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REVIEW ON "HERBAL SHAMPOO"

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ABSTRACT
The main object 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 grease, dirt, dandruff and promote hair growth, Strenthness And darkness of the hair. It is also supply softness, smoothness, and Shines for the hair. Various drugs are used For the pre mixture of cosmetics Shampoo. Such drugs shows different side effects such as hair loss, highScaling, Scratching, discomfort, nausea and headache. Therefore an experiment is made to prepare herbal Shampoo that is free from side effects.The aim of the present study is to Formulate and evaluate herbal Anti dandruff Shampoo containing natural ingredients with an Emphasis on safety and efficacy.

KEYWORDS: *Cosmetic, Herbal Shampoo, Aloe Vera, Dandruff, Hibiscus Rosa-Sinesis,Acasia Concinna, Sapindus Mukorossi, Azadirachta Indica And Glyccerrhiza Glabra.*

INTRODUCTION

Herbal Shampoo are probably the most widely used cosmetic products for cleansing Hairs and scalp in our Daily life Herbal 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, , environmental pollutions etc. Shampoo is a type of cosmetic mixture that uses herbs from plants as An alternative to the synthetic Shampoo available in the market. The herbal shampoo is important, as people Today prefer herbal products than chemical ones for they proved to enhance Shampoos are most probably Used as cosmetics. Shampoos are most likely utilized as beautifying agents and are a viscous solution of Detergents contaning suitable additives preservatives and active ingredients It is a harmless, chronic Condition that occurs when scalp be.comes dry or greasy and produces white flakes of dead skin that Appear in hair or on shoulders People most often think of it as anything that produces a flaky scalp. A Good shampoo should almost Immed"atel' form abundant foam irrespective of the type of water used Or the Nature of soil or fat to be removed from hair. Concept foam formation is not released to the Cleansing effect, But people psychologically always prefer a high foam product. Some good shampoos Are found to have side Effects like drying effect on the hair. This leaves the hair too dry to handle or Comb. Hence proper conditioning Of the hair is also an important consideration, some shampoos cause Irritation to the eye and a lasting corneal Cloud. These should be

Definition Herbal shampoo

Shampoos are most probably used as beautifying It is a hair care product That is used for cleanse scalp and hair in our daily life. Shampoos are most likely utilized as beautifying agents And are sticky solution of detergents containing suitable additives preservatives and active Ingredients. It is Usually applied on wet hair,Massaging into the hair, and cleansed by insing with water. The purpose of using Herbal shampoo is used to remove dirt that is make up on the hair without stripping out much of the sebum. Many artificial shampoos are present in the current market both medicated and non medicated , however, Shampoo popularized due to natural origin which is safe , increases consumers demand and free from side Effects (16).HS is defined as a preparation ofa surfactant (surface active material) insuitable form liquid solid Or power whichwhen used under the conditions specifiedwill remove surface grease, dirt an skindebris from The hair shaft and scalp withoutaffecting adversely the hair, scalp or healthof the user. HS has so many types Arepowder, liquid, lotion, cream, jelly, aerosol,specialized HS (Conditioning, Anti-dandruff,Baby, Two Layers). But the future of HS isgoing to be herbal Shampoo It containsall the natural ingredients with herb Extract.It helps hairs to improvise their standard of moisture, shine, growth, thickening,strength of hair roots. (17)Shampoos are may be the most widely used the cosmetic product for cleansing hairs and scalp in your Daily life. A shampoo is Shampoos are may be the most widely used the cosmetic product for cleansing hairs And scalp in your daily life. A shampoo is basically a solution of a derergent containing suitable additives for Other benefits such as hair conditioning, lubrication, medication etc . Nowdays many synthetic, herbal , Medicated and non-medicated shampoos are available in the market [Ishii – 1997] . The herbal shampoos are shafe and Free from side effect . Herbal shampoos is widely unstable product all over the world it has been used form Many years .chemical herbal shampoos are preapared with several chemicals which can care hairs problems Bur also responsible for damage of hair

