

THE REVIEW ON HERBAL HAIR MASK FOR THE PREVENTION OF DANDRUFF

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ABSTRACT

Hair is simple in structure. Hair is formed of an extreme protein called Keratin. Cleanser may be a hair care item, ordinarily as a gooey fluid, that's utilized for cleaning hair. the problems related with it incorporates male pattern baldness, raucous hair, absence of hair volume, molding, youthful turning gray, dandruff, diminishing of hair, bluntness then on. Male pattern baldness are often caused due to various reasons, for instance, hereditary propensities, ecological triggers and presentation to synthetic compounds, medications, healthful inadequacy, outrageous pressure or long ailment then on

Hairs are the delicate part of the body. So, accordingly to take care of them we made the formulation of hair mask. The ingredients in the hair mask are added by knowing their benefits to hairs. The purpose of using hair mask is to remove dirt that is built up in hairs. Coconut oil is also a part of hair mask which is used to apply the mask on hairs. The hair mask that made is completely free from chemicals. It only contains the natural ingredients which does not harm your hairs.

INTRODUCTION

Hair is an important part of the body, It is the health indicator. Hair mask can help moisturize our hairs. They especially beneficial for dry or damaged hairs. Hair mask may improve the health of our scalp and boost the strength of our hairs. These hair masks are also made at home, It has no disadvantages, And it is very beneficial. We can make this mask from whatever ingredient we have, This product is very important for those whose hairs is very thin or whose hairs is bad which is damage. If our hair is good then our personality looks better. There are many types of masks available in the market but they contain chemicals.

And chemicals are bad for our hairs. So we have made a product without chemicals. This mask is very easy to make.^[1]

Couses of Dandruff

Dandruff is primarily caused by a dry scalp and other underlying causes. It affects many people and is a common hair issue. The condition can irritate your scalp and make it itchy and flaky. Even though it is not a major health risk, it can make you feel awkward or self-conscious.^[2]

- Dry Scalp
- Lack Of Good Hygiene
- Skin Condition

Advantage of hair mask

There are many benefits to using a hair mask, and the advantages vary depending on the ingredients and your hair type. Generally speaking, the advantage of using a hair mask include:^[3]

- shinier, softer hair
- added moisture
- reduced hair breakage and damage
- less frizz
- a healthier scalp
- stronger hair
- less environmental and product damage

MATERIAL AND METHOD

S No.	Ingredient	Benefit	Quantity
1.	Amla Powder	Hair growth and hair loss	1.5 tbsp
2.	Reetha powder	Help control hair by removing dandruff	1 tbsp
3.	Shikakai powder	Help in hair shine softness	2 tbsp
4.	Rose water	Help in repairing damaged hair	1 tbsp
5.	Aloe Vera	Anti fungal and anti dandruff	2 leaves
6.	Coconut Oil	To providing moisture	1 tbsp

Amla Powder

Amla powder is a natural herbal powder derived from the fruit of the *Emblca Officinalis* tree.

This fruit has the highest natural vitamin C content, and we use it in several Ayurvedic medicines.

Amla fruits are largely used in Indian medicine. Fruit also used in preparation of inks, hair oils and hair shampoo it is reported that fixed oil from fruits possesses the property of promoting hair growth.^[4]



Advantage of amla powder

1. Amla provides shine and smoothness
2. Work as a natural conditioner
3. Reduce dandruff
4. Treat head lice
5. Hair growth and hair loss
6. Boosting health hair growth

Reetha powder

Reetha or 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. Reetha is extensively used to make natural hair care products as it makes hair shiny, healthy and lustrous. It can be used on a daily basis to provide nourishment to the hair scalp and promote hair regrowth. Reetha powder can be mixed with warm water to form a paste which can be used to massage the scalp to help manage dandruff and also remove lice from the scalp due to its insecticidal property. The powder of Amla and Reetha can be applied to the hair to help control greying of hair and also stimulate better hair growth.

You can add Reetha powder to water and boil it till it gets reduced to half and then use it as a body wash as it is good for the skin. As per Ayurveda, it also helps manage skin infections such as eczema, psoriasis and pimples due to its Tridosha property.^[5] (Vatta Pitta Kaph balancing property). Reetha decoction (Kadha) might also act as a wound cleanser as it accelerates wound healing and stops secondary infections.

