



# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Review Article

Volume: 3

Issue: 9

## A Review On Hair Growth Promoting Herbal Drugs

Dr. Renuka Phulwaria<sup>1</sup>, Dr. Ashwini Kuma Sharma<sup>2</sup>

1- M.D. Scholar , PG Department of Dravyaguna, MMM. Govt. Ayu. College, Udaipur

2- Associate Professor, PG Department of Dravyaguna, MMM. Govt. Ayu. College, Udaipur

### ABSTRACT:

In ancient times plants have been commonly used for hair growth in *Ayurvedic* medicinal system. Loss of hair may be related to the genetics of an individual, but several medical and behavioral disorders can disrupt the development cycle and induce hair loss. According to *Ayurveda* hair fall occurs when there is an imbalance in three *Dosha*. This review provides a summary of the plants known as possessing hair growth activity in a variety of ethnobotanical studies and surveys of traditional medicinal plants. There are several causes for hair loss, and the phenomenon is not well understood. The protein called keratin makes the hair and promotes the development of the hair. In this article various herbs are used in promoting growth of hair.

**KEY WORDS-** *Ayurveda*, Hair loss, *Doshas*, Traditional medicinal plants, Herbs

Article received on-31 August

Article send to reviewer on-1 Sept

Article send back to author on- 9 Sept

Article again received after correction on -21 Sept

**Corresponding Author : Dr. Renuka Phulwaria**, M.D. Scholar, PG Department of Dravyaguna, MMM. Govt. Ayu. College, Udaipur, Email id-[drrenukaphul16@gmail.com](mailto:drrenukaphul16@gmail.com)

**How to Cite the Article** : Dr. Renuka Phulwaria, Dr. Ashwini Kuma Sharma, A Review On Hair Growth Promoting Herbal Drugs, IRJAY, September: 2020 Vol- 3, Issue-9; 216-222;  
Doi: <https://doi.org/10.47223/IRJAY.2020.3901>

## INTRODUCTION:

According to *Ayurveda* the five elements- *Aaksh*, *Vayu*, *Agni*, *Jala*, *Prathivi* and the three *doshas* namely *vata*, *pitta* and *kapha* are all composed of everything in the human. *Ayurvedic* principles such as *Dinacharya* and *Ritucharya* will go a long way to providing a host of health benefits. In *Ayurvedic* medicine, the fundamental concept behind these ideals is to avoid illness by allowing behavioural improvements according to Nature's cycles. *Dinacharya* involves arranging routine tasks around two periods of transition happening regularly. *Dinacharya* practise entails early morning. Apparently *Doshas* rule all about us, from the colour of the hair to the kind of body to the kind of illnesses with which we can get afflicted. Hair fall is due to the exacerbation of the *pitta dosha*,

- Poor nutrition



experts claim.<sup>[1]</sup> As *Pitta* grows in body, scalp tissue absorbs extra heat from within. This triggers inflammation of follicles and weakens the roots of hair. The inflamed follicles refuse to nourish the scalp, leading to scalp falling and greying prematurely. Experts agree that hair loss can be highly distressing for us and can have a significant psychological effect on our general well-being. Shedding hair may be one of the main causes in decreasing self-confidence. Our current hectic lifestyle, noise and adulterated hair care products are primarily to blame.<sup>[2]</sup>