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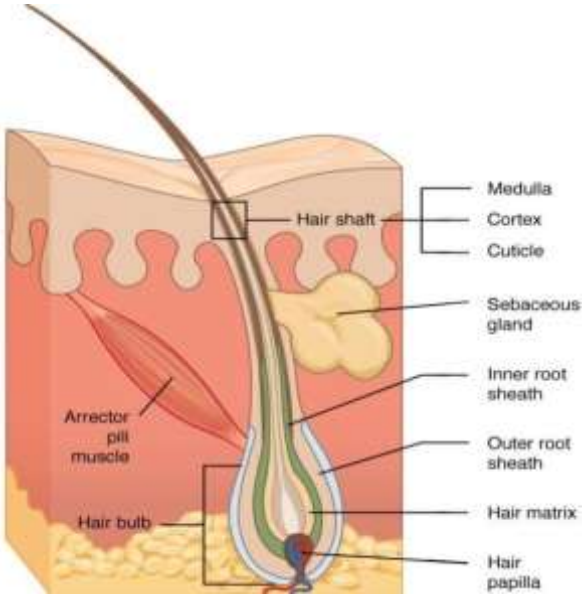
Hair Structure



Parts of the Hair

Dermal papillae: The dermal papilla is responsible regulating the hair cycle and hair growth, and is alsoComprised of androgen receptors that are Sensitive to the presence of DHT

Matrix: The matrix surrounds the dermal papillaeAnd contains all the active ceneeded for hairGrowth and For the development of the differentParts of the hair, particularly the outerrootsheath,The inner root sheath and The hair shaft. Combined,The matrix and the dermal papillae make up the hair

History

Indian subcontinent In the Indian subcontinent, a variation of herbs and their extracts have Been used as shampoos since ancient times. A very effective early Shampoo was made by boiling Sapindus With dried Indian gooseberry (amla) and a selection of other herbs, using the strained extract. Sapindus, also Known asoapberries or soapnuts, a tropical tree Widespread in India, is called ksuna.In ancient Indian texts and Its fruit Pulp contains saponins which are a natural surfactant. The extract of Soapberries creates a lather which Indian texts called phenaka It Leaves the hair soft, shiny and manageable. Other products used for hair Cleansing were shikakai (Acacia concinna), hibiscus flowers, ritha (Sapindus mukorossi) and arappu (Albizzia Amara)Guru Nanak the Founder and the first Guru of Sikhism, made references to soapberry tree And soap in The 16th century(.1

Types Shampoo

1. Traditional Shampoo

The most common hair care cosmetic product is the shampoo. Arora et al. Reported that Can be described, primarily, as a cosmetic preparation, packed in a form convenient forUse, generally applied for Cleaning hair and scalp from dirt, residues of previously applied hairStyling products and environmental pollutants.

2. Herbal Shampoo

nterestingly, there is a large number of plants having beneficial effects on hair and beingCommonly used in shampoos for their content of vitamins, amino acids, sugars, glycosides,phyto-hormones, Bioflavonoids, fruit acids and essential oils useful protocols for the artificial soiling of hair, various cleaning processes And the analysis of the lipids remaining on the hair by gas chromatography

Ingredients	Medicinal Uses
Neem	Antibacterial Agent
Soap Nut Extract	Foaming Agent
Amla Extract	Antidandruff Agent
Shikakai Extract	Detergent
Hibiscus	Conditioning Agent
Bhringraj Extract	Hair Growth
Aloe Vera	Moisturizing Agent
Gelatin	Gelling Agent
Lemon Juice	Antimacrobial

3 Solid Shampoo

Solid shampoos present some additional advantages compared to the traditional ones.In particular, They are easy to transport and can be used for a longer time, thanks to more Microbiological stability than liquid Formulations.

4 .Powder Shampoo

It is available in the form of Dry powder, initially it was prepared from dry Soaps, but Nowadays dry synthetic detergents are Used fortheir preparation. Powder shampoo is Prepared where addition of water Or other solvent Reduces the activity of the components, especially In case of medicated shampoo. Nowaday these Shampoos are not used due to the difficulty Experienced in their application.

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Ingredients	Biological sources	Uses
Amla fruit	ripe fruits of E officinalis	Hair darkening Hair growth promoter
Neem	Dried leaves of A. Indica	Anti-Dandruff Agent Anti-Bacterial Agent
Shikakai fruit	Dried pods of A. concinna	Foaming agent Anti-dandruff agent
Tulsi	Dried leaves of O. sanctum	Anti-dandruff agent
Bahera	Dried fruits of T. Bellirica	Hair darkening Hair growth promoter
Brahmi	Dried leaves of C. asiatica	Support Health of Hair
Henna	Dried leaves of L.inermis	Hair conditioner

5) Liquid Shampoo

These are clear liquid mixture that are most widely used. They are Usually made by using Detergent of low cloud Point. Some of these shampoo may be transparent.

