

Review on- Herbal Oil as a Hair Care

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ABSTRACT: The idea of beauty and cosmetics is as old as humankind and civilization. Cosmetics are essential to human life. One of the most successful subfields in a cosmetic technology is herbal cosmetics. Pharmaceutical products of bioactive substances work together to create herbal cosmetics. Herbs are utilized for cosmetic preparation, body beauty, flavoring, and coloring, human personality is greatly influenced by hair, and we frequently use cosmetics to take care of our hair. The study intends to assess the value of herbal oils and their application to common hair issues such as baldness, hair loss, dryness, and dandruff. To look young and attractive, several beauty and cosmetic products with herbs are employed. In herbal hair formulations, a variety of herbal substances are used; they offer vital elements including vitamins and antioxidants. Among others. The use of herbal hair oils is frequently used to protect hair from hair damage and hair loss while also nourishing it. Today, side effects are a big issue after using any beauty products, thus herbal products are chosen because they are less likely to cause any kind of adverse effects.

Key words: herbal cosmetics, herbal hair oil, phytochemicals, hair problems.

INTRODUCTION

Along with sebaceous glands, sweat glands, and nails, hair is one of the essential body elements seen as a protective appendage on the body and auxiliary structure of the envelope. The bulb (a bulge at base that comes from dermis), root, and shaft make up the majority of hair. (which is above skin level) and root (which is below skin level) [1]

The demand for herbal cosmetics was rising dramatically on the global market. To achieve the goal of beautifying, a variety of herbal cosmetic items are utilized as beauty management. It is safer for our skin when herbs are added to cosmetics.[2]

As old as humans and civilization itself is the idea of beauty and cosmetics. Therefore, people use various beauty products that contain herbs to seem beautiful and young. Indian herbs and their strategy are well-liked throughout the world (Sanju et al., 2006).[3]

As the name implies, the term "herbal extracts" refers to herb extracts. Its roots were found in the revered Vedas and in the writings of the Unani religion, making it an ancient approach. As the information indicated, the chemical drugs may have adverse effects and do not always function as miracle cures. The usage of natural goods and herbalism are currently in vogue. In India, there are the abundant sources used in the cosmetics industry. Hair products that include herbal medications are the term "hair tonics" Herbal extracts in an oil base are used to improvise these. Oils for hair are the hair care products used to treat hair issues such as baldness, hair thinning, and hair loss and hair dryness (Joshi et al., 2017)[4].

Herbs have been used excessively for hair treatments. Amla, Henna, Neem, Methi, Lemon, Tulsi, Brahmi, Shikakai, Reetha, Licorice root, Musk root, Mahabhringraj, Jantamasi, Chitraka, Marigold, Hibiscus, Nutmeg, Parsley, Rosemary, and Thyme are just a handful of these herbs (Bhatia, 2001).[5]

Herbal formulations always have great attention because of their good benefits and comparative lack of (or absence of) side effects compared to synthetic medications (Pooja et al., 2009). [6]

Herbal oil: [7]

Herbal oils, commonly referred to as oil extracts, are derived from plants and herbs and have medicinal uses. It is common knowledge that nutrients, bioactive ingredients, antioxidants, and bio stimulants work better together than they do separately.

HAIR ANATOMY:

Hair is one of the characteristics features of mammals and has many functions such as external protection from heat and cold. Hair is an important part of the body, along with sebaceous glands and sweat, hair is considered a protective extension of the body and material of the body. [17] The main part of the hair is the light, root and hair shaft. [18] Hair loss, dandruff, lice, split ends, and gray hair are some common symptoms of hair loss. [19] Although hair seems simple, it is one of the most complex structures in the human body.

