

A REVIEW: AN ANALYSIS AND FORMULATION OF THE HERBAL SHAMPOO

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ABSTRACT:

Considering that shampoo is a common beauty product, the sector where hair care products are used the most will be the shampoo sector. Synthetic preservatives and detergents are sometimes responsible for adverse effects on consumers. One of the best ways to reduce synthetic ingredients is to combine natural ingredients that work equally well with their ingredients. Shampoo is a hair care product and is considered one of the most important beauty products. Today's shampoos have gone beyond just washing your hair. Other benefits include softening, smoothing hair, healthy hair i.e. Purify the air from dandruff, dirt, oil, lice and most importantly make it safe. Since the scalp is one of the most absorbent parts of the body, the products of the scalp mix directly into the bloodstream without being seen. Various skin and hair problems occur due to dietary changes, stress levels and dependence on the environment. This shampoo is made with natural ingredients like fenugreek seeds, acacia (shikakai), soap berry (reetha), basil (tulsi), aloe vera (aloe vera), hibiscus (rose flower), amla (amla) and more. With proven effective hair care preparations such as Henna (Henna) and Citrus Citrus (Lemon). The combination of various herbs like this makes it possible to obtain an excellent dry shampoo. The test model has been completed and tested on various parameters to ensure that it is safe and effective.

Keywords: Herbal Shampoo, Natural Health, shampoo. Shampoo, herbs.

INTRODUCTION

Shampoo is the term for the liquid or sweetened preparation of soap. Shampoo is a hair care product that is used to wash hair and is typically liquid in nature. A significant aspect of human beauty is hair. Hair care products are used to clean hair. It also changes the hair texture and provides nutrients to the hair, making it look beautiful. For humans, hair serves many purposes, including protection from other factors, control of sebum, apophyseal sweat, and body temperature. Shampoo is the most used hair product. It can be purchased in liquid or powder form and is used to clean the scalp and hair, get rid of leftover hair styling product residue, and clean the environment.^[1] Herbal shampoo is beneficial for hair. The shampoo is made from natural ingredients and is designed to clean your hair and scalp, just like shampoo. Since these shampoos do not contain surfactants, they have no side effects, are stable and less harmful than synthetic shampoos. Shampoos made synthetically contain surfactants. Serious side effects like dry hair, irritated scalps, hair loss, and itchy eyes can result from using surfactants for an extended period of time. For these reasons, people prefer herbal cosmetic products due to their low side effects and low cost. Shampoo, mostly used as a beauty ingredient, is a liquid that contains the necessary detergents, disinfectants and active ingredients. Shampoo is often used cosmetically.^[2] We use this hair care product on a daily basis to clean our hair and scalp. Oil, dandruff, dirt, environmental pollution, etc. Their purpose is to eliminate objects. Usually applied to damp hair, it is massaged into the hair and then washed with water. Today's market is filled with a wide variety of synthetic shampoos. Both medicinal and non-medicated, but shampoos are popular due to their natural origin, are safe, make customers want them and have no side effects.^[3]

Types of Shampoo:

Shampoo in powder form

Shampoo with lotion

Shampoo, clear liquid

Shampoo with gel
OTC shampoo
Plant-based liquid shampoo^[4]

Role of herbal shampoo:

Approval
Concern
The growth of hair^[5]
The retention of hair color
Pharmaceuticals

The qualities that herbal shampoo is meant to have:

Simplicity of Use
Clearing More Debris
Wet Combing Made Easy
Elegance
Minimal Angry Feeling
Exhibited Excellent Preservation^[6]
A stable environment

Herbal shampoos features:

Spark
Reduce hair loss
long color
Strong hair^[7]
Completely natural and chemical-free
Does not irritate the skin or scalp
Preserves natural oils

Benefits of natural shampoo:

All-natural, pure components
Absence of adverse effects

No SLS or other surfactants :

Absence of artificial components
No use of animals in research >• Earth and skin friendly
No oil-related products are offered.
It is inexpensive to produce and simple to make.
Extremely simple to obtain.^[8]

Drawbacks of herbal shampoo:

1. Sometimes it is difficult to hide the smell and taste.
2. Herbal medicines act more slowly than allopathic medicines, so long-term treatment is required.
3. The production process is time consuming and complex.^[9]

Ingredients:**Table No.1: List of Ingredients**

| Materials required | Quantity to be weighted |
|--------------------|------------------------------|
| Methi | 6.25gm |
| Amla | 3gm |
| Shikakai | 2.5gm |
| Hibiscus | 2.5gm |
| Orange peel | Handful |
| Alovera | 3.5gm |
| Lemon | 3ml |
| Rose water | 5ml |
| Ritha | 4gm |
| Water | Quantity sufficient as 50 ml |

Description of ingredients:**METHI:****Synonyms:**

Methi, Methika, Chandrika.

