

**POLYHERBAL HAIR PREPARATION****Prashant Kumar\*<sup>1</sup>, Nitesh Kumar Singh<sup>2</sup>, Dr. Faizi Muzaffar<sup>3</sup> and Prasanjit Paul<sup>4</sup>**

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**ABSTRACT**

Since ancient times, researchers have been exploring nature in search of new drugs. Useful products can be derived from any part of the plant like bark, leaves, flowers, seeds etc. The herbal remedies for hair related disorders novel concept have emerged to develop herbal formulations to replace the adverse synthetic era. Plenty of herbal agents are reported to have remarkable beneficial effect on hair with respect to its growth, cleansing or dyeing such as onion extract, lemongrass extract, coconut oil, amla extract etc. Continuous usage of synthetic compounds containing dye or other agents on natural hair causes many side effects such as skin irritation, erythema, loss or damage of hair and skin cancer to overcome this problem polyherbal

hair formulation concept arises. Polyherbal hair preparation approach is environmental friendly as well as free from various side effects which arises from regular use of synthetic hair preparations and polyherbal formulation consists of multiple herbal agents which together treats common hair problems and this approach is also user friendly.

**KEYWORDS:** Polyherbal hair preparation, Novel concept, Onion extract.

**INTRODUCTION**

Polyherbal Approach is novel concept in present scenario as herbal agents or active phytoconstituent can be derived from any part of plant like leaves, flowers, seeds, bark etc. Phytomedicines are the part of plant product since ancient time.

Polyherbal phytomedicines are less expensive, efficient, safe, easily available and rarely have any adverse effect. The ancient used alma, henna, ritha, bhringraj etc. for several hair problems. Application of Synthetic Hair Preparation increases the usage of Hazardous

Chemicals which not only harmful for the hairs but also adversely effects environment too.<sup>[1]</sup> Hence the review is made to totally replace the synthetic preparation with phytoagents or natural products.

Polyherbal hair preparation will replace the synthetic hair preparation by its multiple action such as controlling hairfall, antidandruff action, and also protects from prematuring grey hair. The polyherbal hair cream is totally based on natural agents to make it free from any type of side effects.<sup>[2-3]</sup>

**Table 1: List of herbal plants used in hair care.**

Common Name	Botanical Name	Family	Part(s) Used	Uses
Onion Extract	<i>Allium cepa</i>	Liliaceae	Bulb	Stimulates Hair Growth
Coconut oil	<i>Cocos nucifera</i>	Arecaceae	Fruit	Prevents Dandruff
Green tea	<i>Camellia sinensis</i>	Theaceae	Leaves	Antioxidant
Holy basil	<i>Ocimum sanctum</i>	Labiatae	Leaves	Treats Dry Scalp
Indian gooseberry	<i>Emblica officinalis</i>	Euphorbiaceae	Fruit	Reduce Premature Grey hair
Lemon grass	<i>Cymbopogon citratis</i>	Graminae	Leaves, aerial part	Antibacterial

## ROLE OF POLY HERBAL INGREDIENTS IN HAIR PREPARATION FOR HAIR TREATMENT

### ONION EXTRACT

Onions mainly composed of substances that prevent fungus & other bacterias that can keep hair free of infections and optimizes hair growth.<sup>[4]</sup>

- Onions are enriched with sulphur content which prevents thinning and breakage of hairs and it is essential for hair follicles regeneration.
- Onion can protect scalp from various types of infection and supports the hair growth cycle it can also replenish the lost nutrients from scalp in order to increase hair growth.
- Onion also act as hair volume enhancer and also imparts shine and thickness to hair when used on daily basis.
- The natural antioxidant present in onion prevents the premature graying of hair.
- Onion also controls lice attack and prevents future infestation.
- The studies have found that onion is effective in treating dandruff and improving blood circulation and keeps scalp healthy.

## COCONUT OIL

Coconut oil promotes and protects hair by:

- Coconut oil prevents protein loss in hairs as it is enriched with lauric acid and easily absorbed into the hair shaft.
- Coconut oil helps in retaining moisture in scalp in order to prevent hair breakage and providing shiny and lustrous appearance to hair.
- One small study accounts coconut oil in combination with anise was very effective in treating head lice as compared to chemical permethrin.
- Coconut oil protects hair from environmental factors like smoke, wind, sun and dust.<sup>[5]</sup>

## GREEN TEA

- Green tea consist of catechins which reduces DHT (Dihydrotestosterone) which accounts for hair loss as a result it stops dryness from scalp, dandruff & hair fall.
- Green tea is very helpful in the treatment of androgenetic alopecia i.e., hormonal hair loss
- Research have found about 33percent of animals who administered green tea extract experienced hair regrowth after six months, while no mice in the control group experienced improvements
- Hair growth mainly depends on oxygen and nutrient delivery to skin green tea improves the supply of these nutrients to scalp and improve hair growth.
- Green tea also have antioxidant effects due to which it protects from free radical damage and prevent oxidative stress resulting in improvised blood circulation and promotes hair growth.<sup>[6-8]</sup>

## TULSI

- Tulsi keeps the scalp layer healthy which is the primary requirement of proper and improvised development of hair follicles.
- Tulsi has antifungal and antibacterial benefits which keeps scalp healthy it is also known as queen herb and ultimate solution to treat all scalp infections and prevent them quickly
- It cures dryness and itchiness of scalp and improves the blood circulation in scalp leads to proper nourishment of hair follicles and potentiates hair growth.
- Tulsi consists highly antioxidant property and very useful in treating premature graying of hair.
- Tulsi in combination with other herbs shows significant results in treatment of various hair related issues such as skin rejuvenation and enhancing volume to the hair etc.<sup>[9]</sup>

## AMLA

Amla is enriched with following constituents which plays vital role in hair treatment:

- Tannins
- Phosphorus
- Iron
- Vitamin C
- Calcium

When amla topically applied it delivers these nutrients directly to hair and potentiate the hair growth antioxidant vitamin C can help in skin cell regeneration and promotes healthier hair and scalp.

An previous research and study found that when amla topically applied there is slight increase in the rate of growth of hair in rabbits.

Report of Anecdotal suggests about amla

- Promoting Healthier Hair Growth
- Improve the tone of herbal henna hair dyes
- Minimize the premature graying of hair
- Boosts volume of hair
- Reduces Dandruff
- Treat Head lice and other parasitic infection.<sup>[10-12]</sup>

## LEMON GRASS

Lemon grass extract can be used for hair treatment such as:

- Naturally lighten hair
- Create Shinier Hair
- Reduce Oil and Dandruff
- Promoting Hair growth
- Preventing Oxidative Stress
- The primary compound of lemongrass extract are citral & geranial which have anti-inflammatory effects and they modulate cellular activities.
- Lemon grass not only targets microbial problems but also it prevent release of chemicals from WBC Which is responsible for activating inflammatory processes

- Lemongrass also possess antioxidant action which include swertiajaponin, chlorogenic acid
- It can aid to prevent oxidative stress to optimizing & improvising of hair follicle growth process.<sup>[13-15]</sup>

## CONCLUSION

Poly herbal hair preparation is totally based on natural herbs as it is novel approach and such effective herbs in combination could eliminate several hair problems as it covers all the aspects from hair growth promotion to its protection serving various actions such as antidandruff action, hair growth promotion, preventing prematuring graying of hair and protection of hair scalp infection etc in a single formulation to getting rid of such hair problems. This approach is very effective as well as environmentally friendly. The polyherbal approach will soon replaces the synthetic approach as it is safe to use, free from side effects and effective combination for efficient treatment.

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