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Review Article

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HERBAL TREATMENT FOR HAIR LOSS

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ABSTRACT

Traditional systems of medicine like ayurvedic system have major treatment across globe. Herbs and herbal drugs have created interest among the people by its clinically proven effect like hair loss. Hair suffers aggression; there can be some ailments to normal health of hair and cause trouble. The main problems associated with hair such as pigmentation problems (Fading), dandruff and falling of hair (Shedding), About 1000 kinds of plant extract have been examined with respect to hair growth. In the present article, an attempt has been made to emphasis on herbal option for hair loss.

Keywords: Herbal options, Hair, Hair loss, Alopecia.

INTRODUCTION

Herbs have always been the principal form of medicine in India. Medicinal plants have curative properties due to the presence of various complex. Chemical substances of different composition, which are found as secondary plant etabolites in one or more parts of these plants.

Herbs and herbal drugs have created interest among the people by its clinically proven effects like hair loss. Also, the overuse of synthetic drugs, which results in higher incidence of adverse drug reactions, has motivated humans to return nature of safe remedies. The origins, according to many, can be sourced to the World health Organization's Canberre Conference in 1976, which promoted the concept of 'Traditional' medicines for the developing countries¹.

Hair is one of the vital parts of the body derived from ectoderm of the skin, is protective appendages on the body and considered accessory structure of the integument along with sebaceous glands, sweat glands and nails². They are also known as epidermal derivatives as they originate from the epidermis during embryological development³⁻⁵.

Each hair grows in three cyclic phases:

1. **Anagen (Growth phase)** – The anagen phase can be short as 2 years to as long as 8 years. Approximately 80 % of hair is usually in anagen phase.
2. **Catagen (Involution)** – In the catagen phase, the growth activity increases and hair moves to the next phase, catagen phase is between 10-14 days.
3. **Telogen (Resting phase)** – The telogen phase is a state at which the hairs move into resting state. This phase lasts for 90-100 days. In general, 50-100 hair at random are shed everyday. An increase of more than 100 hair per day constitutes a state of hair loss or alopecia, albeit it could be temporary⁷. Ayurveda has described hair disease in three words Khalitya (loss of hairs), Palitya (Prematured hair graying), Indralupta (alopecia areata, totalis, universalis)⁸⁻⁹.

Various factors contribute to hair fall. Genetic predisposition and hormonal factors. Predominantly contribute to the above various disease state such as typhoid, malaria, jaundice also cause hair fall although temporarily. The use of chemotherapeutic agents also cause hair fall. Androgens are considered to be one of the most important causes for alopecia apart from a variety of other factors¹⁰.

The patents claim that the effect are due to stimulation of the hair follicle or scalp metabolism, possibility due to an acceleration of blood circulation, activation of dermal papilla, antitestosterone action or increased nutrition to the hair follicle through accelerated blood flow but the mechanism are not yet clear¹¹⁻¹².

Following plants have been reported to be useful for hair loss by various investigators¹³⁻³²

