



HERBAL HAIR OILS: AN EFFECTIVE HAIR CARE PRODUCTS

Keshav Kumar Gupta¹, Navneet Kumar Verma²

^{1,2} Professor, Buddha Institute of Pharmacy, GIDA, Gorakhpur, UP, India-273209
Associate Professor, Suyash Institute of Pharmacy, Hakkabad, Gorakhpur, UP, India-273016

OPEN ACCESS

Keshav Kumar Gupta

Professor, Buddha Institute
of Pharmacy, GIDA,
Gorakhpur, UP, India-273209

Received: 15-09-2025

Accepted: 24-10-2025

Available online: 09-11-2025



©Copyright: IJMPS Journal

ABSTRACT

Herbal hair oils are increasingly popular due to their natural properties that promote hair growth, nourishment, and overall scalp health. These oils, made from plant-based ingredients such as coconut, amla, brahmi, neem, hibiscus, and essential oils, are rich in bioactive compounds like alkaloids, flavonoids, and fatty acids that contribute to their therapeutic effects. This review explores the various methods of preparing herbal hair oils, including cold infusion, hot infusion, steam distillation, and maceration, as well as the standardization and quality control processes to ensure consistency, safety, and efficacy. Key evaluation parameters, such as physicochemical properties, microbial testing, active ingredient content, and stability, are critical for ensuring the quality of the final product. The review also highlights the scientific rationale behind the use of herbal ingredients in hair care and discusses the effectiveness of these oils in promoting hair health, preventing hair loss, and treating scalp conditions. Herbal hair oils offer a natural, safe, and effective alternative to synthetic hair care products, aligning with the growing consumer preference for natural personal care solutions

Key Words: *Herbal hair oil, plant-based oils, natural ingredients, standardization*

INTRODUCTION

Hair Oil

Hair oil are hair care products. Hair care products are defined as the formulations which are used for the purpose of cleansing, modifying the hair texture, providing nourishment to the hair and maintaining the healthy appearance of hair.[1] Hair oil are hair care formulation applied to the hair for the treatment of hair disorder such as baldness, greying of hair, hair fall, dry hair and also helps in providing nourishment to hair.[2] Herbal cosmetics are high in demand due to increasing interest of mankind towards them also herbal cosmetics are more effective with negligible side effects and ingredients are easily available.[3] Herbal hair oil is an essential part of herbal cosmetics. Herbal hair oil is more preferred and used in many ailments of hair.[4] They not only promote hair growth but also provide necessary moisture to the scalp rendering in beautiful hair.[5] Herbal oil which contain herbal drugs are known as hair tonic.[6] Herbal hair oil provides a number of essential nutrient which are important to maintain the normal function of sebaceous gland and promote natural growth of hair.[7] These are one of the most well recognized product for the treatment of hair.[8] The use of hair oil is increasing everyday in line with the improvement in standard of living of people To give natural flavours and colours to hair oil the herbal essences and perfumes are added.

Different types of herbal hair oil available in market

- i. Amla hair oil
- ii. Coconut hair oil
- iii. Bhringraj hair oil

- iv. Jasmine hair oil
- v. Brahmi hair oil
- vi. Cantharidine hair oil
- vii. Onion hair oil

BENEFITS

We live in a polluted world which is not hair friendly. That is when herbal hair oil comes into practice. Herbal oil is a blend of bhringraj, jatamansi, amla, hibiscus, rosemary, almond and other herbs.

Their benefits are as follow:

- It provides natural goodness to hair. Herbal oil contains vitamins and micronutrients which acts as a food for hair.
- Hair oil helps in preventing hair loss and tames frizzy hair. Hair ends need special care and herbal oil pampers them throughout their nourishment.
- Regular use of hair oil of hair oils cure problem of premature grey hair.
- Keeps the scalp hydrated.
- Improves hair growth.
- Prevents dandruff.
- Offers shine glow.
- Stress relief.

REVIEW OF LITERATURE

Habeeba Shaikh et al., Was concluded that hair care cosmetics added with herbs are well recognized compared to synthetic one. The formulation done with natural herbs are better and not having much side effects compared to the synthetic one.

