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A REVIEW ON HERBAL SHAMPOO

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ABSTRACT

The main obeject of this present study is to prepare and evaluate an herbal Shampoo and determine physiochemical function that emphasizes on safety ,efficacy and quality of the product Herbal Shampoo is the natural haircare product Which is use to remove dirt, dandruff and promote hair growth, Strenthness and darkness of the hair. It is also provide softness, smoothness, and Shiness for the hair. Various drugs are used for the preparation of cosmetics Shampoo. Such drugs shows various side effects such as hair loss, increased scaling, Scratching, discomfort, nausea and headache. Therefore an attempt is made to Formulate herbal shampoo that is free from side effects.

As the scalp is one of the most absorbent part of the body, products applied to the scalp go directly to the blood, without being filtered in any way. In the scenario of changing food habits, stress level and d shikakai ependent environment conditions, number of skin and hair disorders are encountered. This herbal shampoo was formulated using natural ingredient like Fenugreek seeds, Reetha, Aloe vera, Hibiscus ,china rose, Amla,lemon with proven efficacy of hair care preparation is prepared. The combination of several such ingredient of herbal origin has made it possible to secure highly effective dry powder shampoo. The formulation at laboratory scale was done and evaluated for number of parameters to ensure its safety and efficacy of ingredient.

KEY WORDS: *Harbal shampoo,Amla,Shikakai,Aloe vera,Reetha,Hibiscus,Lemon ,Rose,Fenugreek seeds*

INTRODUCTION

Harbal shampoo are the cosmetic preparations That with the use of traditional ayurvedic herbs are meant for cleansing the hair And scalp just like the regular shampoo.They are used for removal of oils,dandruff,Dirt,environmental pollutions etc.Shampoos are probably the most widely used cosmetic products for cleansing Hairs and scalp in our daily lifeHerbal shampoos are the cosmetic preparations That with the use of traditional ayurvedic herbs are meant for cleansing the hair And scalp just like the regular shampoo.They are used for removal of oils, dandruff, Dirt, environmental pollutions etc.Herbal shampoo is a type of cosmetic Preparation that uses herbs from plants as an alternative to the synthetic Shampoo available in the market. The herbal shampoo is important, as people Nowadays prefer herbal products than chemical ones for they proved to enhancehealth. The awareness and need for cosmetics with herbs are on the rise, primarily Because it is believed that these products are safe and free from side effects .

A liquid or cream preparation of soap or detergent to wash the hair is called as shampoo. Shampoo is a hair care product, typically in the form of a viscous liquid that is used for cleansing hair. The goal of using shampoo is to remove the unwanted build-up in between the hair without stripping out so much sebum as to make hair unmanageable Shampooing is the most common form of hair treatment. Shampoos are primarily being products aimed at cleansing the hair and scalp. In the present scenario, it seems improbable that herbal shampoo, although better in performance and safer than the synthetic ones, will be popular with the consumers. A more radical approach in popularizing herbal shampoo would be to change the consumer expectations from a shampoo, with emphasis on safety and efficacy. The word shampoo in English is derived from Hindustani shampoo. Shampoos are typically composed of 10 to 30 ingredients.

Classification of Shampoo

•Based on Appearance

1.Powder shampoo
2.Liquid shampoo
3.Gel shampoo
4.Oil shampoo

• Based on use or Function

1.Conditioning shampoo
2.Antidandruff shampoo
3.Baby shampoo
4.Clarifying shampoo

•Based on Origin:-

1.Herbal Shampoo
2.Synthetic Shampoo

•Ideal Properties of Shampoo

a. To make the hair smooth and shiny.

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b. Produce good amount of foam.
c. Should not cause irritant to scalp, skin and eye.
d. Should completely, effectively remove dirt.
e. Impart pleasant fragrance to hair.

•Functions of Shampoo

a. It should effectively and completely remove dirt or soil.
b. It should effectively wash the hair.
c. It should be readily removed by rinsing with water.
d. It should impart a pleasant fragrance to the hair.
e. .It should not have any side effects or causes irritation to the skin and eye
f. . Maintenance of Hair Colour

INGREDIENTS Table

Fenugreek seeds	0.4gm
Amla	2.55gm
Shikakai	2.55gm
Hibiscus	2gm
Aloe vera	0.5gm
Lemon juice	0.5gm
Rose oil	0.5ml
Ritha	0.85gm
Distilled water	1ml

Table No 1

OBJECTIVE OF SHAMPOO

To formulate the herbal shampoo using an extract of Fenugreek seeds, shikakai, Reetha, Aloe vera, Hibiscus ,china rose, Amla, Lemon and understand the uses or application of the ingredients in day to day life .To evaluate the herbal shampoo prepared from the extract of Fenugreek seeds, shikakai, Reetha, Aloe vera, Hibiscus ,china rose, Amla, Lemon to understand the stability and applicability of the shampoo. To understand the advantages of herbal shampoo over chemical based shampoo and reduce side effect . To understand various applications.To study evaluation of herbal shampoo and effect

• Ingredient

***1.*Amla**



Fig no.1 Amla

• **Family**: Phyllanthaceae
•**Common *name:***-Indian gooseberry
•**Part use:**Fruits
•***Chemical constituents:-*** Amla contains vitamins-c.
Amla is also rich in tannins,Iron,calcium,Phosphorus.