Biological Source:

Methi consists of dried seeds of *Trigonella foenum-graecum*.

Family: Legumes. ^[10]

Use:

Methi seed is known to have many benefits for health and hair care.

It makes the hair shiny.

It helps hair growth.

Prevents hair loss and dandruff.

**Fig.1: Methi**

AMLA:

Synonyms:

Phyllanthusemblica, Indian gooseberry, Phyllanthusemblica

Biological resources:

Dried and fresh fruit of the Phyllanthusemblica

Family:

Euphorbiaceae

Uses:

Strengthen scalp and hair

It reduces premature hair pigment loss or graying.

Promote hair growth

Lession hair loss

Avoid and cure scalp irritation and Dand dandruff

Treat or prevent fungus related illness of the hair and scalp ^[11]



Fig.2: Amla

SHIKAKAI:

Synonym:

Vimala, Bhuriphena.

Biological Source:

There is a dry, gelatinous ooze from the trunk and branches of Acacia arabica.

Family:

Legumes.

Uses:

Clean hair

Add more light

Prevents hair loss

Protect against pests, psoriasis and bacterial infection

Prevent split ends ^[12]



Fig.3: Shikakai

ORANGE PEEL:**Synonyms:**

Orange peel, Bigarade orange, Seville orange, porcelain orange, bitter orange peel

Biological sources:

Orange peel is produced from fresh and dried citrus aurantium. The outer part of the peel. It includes the

Family:

Rutaceae Contains not less than 2.5% essential oil.

Chemical composition:

Limonene (90%) Citral (4%) Vitamin C Pectin Hesperidin Orange yellow orange peel powder and orange peel powder (both are glycosides that cause a bitter taste)

Uses:

Orange peel powder is very good for cooling the hair. Apart from reducing dandruff, it increases blood flow, makes hair shinier and reduces hair loss.^[13]



Fig.4: Orange peel

HIBISCUS:**Synonym:**

Hibiscus

Biological Source:

Rose, Rose

Family:

Malvaceae

Uses:

Promote hair growth and reduce hair volume

Good hair

Protect skin

Improve scalp and itching

Prevent premature graying of hair.^[14]



Fig.5: Hibiscus

ALOE VERA:

Synonyms:

Aloe, Kummarimussabar

Biological Source:

Aloe, Aloe barbadensis, Aloe perryi, Aloe Ferox is the dried fruit juice obtained from the leaves of Aloe spicata.

Family:

Liliaceae^[15]

Uses:

Calming the scalp and itching

Deep cleansing of oily hair

Have strength

Aloe vera has proteolytic enzymes that help the scalp's dead skin regenerate.

Encourage hair development

Natural, soft curls



Fig.6: Aloe Vera

LEMON JUICE:

Synonym:

Cortex limonis

Biological Source:

Lemon is a fruit obtained from the citrus lemon

Family:

Rutaceae^[16]

Uses:

Add shine

Get rid of dandruff

Split ends

Reduce hair loss

Give natural hair colour

Promotes hair



Fig.7: Lemon Juice

ROSE WATER:

Synonym:

Rose

Biological Source:

Rose oil, Rosaceae

Family:

Rosaceae

Uses:

It is obtained from rose flowers. There should be no damaged hair

Improve hair growth

Reduces dandruff^[17]



Fig.8: Rose water

RITHA:**Synonyms:**

Ritha, Arishta, Reetha

Biological Source:

Soapberry includes dried fruits of makorossi

Family:

Soapberry

Uses:

Used to prepare shampoo

It is also used to remove lice from hair.

Shampoos employ it as a foaming agent.

You can use it to wash your hair.^[18]



Fig.9: Ritha

CONCLUSION:

The aim of this study is to create a shampoo that is safer than conditioner and reduces hair loss during combing while promoting hair growth. Aqueous extracts of plants frequently used as shampoos in traditional culture are used as herbal shampoos. Use heat treatment to reduce protein or hair loss. Current research uses Shikakai, amla and other herbal extracts instead of cationic regulators to provide better results.

The main goal of this project is to create a durable and effective shampoo that does not contain synthetic ingredients that are often included in these formulas. We carry out extensive tests to evaluate the performance of the shampoos we produce as quality products. Scientific evaluation of shampoo formulation is compared to quality control evaluation, but all quality products require further scientific verification.

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