S.Gejalakshmi et al., Says that herbal hair oils maintain normal functions of sebaceous gland and promote natural hair growth by providing numerous essential nutrients required to it. India has a wide variety of medicinal herbs with various cosmetic and healing properties. **Rahathunnisabegum et al.**, Showed that Methicarb hairfall and strengthens your hair from root to tip. Almond oil is rich in vitamin E and is used for hair loss and strengthens the hairs. Coconut oil nourishes the scalp gives shine to the hair and the Jasmine which serves as antimicrobial agent, conditioning agent and also gives good odour to the oil.

T. Usha Kiran Reddy et al., Says that addition of Neem acts as antidandruff. Amla helps in thickening and blackening of hair and Hibiscus helps in hair softening resulting in healthy growth. All these dried and fresh ingredients mixed with coconut oil will give a solution for hair fall and proper hair growth. And the use of hair oil is also used for headaches due to the cooling effects and also helps in relieving from stress and strain conditions.

Ranganathan et al., Found out that the herbal hair oil is more effective in reducing the hair fall when compared to coconut oil by a three-month evaluation of a herbal hair oil versus coconut oil was conducted on human volunteers with hair fall problem in a Y. M. T. Ayurvedic Medical College, Kharghar. Combing assay was performed to evaluate the efficacy of the herbal hair oil. The final study shows that the test oil was effective in reducing the hair fall.

Kalpesh Gaur et al., Found out that the hibiscus is having many good activities which is beneficial to hair and the hydro-alcoholic extract of Hibiscus rosa Sinensis Linn. was found to possess significant immunostimulatory action on the immune system.

Shirode, D et al., Suggested the hair growth activity of Hibiscus rosa-sinensis & Glycyrrhiza glabra were evaluated in albino rats. The extract of Hibiscus rosa sinensis (petroleum ether & benzene extract) & Glycyrrhiza glabra (alcohol Extract) respectively 0.2%w/v & 2%w/v exhibit maximum hair growth activity as compared to standard group animals as treated with minoxidil solution (2%w/v).

Srivastava Varnika et al., Shared the details and the medicinal uses of Mimosa pudica (touch me not plant)

Kabyashi, N et al., Effects of 70% ethanolic extract from leaves of Ginkgo biloba on the hair regrowth in normal and high better diet pretreated C3H strain mice whose posterior hair was shaved were investigated. GBE showed a promoting effect on the hair regrowth.

B. Ramya Kuber et al., It is concluded that the oil is beneficial in maintaining good growth of hairs, turning grey hairs to black, providing protection from dandruff and results in lustrous looking hairs.

Saraswat Nikita et al., Due to the presence of natural ingredients, this formulation proves to be a boon to fight the trending problem of hair fall due to various reasons. Minoxidil was used as a standard to evaluate the effectiveness of the herbal oil prepared. The herbal oil prepared was found to be more effective than the standard preparation of Minoxidil for stimulating hair growth in cases of treating Alopecia.

Ademiluyi AO et al., Modulatory effects of dietary inclusion of garlic (*Allium sativum*) on gentamycin-induced hepatotoxicity and oxidative stress in rats.

Allison GL et al., Aged garlic extract inhibits platelet activation by increasing intracellular cAMP and reducing the interaction of GPIIb/IIIa receptor with fibrinogen.

Roy, R.K et al., Found that the Petroleum ether extract of *C. reflexa* exhibited promising hair growth-promoting activity as reflected from follicular density, anagen/telogen ratio, and skin sections.

Ram Kumar Roy et al., Studied the Development and evaluation of polyherbal formulation for hair growth-promoting activity and revealed that hair growth initiation time was markedly reduced to one third on treatment with the prepared formulation compared with control animals.

Libecco JF et al., The seeds of *Tectona grandis* Linn. Are traditionally acclaimed as hair tonic in the Indian system of medicine. Hair growth initiation time was significantly reduced to half on treatment with the extracts compared to control animals. The treatment was successful in bringing a greater number of hair follicles (64% and 51%) in anagenic phase than standard minoxidil (49%). The results of treatment with 5% and 10% petroleum ether extracts were comparable to the positive control Minoxidil.