SLS	40%	Cleansing and foaming agent
Nacl(to desired viscosity)	2-4%	Thickener
Water	Upto 100%	Vehicle
Perfume,color, preservatives	q.s	Fragrance

6) Cream Shampoo

These are called as lotion Shampoos which are modification of clear liquid Cream shampoos. Solubilising agents such as magnesium stearate is also used to dissolve the Added opacifier.

SLS	38%	Cleansing and foaming agent
Cetyl alcohol	7%	Moisturizer
Water	Upto 100%	Vehicle
Color,perfume	q.s	Fragrance
Preservatives	q. s	Prevent the Microbial Growth

7) Jelly Shampoo

These are transparent and thick Usually produce by incorporating a gelling agent,e.g., Cellulose).There is great use in hair salon And beauty parlors. The principle ingredient is detergent which can be used Either alone or in combination with soap. By altering the proportion Of detergent, gel of required consistency can be Obtained. Addition of methyl cellulose to clear Liquid shampoo and its successive thickening also show rise to gel Shampoo.

Alkyldimethyl benzalkonium choride	15%	Antimicrobial agent
TLS(40%)	28%	Baby shampoo
Coconut ditethanolamide	7%	Stabilise the foam
HPMC	1%	Foam enhancer and stabilizer,thickener,emulsion stabilizer
Water	Upto 100%	Vehicle
Color,perfume, preservatives	q. s	Fragrance, preventthe microbial growth

8). Aerosol Shampoo

They are called aerosol Shampoos because they are packed in aerosol Containers. Their Formulation, preparation and Packing is complex as an additional propellant Is included. The propellant added must be United and should not reduce the activity of Shampooing ingredients. The container space is Provided with a valve. Shampoo comes out foam When the valve is pressed.consequently also called as Foam type shampoo.

TLS	60%	Baby Shampoos,
Coconut ditethanolamide	2%	Stabilise the foam
Water	Upto90%	Vehicle
Propellent	10%	Cleaner
Color,perfume, preservatives	q.s	Fragrance, Prevent the microbial growth

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ADVANTAGES OF SHAMPOO

1. Cleansing properties
2. Improving hair hygiene.
3. Treating scalp conditions
4. Treatment for dry scalp
5. Treatment for hair loss.
6. Treatment for greasing or oily hair.
7. Relieves itch and irritation
8. Repairs damaged hair.
9. Shampoo keeps hair silky or smooth.
10. Keeps your hair beautiful and blossomed.
11. Pure and Organic Ingredient
12. Free from Side Effects
13. No Surfactants eg:- SLS
14. No Synthetic Additives
15. No Animal Testing 16Earth And Skin Friendly

FUNCTION OF HEARBAL SHAMPOO

1. Lubrication
2. Conditioning
3. Hair Growth
4. Maintenance of Hair Colour
5. Medication

BENEFITS OF HEARBAL SHAMPOO

1. More Shine
2. Less Hair Loss
3. Long Lasting Colour
4. Stronger and More Fortified Hairs
5. All Natural, No Chemicals
6. Wont Irritate Skin or Scalp
7. Keep Healthy Natural Oils

MATERIAL:

Material	Quantity
Reetha extract	2.5 g
Amla extract	2.5 g
Sheekakai extract	2.5 g
Sidr extract	2 g
Lemon juice	1 mL
Methyl paraben	1 mL of 0.05% solution
Gelatin solution	q.s
Citric acid	q.s
Essential oil	0.1 mL

IDEAL PROPERTIES Of HERBAL SHAMPOO

It should effectively and completely remove dust or soil, excessive sebum or other fatty Substances and loose Corneal cells from the hair.It should produce a good amount of foam to satisfy the psychological requirements Of The user.It should be easily removed on rinsing with water.It should leave the hair non -dry, soft, shiny with good menagebility minimum Fly away.It should impart a pleasant perfume to the hair.It should not cause any reaction/ irritation to skin or eye.It should not make the hand rough and chappe

USE OF INGREDIENTS

1.Soap Nut Extract

Stops Hair fall
Prevents Dandruff.
Fight against scalp Infection

Figure 2- Soap Nut Extract

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2.Amla Extract

Strengthen the Scalp and Hair.
Reduce premature pigment loss from hair, or greying Stimulate Hair Growth.
Reduce Hair Loss.
Prevent or treat dandruff and dry scalp.
Prevent or treat Fungal and Bacterial hair and Scalp infections
Improve overall appearance of Hairs.