## CAUSE FOR HAIR LOSS<sup>[3]</sup>

- Heredity factor
- Chemotherapy
- Excessive hair style



- Hormonal changes
- Aging
- Vitamin deficiency
- Physical & Emotional stress

**HAIR GROWTH PROMOTING HERBAL DRUGS**

| HERBS  | PREFACE   | HOME REMEDY   |
|--|---|---|
| <p><i>Aamalaki</i> <sup>[4]</sup></p>    | <p><i>Amla</i> is a natural immune booster and therefore the most favoured product to keep your hair healthy. 'Contains ointments of essential fatty acids that strengthen hair follicles, giving hair strength and lust. The excess of vitamin C helps to stop premature greying. Its high iron content, potent antioxidants, gallic acid and carotene improve blood circulation around the scalp.</p> | <ul style="list-style-type: none"> <li>• Mix with the lime juice and the <i>amla</i> powder to take the paste.</li> <li>• Massage on scalp and hair.</li> <li>• Using the shower cap to protect the head so that the adhesive does not rub out.</li> <li>• Hold it in place for an hour, and then clean it off with regular water.</li> </ul>                                 |
| <p><i>Bhringraj</i> <sup>[5]</sup></p>  | <p><i>Bhringraj</i> is a herb that is ideally cultivated in damp areas. <i>Bhringraj</i> is a time-tested natural product that has been important to the treatment of hair in these days. Massaging <i>Bhringraj</i> oil on the scalp daily will induce faster hair growth.</p>   | <ul style="list-style-type: none"> <li>• Get a few <i>Bhringraj</i> leaves, dry them in the sun for a few days.</li> <li>• Place the leaves in a bath of coconut oil.</li> <li>• Leave the container in the sun for another two days.</li> <li>• Wait for the hue of the oil to change to light green.</li> <li>• Massage the scalp and ideally keep it overnight.</li> </ul> |

|   |  |   |
|---|--|---|
| <p><b>SHIKAKAI</b><sup>[6]</sup></p>             | <p>Its excellent hair-cleaning qualities are also considered a natural complement to shampoo. <i>Shikakai</i> is high in antioxidants and vitamins A , C, K and D that will keep hair nourished.</p>   | <ul style="list-style-type: none"> <li>• Create <i>Shikakai</i> powder by drying the pods in the sun for a few days and then grinding them in a blender.</li> <li>• Take about 2 teaspoons of this powder and apply it to the coconut oil container.</li> <li>• Keep the bottle in a cold , dark position for 15 days.</li> <li>• Shake until use it. Massage scalp at least twice a week.</li> </ul> |
| <p><b>ARISTAKA (REETHA)</b><sup>[7]</sup></p>  | <p><i>Reetha</i> or soapnuts is another ingredient used for centuries in the hair care. Saponin found in <i>Reetha</i> that's responsible for healthy hair .</p>   | <ul style="list-style-type: none"> <li>• Take several pieces of Soapnuts and dots with <i>Shikakai</i>.</li> <li>• Boil them in water in 500 litres.</li> <li>• Leave the mixture to refrigerate overnight.</li> <li>• Strain the blend and use as a shampoo.</li> </ul>  |
| <p><b>ALOEVERA</b><sup>[8]</sup></p>           | <p>Even <i>Aloe Vera</i> is an effective tool to prevent hair loss. Believe it or not, <i>Aloe Vera</i> will treat certain issues with the skin, too. This is because it is said that <i>Aloe vera</i> contains proteolytic enzymes that can repair weakened cells, and enhance follicle protection. In comparison, <i>Aloe vera</i> has anti-inflammatory effects that can fire off inflammation to the scalp. Moreover it has antifungal</p> | <ul style="list-style-type: none"> <li>• Remove the stem of the <i>Aloe Vera</i> and grind it out.</li> <li>• Apply the pulp to your scalp and hair and leave for an hour.</li> <li>• Rinse with water.</li> <li>• Do this 3 to 4 days a week for enhanced hair growth.</li> </ul>  |



|  |  |   |
|--|--|---|
|  | properties which can act against dandruff.   |   |
| <p><b>METHI<sup>[9]</sup></b></p>   | <p>Fenugreek seeds are a common alternative. Fostering hair growth is definitely one of <i>Methi</i> many advantages. <i>Methi</i> restores hair follicles among other items, and aids in hair regrowth.</p> | <ul style="list-style-type: none"> <li>• Soak up <i>Methi</i> seeds in water overnight.</li> <li>• Grind to fine paste and apply to scalp and hair.</li> <li>• Keep the paste around for half an hour on your cheek.</li> <li>• Then clean with regular water.</li> <li>• Do it three days a week to keep hair down regulated.</li> </ul> |
| <p><b>NEEM<sup>[10]</sup></b></p>  | <p>Traditionally, due to its anti-microbial effects, it has also been fed for its role in preventing hair loss. Neem leaves are capable of stimulating hair growth.</p>                                      | <ul style="list-style-type: none"> <li>• The neem grind leaves into a thick paste.</li> <li>• Stir in some warm water.</li> <li>• Apply them to hair.</li> <li>• Cover your hair in a towel and sit about for about an hour</li> <li>• Shampoo</li> </ul>   |

