



## Review Article

# Herbal Hair oil, Formulation And Evaluation Of Amla Hair Oil

V. K. Gahal\*, V. A. Chavan

Nandkumar Shinde College Of Pharmacy, Aghur, Vaijapur 423701 Dist. - Aurangabad, Maharashtra

### ARTICLE INFO

Received: 30 Oct 2023

Accepted: 01 Nov 2023

Published: 04 Nov 2023

#### Keywords:

Herbal hair oil, amla, extract, scalp, essential oil, hair care

#### DOI:

10.5281/zenodo.10071441

### ABSTRACT

Herbal hair oils have been cherished for centuries for their natural and holistic approach to hair care. Our herbal hair oil is a meticulously crafted elixir designed to nourish, strengthen, and revitalize your hair. Packed with a blend of botanical extracts, essential oils, and ancient remedies, this hair oil offers a comprehensive solution for your hair care needs. This herbal hair oil is enriched with ingredients like amla, hibiscus, bhringraj, and fenugreek, known for their time-tested abilities to promote hair growth, reduce hair fall, and prevent dandruff. The essential oils in the formula, including lavender and rosemary, provide a calming and refreshing aroma while supporting overall scalp health. Regular use of our herbal hair oil can help improve hair texture, add shine, and maintain a healthy scalp environment. Say goodbye to chemical-laden products and embrace the goodness of nature with our Herbal Hair Oil – your path to luscious and vibrant hair.

### INTRODUCTION

In the quest for lustrous and healthy locks, the world of hair care is replete with a myriad of products, but none quite as time-honored and cherished as herbal hair oils. Herbal hair oils are a testament to the natural wisdom that has been passed down through generations. They harness the power of botanical extracts, essential oils, and age-old remedies to nurture our hair and scalp, often promising a holistic solution for various hair-related concerns.

In this review, we embark on a journey to explore and evaluate the efficacy of a specific herbal hair

oil. We will delve into its ingredients, texture, aroma, and, most importantly, its impact on hair health. As consumers, we are increasingly seeking hair care products that are free from harsh chemicals and artificial additives, making herbal hair oils a compelling choice for those in pursuit of hair that radiates health and vitality.[1]

Herbal hair oils are known for their potential to promote hair growth, reduce hair fall, and alleviate common issues like dandruff and dryness. They can also enhance hair texture, add shine, and maintain the overall well-being of the scalp. These benefits are often attributed to the natural

\*Corresponding Author: V. K. Gahal

Address: Nandkumar Shinde College Of Pharmacy, Aghur, Vaijapur 423701 Dist. - Aurangabad, Maharashtra

Email ✉: [vaibhavgahal007@gmail.com](mailto:vaibhavgahal007@gmail.com)

Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.



compounds and nutrients found in the herbs and oils used in the product.[2]

As we proceed, we will consider the specific herbal hair oil's unique blend of ingredients, the tradition and science behind it, and the user experience it offers. Through a detailed examination, we aim to provide you with valuable insights, enabling you to make an informed decision about whether this herbal hair oil aligns with your hair care needs and preferences. With our review, we hope to shed light on the potential advantages and limitations of this herbal hair oil, ultimately helping you achieve the hair health and radiance you desire. So, let's embark on this exploration together and discover the transformative power of herbal hair care.[3]



**Fig 1. Hair Structure**

### Types:

#### 1. Amla (Indian Gooseberry) Hair Oil:

Benefits: Amla is rich in vitamin C and antioxidants, making it a potent ingredient for promoting hair growth, reducing hair fall, and preventing premature graying. It also nourishes and strengthens hair.

Usage: Apply amla oil to the scalp and hair, leave it on for a few hours or overnight, and then wash it out.[4]



**Fig 2. Amla**

#### 2. Bhringraj (Eclipta Alba) Hair Oil:

Benefits: Bhringraj is known for its ability to rejuvenate hair and improve hair texture. It can promote hair growth, reduce dandruff, and prevent hair loss.

Usage: Massage bhringraj oil into the scalp and leave it for a few hours before washing.