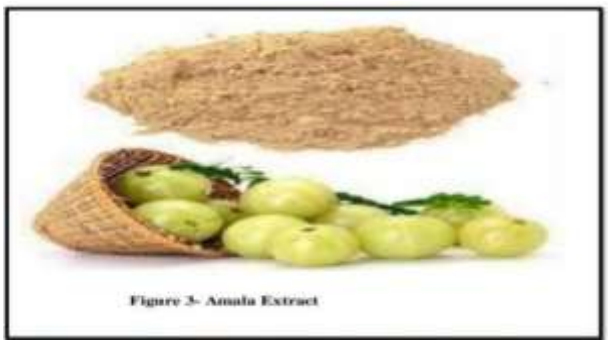

Figure 3- Amala Extract

3. Shikakai Extract

Prevents Grays.
Add more shine to the Hairs. Cleanses Hair.
Crubs Hair Loss
Prevents Lice,Psoriasis,Eczema & Scabies.Prevents Splits ends

4.Aloe Vera

Strengthens.
Calms an itchy scalp. Deeps Cleans Oily hairs.
Promote hair growth Smooth natural curls.Reduce frizzing

Figure 7- Aloe Vera

5.Rose Oil

It repairs hair damage
Improves Growth of hairs Reduces the dandruff
Gives fragrance to the shampoo

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6.Lemon Juice

Add More shine. Get rid of dandruff Split ends
Reduces Hair fall

7.Reetha

Sapindus Mukorossi-Sapindaceae, Soapnuts is also called as Arishtak in Ayurveda And "Soap nut Tree" in India. It is well known for Its traditional medicinal uses and is commonly used As a hair cleanser. AntiDandruff agentIs an anti hair loss shampoo,the Natural antifungal and anti bacterial which may Helps in anti Dandruff. It can be used on a daily basis to provide nourishment to the hair scalp and promote hair re growth Reetha helps to control dandruff and promotes hair growth due to its Tridosha stabilize property

8.Gelatin

Gelatin Can improve hair thickness and growth.
Gelatin supplement or placebo for 50 weeks to 24 people with alopecia.
It gives thickness to hairs. For strengthening of Hairs

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FORMULATION OF HERBAL SHAMPOO

Formulation of the herbal shampoo was done as per the formula given in Table 1. To the gelatin solution (10%), added the herbal extract And mixed by shaking continuously at the time interval of 20 min. 1 ml of lemon juice was also added with constant stirring. To improve Aroma in the formulation, sufficient quantity of essential oil (rose oil) was added and made up the volume to 100 ml with gelatin.

Evaluation of formulated shampoo
Physical Appearance pH
Solid Content Surface Tension Wetting Time
Foaming ability and Foaming Stability Dirt Dispersion Test
Net Content
Conditioning Performance

RESULT

The shampoo was formulated by admixing the equal amount of the aqueous extracts of all the ingredients with soapnut (Table 1). The above plant extract contains phytoconstituents like saponins which is a natural surfactant having detergent property and foaming Property. An ideal shampoo must have adequate viscosity and many natural substances possess good viscosity. The gelatin solution (10%) Behaves as a pseudoplastic forming clear solutions. Lemon juice (1 ml) added to the shampoo serves as anti-dandruff agent, natural Antioxidant, and chelating agent and maintains the acidic pH in the formulation.

CONCLUSION

The main purpose behind this formulation was to develop a stable and effective shampoo by encluding all types of Additives which are added in this formulation. By using herbal natural extracts we can reduce the side effects of shampoo. Herbal shampoo is more safer than synthetic shampoo. The PH of the shampoo was adjusted to 5,to retain mantle of Scalp which is acidic. Shiny hair having a smooth texture and clean-cut end is generally perceived to be Healthy.Use of Conditioning agents (synthetic) reduces the protein or hair loss. To Provide the effective conditioning effects, the present Study involves the Use of shikakai, amla, and other plant extracts instead of synthetic . There is a strong need to change The consumer perception of a good shampoo and the onus lies with formulators.

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