

A Review on Polyherbal Hair Oil

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Abstract: Hair is one of the important parts of the body considered to be protective appendages on the body and accessory structure of the integument along with sebaceous gland and sweat gland. Hair loss can affect your scalp or your entire body and it can be temporary or permanent. Indian women are known for their long, thin and shiny hair so hair care is important. Charak samhita explains the importance of oiling the hair and scalp to maintain hair health and prevent hair loss. There are various diseases that can affect the hair like scalp psoriasis that can lead to hair loss if a person itches or picks at affected areas. Hair loss is the dermatologic disorder and the surge for discovering natural products with hair promoting potential is continuous. Hair fall, splits ends, grey hair, dandruff are few problems involved with hair faced by human. To overcome this, human takes many measures by applying many cosmetics for each. Hair oil is one of the best to solve these problems. Herbal drugs are natural compounds from various parts of plants. It helps to treat various hair disease and scalp psoriasis and not only moisturize scalp but also reverses dry scalp and dry hair condition. Hair oil are the cosmetic products which are applied on hair which promotes the luxurious hair growth, treatment of baldness, aggression of hair. Hair oil containing herbal drugs which is natural and very safe and this herbal drugs usually called hair tonic. Herbal hair oil is more preferred and is used to treat many hair diseases. Hair oil not only promote hair growth but also provide the necessary moisture to turn the scalp into beautiful hairs..

Keywords: Hair

I. INTRODUCTION

Herbal formulations always have good activity and comparatively lesser side effects than synthetic products. Humankind uses various products known as cosmetics to enhance elegance, to look young and charming. Thus, cosmetics play a keen role in human life. Hair plays a very important role in enhancing the personality of humans as well as in acting as a protective appendage. Hair is the beauty of humans. There are various types of diseases that affect the hair, like problems with hair fall, dandruff, scalp psoriasis, etc. To prevent these problems, humans use hair oil. Hair oil is made up of various different herbs/parts of herbs. Some drugs are very effective against scalp psoriasis, such as:

- Bhringraj (Eclipta prostrata)
- Amla (Phyllanthus emblica)
- Fenugreek seeds (Trigonella foenum- graecum)
- Coconut oil
- Castor oil, etc.

Herbal hair oil no longer simply moisturizes the scalp but also reverses dry scalp and dry hair conditions.

MERITS OF HERBAL HAIR OIL

Natural and Safe

Herbal hair oils are derived from natural ingredients, minimizing the risk of side effects compared to synthetic formulations.



Studies have shown that herbs like *Amla* and *Bhringraj* are rich in antioxidants, which promote hair health naturally without harmful chemicals 【1】 .

Promotes Hair Growth

Ingredients such as *Bhringraj* and *Fenugreek* have proven efficacy in stimulating hair follicles and improving hair density 【2】 .

These oils prolong the anagen (growth) phase of the hair cycle.

Scalp Nourishment and Hydration Carrier oils like *Coconut oil* and *Castor oil* deeply nourish and hydrate the scalp, preventing dryness and dandruff 【3】 . They form a lipid barrier that protects against environmental damage.

Anti-Microbial Properties

Herbs like *Neem* and *Tea Tree Oil* exhibit antifungal and antibacterial properties, reducing dandruff and preventing scalp infections 【4】 .

They help maintain a healthy scalp environment.

Cost-Effective

Herbal oils are often less expensive than high-end synthetic products while offering similar or superior benefits.

Eco-Friendly

As they are made from biodegradable materials, herbal oils are environmentally sustainable compared to synthetic alternatives.

Multi-Functional

Many herbal hair oils also serve as conditioners, dandruff treatments, and scalp soothers.

For example, *Aloe Vera* in herbal oils acts as a natural conditioner and promotes smooth, shiny hair 【5】 .

DEMERITS OF HERBAL HAIR OIL

Variability in Quality

Lack of standardization in herbal formulations can lead to inconsistent results 【6】 .

Different manufacturers may use varying concentrations of active ingredients.

Potential for Allergic Reactions

Although natural, some ingredients like *Neem* or *Henna* can cause allergic reactions in sensitive individuals 【7】 .

A patch test is recommended before use.

Slow Results

Herbal products often require prolonged use to show significant results, unlike synthetic solutions that provide quicker outcomes 【8】 .

Patience and consistent application are necessary.

Storage and Shelf-Life Issues

Herbal oils may spoil faster than synthetic products due to the absence of preservatives 【9】 .

Exposure to heat and sunlight can degrade their quality.

Strong Odors

Some herbal oils, such as *Neem* or *Fenugreek*, have strong, unpleasant smells that users may find off-putting.

Ineffectiveness for Severe Conditions While effective for mild to moderate issues, herbal oils may not work for severe hair loss or scalp disorders, which require medical interventions.