**Fig 3. Bhringraj**

#### 3. Fenugreek (Methi) Hair Oil:

Benefits: Fenugreek seeds are packed with proteins and nutrients that strengthen hair, reduce hair fall, and combat dandruff. It can add shine and luster to your hair.

Usage: Soak fenugreek seeds, blend them into a paste, mix with oil, and apply to the scalp. Leave it for a few hours before washing.

#### 4. Hibiscus Hair Oil:

Benefits: Hibiscus is excellent for preventing hair loss, promoting hair growth, and providing a cooling effect to the scalp. It also prevents dandruff and split ends.

Usage: Crush hibiscus leaves or flowers and mix with oil. Apply to the scalp, leave it for a few hours, and wash.[5]

#### 5. Neem (Indian Lilac) Hair Oil:

Benefits: Neem has antibacterial and antifungal properties that help treat dandruff and other scalp issues. It promotes a healthy scalp and hair.

Usage: Mix neem oil with a carrier oil and apply it to the scalp. Leave it for a few hours before washing.



### 6. Coconut Oil with Herbs:

**Benefits:** Coconut oil infused with herbs like curry leaves, henna, and amla combines the nourishing properties of coconut oil with the benefits of these herbs. It strengthens hair, prevents hair fall, and enhances hair growth.

**Usage:** Apply the oil to the scalp and hair, leave it for a few hours or overnight, and wash it out.[6]



**Fig 4. Coconut**

### 7. Brahmi Hair Oil:

**Benefits:** Brahmi, an herb known for its cognitive-enhancing properties, can also promote hair growth, strengthen hair roots, and reduce hair loss.

**Usage:** Apply brahmi oil to the scalp and leave it for a few hours or overnight before washing.

### 8. Rosemary and Lavender Hair Oil:

**Benefits:** Rosemary and lavender essential oils are known for improving hair thickness, preventing hair loss, and providing a pleasant aroma.

**Usage:** Add a few drops of these essential oils to a carrier oil, apply to the scalp, and leave it for a few hours.

### 9. Olive Oil with Herbs:

**Benefits:** Olive oil infused with herbs like thyme and rosemary can nourish and strengthen hair, improving hair texture and reducing hair fall.

**Usage:** Apply the oil to the scalp and hair, leave it for a few hours or overnight, and wash it out.

These are just a few examples of herbal hair oils, and many more variations exist, often combining multiple herbs and oils to address specific hair concerns. When choosing a herbal hair oil, consider your unique hair needs and preferences to find the one that suits you best.[7]

### Literature survey:

literature survey of herbal hair oil reveals a rich body of research and information related to the use of natural ingredients for hair care. Here is an overview of some key findings and trends from the literature:

#### 1. Traditional Knowledge and Practices:

Many studies emphasize the significance of traditional herbal remedies in various cultures. These remedies have been used for centuries and are still popular for promoting hair health.

#### 2. Botanical Ingredients:

Researchers have extensively studied the individual effects of herbs like amla, bhringraj, hibiscus, fenugreek, and neem. These ingredients are known to have therapeutic properties for hair care.

#### 3. Hair Growth and Thickness:

Several studies explore the impact of herbal hair oils on hair growth, thickness, and density. Ingredients such as bhringraj and amla have shown promising results in promoting hair growth.[8]

#### 4. Anti-Dandruff and Scalp Health:

Herbal oils enriched with neem and hibiscus have been found effective in combating dandruff and maintaining a healthy scalp. Their antifungal and antibacterial properties play a crucial role.

#### 5. Strength and Damage Prevention:

Research highlights the ability of certain herbs and oils to strengthen hair, reduce breakage, and prevent split ends. This is often attributed to ingredients like coconut oil and fenugreek.

#### 6. Antioxidant and Nutrient Content:

Herbal hair oils are valued for their high antioxidant content, which can protect hair from

environmental damage. Amla, in particular, is renowned for its rich vitamin C content.[9]

#### 7. Essential Oils:

Studies also explore the use of essential oils like rosemary and lavender in herbal hair oils. These oils not only contribute to hair health but also provide a pleasant aroma.