Budd D et al., A questionnaire designed specifically to evaluate attitudes to hair loss. Men with greater hair loss were more bothered, more concerned about looking older due to their hair loss, and less satisfied with their hair appearance. Male pattern hair loss has significant negative effects on hair-loss specific measures in men 18 to 40 years of age in France, Italy, Germany and the UK. The degree that hair loss is perceived as noticeable to others appears to be a significant contributor to these negative effects.

Mithal BM et al., A handbook of cosmetics. 1st ed. Vallabh prakashan studied that Hibiscus consists of calcium, phosphorus, iron, copper, zinc, vitamin B1, riboflavin, niacin, and vitamin C which is used to stimulate thicker hair growth by strengthening the strands and prevents premature graying of hair.

Shah CS et al., A Textbook of Pharmacognosy. 11th Ed. B.S. Shah Prakashan, Ahmedabad, 1996, 119 has studied that Ashwagandha has antioxidant and hormone balancing properties which reduces hair fall and promotes shiny hair.

ADVANTAGES:

- Natural ingredients
- Nourishes and strengthens hair
- Promotes hair growth
- Improves scalp health
- Customizable
- Generally safe for regular use
- Reduce dandruff and itchiness
- Make hair shinier and softer

DISADVANTAGES:

- Slow results
- Strong odors
- Greasy texture
- Potential for allergic reactions
- Limited shelf life
- Costlier than conventional products
- Messy application

CONCLUSION

Universal, Herbal oil that are formulated offers numerous essential nutrients required to keep everyday feature of sebaceous glands and promotes natural hair growth. Hair values including vitamins, minerals and important oils finished products are inside the limits. Some ingredients are commonly used in formulation of herbal hair oil like Coconut oil, Till oil, Almond oil, Hibiscus, Jasmine, etc. formula turned into done and evaluated with the aid of various parameters like pH, organoleptic properties (colour, odour, sensitivity, sedimentation, acid cost, precise gravity and balance take a look at .At closing it could be concluded that the natural hair oil formulations have sizeable first-class.

REFERENCES

1. Swarnlata Saraf, Manjusha Jharaniya, Herbal Hair Cosmetics: Advancement and Recent Findings, World Journal Of Pharmaceutical Research, ISSN: 2277-7105.
2. B. Ramya Kuber, Ch. Lavanya, Ch. Naga Haritha, S. Preethi, G. Rosa, Preparation and evaluation of poly herbal oil, Journal of Drug Delivery and Therapeutics, 2019; 9(1):68;73.
3. Rahathunnisa begum and Afzalunnisa begum, Preparation and Evaluation of Herbal Oil, International Journal of Research and Analytical Reviews, E ISSN: 2349-5318.
4. Omkar V. Narule, Manohar D. Kengar, Pranali P. Mulik, Sohel I. Nadaf, Bhagyashree A. Mote, D. dudhagaonkar, Formulation and Evaluation of Poly Herbal Oil. Research J.Topical and Cosmetic Sci.10(1):09-12. doi:10.5958/2321-5844.2019.00003.7
5. Harshali Wadekar, Rizwan Thara, Preparation and Evaluation of Herbal Hair Oil, International Journal of Science and Research, ISSN: 2319-7064.
6. Amitkumar K. Jhadav, Ulhas S. Surwase, Aditya V. Thengal, Formulation and Evaluation of Polyherbal Hair Oil, International Journal of Scienceand Reseaech, ISSN: 2319-7064
7. K.D Mali, R.M. Shroff, S.D. Chaudhari, S.S. Bacchav, Formulation and Evaluation of Ayurvedic Herbal Oil, Indo American Journal of Pharmaceutical Reseach, ISSN NO: 2231-6876
8. Isha Kumari, Hemlata Kaurav, Gitika Chaudhary, Eclipta Alba (Bhringraj): Apromising Hepatoprotective And Hair Growth Stimulating Herb, Asian