



Review on Herbal Remedies on Alopecia

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Abstract

Alopecia, another name for hair loss, is a condition brought on by a disruption in the body's cycle of keratin and biotin synthesis. Different people grow hair in different ways. An autoimmune condition called alopecia is typified by temporary, non-scarring hair loss while maintaining the hair follicle. Hair loss can manifest itself in a variety of ways, affecting all areas that bear hair, from well-defined patches to diffuse or complete loss. The pathophysiology and management of different types of alopecia are topics of great public interest, and knowledge of them will probably have a significant impact on the lives of patients. The examinations of hair loss Hair loss can happen on its own, be caused by an illness, or be brought on by using certain medication. Many disorders, both inherited and acquired, may be the reason. Making the appropriate diagnosis and course of therapy is aided by the doctors' comprehension of the ethological aspects and the distinctions between these diseases. Alopecia symptoms can range from little bald patches to total loss of body hair, depending on the underlying cause of the disorder. We therefore draw the conclusion that there are numerous herbal treatments that are effective at treating hair loss and have no negative side effects with the aid of this review article.

Keywords: Alopecia; Telogen; Anagen; Remedies; Baldness

Abbreviations

C: Carbon; N: Nitrogen; S: Sulphur; AA: Alopecia Aerates; PCOS: Polycystic Ovary Syndrome; FDA: Food and Drug Administration.

Introduction

Hair is defined as "improved epithelial structure formed as a result of keratinization of germinative cells," and it is the skin's follicular expansion. Hair is composed of keratin, which

contains components such as carbon (C), nitrogen (N), sulfur (S), and oxygen. Hair normally grows 15 to 30 millimeters per month, though this varies by person. Hair, one of the most significant biological components, is made from the skin's ectoderm and functions as a protective appendage. Terminal hair is darker, thicker, and sometimes curly, and it grows in the brow and eyelid regions. It's normal to lose between 70 and 100 hairs per day, but if the loss persists for more than a few weeks, there may be a significant issue. Alopecia, a dermatological condition with over 2000 years of history, is a prevalent issue in both primary and cosmetic healthcare

settings. It is thought to impact 0.2% to 2% of the global population and is widespread around the world. There are various synthetic drugs available for hair loss, but they have substantial side effects and do not provide long-term relief [1]. Ayurveda defines hair problems in three words.

- Indralupta refers to alopecia aerate, alopecia total is, and alopecia universalism.
- Khalitya refers to the loss of hair.
- Polity causes premature hair graying.

Alopecia, or hair loss, is a common dermatological condition that affects both men and women of all ages. Hair has always been the most essential indication of femininity. Healthy hair promotes physical well-being and enhances female beauty and personal power. That is why, unlike males, women can have psychological problems as a result of losing their hair. The term alopecia is derived from the Greek aloē, which means 'fox' and originally referred to fox management. It can be connected with a wide range of diseases, including genetic, autoimmune, viral, and environmental. Many people have this dermatological problem. Hair loss can occur in a variety of ways depending on the underlying issue. The entire body and scalp can be damaged quickly or gradually. Hair loss may be temporary or permanent. Sometimes no treatment is required to regenerate hair, while other times, hair treatment is necessary. Sometimes the hair may not regrow. Hair is a feature of animals. Hair is an important specialization that protects us from environmental influences by creating sebum, pheromones, and porcine [2,3].

Hair is a source of stem cells and plays a significant function in thermoregulation. The epidermis is the source of hair. The hair shaft and the follicle are the two distinct components that make up hair. The follicle determines how hair is produced. The components of the hair shaft include the cortex, cuticle cells, and, in the case of certain hair varieties, a medulla. An essential component of hair growth and development are hair follicles. The hair cycle is the name given to this progression of development and relaxation. Numerous endocrine, neurological, and vascular factors affect how long hair grows. Many factors such as age, hair care and diet can affect your hair. There are roughly 100,000 hair follicles on the human scalp and 5 million hair follicles overall. While cow hair covers the entire body, terminal hairs are typically seen on the scalp and eyebrows. The two components of hair are the hair shaft, which is entirely keratinized and non-living above the skin, and the hair root, which is alive beneath the skin. The process of hair growth is cyclical. Mature follicles go through the growth (anagen), regression (catagen), rest (telogen), and shedding (exogen) phases of the hair growth cycle. Age, personal diet, hormone balance, and hair position can all impact how long these phases last. Healthy hair, in particular, can affect a woman's face, attractiveness, self-image and sexual feelings. Hair is an important part of

health, image and communication. Everyone, regardless of age and gender, suffers from hair loss, but hair loss affects women more than men because hair loss can change life and relationships in a beautiful way. For this reason, dermatology clinics are very interested in the problem of hair loss. Hair loss can occur for many reasons, including scarring and osteoporosis.