#### 8. Comparison with Commercial Products:

Some literature compares the efficacy of herbal hair oils with commercial hair care products. Research often indicates that natural herbal oils can deliver similar or better results without harmful chemicals.[10]

#### 9. Side effect and safety

Safety and adverse effects of herbal hair oils are discussed in the literature. While herbal ingredients are generally considered safe, potential allergic reactions or irritations are also documented.

#### 10. Consumer Satisfaction:

Consumer surveys and reviews are frequently referenced in the literature to gauge the effectiveness and satisfaction levels associated with herbal hair oils.[11]

#### 11. Future Directions:

The literature often suggests future research directions, including more comprehensive clinical studies, formulation enhancements, and the development of standardized herbal hair oil products.

Overall, the literature survey on herbal hair oils underscores their significance in promoting hair health, with a focus on natural, sustainable, and traditional approaches. It encourages further investigation and experimentation to harness the full potential of herbal remedies in modern hair care.[12]

#### **Procedure:**

To prepare Amla hair oil at home, you will need a few ingredients and a simple procedure. Amla, also known as Indian Gooseberry, is rich in vitamin C and antioxidants and is highly beneficial

for hair health. Here's a basic recipe for making Amla hair oil:

#### Ingredients:

1. Fresh Amla (Indian Gooseberries) - 4 to 5 medium-sized ones
2. Coconut Oil or Sesame Oil - 1 cup (250 ml)
3. A clean, dry glass or stainless steel container for storage[13]

#### Procedure:

##### 1. Wash and Dry the Amla:

Start by thoroughly washing the Amla under running water. Allow them to air-dry completely, or you can pat them dry with a clean towel.

##### 2. Cut Amla into Pieces:

Once the Amla are dry, cut them into small pieces. You can remove the seeds, or keep them, as per your preference.

##### 3. Heat the Oil:

In a heavy-bottomed pan, pour the coconut oil or sesame oil. Heat it on low to medium heat until it's warm but not boiling. Heating the oil helps in the infusion process.

##### 4. Add Amla Pieces:

Add the chopped Amla pieces to the warm oil. Reduce the heat to low, and let the Amla simmer in the oil. Stir occasionally.

##### 5. Simmer and Infuse:

Allow the Amla to simmer in the oil for about 20-30 minutes. During this time, the Amla will release their nutrients and properties into the oil. You may notice the Amla pieces turning brown, which is normal.[14]

##### 6. Cool and Strain:

Turn off the heat and allow the oil to cool completely. Once it's cool, strain the oil into a clean, dry glass or stainless steel container. You can use a fine strainer or cheesecloth to remove any Amla residue.

##### 7.Storage:

Store the Amla-infused oil in a cool, dark place. Ensure that the container is sealed properly to

prevent any contamination. Properly stored, it can last for several months.

#### Application:

You can use this homemade Amla hair oil as a pre-wash treatment or as a leave-in conditioner. Massage it into your scalp and hair, leave it on for a few hours or overnight, and then shampoo and condition as usual. Regular use can help promote hair growth, prevent hair fall, and add shine to your hair. Homemade Amla hair oil is a natural and nourishing way to care for your hair. Customize the recipe by adding other herbs or essential oils that complement your hair's specific needs.[15]

#### Evaluation method:

Evaluating the effectiveness of Amla hair oil involves assessing various factors, including its impact on hair health, safety, and user satisfaction. Here's a method for evaluating Amla hair oil:

##### Objective Evaluation:

##### Hair Growth and Thickness:

Measure hair length and thickness before and after using the Amla hair oil for a specified period (e.g., 2-3 months). Use standardized tools like a hair ruler and caliper to ensure accurate measurements.[16]

##### Hair Loss Reduction:

Assess the reduction in hair fall by counting the number of fallen hairs during combing or washing before and after using the Amla oil.

##### Scalp Health:

Evaluate the condition of the scalp by assessing dandruff, itchiness, and the presence of any scalp issues. Use a standardized rating scale to quantify the changes.