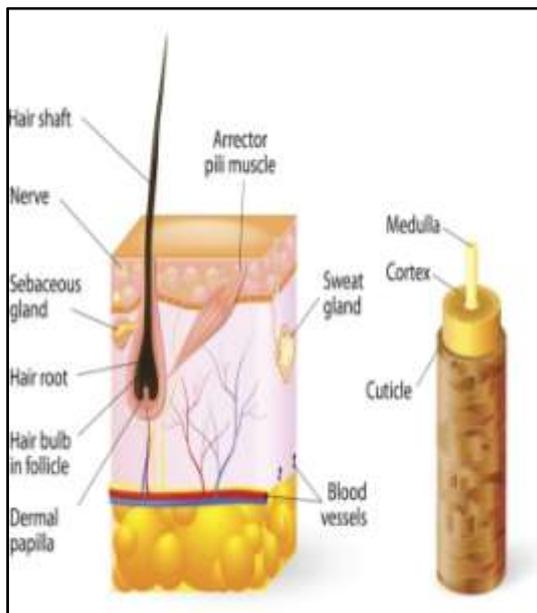


Figure 1 Hair anatomy

Structure of hair

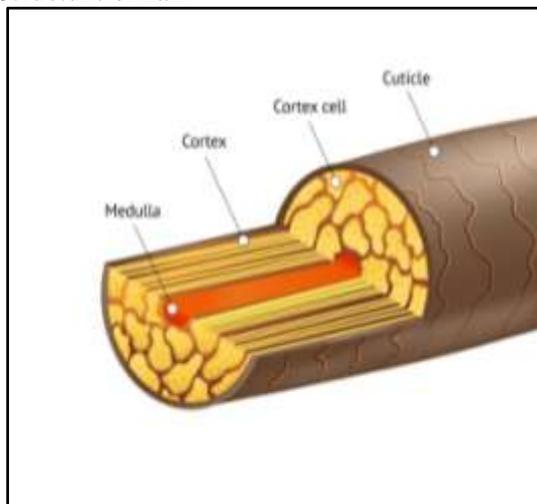


Figure 2 Hair structure

Hair is made up of two structures:-

Hair follicle

The hair follicle is where hair begins to grow and develop. It is a stocking-like structure that begin in the epidermis. It extends to the dermis. The hair follicle has an inner and outer layer that protects the hair and allows it to grow, and ends before the sebaceous gland opens.

Hair shaft

The hair shaft is the part of the hair that contains three layers of keratin.

These layers;-

- i. Inner layer:** Also known as Medulla. Depending on the hair type, the medulla may not always be there.
- ii. Middle Layer:** This is called the cortex and makes up most of the hair shaft.
- iii. Outer Layer:** Also known as cuticles . They consist of interconnected scales in an overlapping pattern similar to roof tiles.

A] Cuticle

The cuticle of your hair normally consists of a substance called sebum that protects your hair from dryness. So, when it penetrates the hair cortex, it eliminates the protective sebum. The cuticles are clear and natural. It must be closed to restore health. The cuticle, which consists of overlapping cells like fish scales or high roofs, is the subcutaneous layer that protects the hair. Healthy cuticles are smooth and straight. It makes hair shiny and protects the inner layer from damage. It also reduces the movement of moisture in and out of the cortex, making the hair moisture balanced and firm. But chemical treatments and exposure to residue can lift the scalp and disrupt the balance, causing hair to become dry and brittle. [20]

B] Cortex

The cortex contributes to hair volume and color. It consists of keratin proteins held together by disulfide and hydrogen bonds. Cortical health depends primarily on the integrity of the stratum corneum, which protects the cortex. The cortex is the largest part of the hair and accounts for approximately 75% of its weight. The cortex is located at the center of each hair fiber and consists of long, tightly packed keratin spindles stabilized by disulfide bonds. Keratin spindles proceed from the smallest structure (keratin itself) and end with the largest structure (cortex itself). Cortex gives strength to the hair and contains melanin granules.

These are colored packages responsible for colors. The cortex is also responsible for giving hair its shape and texture, which can appear straight, curly, or curly. [21]

C] medulla

Medulla is the inner subtype of the hair shaft. This barely visible subcaste is the softest and most fragile and produces bones or hair follicles.

HAIR GROWTH CYCLE

Hair growth occurs in cyclical phases divided into the following phases: anagen (growth), catagen (involution) and telogen (rest) [22]. Pigmentation problems (fading), dandruff and hair thinning (loss) are hair problems [23]. Hair loss is not life-threatening but can have a serious impact on relationships [24]. There is currently no consensus on hair loss and it is a controversial issue [25, 26].

