

# MEDICINAL PLANTS ARE USED FOR HAIR CARE.

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## ABSTRACT:

The review aims to highlight the importance of herbal plants that can be used in hair care treatment. There are many problems related to hair such as dandruff, lice, hair fall, and premature hair greying. History has given us a large number of herbal plants for the treatment of hair care. In this article, we are going to highlight the most important herbal plants that can be easily available to us and will be safe to use.

## Introduction:

To look attractive is the craving of every human being. Right from a child to an older person, everyone likes to be adored by others. We must remember that beauty is in vogue and it has to be changed accordingly to the time and it is completely dependent upon what culture you live in. Cosmetics itself are such products that are specially prepared to enhance beauty and make a person feel more comfortable presenting himself in society. History has given us tremendous herbs for the upcoming modern herbal cosmetics. The pharmaceutical industries obtain high-quality products by depending on plants and raw materials. Ayurveda plants contain synthetic chemical compounds which give fewer side effects, no toxicity, and greater safety and efficacy. Many herbs are used for problems related to skin and hair. The appearance of the hair and the skin itself manifest a greater upshot to the perfect body appearance. Many products in the market contain the main ingredient from the plant origin and have increased their value in the market because of their best results.

## Different herbs used in hair care:

### 1) AMLA(*Emblica Officinalis*)

Family: *Phyllanthaceae*

Part used: Fruit

Also known as “INDIAN GOOSEBERRY”. *Phyllanthus* is derived from a Greek word that means leaf flower. Phyllembic acid is the chief constituent of the Amla fruit. It contains 5 to 6 % of tannins such as Gallic acid Ellagic acid and Phyllembelin. The aqueous extract of the Amla is used in the formulation. Amla contains a rich source of Vitamin C, Iron, and Calcium. It possesses properties such as astringent, cooling, laxative, and diuretic. It is used in combination with any other hair oil. It is mostly available in the form of hair oil. It is been used for ages and can be easily made at home by boiling the fruit of Amla in the oil and massaging it on the hair scalp.

### 2) NEEM(*Azadirachta indica*):

Family: *Meliaceae*

Part used: Leaves

Also known as “INDIAN LILAC”. It is an Indian subcontinent plant. Neem leaves contain flavonoids, steroids, terpenoids, sterols, imbibing, and Salinan. The aqueous extract of the Neem is used. The high-quality extract of the Neem or the oil pressed Neem oil is used in the formulations of products that help to control ticks, fleas, and lice. It possesses properties such as anti-inflammatory, antioxidant, antiseptic, and healing properties. It also gives the best results for dandruff and hair loss. We can get it in form of hair oil, hair tonic, and conditioners. It is also used most easily by boiling the leaves of Neem into the oil and then massaging it on the scalp.

3) BRAHMI(*Bacopa monnieri*):

Family: *Scrophulariaceae*

Part used: Leaves

Also known as “INDIAN PENNYWORT”. It contains Alkaloid brahmin, Nicotinerprstine, Bacosides A and B, Saponins A, B, and C, and Triterpenoid Saponins. It contains properties of anti-inflammatory, anti-microbial, and astringent. It is rich in Vitamin C, Saponins and Flavonoids. It mostly helps in reducing hair loss and strengthening hair roots. Brahmi reduces the cortisol levels in the body and helps to reduce hair loss. It is also used in the treatment of Insanity and Epilepsy.

4) BHRINGRAJ(*Eclipta prostrate*(L)):

FAMILY: *Asteraceae*

Part used: Flowers

It is also known as “FALSE DAISY”. It is rich in iron, calcium, magnesium, Vitamin D, and Vitamin E. It contains properties such as antioxidant, anti-inflammatory, and antibacterial. It is also known as “Kesharaj” which means “Ruler of the hair”. It is used to promote hair growth, lustre, softness, and strength. There are two types of bhringraj plants – Yellow Blossom and White blossom and both can be used for extracting the oil. Bhringraj oil promotes blood flow to the scalp and roots and stimulates the hair follicles which helps in hair growth. It is effective in reducing irritation on dry scalps. Haritaki and Jatamansi, two of the active components in bhringraj hair oil, are very helpful in preserving the natural colour of hair and preventing early greying.

5) HEENA(*Lawsonia inermis*)

FAMILY: *Lythraceae*

Part used: Leaves

It is mostly known as Mehndi in India. It is represented as a symbol of festivity in India. It contains properties of antifungal and antimicrobial. The special quality of henna is that it gives a cooling effect. It is beneficial for the scalp by reducing dandruff and helps in premature greying hair. It helps to remove the excess grease and dirt present on the scalp and makes the hair silky, shiny, and voluminous. It is used in the form of a hair mask, that can be applied on the hair scalp and also to the length of the hair and then leave it for some time and later wash it. It helps to repair damaged hair. It helps to colour hair naturally.