## DISCUSSION

The active growth phase of hair follicles, during which the papilla cells in the root of the hair bulb are dividing rapidly and the follicle buries itself into the dermal layer of the skin to nourish the strand. So these medicine are useful for hair follicle growth and hair bulb. These drugs are *keshay*, *Rasayana*, Property. So all drugs are use

in hair promoting growth. Saponin useful in hair growth<sup>[11]</sup>.

## CONCLUSION

*Ayurveda* is a conventional medicine. It outlines how to stay safe as well as the techniques used to cure illness. Hair loss is a widespread and ever-increasing concern. The dilemma of cosmetics as well as primary health Service in treatment. Hair loss is due to a number of causes reason

referred to in this Article. Lots are going to try anything and everything they can to get their looks back. Hair loss sufferers spend billions of dollars annually. Remedies range from drugs to supplements Unique

shades and shampoos. We summarised some of the herbs in that review this are thought to minimise hair loss rate and Stimulate new hair growth, at the same time.

**Acknowledgement:- Nil**

**Financial Assistant:- Nil**

**Conflict of interest :- Nil**

## REFERENCES

1. <https://www.femina.in/beauty/hair/ayurveda-for-hair-loss-79150.html>.
2. <https://vedix.com/blogs/articles/make-your-hair-grow-longer>
3. Research article-Hair Growth: Focous on Herbal Therapeutic Agent Satish Patel, Vikas Sharma, Nagendra S. Chauhan, Mayank Thakur and V.K. Dixit\* Department of Pharmaceutical Sciences, Dr. H. S. Gour Vishwavidyalaya, Sagar470003 (M.P.) India
4. Edited by Shri Chandraraj Bhandari Visharda, Vanosdhiya chandodrya( An Encylopaedia of Indian Botanis & Herbs) Chaukhamba Bharti Academy, Varanasi, Reprint 2018 page no 127.
5. Gaavo mein aushadh rattan ,Krishan Gopal Ayurvedic Bhavan, Po. Kaleda Krishangopal, Part – 3 Rajsthan, Reprint 2012 Page no -130.
6. Edited by Shri Chandraraj Bhandari Visharda, Vanosdhiya chandodrya( An Encylopaedia of Indian Botanis & Herbs) Chaukhamba Bharti Academy, Varanasi, part - 2 Reprint 2018 page no – 59.
7. Edited by Shri Chandraraj Bhandari Visharda, Vanosdhiya chandodrya( An Encylopaedia of Indian Botanis & Herbs) Chaukhamba Bharti Academy, Varanasi, Reprint 2018 page no – 85.
8. Gaavo mein aushadh rattan ,Krishan Gopal Ayurvedic Bhavan, Po. Kaleda Krishangopal, Rajsthan, part -2 Reprint 2012 page no – 263.
9. Gaavo mein aushadh rattan ,Krishan Gopal Ayurvedic Bhavan, Po. Kaleda Krishangopal, Rajsthan, part no – 3 Reprint 2012 page no 223.
10. Vanosdhiya chandodrya( An Encylopaedia of Indian Botanis & Herbs) ediated by Shri Chandraraj Bhandari Visharda, Chaukhamba Bharti Academy, Varanasi, part- 2 Reprint 2018 page no - 6.
11. Research article-Hair Growth: Focous on Herbal Therapeutic Agent Satish Patel, Vikas Sharma, Nagendra S. Chauhan, Mayank Thakur and V.K. Dixit\* Department of Pharmaceutical Sciences, Dr. H. S. Gour Vishwavidyalaya, Sagar470003 (M.P.) India