

A Review Artical on Indian Gooseberry Uses on Haircare

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Abstract: *Indian Gooseberry (Phyllanthus emblica), commonly known as Amla, is one of the most valuable medicinal plants used in traditional Ayurvedic and modern cosmetic formulations. It possesses a rich phytochemical profile containing vitamin C, tannins, flavonoids, phenolic compounds, amino acids, and essential minerals that contribute to its potent antioxidant, anti-inflammatory, and hair-nourishing properties. In hair care, Amla is widely recognized for promoting hair growth, strengthening hair follicles, preventing premature greying, reducing dandruff, and improving overall scalp health. Its bioactive constituents—such as emblicanin A and B, gallic acid, and ellagic acid—play a significant role in delaying oxidative stress and enhancing melanin synthesis, which maintains natural hair pigmentation. Modern pharmaceutical industries have developed multiple Amla- based formulations including hair oils, shampoos, serums, conditioners, and herbal hair masks, integrating traditional knowledge with advanced extraction and stabilization technologies. This review explores the phytochemistry, pharmacological activities, mechanisms of action, and recent innovations in Amla-based hair care products. The study highlights Amla as a safe, natural, and effective ingredient with strong potential for future cosmetic and therapeutic applications in hair health management*

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