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A Comprehensive Review of "Herbal Hair Oil: A Natural Remedy for Hair Loss and Scalp Health"

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Abstract

Hair loss is a common condition affecting individuals of all ages and genders, often resulting in psychological distress and reduced quality of life. Herbal hair oils have emerged as a promising alternative to synthetic treatments due to their natural composition, minimal side effects, and holistic benefits. This study explores the formulation and efficacy of herbal hair oil enriched with traditional medicinal plants known for their hair-nourishing properties. Key ingredients, such as *Bhringraj* (*Eclipta alba*), *Amla* (*Phyllanthus emblica*), *Neem* (*Azadirachta indica*), and *Coconut Oil* (*Cocos nucifera*), are known to promote hair growth, reduce

scalp inflammation, and strengthen hair follicles. The oil's mechanism of action involves nourishing the scalp, improving blood circulation, and providing antimicrobial effects to combat dandruff and other scalp infections. Preliminary clinical trials and user feedback suggest that regular application of the herbal oil significantly reduces hair fall, enhances hair density, and improves overall scalp health. This study highlights the potential of herbal hair oils as a safe and effective solution for managing hair loss, with further research warranted to optimize formulations and validate long-term outcomes.

Keywords: Herbal Hair, Remedy, Health

1. Introduction

Human existence is significantly impacted by hair. The traditional method in India involves making hair oils and mixing them with different medications that encourage hair growth^[1]. Given that Indian women are renowned for having long, lustrous, and healthy hair, it is not unexpected that hair care plays a significant role in their self-care routines. The significance of lubricating your scalp and hair to preserve hair health and stop hair loss is clarified in the Charaka Samhitha, the canonical text on Ayurvedic medicine. It was advised to oil your hair every day using suitable herbs that were formulated to fit other ingredients, and this practice has persisted to this day^[1, 2].

Hair oil treatments are used to cure a variety of hair problems, such as split ends, dandruff, and hair loss. Their primary function is to cool the scalp, promoting lustrous hair development in both men and women. Almond, castor, and onion oils are administered topically in combination with appropriate herbal medications. The oil produced by coconuts is the most valuable of these oils as it absorbs into hair strands more effectively in comparison to other oils and is also more affordable. For optimal hair development, coconut oil combined with natural medications is therefore recommended^[3]. The initial strategy line of protection against UV radiation from the sun is the hair on our heads. Products for hair care are nothing more than formulas used to alter the appearance of hair. Because the components for herbal cosmetics are readily available and have fewer side effects, they are widely utilized. These days, herbal ingredients are added to hair care products, and they are widely accepted in comparison to synthetic ones. Due to its advantages in treating hair issues, the usage of hair oils has been growing as part of hair care routines in recent years. Hair oils are made using a combination of natural and synthetic components.⁴ Hair care products manufactured with chemicals or artificial materials are known as synthetic hair oils^[4, 5].

1.1 Hair Oil

Remedies for hair care include hair oil. Formulations used to cleanse, alter the texture of hair, nourish hair, and preserve the healthy look of hair are referred to as hair care products. Hair oil is a hair care product that is used to the hair to address conditions including baldness, greying, hair loss, and dry hair^[5, 6]. It also helps to nourish the hair. Due to their increased effectiveness, few side effects, and readily available components, herbal cosmetics are in great demand as a result of people's growing interest in them. botanical hair oils are a vital component of herbal cosmetics and are more popular and used in many hair products. They not only encourage hair growth but also give the scalp the moisture it needs to produce beautiful hair^[3, 7]. Herbal hair oils that contain herbal medications are referred to as hair tonics. Herbal hair oils offer several essential nutrients that are crucial for maintaining the normal function of the sebaceous gland and encouraging the growth of hair naturally. Among the most well-known products for hair care are these. The usage of hair oil is growing daily in tandem with people's rising standards of life. Herbal essences and fragrances are added to the oil for hair to give it natural Flavors and colours^[6, 7, 8].



Fig 1: Herbal Hair Oil

❖ Different types of herbal hair oil

- Amla oil for hair
- Hair oil made from coconut
- Bhringraj hair oil
- Hair oil made from jasmine
- Brahmi oil for hair
- Hair oil with cantharidin
- Hair oil made from onions.

❖ Advantages

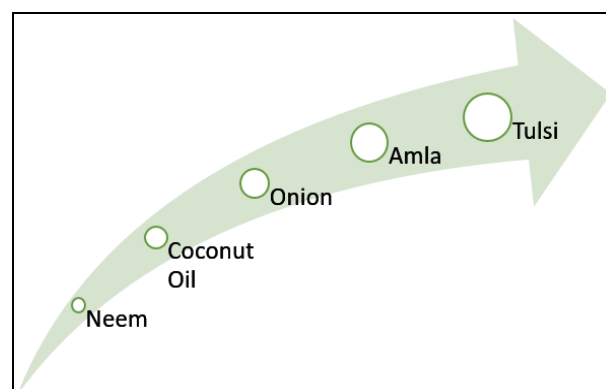
Our world is dirty and unsuitable for hair. Herbal hair oil is used in this situation. Bhringraj, jatamansi, amla, hibiscus, rosemary, almond, and other plants are blended to create herbal oil.

