

A REVIEW ON HERBAL SHAMPOO AND ITS EVALUATION

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DOI : <https://www.doi.org/10.56726/IRJMETS52319>

ABSTRACT

This study's main objective is to create, evaluate, and determine the physiochemical function of an herbal shampoo, with a focus on the product's effectiveness, safety, and quality. Herbal Shampoo is a natural hair care solution that removes oil, filth, and dandruff while also promoting hair thickness, growth, and blackness. It also adds softness, gloss, and smoothness to hair. Many drugs are used to make cosmetic shampoo. These drugs have several side effects that have been documented, such as hair loss, increased scaling and itching, discomfort, nausea, and headaches. So, an attempt is made to produce an herbal shampoo with no unfavorable consequences.

Keywords: Herbal Shampoo, Types Of Herbal Shampoo, Evaluation Of Herbal Shampoo.

I. INTRODUCTION

In our daily lives, shampoos are arguably the most popular cosmetic product used to clean our hair and scalps. Herbal shampoos are cosmetic preparations that, like conventional shampoos, are designed to cleanse the hair and scalp by utilizing traditional ayurveda herbs. They are employed to remove filth, oils, dandruff, pollutants from the environment, etc. Herbal shampoo is a kind of cosmetic preparation that replaces commercially available synthetic shampoo with herbs derived from plants. The importance of the herbal shampoo stems from the fact that consumers today favor herbal over chemical goods since they have been shown to improve health. The popularity of herbal cosmetics is growing due to the belief that these products are safe and do not have any negative effects. In contrast, synthetic shampoos can be challenging to formulate and require solid substance, good foaming, and detergency. As a result, we thought about creating a pure natural cleanser employing a traditional method and commonly used plant material for hair washing. One kind of shampoo that is created using natural elements from plants is called herbal shampoo. Herbal extracts from plants like aloe vera, rosemary, lavender, and peppermint, as well as other plant-based oils and extracts, can be included in these ingredients. Herbal shampoos are highly praised for their ability to strengthen and nourish hair, as well as for being mild and non-toxic. They are frequently seen as a more sustainable and natural substitute for conventional shampoos because they are typically devoid of artificial ingredients. Therefore, those who favor using goods free of harsh chemicals and beneficial to the environment are drawn to herbal shampoos. Because herbal shampoos are made of natural, plant-based ingredients, they have several advantages. They are kinder to the hair and scalp than shampoos that contain harsh synthetic chemicals, which is one of their main advantages. People with sensitive skin or those who are prone to inflammation or allergies may find this to be very helpful. Moreover, sulfates, parabens, and other potentially dangerous ingredients that are frequently included in regular shampoos are frequently absent from herbal shampoos. Because of this, they are a well-liked option for people who want to utilize hair care products that are less harmful to the environment and their hair. The efficacy of herbal shampoos can vary based on the particular ingredients and formulation, just like with any other product. Furthermore, patch testing a new product is always a smart idea, particularly if you have sensitive skin or known sensitivities. All things considered, herbal shampoos present a mild, natural, and possibly more environmentally friendly alternative for washing and conditioning hair, which is why many customers find them appealing. Furthermore, the natural components of herbal shampoos are frequently abundant in vitamins, minerals, and antioxidants, all of which help nourish hair and improve general health. Herbal extracts such as peppermint and rosemary can help to stimulate the scalp and encourage hair development, while substances like argan oil, coconut oil, and aloe vera are well known for their conditioning and moisturizing qualities. Moreover, sulfates, parabens, and other potentially dangerous ingredients that are frequently included in regular shampoos are frequently absent from herbal shampoos. Because of this, they are

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Types of shampoo:

- 1) Liquid shampoo
- 2) Solid cream shampoo
- 3) Jelly shampoo
- 4) Powder shampoo
- 5) Lotion shampoo
- 6) Aerosol foam shampoo
- 7) Specialised shampoo:
- 8) Conditioning shampoo
- 9) Antidandruff shampoo
- 10) Baby shampoo

Funtion of Herbal Shampoo:

- 1) Lubrication.
- 2) Conditioning.
- 3) Hair development.
- 4) Maintenance of hair colour.
- 5) Medication.
- 6) Cleanses the hair and scalp.
- 7) Nourishes and promotes healthy hair.
- 8) May help with dandruff and scalp conditions.
- 9) Contains natural and plant-based ingredients.
- 10) Free from harsh chemicals and additives.
- 11) Supports environmental sustainability.
- 12) Has the potential to offer aromatherapy advantages.
- 13) Can provide aromatherapy benefits..
- 14) May promote overall hair and scalp health.
- 15) Complies with a natural and environmentally conscious way of living.

Advantages of herbal shampoo:

- 1) A natural and organic component.
- 2) Free from side effect.
- 3) Absence of surfactant.
- 4) No experimentation on animals.
- 5) Favorable to the skin and the earth kind to the scalp and hair.
- 6) Free from harsh chemicals and synthetic ingredients.
- 7) Nourishes and strengthens the hair.
- 8) Promotes general health of the scalp and hair.
- 9) Provides advantages of natural aromatherapy.
- 10) Environmentally friendly and sustainable.
- 11) Can be suitable for sensitive skin and allergies.
- 12) Promotes a holistic approach to hair care.
- 13) Supports a natural and eco-friendly lifestyle.
- 14) May be suitable for vegans and vegetarians.