##### Hair Texture and Shine:

Compare the hair's texture, smoothness, and shine before and after Amla oil usage. Use photographs and user surveys for subjective feedback.

##### Subjective Evaluation:

##### User Satisfaction Surveys:

Distribute surveys to users of the Amla hair oil to collect feedback on their experience. Include

questions about hair quality, ease of application, and overall satisfaction.[17]

##### Aroma and Texture:

Gather user opinions on the aroma and texture of the Amla oil. Assess if they find the product pleasant to use.

##### Side Effects:

Inquire about any adverse reactions or side effects experienced by users, such as allergies or irritations. Document these instances for safety assessment.[18]

##### Safety Evaluation:

##### Patch Testing:

Conduct patch tests on a sample group of users to identify any allergic reactions or irritations. Note the results and potential adverse effects.

##### pH Testing:

Measure the pH level of the Amla hair oil to ensure it falls within a safe range for hair and scalp application.

##### Comparative Evaluation:

##### Comparison with Other Hair Oils:

Compare the Amla hair oil's effectiveness with other commercially available hair oils. Assess factors like hair growth, shine, and reduction in hair fall.

##### Laboratory Analysis:

##### Nutrient Analysis:

Analyze the Amla hair oil in a laboratory to quantify the concentration of essential nutrients like vitamin C, antioxidants, and other active compounds.

##### Microbiological Testing:

Conduct microbiological testing to ensure the absence of harmful bacteria and fungi in the Amla oil.

##### Long-Term Evaluation:

##### Extended Use Assessment:

Continue to monitor users who use the Amla hair oil for an extended period (e.g., 6 months to a year) to assess long-term effects on hair health and safety.

### Repeat Surveys:

Administer follow-up user satisfaction surveys to gauge sustained satisfaction and to identify any changes in user perceptions over time.[19]

By conducting a comprehensive evaluation that combines both objective and subjective assessments, you can determine the effectiveness, safety, and user satisfaction associated with Amla hair oil. This data will help you make informed decisions about its suitability for your hair care need.[20]

### CONCLUSION

Conclusions for amla hair oil might include the following points: Amla hair oil is a popular and natural remedy for promoting hair health and growth. It is rich in vitamin C and antioxidants, which can help strengthen hair and prevent damage. Regular use of amla hair oil may reduce hair fall and promote shiny, healthy hair. Some users report that amla oil can help with dandruff and scalp issues. Amla oil is versatile and can be used as a pre-shampoo treatment, leave-in conditioner, or scalp massage oil. Results may vary from person to person, so it's essential to be consistent with its use to see the benefits. While amla oil has many potential advantages, it's not a guaranteed solution for all hair problems, and individual results may differ. As with any hair product, it's essential to check for allergies or sensitivities and perform a patch test before applying it to your scalp. Amla hair oil is a valuable addition to a hair care routine, particularly for those seeking a natural and traditional approach to hair care.

### REFERENCES

1. Jain PK, Joshi H, Dass DJ, Drug that Causes Hair Loss and Promotes Hair Growth - A Review, *International Journal of Research in Pharmaceutical and Biomedical Sciences*, 2012; 3(4):1476-82.

