

# A REVIEW ARTICLE ON: HERBAL SHAMPOO

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## ABSTRACT

*Shampoos are the cosmetics preparations meant for cleansing the hair by removal of the dirt grease from the hair shaft and scalp. There are wide range of synthetic shampoos available in the market with different functions. But these synthetic shampoo shows harmful effect on the hair and scalp like dryness of hair and keratin loss. Due to these reasons herbal shampoos has evolved as an alternative to synthetic shampoo because of the safe and traditionally used ingredients. Herbal shampoo is a cosmetic preparation which uses herbs and meant for cleansing the hair and scalp just like regular shampoo. Many of the herbs are reported to have beneficial affect on hair and are used in herbal shampoos.*

**Keywords:** Synthetic shampoo, Herbal shampoo, cosmetics, Traditional ingredients.

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## 1. INTRODUCTION:

### 1.1 Herbal Shampoo-

Shampoos are probably the most widely used cosmetic products for cleansing hairs and scalp in our daily life[1]. 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, 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 enhance health. 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.

### 1.2 Need of Shampoo-

The skin on our head produce a greasy fluid called sebum. It is produced to protect the hair by coating itself all over the head. This give the hair a healthy shine but when secretes in large amount it makes the hair look dirty.

### 1.3 History-Indian subcontinent

In the Indian subcontinent, a variety 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 as soapberries or soapnuts, a tropical tree widespread in India, is called ksuna[3].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[4]. It leaves the hair soft, shiny and manageable. Other products used for hair cleansing were shikakai (Acacia concinna), hibiscus flowers,[5][6] ritha (Sapindus mukorossi) and arappu (Albizzia amara)[7].Guru Nanak, the founder and the first Guru of Sikhism, made references to soapberry tree and soap in the 16th century. Cleansing with hair and body massage (champu) during one's daily bath was an indulgence of early colonial traders in India. When they returned to Europe, they introduced the newly learned habits, including the hair treatment they called shampoo.

#### 1.4 Ideal properties of Herbal Shampoo-

1. It should effectively and completely remove dust or soil, excessive sebum or other fatty substances and loose corneal cells from the hair.
2. It should produce a good amount of foam to satisfy the psychological requirements of user.
3. It should be easily removed on rinsing with water.
4. It should leave the hair non -dry, soft, lustrous with good manageability and minimum fly away.
5. It should impart a pleasant fragrance to the hair.
6. It should not cause any side-effects / irritation to skin or eye.
7. It should not make the hand rough and chapped.[10,11]

#### 1.4 FUNCTION OF HEARBAL SHAMPOO:

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



Fig: Herbal Ingredients

## 2. METERIALS AND METHODS-

**2.1 Preparation of extract-**About 100 g of each powdered plant materials, namely Neem, Hibiscus flower, Aloe vera, Shikakae, Liquorice, Amla, Soap nut were homogenized. The powdered material was extracted with distilled water by boiling for 4 h. The extract of each plant material was separated and evaporated. Shown in table 1.

Table 1 -Extraction of Hebal drug

Sr.N.	Drugs name	parts	quantity for 100 g
1.	Neem	powder Leaves	09%
2.	Hibiscus	Flower	12%
3.	Aloe vera	Leaves	07%

4.	Shikakae	Pods	22%
5.	Liquorice	Root	05%
6.	Amla	Fruit	25%
7.	Soap Nut	Nut	20%

## 2.2 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.

Table 2 - Formulation of Herbal Shampoo

Sr.N.	Material required	Quantity	Medicinal use
1)	Neem	0.5 g	Antibacterial agent
2)	Soap nut extract	0.5 g	Foaming agent
3)	Amla extract	0.5 g	Antidandruff Agent
4)	Shikakai extract	0.5 g	Detergent
5)	Hibiscus	0.5 g	Conditioning agent
6)	Bhringraj extract	0.5 g	Hair growth
7)	Aloe vera	01 g	Moisturizing agent
8)	Gelatin	q.s	Gelling agent
9)	Lemon juice	q.s	Antimicrobial
10)	Rose oil	q.s	Fragrance

## 2.3 Evaluation of herbal shampoo

The prepared formulation was evaluated for product performance which includes organoleptic characters, pH, physicochemical characterization, and for solid content. To guarantee the nature of the items, particular tests were performed for surface tension, foam volume, foam stability, and wetting time using standard protocol.

### 2.3.1 Visual assessment-

### 2.3.2 pH determination-

### 2.3.3 Determination of solid content percentage-

### 2.3.4 Visual assessment-

### 2.3.5 pH determination-

### 2.3.6 Determination of solid content percentage-

### 2.3.7 Surface tension measurement-

### 2.3.8 Testing of wetting-

### 2.3.9 Foam stability test-

### 2.3.10 Dirt dispersion test-

### 2.3.11 Conditioning performance evaluation-

## 3. CONCLUSION

The present study was point out with the object of preparing the herbal shampoo that reduces hair loss promote growth and strength of hair . Herbal shampoo was formulated with the aqueous extract of medicinal plants that are commonly used for cleansing hair traditionally. 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.

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