6) Shikakai(*Acacia concinna*)

Family: *Fabaceae*

Part used: Leaves and pods.

It is found in Asia. It is known as “FRUIT OF HAIRS”. It is a natural cleanser. It is also known as “DETANGLER”. It has a very low Ph. It possesses properties such as anti-inflammatory, anti-fungal, anti-bacterial, and anti-oxidant. It gives a cooling effect. It is such a type of herb that it never shows side effects even if we use it on daily basis. Shikakai pods contain Saponins based on acacia acid and Natural surfactants for cleaning hair. It is such a type of herb that is been used for ages to cleanse hair and is still used in the modern ages, naturally or in a modified form also. The most common way to use it is to take the original herb mixed in the water, heat it, don't overheat it, later rinse it, and just use the shikakai water to cleanse the hair.

7) Curry leaves(*Murraya koenigii*)

Family: *Rutaceae*

Part used: Leaves

It is rich in Vitamin B, Vitamin C, Proteins, folic acid, and minerals such as iron, and possesses properties of anti-oxidants. It has a unique quality of regrowing new hair. It is known as a wonder herb for thick and voluminous. Helps to reduce scalp infections. Vitamin B helps to strengthen the roots of the hair; prevents breakage of hair. It is used daily by boiling the curry leaves into the oil and massaging it on the scalp

8) Coconut(*cocos Nucifera*)

Family: Arecaceae

Part used: Mesocarp

It is a belief in India that using coconut oil on the scalp helps the hair to grow faster, but no research has it. It is a natural surfactant fat, which will help seal in hair moisture; itching, and scalp irritation, preventing breaking and split ends. It gives the best results by using it as a hair mask before taking a shower. It too shows a drawback that applying a lot of hair oil on the scalp may cause acne and other skin-related problems.

9) Ashwagandha(*Withania somnifera*)

Family: Solanaceae

Part used: Roots or Leaves

It is known as “Indian winter cherry” or “Indian Ginseng”. It is been identified as the “Queen of Hearts” for its various hair benefits. Uses of ashwagandha help relieve your hair loss and strengthen your hair roots. It contains properties such as anti-inflammatory, and anti-oxidants. It is rich in Protein, iron, Vitamin C, tyrosine, and potassium. It shows its anti-oxidant property by increasing the DHEA synthesis (Dehydroepiandrosterone) - which boosts the formation of collagen and sebum on the scalp. It also prevents the scalp from UV damage. Tyrosine which is rich in ashwagandha help to keep the melanin level stable, which is a pigment responsible for hair colour

10) Ginkgo(*ginkgo biloba*)

Family: Ginkgoaceae

Part used: Leaves and seeds

It is a native herb of china. Mostly been used in Chinese herbal medicine for ages. It possesses properties such as anti-oxidants and anti-inflammatory. It is proven that it slowly shows results for hair loss. The leaf extract is used to promote hair growth. By showing effects on the apoptosis of the cells present in the hair follicles, it is used in the form of a powerful hair tonic.

11) Aloe vera(*Aloe barbadensis miller*)

Family: Asphodelaceae (Liliaceae)

Part used: Leaves

It is a type of plant which has thick leaves and the leaves contain a gel-like substance in it, which is the raw material and is used to treat problems related to hair care. Aloe vera is rich in vitamins and these vitamins help in promoting cell growth, and strengthened hair. It acts as a natural conditioner. It nourishes and moisturizes the scalp. It contains properties like anti-fungal, antiseptic, and anti-bacterial.

12) ROSEMARY (*Salvia Rosamarinus*)

Family: Lamiaceae

Part used: Leaves.

In India, it is known as Rujamari. It possesses properties like anti-inflammatory, anti-oxidant, and anti-microbial. It contains carsonic acid, which helps in hair growth by improving blood circulation. It helps by reducing scalp irritation, preventing hair loss, reduce grey hair. We can use it in two forms: 1) take a handful of rosemary-dried leaves, boil it in water, steep for 5 hours, then cool, then the mixture should be diluted in water to form a rinse in a shampoo. 2) It is available in form of rosemary oil, mix it with a carrier oil and massage it on the scalp.

**CONCLUSION:**

The purpose of this review article is to make people aware of the traditional plants that can be useful in the treatment of hair care. It mostly focuses on the different plants and their unique properties and shows fruitful results after using it. No side effects and no toxicity may occur. And will be safe and effective to use.

**CONFLICT OF INTEREST:**

The author has no conflicts of interest during this investigation.

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