Preparation and Uses of Herbal Hair Oil

G.Hema

ABSTRACT—Natural Herbal preparations have no side effects than synthetic. The aim of this study involves preparation of herbal hair oil using the herbal ingredients such as Hibiscus, Cumin, Vallarai, Onion, Pepper, Tulsi, Curry leaves, Henna leaves and Aloevera. Natural herbal hair oil can be prepared by mixing of all ingredients with boiling method. All above ingredients are anti hair fall property with other uses like anti dandruff, increase blood circulation on scalp and roots, reduce head lice, fungal and whitening of the hair. The prepared herbal oil was evaluated by using parameters such as gravity, stability, viscosity, Acid value and pH value. The results show that standard value to natural hair growth. The prepared hair oil naturally results in healthy skin and hairs.

Index Terms— Hair oil, Herbs, Preparation and Uses.

I. INTRODUCTION

Hair plays an important role in human life and in India one of the traditional process is preparation of hair oil. The hair oil preparations are included to treat dandruff, hair fall, head lice etc. The hair oil preparations are mainly used to cool the scalp for growth of hair. Various types of oils like coconut oil, almond oil, castor oil, onion oil are applied. Among these oils coconut oil is the best oil hair growth than other oils. Hence coconut oil added with herbal ingredients for best hair growth. The oil can be prepared by both natural and synthetic method. Natural preparation is best than synthetic, because in synthetic process chemical substance are added and natural oil has rich in vitamins. Herbal hair oil improves the hair texture, strengthens and smoothens the hair to give shine and circulate the blood in scalp and roots. After completion of preparation we perform an evaluation process. There are different types of evaluation process for hair oils such as,

- Acid value
- Stability
- PH
- Viscosity
- Gravity

Herbal hair oil gives natural hair growth, healthy scalp, reduce hair fall, reduce itchiness, make shiner and softer hair and protect scalp from sun and wind.

II. MATERIALS AND METHODS

Different herbs used in preparation of herbal oil are such as Tulsi, Hibiscus, Aloe Vera, Cumin, Black Pepper, Vallarai, onion, Curry leaves and Henna leaves were grinded in the mixture and mixed in coconut oil. The above content was boiled for required time and it was filtered through cloth. Then prepared herbal oil will placed in clean bottle. Fig.1 shows that ingredients required for preparing natural herbal hair oil.

Fig. 1. Ingredients required for preparation of herbal hair oil

Ingredients Details:

(a)Coconut oil:
Family: Arecaceae
Scientific name: Cocos nucifera L
Uses: moisturizes hair, good for scalp, best oil than others, improve hair health, prevent loss of protein in hair and cool scalp.

(b)Hibiscus:
Family: Malvaceae
Scientific name: Rosa sinensis
Uses: improve scalp blood circulation because of flavonoids and amino acids, gives hair shine and texture naturally, prevent hair fall and graying hair and reduce split ends and hair thinning problems.

(c)Cumin:
Family: Apiaceae
Scientific name: Cuminum cyminum
Uses: helps to hair growth, strengthens hair follicles, gives strong hair, prevent hair fall, removes dandruff rashes itchiness from scalp, amino acids keeps hair smooth.

(d)Vallarai:
Family: Apiaceae
Scientific name: Centella asiatica
Uses: strengthening hair follicles, prevent from split ends, dandruff, itchiness and head lice and healthy scalp.

(e)Onion:
Family: Amaryllidaceae
Scientific name: Allium cepa
Uses: Strong and thick hair, to cool scalp, prevent hair loss, promote hair growth.

(f)Black pepper:
Family: Piperaceae
Scientific name: Piper nigrum
Uses: helps to promote hair growth, improve blood circulation in scalp, helps to prevent hair loss, promote strong thicken and shine hair.

(g)Tulsi:
Family: Lamiaceae
Scientific name: Ocimum tenuiflorum
Uses: rich in antioxidants helps to prevent whitening hair, strengthening hair roots, prevent hair loss, prevent hair from fungus and dandruff.

(h)Henna leaves:
Family: Loosestrife
Scientific name: Lawsonia inermis
Uses: helps to soften hair because of vitamin E, proteins and antioxidants provides hair health and gives hair shine.

(i)Curry leaves:
Family: Rutaceae
Scientific name: Murraya koenigii
Uses: helps to moisturize scalp because of presence of antioxidants, remove dead hair follicles, because of high protein and beta carotene prevent hair loss and thin hair.

