1. Reduce hair fall
2. Treat damage hair
3. Remove clogged hair follicles
4. Scalp restoration
5. Boosts shine

03. MULTANI MITTI



INFORMATION OF MULTANI MITTI :

- Multani mitti is very beneficial for our hairs.
- It helps to remove the impurities from our hair.
- Multani mitti improves blood circulation when applied to the scalps.
- It helps to remove the dryness of our hairs.

MAIN ADVANTAGES OF MULTANI MITTI :

1. Effective cleanser
2. Improve blood circulation
3. Conditioning
4. Smoothing for scalp

04. ALOE VERA



INFORMATION OF ALOE VERA :

- aloe vera is most beneficial for our hair.
- it helps to stop the hair fall.
- aloe vera repairs dead skin cells on the scalp.
- it give shines to our hairs and it acts as great conditioner and leaves our hairs all smooth and shiny.

MAIN ADVANTAGES OF ALOE VERA :

- hydrate hair
- add shine and strength
- anti fungal and anti dandruff properties
- stimulate hair growth
- hair growth

05. RICE WATER

- rice water is rich in minerals and vitamins which havr many benefits for hair.
- it is rich in amino acids which strengthen hair roots add shine and make it smooth and silky.
- it also contains a carbohydrate knows as inositol which repairs damaged hair and protects hair from further damage.



MAIN ADVANTAGES OF RICE WATER :

- conditioner
- hair growth
- additionally it contains vitamin B , vitamin C , vitamin E

- protects hair from damage
- cures dandruff
- adds shine and makes hair silky.

06. STRAWBERRY

INFORMATION OF STRAWBERRY :

- strawberries are already capable of doing so much for your hair.
- some say that strawberries can be used for teeth whitening and acne they may also provide benefits for your hair.
- vitamin c which also has tremendous antioxidant properties. Aids your body in absorbing iron.



MAIN ADVANTAGES OF STRAWBERRY :

- helps prevent acne
- keeps the scalp healthy
- prevents diabetes
- prevents inhabites
- help reduce eye bags

07. HONEY



INFORMATION OF HONEY :

- honey has both emollient and humectant properties making it a great hair moisturizer.
- mollients smooth the hair follicles , adding shine to dull hair.
- humectants bond with water molecules. Adding moisture to dry strands.

MAIN ADVANTAGES OF HONEY :

- reduce hair breakage
- restores shine

- reduce frizz
- improves condition of natural hair

08. COCONUT OIL



INFORMATION OF COCONUT OIL :

- there's plenty of medical research on the health benefits of coconut oil for your body skin and hair.
- some people use coconut oil on their hair scalp because they believe that it help hair growth faster.
- well explore if this is actually effective.
- coconut oil is a fatty oil that's made from raw or dried coconuts. It look like solid white butter at room temperature and melts when heated.

09. CASTOR OIL



ADVANTAGES OF CASTOR OIL

- balance PH level
- anti dandruff properties
- prevents fizzy hair - moisture - cooling effect

PHYTOCHEMICAL OF ALL INGREDIANTS

1) HONEY : - The most abundant Phytochemicals in the honey Samples. were Phenols, sapogenin, sparieine , lunamarin, Pravanone and proanthocyanin.

2) FENUGREEK SEED - Trigoneline - Tigogenine- Diasgenin - Apigenin - Kaempferal - Luteolin

- 3) **CURRY LEAVES** - Alkaloids - Glycosides
 - Steroids - Tannins -
 Terpanoids
- 4) **CASTOR OIL** - Alkaloids -
 Terpenoids - Curdiac - Glycosides
 - Tanins
- 5) **COCONUT OIL** - Phenols -
 Tannins - Leucoanthocyanidins - Flavonoids-
 Triterpenes
- 6) **ALOE VERA** - Alkaloids - Flavonoids
 - Saponins - Phenol - Glycosides -
 Tannins



PROCEDURE

- Firstly take the two leaves of aloe vera. Wash them properly and separate the gel from aloe vera leaves.

- take 15-17 curry leaves from the curry plant and wash them properly and then take the methi seeds in a bowl in the quantity of two teaspoon as the multani mitti has cleaning properly we have to take it as a cleaning agent in the quantity of one teaspoon take 2 ripe strawberries take in a mixture blend the cooked rice 1,2 teaspoon of honey curd have antibacterial properties so, it is very effective the quantity for curd is 2 teaspoon.

- take a separate bowl containing two teaspoon of coconut oil and add castor oil to coconut oil in 1 teaspoon.

- for the procedure of making herbal hair mask we have to take the mixture grinder pot and add all taken ingredients in given quantity. Grind them in mixture pot with the help. Of mixture until the all ingredients becomes uniform and make their paste. Remove the paste from the grinder pot and take it in a separate bowl and add the given quantity of mixture of coconut oil and castor oil to the paste.

-Mix them properly until the uniform mixture is formed

-Here the procedure for making herbal hair mask is completed now apply the paste and scalps to the ends using figures massage gently (dont rub or scratch) leave for 30 minutes then wash nicely with diluted shampoo

FINAL PRODUCT MIXTURE

INGREDIENTS

SR. NO.	INGRIDENTS NAME	QUANTITY
1	Strawberry	1 Piece
2	Methi Seed	3 Tea Spoon
3	Curry Leaves	15/17 Leaves
4	Aloe Vera	2 Leaves
5	Multani Mitti	2 Tea Spoon
6	Coconut Oil	1 Tea Spoon
7	Castor Oil	1/2 Tea Spoon
8	Honey	1 Tea Spoon
9	Rice	2 Tea Spoon

II. CONCLUSION

These study present the use of herbal plant products with proven efficiency as in the hair care preparation.

This investigation was carried out on the basis of traditional and present days knowledge that used to formulate the herbal hair mask to develop to few parameters for quality and purity of the herbal hair mask shelf life is assured the stability at room temperature and thus every ingredients impicutes efficiency and saftey.

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