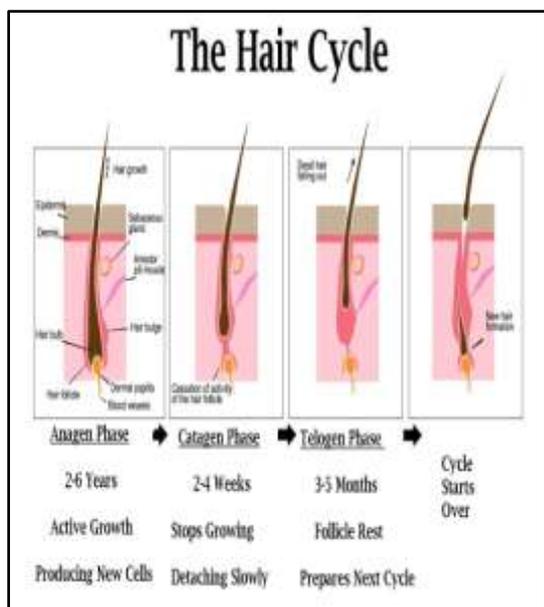
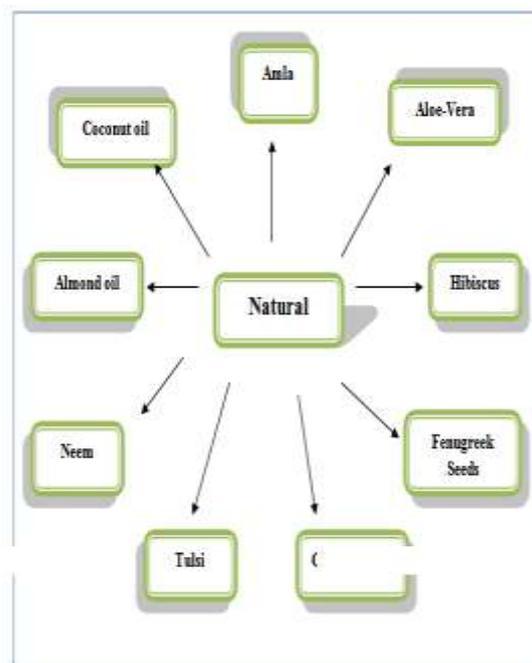


Figure 3 Hair growth cycle

HERBAL HAIR OIL

Common herbs used in hair oil



➤ **General as per literature following herbs are used for preparation Aloe Vera pulp** [8]

Aloe vera pulp contains proteolytic enzymes that heal dead skin on the scalp. It is also a good conditioner and makes your hair smooth and shiny. It also helps in hair growth, prevents itchy scalp, reduces dandruff and other hair problems. It contains vitamins A, C and E. All three vitamins help cell regeneration, promote cell growth and make hair shiny. The word aloe comes from the Arabic word viz. Alloch means bright, bitter things. Among the different species, vera means true, ferox means wild, spicata means spike, barbadensis and africana means living plant. It is also known as aloe vera and is used with burnt alum to treat eye pain.



Figure 4 Alo vera

Uses

- 1 it has antibacterial and antioxidant qualities
- 2 it contains beneficial plant chemical
- 3 it expedites the healing of wounds
- 4 it is use to get rid of dead skin

Hibiscus^[9]

Hibiscus flower is used to prevent premature grayin g of hair, hair loss and spilt ends

It can help strengthen your immune system and prevent cell damage from free radicals in the body. This may reduce your risk of many health problems, such as heart disease, diabetes and cancer. Hibiscus tea also contains other antioxidants such as anthocyanins.

Uses:

- Stimulates hair growth.
- Protect the skin.
- Helps treat dandruff.
- Deep hair.
- Prevent premature hair loss



Figure 5 hibiscus

Fenugreek Seeds: (Methi)^[10]

Fenugreek accelerates blood circulation and helps reduce dandruff. Fenugreek seeds are rich in protein and niacin content and treat dry hair, control dry skin and rough skin. Meth stops hair loss and strengthens hair from roots to ends. Many of the plant compounds in fenugreek can interact with a chemical in the body called DHT (dihydrotestosterone).

If DHT sticks to your hair follicles, it will sooner or later cause hair loss. Fenugreek may slow down the ability of DHT to bind to the hair follicle. Animal studies also show that vegetable oil mixed

with fenugreek seed extract can increase hair thickness and growth. Although these studies show a positive relationship between the use of fenugreek and its ability to prevent hair loss, more research, especially human studies, is needed to determine how fenugreek helps hair growth.