2. Mithal B, Shah R., *A Hand Book of Cosmetics*, 1st ed., New Delhi: Vallabh Prakashan; 2000, 141-142.
3. Bhatia SC., *Perfumes, soaps, detergents and cosmetics*, 2nd ed., New Delhi, CBS Publishers and distributors; 2001; 639, 641.
4. Kirtikar K.P., Basu B.D., *Indian Medicinal Plants*, Vol. I, International Book Distributors, Dehradun, 1995, 768-769.
5. Shah C S, Qudry J S, *A Text book of Pharmacognosy*, 11th Ed., B.S. Shah Prakashan, Ahmadabad, 1996; 119.
6. Evans W C, Trease, Evans, *Pharmacognosy*, 15th Ed., W.B. Saunders Harcourt Publishers Ltd., 2002; 292.
7. *The Ayurvedic Formulary of India*, Government of India, Ministry of Health and family planning, Department of health, Delhi, 1st ed.1978; part 1, 99.
8. N. Sanju, N. Arun, K. K. Roop, *Cosmetic Technology*, 1st Edition, Birla Publications Pvt. Ltd, Delhi, 2006, 379-382.
9. Adhirajan, N., Dixit, V. K., Chandrakasan, G., *Development and Evaluation of Herbal Formulations for Hair growth*, *Indian Drugs*, Nov-2001, 38 (11), 559-563.
10. Roy, R. K., Thakur, M., Dixit, V. K., *Development and Evaluation of polyherbal formulation for hair growth- promoting activity*, *Journal of Cosmetic Dermatology*, Nov-2006, 6, 108-112.
11. Ambika shettys kitchen :[https://youtu.be/HFD\\_vx\\_2VUs?si=ABcgb8XJY8u3k5Qh](https://youtu.be/HFD_vx_2VUs?si=ABcgb8XJY8u3k5Qh)
12. Food conation: [https://youtu.be/E8\\_njCoznho?si=FJ\\_MrWgbdRskN4Mc](https://youtu.be/E8_njCoznho?si=FJ_MrWgbdRskN4Mc)
13. Beauty recipes:<https://youtu.be/B6CmkGV9-Bs?si=FKxjq4I7R8bsbqfJ>
14. Foodzee :<https://youtu.be/5yP5djtyMwK?si=TBgotqTlG-OZqFrD>

15. Isha Kumari, Hemlata Kaurav, Gitika Chaudhary, Eclipta Alba (Bhringraj) A promising Hepatoprotective And Hair Growth Stimulating Herb, *Asian Journal of Pharmaceutical and Clinical Research*
16. BM Gupta., et al, *Phyllanthus emblica* (Medicinal Plant) Research: A Scienometric Assessment of Global Publication Output during 2008-2017, *EC Pharmacology and Toxicology* 7.1 (2019): 18-28
17. Lopamudra Sethi, Preetha Bhadra, A Review Paper on Tulsi Plant, *International Journal of Natural Science*, Vol.10/ ISSUE 60/June/2020,
18. Vinay SSN: Kumar 0976-0997 Medisetti, . Ganga Rao pen Ratt Battu, Ravindra.S, Ravindra.S, Sandhiya Sandhiye R.S
19. R.V.Subbarao, Antibacterial and Antihelmintic Activities of Aqueous Extract *Indo American Journal of Pharmaceutical of Acacia Conconna Linn, Sciences*, ISSN: 2349-7750
20. Siddhi S.Jadhav, Kajal S. Jadhav, Yogita V. Dalvi, Formulation and Evaluation of Herbal Liquid Shampoo, *Research J. Topical and Cosmetic Sci.*9(2): July-Dec.2018
21. Vincenta Khristi and V.H. Patel, Therapeutic Potential of Hibiscus Rose Sinesis: A Review, *International Journal of Nutritional and Dietetics*, Volume 4, 2016, ISSN: 2347-5277.
22. Shrinivas K Sarje, Shital Narwade, Mahesh Thakur, Nitin B Ghiware, Pharmacognistic and Pharmacological review on herbal plant: *Hibiscus rosa sinensis Linn*, *International Journal of ChemTech Research*, Vol.12, ISSN:, 0974-4290, ISSN (online) : 2455-9555
23. Sharma Pankaj, Tomar Lokeshwar, Bachwani Mukesh, Bansal Vishnu, Review on Neem (*Azadirachta Indica*): Thousand Problems One Solution, *International Research Journal of Pharmacy*, ISSN:2230-8407, 2011.

**HOW TO CITE:** V. K. Gahal\*, V. A. Chavan, Herbal Hair oil, Formulation And Evaluation Of Amla Hair Oil, *Int. J. in Pharm. Sci.*, 2023, Vol 1, Issue 11, 133-139. <https://doi.org/10.5281/zenodo.10071441>