Ideal properties of herbal shampoo:

- 1) It should remove loose corneal cells from the hair, excess sebum or other fatty substances, and dust or soil thoroughly and effectively.
- 2) It must generate a sufficient amount of foam to meet the user's psychological needs.
- 3) When you rinse it with water, it ought to come off with ease.
- 4) The hair should be left with minimal flyaways, manageability, and a glossy, non-dry finish.
- 5) It ought to give the hair a pleasing scent.
- 6) It shouldn't irritate the skin or eyes or have other negative consequences.
- 7) The hand shouldn't become rough or chapped as a result.
- 8) Natural and mild: Because herbal shampoos are manufactured using naturally occurring plant-derived substances, their effects on the hair and scalp are mild.
- 9) Free of harsh chemicals: Herbal shampoos are a healthier option for hair care because they usually don't include sulfates, parabens, or other synthetic chemicals.
- 10) Nourishing and conditioning: Often high in vitamins, minerals, and antioxidants, the natural components of herbal shampoos give hair both nourishment and conditioning.
- 11) Suitable for delicate skin: Compared to conventional shampoos, herbal shampoos may be a more appropriate and less irritating choice for people with allergies or sensitive skin.
- 12) Environmentally friendly: Because herbal shampoos are made with natural components and biodegradable formulas, they are frequently seen to be more environmentally friendly and sustainable.

Plan of Prepaion of Herbal Shampoo:

The following is a general schedule for making herbal shampoo:

1. Select herbal ingredients: Select a range of natural substances and herbs, such as coconut oil, essential oils, chamomile, rosemary, and aloe vera, that are well-known for their ability to care for hair.
2. Prepare the herbal extract: To obtain the health benefits, infuse the chosen herbs and components in hot water or carrier oils. The herbs can be heated in carrier oils or steeped in hot water to achieve this.
3. Strain and cool the herbal extract: After the infusion of the herbs and the extraction of their health-promoting qualities, sift the mixture to get rid of any solid particles. Let the herb extract cool until it reaches room temperature.
4. Mix with a natural base: To make the shampoo base, mix the herbal extract with either a natural liquid soap base or a mild surfactant like liquid castile soap.
5. Add essential oils: To improve the smell and strengthen the hair care benefits, use a little amount of essential oils, such peppermint, lavender, or rosemary, into the shampoo base.
6. Store and label: After the herbal shampoo is ready, pour it into a fresh bottle and write the ingredients and preparation date on it. It's crucial to remember that the plan mentioned above offers a fundamental framework for creating herbal shampoos at home. To guarantee the efficacy and security of the herbal shampoo, it is important to investigate and adhere to certain formulas and safety instructions. Additionally, it can be advisable to get herbal shampoos from respected manufacturers if you're not experienced working with herbal ingredients.

Ingredient use:

Table 1: ingredient use

S.N.	Ingredient	Quantity (For 10gm)
1	Ritha extract	10gm
2	Amla extract	10gm
3	Shikakai extract	10gm
4	Methyl paraben	0.5%
5	Gelatin solution	Qs
6	Citric acid	Qs
7	Rose oil	0.01ml

II. PROCEDURE

10gm of ritha powder is taken in beaker and add a 30 ml of ethanol with the help of measuring cylinder



10gm of shikikai power is taken in beaker and add a 50ml of water with the help of measuring cylinder



10gm of amla power is taken in beaker and add a 50ml of water with the help of measuring cylinder.



After that shikakai powder and amla powder is boil for some time where as ritha powder is followed by cold mceartion method.



1gm of gelatin is taken and we will add this gelatin to boil 50ml of water keep for some time.



Then mix all the extract and triturated together.



Now we will filterte this by using seive.



20 ml of extact in measuring cylinder and now we will add gelatin solution and we will mixed proper.



Add with some quatity of rose oil.



Now we fill this in a container 25ml



Finally prepare of herbal shampoo

III. EVALUATION

➤ Organoleptic characters:

colour: brownish

odour: plesant

➤ Ph determination:

ph of formulation was determined by using PH meter and neutral was obtained by adding citric acid solution.

➤ Foaming index:

The foaming ability was measured using the cylinder shake method.

A measuring cylinder was filled with 5 ml of shampoo, the amount increased to 25 mL, and it was thoroughly shook ten times.

was measured using the parameters provided in the observation table below. Next, Additionally, water was added to each test tube to increase its content to 10 mL. the foaming index was computed and the foam in each test was measured in centimeters.

Table 2: Foaming Index Observation

S.N.	No of test tube (ml of Height of foam (cm) stock solution)	Height of foam (cm)
1	1ml	0.9cm
2	2ml	1.7cm
3	3ml	2cm
4	4ml	2cm
5	5ml	2.5cm

A = Voulme of decoction having exact 1cm height

Foaming index= $1000/2 = 500$

Surface tenstion measurement:

A stalagmometer was used to measure the surface tension of the prepared shampoo, which is 10% w/v distilled water, at room temperature.

IV. CONCLUSION

The thing of the current study is to produce a herbal soap that will lessen hair loss and increase hair strength and growth. The waterless excerpt of medicinal shops, which are historically used to cleanse hair, was used to produce herbal soap. The use of synthetic exertion treatments lowers protein or hair loss. rather of using synthetic accoutrements, the current study uses factory excerpts similar as shikakai, amla, and others to give the salutary exertion benefits.

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