Plant	Family	Uses
Hibiscus rosa sinensis	Malvaceae	Substitute for Althaea, Menorrhagia, Refrigerant drink, Demulcent, Gonorrhoea
Cuscuta reflexa-Roxb	Convolvulaceae	Depurative, Carminative, Purification of blood
Ocimum gratissum Linn	Lamiaceae	Styptic, Stimulant, Demulcent, Diuretic, Carminative, Rheumatism
Ginseng radix	Araliaceae	Leukopenia, addison's disease, Hypercholesterolemia
Aloe vera	Liliaceae	Chronic ulcers, Fevers
Rosmarinus officinalis	Labiatae	Carminative, Stimulant
Lawsonia alba	Lythraceae	Cosmetic hair dye, Rheumatism, Leucorrhoea
Ginkgo biloba	Ginkgoaceae	Dementia, Alzheimer's disease
Tridax procumbens	Compositae	Anti-inflammatory, Anti-viral
Sophora flavescens	Leguminous	Viral hepatitis, Viral myocaditis, Gastrointestinal hemorrhage.
Citrullus colocynthis	Cucurbitaceae	Cathartic, Drastic hydrogogue, Emetic, Purgative
Emblica officinalis	Euphorbiaceae	Haemorrhage, Jaundice, dyspepsia
Bacopa monnieri	Scrophulariaceae	Antioxidant, Antianxiety, Rebirthing therapy
Trigonella foenumgraecum	Leguminosae	Aphrodisiac, Diuretic, Emmenagogue
Murraya koenigii	Rutaceae	Anti-diabetic, Anti-oxidant
Nardostachys jatamansi	Valerianaceae	Menopause disturbances, Nerve sedative, Scorpion-sting
Eclipta alba Hassak	Asteraceae	Derangements, Livertonc
Indigofera Tinctoria	Papilionaceae	Epilepsy, Stimulant, Poultice
Vitex hegundo Linn	Verbenaceae	Antiparasitic, Emmenagogue, Vermifuge
Terminalia bellerica	Combretaceae	Ophthalmia, Demulcent, Purgative
Gmellina arborea	Verbenaceae	Scorpion-sting, snake-bite
Centella asiatica	Hydrocotylaceae	Leprosy, Syphilis, Elephantiasis
Cardiospermum halicacabum	Sapindaceae	Rheumatism, Nervous disease, Piles, Chronic bronchitis, Phthisis

An attempt has been made during the last decade to study the identical, chemistry, pharmacology and clinical investigations of kesharaja plants used for hair loss. Kesharaja is a drugs mentioned in the Ayurvedic system of medicine for various ailment.

The herbs T. procumbens and Eclipta alba belongs to the Compositae family, found as weed throught India and used in the indigenous system of medicine for the treatment of variety of human ailments, particularly liver disorders, Wound healing and as hair growth promoters.

Dixit etal investigated the hair growth activity of almond oil, til oil and coconut oil preparation containing ariel part of Zizyphus jusaba, Cuscuta reflexa, Citrus burgamia, Lagenaria sicaraia, Hibiscus rosa-sinensis and Allieum cepa, seed of Trigonella foinum-graceum and fruits of Embelica officinalis³².

Herbal components of Marketed herbal formulations³³

Sr. No.	Product Name	Manufacture	Formulation	Content
1.	Chirayu Herbal	Chirayu	Oil	Amla, Bhringgraj, Brahmi
2.	Hairbac	Bacfo	Tablets	Amla, Bhringgraj, Guduchi
3.	Hairich	Capro	Capsule & Oil	H. roseus, E. alba, Osantum
4.	Hairvit	Millennium	Oil	Brahmi, Bhringgraj, L.innermis
5.	Hibril	Vital Care	Oil	S.indicum, Bhringgraj, Brahmi
6.	K-7 Taila	Ajmera	Oil	Amla, Jatamansi
7.	Kesh Rakshe	JRK	Oil	Amla, Bhringgraj
8.	Kesh Vardan	Ratan	Capsule	Ashwagandha, Shatawari
9.	Keshmitra	Anjani	Tablets	Vacha, Jevanti
10.	Keshamrit	Ajmera	Oil	Amla, Bhringgraj
11.	Medhavi	Ajmera	Oil	Amla, Bhringgraj, Brahmi
12.	Nutrich	Ayulabs	Capsule	Bhringgraj, Godanti
13.	Shyamla	Vasu	Shampoo	Amla, Heena
14.	Saini Herbal HairConditioner	Saini	Conditioner	Amla, Bhringgraj
15.	Regrow	Avolado	Massage Oil	Chamomile, Rosemary
16.	Sidha Shampoo	Surya labs	Shampoo	Tulsi, Neem

CONCLUSION

Alopecia, a dermatological disorder, it is common problem that has affected men and women. It is investigated through many treated are on offered including natural or synthetic based products. Natural product are continuously

gaining popularly and the use of plant extract in formulation. Synthetics based product may cause human health hazard with several side effects. In the future it is possible that many new plants extract of commercial significance will be identified.

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