Uses :

- Repairs damaged hair.
- Prevents dandruff formation.
- Scalp inflammation.
- Brighter and more beautiful.
- Prevent premature graying of hair



Figure 6 fenugreek seeds

Curry Leaves:^[11]

Curry leaves are popularly known as "KadiPatta". It is one of the most common household ingredients and is easily found in most Indian kitchens. Curry leaves are rich in substances that will be good for your hair and stimulate hair growth. They are rich in antioxidants and proteins, and these antioxidants neutralize free radicals to keep your hair healthy and strong. This can be a cheap solution to your hair problems that you can prepare at home. Here are some ways to use curry leaves to stimulate hair growth. But before you follow this procedure, do a patch test to make sure you are safe because your skin may be allergic to the leaves. Curry leaves prevent hair loss and premature graying of hair.

Uses:

- It is used to prevent hair loss, hair thinning, premature graying and hair damage.
- It is used to strengthen hair and make hair shiny.
- For hair growth
- To protect hair



Figure 7 curry leaves

Tulsi: ^[12-13]

Tulsi works well as a hair loss treatment. It is prescribed as a crucial component in herbal hair loss remedies. Treatment the plant reduces hair loss by preventing bacterial and fungal infection and strengthening the hair roots. Tulsi helps maintain skin moisture, accelerates blood circulation, reduces itching and dryness, strengthens hair follicles and ensures healthy hair follicles.

Uses:

- Preventing hairfall
- Maintain scalp health
- Prevents hair from prematurely graying
- Used for treating dandruff



Figure 8 tulsi

Neem: ^[14]

Neem is a type of plant derived from the neem tree, other names include neem and indica. The extract comes from the seeds of the tree and has many medicinal uses. It is one of two species in the genus *Azadirachta* and is native to the Indian subcontinent and many countries in Africa.

Uses:

- Promote hair growth.
- Temporarily closes the hair follicles.
- Lightens the frizz.
- Reduce gray hair.
- Reduces dandruff.



Figure 9 neem leaves

Almond oil: ^[13-15]

Almond oil is rich in vitamin E and can be used to treat hair loss and strengthen hair. Almond oil is obtained by pressing the seeds of the almond tree (almond fruit) and extracting the oil from them. Almonds have been valued in many ancient cultures for their medicinal and health benefits, as well as their high protein, omega-9 fatty acids, and vitamin E content. This product suggests that almond oil can increase the shine and strength of your hair. Sweet almond oil is the most sold and recommended oil as a hair care product

Uses:

- Help hair grow faster.
- Provide nutrients to the roots.
- Prevent premature graying.
- Apply some moisture to your hair.
- To comb your hair



Figure 10 almond oil

Coconut oil: ^[13]

Your hairs health and condition can improve thanks to coconut oil. It acids in halting the loss of protein from your hair. Applying it to hair both before and after washing it is advantageous

Uses

- Can make hair shiny and smooth
- Can help to repair split ends
- Help to fight dandruff



Figure 11 Coconut oil

Amla: ^[16]

Healthy fruit amla is sometimes referred to as Indian gooseberry for hair. Amla fruit which comes from the amalaki plant has been utilized as a crucial component of hair care routines for age and is regarded as an elixir for hair. Amla has nourishing qualities as well. One amla contain up to 80% moisture making it a fantastic source of moisture. Natural skin moisturizer

Uses:

- Antioxidant
- Strengthen the hair and scalp
- Promote hair development
- Reduce the loss of hair and early pigment



Figure 12 Amla

HERBAL HAIR CARE COSMETICS INCLUDES;

1. Herbal hair oil
2. Herbal hair shampoo
3. Herbal hair conditioners
4. Herbal hair dyes

Requirements of a Herbal Hair Oil:-^[13]

1. It can be easily removed by rinsing with water.
2. It should leave hair dry, soft, shiny, with good control and minimal flyaways.
3. It should give a pleasant scent to the hair.
4. It does not cause any side effects on the skin or eyes.

BENEFITS OF HERBAL HAIR OIL: ^[13]

- Protect the crown.
- Prevents hair fall.
- Promote blood circulation to the head.
- It gives shine to your hair and protects it from damage such as breakage and split ends.
- Herbal hair oil contains vitamins and micronutrients that nourish your hair.
- No matter how good your soap and conditioner are, they cannot penetrate your scalp as deeply as hair oil.
- Clever use of natural canvas will solve the problem of unseasonable slate hair.
- Nourishes the crown and hair. Keep the top of your head moist, make your hair shiny and soft and promote hair growth. Make hair more shiny and soft. (27)

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