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•**Uses***:*
-Antimicrobial dandruff treatment
-Revives damaged hair and induces hair growth
-May reduce hair loss and shedding
-Support healthy scalp
-Prevent premature graying of hair

2.Shikakai



Fig no.2 Shikakai

• **Family***:* Fabaceae
•**Common name:-**Soap Pod
Part used: Leaves and pods
•**Chemical constituents :**Tannins, flavonoids, alkaloids, and •phenolic compounds. It also contains volatile oils -

• **Uses***:*
- Cleanses hair.
-Add moreshine to the hair.
-Prevent grays.
-Provide nourishment to the hair and promote healthy and rapid hair growth .
-Prevent spilt ends.

3) Aloe vera



Fig no .3 .Aloe vera

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•**Family***:* Asphodelaceae
•**Common name:-** True Aloe**,** Indian Aloe**,**
•**Part used:**- leaves
•**Chemical constituents:-** Vitamins, enzymes, minerals, amino acids, polysaccharides, an d anthraquinones.

•**Uses***:*
- Calm and itchy scalp.
-Deep cleans oily hairs.
-Strengthens.
-Aloe vera contains proteolytic enzyme which repair dead skin cells on scalp.
-Promote hair growth.
-Smooth natural curls.
-Reduce frizziness.
-Detangle hairs.

4) Reetha



Fig no. 4 .Reetha

•**Family***:* Sapindaceae
•**Common name**:- Soapnut, soapberry, and washing nut.
- **Part used**: *Fruits* .
•**Chemical constituents:-** Oleanolic acid, sapindic acid, methylhedragenate, and various glycosides**.**
- **Uses***:*

-It is used in preparation of shampoo.
-It is used as a foaming agent in the shampoo.
-Can be used as a cleanser for hair.
-It is also used for removing lice from hair.

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5)Hibiscus



Fig no.5 .Hibiscus

• **family** :- Malvaceae
•**Common name:-**China rose
•**parts use**:- Flowers, leaves, and roots
•**chemical constituents** :- Flavonoids, tannins, alkaloids, saponins, and steroids, along with various anthocyanins, organic acids, and vitamins

•**Use**:-
-Stimulate hair growth and lost hair volume
-Condition hairs
-Prevent baldness
-Treat dandruff and itchy scalp
-Prevent premature greying.

6) Lemon



Fig no.6 .lemon

•**Family:-**Rutaceae
•**Common name:'** Citrus limon
•**Part use**:-Juice, pulp, and peel
•**Chemical constituents:-** Citric acid

•**Use:-**
-Add more shine

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-Get rid of dandruff
-Split ends
-Reduce hairfall
-Gives natural colour to hair
-Promote growth of hairs

7)Rose



Fig no.7. Rose

•**Family**:-Rosaceae
•**Common name:-** Indian fragrant rose,
•**Part use:-** Petals
•**Chemical constituents:-** Phenyl ethyl alcohol, citronellol, geraniol, and nerol (found in essential oils), vitamin C and vitamin E, flavonoids, terpenes, and carotenoids

•**Use:-**
- It require hair damage
-Improve growth of hairs
-Reduce the dandruff
- Antioxidants

8) Fenugreek seeds



Fig no.8 Fenugreek seeds

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•**Family:**Fabaceae
•**Common name:-** Methi, Greek clover
•**Part use:-** Seeds and leaves.
•**Chemical constituents:-** Alkaloids like trigonelline, saponins such as diosgenin, flavo noids like quercetin, and various amino acids including the unique 4-hydroxyisoleucine •**Use:-**
-Antimicrobial dandruff treatment
-Revives damaged hair and induces hair growth
-May reduce hair loss and shedding
-Support healthy scalp
-Prevent premature graying of hair

• Benefits of Herbal Shampoo

1. More shine
2. Less hair loss
3. Long lasting colour
4. Stronger and more fortified hairs
5. All natural ni chemicals
6. Keep healthy natural oils.

• Advantages of Herbal Shampoo

1. Easy to manufacture and cheap in cost.
2. Easily available and found in large variety and quantity.
3. They did not provoke allergic reaction and do not have negative side effects.
4. Easily incorporate in skin and hair.

• Disadvantages of Herbal Shampoo

1. Difficult to hide odour and taste sometimes.
2. Herbal drugs having slower effect than allopathic drug hence require long term therapy.
3. Manufacturing process is time consuming and complicated.

CONCLUSION

The formulated shampoo were not only safer than the chemical conditioning agent but a lso greatly reduce the hair loss during combining as well as strengthens the hair growth t he ph of the shampoo was adjusted to retain the acidic mental of scalp the physiochemi cal approach used for preservation of the formulation to avoid the risk posed by chemica l preservatives herbal shampoo better in performance and safer than the synthetic one will be popular with consumers.

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