Greasy Residue

Frequent use of herbal oils can leave a greasy buildup on the scalp and hair, requiring thorough washing.

Overuse may clog pores, leading to other scalp issues.

Mechanisms of Action



Herbal hair oils work through a combination of biochemical and therapeutic actions derived from their natural ingredients. These mechanisms target hair follicles, the scalp, and the hair shaft, promoting hair growth, reducing hair loss, and improving overall scalp health. Below is a brief explanation of their key mechanisms:

1. Nourishment of Hair Follicles

Mechanism: Herbal oils penetrate the scalp and deliver essential nutrients such as vitamins, fatty acids, and antioxidants directly to the hair follicles.

Example:

Coconut oil: Rich in lauric acid, which binds to hair proteins and nourishes hair roots.

Amla (Phyllanthus emblica): Provides Vitamin C and antioxidants, which strengthen hair follicles and reduce oxidative stress.

2. Stimulation of Hair Growth

Mechanism: Active compounds in herbs enhance the activity of dermal papilla cells (responsible for hair growth) and prolong the anagen (growth) phase of the hair cycle.

Example:

Bhringraj (Eclipta prostrata): Contains ecliptine, which promotes cell proliferation in hair follicles, accelerating growth.

Fenugreek (Trigonella foenum-graecum): Contains nicotinic acid and proteins that stimulate hair follicle activity.

3. Protection Against Oxidative Stress Mechanism:

Antioxidants in herbal oils neutralize free radicals that damage hair cells, delaying hair aging and preventing hair loss.

Example:

Amla: High antioxidant content reduces oxidative stress on hair follicles, slowing premature graying.

Vitamin E (from carrier oils like almond oil): Protects hair from UV damage and oxidative stress.






Herbal Hair oil diagram:-





Table 1: Uses of some important herbs

Sr. No	Herbal Drug	Botanical Name	Family	Part Used	Chemical Constituents	Activity
1.	(coconut oil) 	Cocosnucifera	Palm (Arecaceae)	white meaty part of the coconut	-Fatty acid -Oleic acid -Linoleic acid -Phytosterols -Caprylic acid	-Moisturizing -Protecting -Treating dandruff -Repairing scalp moisture barrie
2.	(castor oil) 	Ricinus communis	Euphorbiaceae	Seed	-Ricinoleic acid -carotenoids. -Phospholipid. -Phenolic compound	-Scalp health -Hair growth -Hydration -Anti-dandruff
3.	(Amla) 	Phyllanthusemblica	Phyllanthaceae	Fruit	Vitamin Tannins Alkaloids flavonoids	Strengthen the scalp and hair Stimulation hair growth






4.	(Bhringraj) 	Eclipta prostrata.	Asteraceae	Leave	Flavonoids Polypeptide Polyacetylenes Ecliptine	Hair growth Dandruff reduction Slow graying
5.	(Nigellasativa) 	Black Cumin	Ranunculaceae	Seed	Alkaloids -Sterols Amino acid Fixed oil	Hair loss Scalp Health Nutrients Hair and ollicles
6.	(Fenugreek Seed) 	Trigonella Foenum graecum	Leguminosae	Seed	Carbohydrate Protein Lipids Vitamin Nitrogen compound	Damaged hair Scalp health Dandruff Hair growth Hair loss

Table 3: Marketed products

Sr. No.	Brand	Manufacturer
1	Zeba Herbal Hair Oil	Excell Impex Private Limited
2	Herbal Jharan Hair Oil	Sonarome Fragrances
3	Girnar Reetha Herbal Hair Oil	Girnar Ayurvedic Pharmacy Private Limited
4	Herbal Hair Oil	A. G Industries
5	Amla Hair Oil	Daxal Cosmetics Private Limited
6	Veda Oil	Bo International
7	Hair Fit	Vee Excel Pharmaceuticals Private Limited
8	Keshpriya Hair Oil	Shriji Herbal Products
9	Asbah	Spatz Cosmeceutical Inc.
10	Ayu Hair Oil	Ayubal Wellness

II. CONCLUSION

The formulation of the herbal hair oil under investigation in this study includes the herbs – Coconut Oil, Castor Oil, Amla, Bhringraj, Nigella sativa, and Fenugreek seeds. The herbal extract and ingredients selected for the hair oil formulation are reported to have hair growth, relaxation, anti-dandruff, hair-thickening, and hair-loss control properties, and also heal the scalp psoriasis.

This formulation has been proven to be safe for human use.

All ingredients introduced have many benefits. This oil will help in retaining the exact purpose of a hair, turning gray hair to black, protecting from dandruff, and outcomes in lustrous-looking hair.

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