(j)Aloe vera:
Family: Asphodelaceae
Scientific name: Aloe barbadensis miller
Uses: provides thicker, stronger and healthier hair, improve hair growth, healthy scalp, smooth and shiny hair and promote healthy hair follicles.

III. EXPERIMENTAL RESULTS AND DISCUSSION

Hair is important role in human life. Herbal hair oil preparation for hair growth is one of the traditional process in India. Herbs preparation: Based on requirements 20 to 50 coconuts are taken for pure coconut oil preparation. Split the coconut into two and dry under sunlight. Dried coconuts should be separated from coconut shell and are cut into small pieces. Dry the chopped coconut pieces in the sunlight for 2 days. From this make natural coconut oil. Take hibiscus flowers from hibiscus plant and collect flower petal from it. Collect some aloe leaves and take mucilaginous gel part.

Required amount of some Henna leaves, Curry leaves, Vallarai leaves, Tulsi leaves, Black Pepper, small Onions and Cumin seeds are taken for oil preparation. Hibiscus, curry leaves and aloe vera are important ingredients for hair growth.

The natural herbal hair oil preparation has following process,
- Required amount of herbs are taken.
- All herbs are grinded and mixed in coconut oil.
- Mixture of this oil is boiled for 30min to 45min.
- Boiled mixture is filtered through clean cloth or filter.

The quality of herbal oil can be tested by some parameter values. The parameters estimated on prepared herbal hair oil are following,

(a)Specific Gravity:
Specific gravity is density of oil divided by density of water. Specific gravity of the prepared herbal hair oil was determined by using specific gravity bottle.

(b)Stability:
Stability can be performed by keeping the prepared herbal hair oil in a closed container at cooled and dry places.

(c)Viscosity:
The viscosity of prepared herbal hair oil was determined by Ostwald's Viscometer at presence of room temperature.

(d)Sensitivity:
Sensitivity can be tested by the prepared herbal hair oil was applied on 1cm skin of hand and exposed to sunlight for 5-6 min for checking any irritation in applied area of skin.

(e)pH value:
The pH value of the herbal hair oil was determined by using pH meter. Otherwise take a pH paper and dip into prepared herbal hair oil and check for any color changes.

Fig. 2. Prepared Herbal Hair Oil

Figure 2 shows that prepared natural herbal hair oil for hair growth. That has yellowish brown color with best quality of oil for healthy hair and scalp. Table 1 show that evaluation parameters of herbal hair oil with result that satisfied quality of specifications.

Table 1. Parameters Estimation of herbal hair oil

Parameter	Result
Specific gravity	0.96
Irritation test	Smooth, No irritation
Viscosity	0.91
Sensitivity	Non sensitivity
pH value	6.1
color	Yellowish Brown

IV. CONCLUSION
Herbal oil is one of the hair treatments such as promotes natural hair growth, maintaining healthy and beautiful hairs. The use of different herbs have different benefits for hair such as hair growth, anti dandruff, cool scalp, blood circulation on scalp and roots, hair thickening, control hair fall , promote healthy and shiny hair growth, grey and white hair to black and protects from head lice and fungus etc. Prepared herbal hair oil was estimated by pH value, sensitivity, viscosity, specific gravity, and stability test. Finally, concluded that the preparation of natural herbal hair oil have best quality than synthetic.

REFERENCES
[1]. Rahathunnisa begum, Afzalunnisa begum, "preparation and evaluation of herbal hair oil," volume 6 i issue 1 i jan.–march 2019.

[2].   Pavan S, Prathibha C, Dr. Kavitha PN, Dr. Saraswathi CD, "Formulation and Evaluation of herbal hair oil," Volume 6, Issue 5 Sep-Oct 2021.

[3].   Patni P, Varghese D, Balekar N. furthermore, Jain D , "Detailing and assessment of home-grown hair oil for alopeciamanagement,"Planta Indica 2(3): 27-30, 2006.

[4].   Patna P, Varghese D, Balekar N,"Definition and assessment of home grown hair oil for alopecia the executive," Planta indica 2006; 2:27-30.

[5].   Thorat R, Jadhav V, Kadam V, Sathe N, Save A, Ghorpade V,"Assessment of home grown hair oil in diminishing hair fall in human volunteer,"Worldwide J Drug Res Devlp-online.2009;6.