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P.L.Rajagopal

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

K.R.Sreejith

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

K.Premaletha

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

P.N.Sajith Kumar

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

I.Arthi, K.T.Linsha

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

S.Aneeshia

Government Institute of Paramedical Sciences, Government Medical College, Kannur, Kerala, India

Correspondence:

P.L.Rajagopal

Department of Pharmacognosy and Phytochemistry, College of Pharmaceutical Sciences, Government Medical College, Kannur, Kerala, India

“Green cure in hair care”- A concise Review

P.L.Rajagopal, K.R.Sreejith, K.Premaletha, P.N.Sajith Kumar, I.Arthi, K.T.Linsha, S.Aneeshia

Abstract

Certain diseases associated with hair growth are becoming a serious issue in the society. At present there are many herbal drugs which are available in the market, which will help in the promotion of hair growth, but only few of them are helps in resolving the diseases and disorders associated with hair growth. So we can say that those medicinal herbs are cosmetically active and therapeutically inactive. This review emphasise on those herbs which can be used in the diseases which affects the scalp and also those condition where there is inhibition of growth of hair.

Keywords: Hair growth, Herbal drugs

Introduction

Herbal treatment is one of the most popular forms of traditional medical system. The plant based medicines play a crucial role in the health care system. Now a days there is an increasing demand for plant based products in the society, which includes; pharmaceuticals, nutraceuticals and cosmetics ¹.

There are few herbs and herbal preparations which can be used as a cosmetic at the same they will be having the capacity to cure the problem associated with hair growth. Cosmetics are any preparation relating to treatment intended to restore or improve a person's appearance or serving to improve the appearance of the body, especially the face. These are broadly classified as;

Herbal cosmetics for skin: - which include Powders, Creams, Lotions, Deodorants, Bath and cleansing products, Make up preparations and Suntan preparations.

Herbal cosmetics for hair:- which include Shampoos-soaps and soapless, Tonics, Hair dressing and brilliantine, Beard softeners, Shaving media and Depilatories for removing unwanted hairs.

Herbal cosmetics for nails:-Nail polishes and polish removers and manicure preparations ².

Diseases which inhibits the hair growth

There are few diseases or infections or disorders which will adversely affect the promotion of hair growth in humans. Few of the common such diseases are detailed below;

Dandruff: - This is characterized by flaking of stratum corneum and mostly occurs on scalp. The reason suggested for this condition can be microbial infection, immunological or normal disorder at the surface of stratum corneum³.

Alopecia: - Alopecia is a condition where patchy, confluent or diffuse pattern hair loss occurs from different areas of the body, usually from the scalp ⁴.

Monilethrix: - Monilethrix is an autosomal dominant hair shaft dysplasia ⁵.

Tinea capitis: - Tinea capitis is a common infection of the scalp hair caused by dermatophyte fungi and occurring predominantly in children it affects the skin of the scalp, eyebrows, and eyelashes with a propensity for attacking hair shafts and follicles ⁶.

Trichorrhexis invaginata:- It is also known as Netherton syndrome, which is a rare recessive autosomal disease characterized by erythroderma, ichthyosis linearis circumflexa, atopy, growth retardation and a specific hair shaft alteration, identified as trichorrhexis invaginata ⁷. It is a distinctive hair shaft abnormality that may occur sporadically either in normal hair or with other hair shaft abnormality ⁷

Herbal options in hair care

The following are the most common and most effective important medicinal plants which are active cosmetically and therapeutically. These plants are believed to be good in treating the above said problems associated with the hair growth.

Abrus precatorius (Leguminosae)

Abrus precatorius seeds are well known to African and Asian societies and widely used throughout the tropics to treat a variety of medical complaints. The major contents of the plant are trigonelline and nicotine esters. It is also used in treating eye inflammation, tonic, as abortifacient and as oral contraceptive⁸.

Wedelia chinensis (Asteraceae)

It is considered to be very effective jaundice plant in indigenous system of medicine. The main ingredients are saponins, tannins, terpenoids, steroids and flavonoids. The juice of the tender leaves is used efficaciously in jaundice; also crushed fresh leaves are used to treat helminthiasis. In Siddha system of medicine, it is used for hair growth stimulant and hair dyeing⁹.

Ipomoea muricata (Convolvulaceae)

Till date there is about 600-700 species of *Ipomoea* are reported. The plants are found in tropical and subtropical regions of the world. Some of them are ornamental plants and some are used as food stuffs and some are therapeutically active. Stems of the plants are herbaceous and rough due to the presence of many minute spiculate protuberances growing from the epidermis. The leaves are simple, smooth, soft and entire, the base cordate, the lobes rounded and the apex tapers into a short caudex¹⁰. The main active constituents are indolizidine alkaloidal ipalbine, ipalbidine, ipalbinium and ipomine from the seeds of the plant. The seeds of *I. muricata* possess analgesic and antiseptic properties.

Grewia tiliifolia (Liliaceae)

The morphological parts of the plant which are having medicinal value are bark and fruits. The plant is reported with wound healing activity, ulcerative colitis, menorrhagia, cough etc. It contains active constituents like triterpenoids, steroids, glycosides, flavones and organic acids. It is used to wash hair and helps to cool the body¹¹.

Sesamum indicum (Pedaliaceae)

Sesamum indicum is an herb which is widely cultivated in India, China, Japan and many tropical countries. It contains fixed oils as active ingredient. The major uses are external poultice, emenagogue, galactagogue, emollient, diuretic, tonic and demulcent⁸.

Eclipta alba (Asteraceae)

The plant is one of the major component of liver tonics. The juice of the leaves is used as liver tonic and deobstruent in hepatic and spleen enlargement. The major active constituents are ecliptine, lactones and resin. DNA damaging steroidal alkaloid is also present in material obtained from the Surinam rain forest⁸.

Wedelia calendulacea (Compositae)

The leaves of this plant have a camphoraceous taste, are considered tonic, alternative, and useful in cough,

cephalalgia, skin diseases and alopecia. It contains isoflavonoids which is used in liver disorders, uterine haemorrhage and menorrhagia. It contains isoflavones and wedelo lactone as active constituents. It is used for dyeing grey hair and for promoting growth of hair¹².

Derris indica (Fabaceae)

It is an erect perennial tree. The plant is commonly found in the tropical region and also found in pastures, waste lands, cultivated lands, roadsides, lawns and in planted forests. The plant contains active constituents belong to the category of flavonoids and fixed oils. Plant also contains active ingredients like saturated and unsaturated fatty acids like oleic acid. The root are used for cleaning gums and teethes. Bark is used internally for bleeding piles. Juices from the plant as well as the oil are antiseptic. Powdered seeds are used as a febrifuge, tonic, in bronchitis and whooping cough. Flowers are reported to be very effective in treating diabetes and the bark is used for the treatment of beriberi¹⁴.

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