❖ These are some of their advantages:

- It gives hair its natural affection.
- Herbal oil functions as a diet for hair since it includes vitamins and micronutrients.
- Avoiding hair loss and reducing frizz are two benefits of hair oil.
- Herbal oil nourishes and pampers hair ends, which require special attention.
- Premature Gray hair can be resolved with regular use of hair oil.
- It hydrates the scalp.
- Enhances the growth of hair.

- Provides a radiant radiance.

1.2 Ingredients



➤ Neem

Neem oil is abundant in omega-3 fatty acids such as fatty, oleic, and palmitic triglycerides to help lock in hydration to hair. Regular use of oil made from neem can help stop hair loss and encourage the growth of healthier, richer, and thicker hair^[8, 9].



Fig 2: Neem Oil

➤ Coconut Oil

The scalp and hair can benefit greatly from coconut oil being used. It is intended to reduce frizz, polish damaged and dehydrated hair, treat dandruff, and shield hair from style harm. All hair types can safely use it^[7, 9].



Fig 3: Coconut Oil

➤ Onion

The appearance of bald may be easily treated and prevented with regular use of onion oil. Onion oil's sulphur helps shield hair against thinning, split ends, and breaking. Onions' other nutrients prevent oxidation of hair. Additionally, it prevents early greying by maintaining the hair's pH at a normal level ^[10, 11].



Fig 4: Onion Oil

➤ Amla

Amla is a great moisturizing choice for dry hair because it contains roughly 80% moisture. It efficiently removes oil, dust, and pollutants from the scalp while simultaneously functioning as a natural conditioner. Clean hair that is excessively glossy and healthy is the end result ^[9, 12].



Fig 5: Amla Oil

➤ Tulsi

By regulating four different fungal strains that can lead to dandruff, Tulsi helps hair. Before washing your hair, just mix a tiny bit of Tulsi oil with your usual oil and knead it into your scalp. This simple method will give you smooth, glossy hair in addition to less dandruff and itchy scalps ^[11, 13].



Fig 6: Tulsi

2. Marketed Product

S. No	Marketed Product	Therapeutic Uses	Manufacturing Company
1	Adivasi Hair Oil	Promoting healthy hair	Bendist Export
2	Luster Rosemary & Henna Herbal Hair Oil	Stimulates Hair Growth & Hair Fall Control	Luster
3	Raayancha Hair Care Oil	Hair Fall & Dandruff Control	RaayanchaHerbal
4	Nabhi Amrit Herbal Medicinal Oil	Hair Fall, Dandruff	Herbal Export
5	Kalika Hair Oil	Prevents Premature Greying	Satthwa
6	Rosemary Hair Oil	Reduces Hairfall	Avimee Herbal
7	Sai Rabbit Blood Herbal Hair oil	Moisturize the scalp, reduce frizz	Adivasi hair oil

3. Future Prospects

Classical civilizations like Egypt, South America, China, and India continue to treat these conditions using a variety of plant-based medicines. The World Medical Association (WHO) estimates that 60% of people worldwide use herbal medicine, and that 80% of people in underdeveloped nations rely nearly entirely on it to fulfil their basic medical requirements. Numerous clinically effective medications for the treatment of both acute and chronic illnesses have been made possible by phytochemicals and their chemical analogues ^[14]. Additionally, studies are continually being conducted to find additional therapeutic compounds from medicinal plants. Around \$100 billion is shared by the herbal business globally, and it has good room to develop. According to the WHO, the commerce in plants for medicinal purposes, herb beginnings, and herbal medications is expanding at a pace of almost 15% each year ^[16, 17]. The idea that natural substances are safe, affordable, and widely accessible is what is driving the growing acceptance and popularity of herbal therapy. But when compared to traditional medications, there are also certain issues with herbal medicine's pharmacognosy and standardization. Over the past 20 years, both industrialized and developing nations have increased their research efforts to authenticate and scientifically assess herbal medications through clinical trials. Therefore, in light of the more promising future of herbal medicines, we made an effort to thoroughly examine the state of their use in the treatment of a range of illnesses and related pharmacological problems ^[15, 17, 18].

4. Conclusion

All things considered, prepared herbal oils offer a great deal of nutrient-dense food. Vitamins, minerals, and essential oils are examples of hair values. The final goods fall inside the parameters ^[19]. To sum up, oil helps shield hair against dullness and pollution-induced damage and loss. and provide alternatives for dangerous chemical sources. Herbal remedies combine the various healing experiences of many past generations with the practice, prepare, and use herbal formulations for the management, control, and treatment of a variety of ailments ^[17, 20].

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6. Conflict of Interest

The authors declare that no conflict of interest of any financial or other issues.

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