It is advisable to avoid the use of Reetha water on sensitive parts such as eyes as it may cause redness and swelling of the eyelids.^[6]



Advantage of Reetha powder

1. Prevent dryness
2. Good for hair growth
3. Reetha increase the silkiness of hair
4. Cleaning properties
5. Strengthening the hair roots

Shikakai powder

Shikakai, also known as *Senegalia rugata*, is a spiny, climbing shrub native to China and tropical Asia. The extract obtained from its pods is used as a hair cleanser and for the control of dandruff. Shikakai or acacia concinna, has rich amount of vitamin C, which is beneficial for hair. Shikakai naturally lowers the pH value and retains the natural oils of the hair and keeps them lustrous and healthy. It is also effective in strengthening and conditioning hair. Amla, reetha and Shikakai suit all hair types and help prevent split ends, hair fall, dandruff, greying of hair and other hair related problems, to make hair soft and silky.^[7]



Advantage of shikakai Powder

1. Hair growth
2. Cleanser
3. Anti fungal and anti bacterial properties
4. Heals wounds
5. Anti oxidants
6. Control hair fall
7. Used in making detergents

Rose water

Rose water is the hydrosol portion of the distillate of rose petals. Rose water, itself a by-product of the production of rose oil for use in perfume, is used to flavour food, as a component in some cosmetic and medical preparations,^[8] and for religious purposes throughout Europe and Asia. Rose syrup is made from rose water, with sugar added.^[9]



Advantage of rose water

1. Control oily scalp
2. Reduce dryness
3. Repair hair damage
4. Improve hair growth
5. Reduces dandruff

Aloe Vera

Aloe Vera is a succulent plant species of the genus *aloe*. Having some 500 species, *aloe* is widely distributed, and is considered an invasive^[10] species invasive in many world regions. It is used in many consumer products, including beverages, skin lotion, cosmetics,^[11] ointments or in the form of gel for minor burns and sunburns. The name derives from Latin as *aloe* and *vera* ("true"). *aloe vera* is the most beneficial for our hair.^[12]

**Advantage of aloe vera**

1. Stimulate hair growth
2. Add shine and strength
3. Hydrate hair
4. Anti fungal and anti dandruff properties
5. Top the hair fall

Coconut oil

Coconut oil is edible oil derived from the wick, meat, and milk of the coconut palm fruit. Coconut oil is a white solid fat melting at warmer room temperature of around 25°C (78 °F), in warmer climates during the summer months it is^[13] clear thin liquid oil. Unrefined varieties have a distinct coconut aroma. It is used as food oil, hair and beauty treatment and in industrial applications for cosmetics and detergent production. Due to its high levels of saturated fat numerous health authorities recommend limiting its consumption as a food.^[14]



Advantage of coconut

1. Moisturize
2. Repair damaged hair
3. Prevent dandruff
4. Improves scalp health

Procedure

- Took the amla powder, 1.5 tablespoon in a bowl.^[15]
- Than add Reetha powder, 1 tablespoon.
- Add Shikakai powder, 2 tablespoon.
- Add Rose water, 1 tablespoon.
- Add fresh Aloe Vera 2 leaves.
- Add coconut 1 tablespoon.
- Mix it well to form a paste. Apply it on the hair and scalp.^[16]

- let the mask sit for 30 mins and rinse it with water.

Benefits of herbal hair mask

1. Stimulate hair growth.^[17]
2. Cleansing.
3. Remove clogging.
4. Prevent premature greying.^[18]
5. Repairs damage.
6. Cooling effect.
7. Reduce hair fall.
8. Healthy scalp.
9. Conditioning.^[19]

CONCLUSION

This study presents the use of herbal plant^[20] products with proven efficacy as in the hair care preparation. This investigation was carried out on the basis of traditional and present days knowledge that used to formulate the herbal hair mask to develop few parameters for quality and purity of the herbal hair mask. Shelf life is assured the stability at room temperature and thus every ingredients implicates efficacy and safety.^[21]

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