Androgenetic Alopecia

Alopecia Aerates (AA): It is a hereditary and autoimmune inflammatory illness that results in uneven hair loss without leaving scars on the body or scalp. This disease has a 2.1% lifetime incidence. Round, sharp-edged hairs are the first sign of this inflammatory condition. The disease may have a genetic, infectious, immunological, environmental, or psychological etiology, though the pathogenesis is not entirely understood. A hereditary tendency may be caused by some genes, such as the TRAF1/C5 locus. Hair loss may be linked to some autoimmune conditions caused by T cell disorders, such as vitiligo or Hashimoto's thyroiditis. Alopecia areata risk may be elevated by a particular medical history, according to certain research. Cytokines like interleukin, TNF- α and IFN- γ are important in the pathogenesis of this disease. Patients with normal skin who are asymptomatic and have patchy alopecia. This disease usually starts on the scalp and can spread to the eyebrows, eyelashes and all over the body. It may be repeated if the patient does not cooperate. However, some patients have chronic and recurrent diseases with many attacks over the years. Doctors think that hair loss is very difficult to treat. Many different treatments can be applied to patients. These treatments include topical, intralesional, or topical corticosteroids, topical or topical phototherapy, cyclosporine-A, acupuncture, interferon-alpha, anthralin, anti-inflammatory drugs, topical minoxidil, and photodynamic therapy. Although hair follicle stem cells are often transplanted into the scalp to regrow hair, there is currently no available treatment to reverse the area of alopecia. It is a chronic disease whose occurrence can harm both the brain and the body. The benefits of treatment are diminished by relapse and discharge, which may be impossible. Application of this product has been shown to cause allergic dermatitis; Local sensitizers play an important role in delayed type (type IV) hypersensitivity caused by haptens. Sensitizers help bind to endogenous proteins to create better antigens. There are applications for local sensitivities such as dinitrochlorobenzene, SADBE and DPCP. AA also affects quality of life; in most studies, AA is a type of hair loss, and psychological and social factors play a role in this conflict. One study estimated the lifetime prevalence of severe symptoms and depression in AA patients to be 39%. In addition, the incidence of interpersonal conflict and post-traumatic stress disorder is high in these patients. The incidence of self-defense and subsequent psychosis is high in AA patients.

Male-type Hair Loss or Androgenetic Alopecia: is widespread in men. Alopecia areata, tineacapitis, telogen effluvium, and scarring alopecia are the progressions of this condition, which is said to as the most prevalent type of hair loss. Hormonal and genetic factors are the course's most important aspect. It has been discovered that this condition typically affects middle-aged Caucasian men. Thirty percent of white men over thirty suffer from this issue.

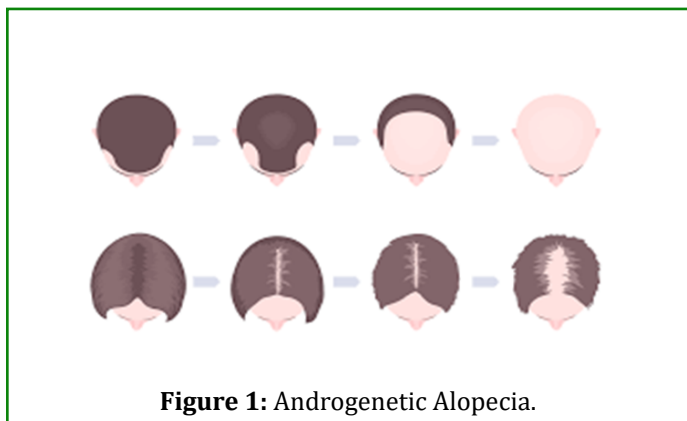


Figure 1: Androgenetic Alopecia.

Fifty percent at fifty and eighty percent at seventy. Androgenetic alopecia starts with a slow loss of hair in the temporal region, followed by a reshaping of the hairline's anterior portion. It concludes with baldness, according to the Norwood-Hamilton classification. Women can also experience androgenetic alopecia, although the loss of hair occurs in various places. This condition primarily affects the crown in women and does not start with noticeable baldness. The Ludwig scale is mostly used to view the evolution. The Food and Drug Administration (FDA) has approved finasteride and minoxidil as treatments for male pattern hair loss. These drugs may be able to reverse or delay the early stages of hair loss [4-8].

Scarring alopecias, Cicatricial alopecias: are a class of disorders that damage hair follicles permanently and infrequently result in hair loss. The lack of follicular apertures in the wound region is the most typical sign of this illness. The replacement of the hair follicle with fibrous tissue is the disease's most significant histologic characteristic. Primary scarring alopecia, secondary scarring alopecia, and historical scarring alopecia are among the various forms of scarring alopecia. There are numerous causes of primary scarring alopecia, but the most prevalent one is an autoimmune disease that damages hair follicles. Examining the entire scalp and skin is necessary to identify severe scarring alopecia. Primary cicatricial alopecia is divided into three groups: lymphocytic, neutrophilic and mixed. It is classified based on histological analysis of cells in the affected hair follicles. The first type of cicatricial alopecia can be difficult to distinguish because the disease can take many forms and can cause

total hair loss. The most obvious symptom of this disease is active inflammation. In this case, the most important goal of treatment is to stop or slow down the development of the disease. Topical and intralesional corticosteroids and antibiotics can be used in patients with lymphocytic primary cicatricial alopecia, and antibiotics can be tried in regular cases. Antibiotics and retinoids are the most important drugs in the treatment of neutrophil scarring alopecia.

Desperate Loss of Telogen: Hair is a characteristic of telogen effluvium. There is no inflammation associated with telogen effluvium. Hair loss is frequently the result of this condition, even if its primary cause is unknown. Five to ten percent of the hair follicles on a normal scalp are in the telogen phase, while 90 to 95 percent are in the anagen phase. Losing 100 hairs a day is typical. The rate of hair follicles increases in telogen effluvium. Depending on the follicular cycle, there are five different forms of telogen effluvium activity. Anagen short release, telogen immediate release, telogen delayed release, anagen immediate release, and anagen delayed release are some of these varieties. Exogenous stimuli, inflammatory diseases, certain medications, connective tissue diseases including systemic lupus erythematosus, depression, organ dysfunctions, and endocrine problems are some of the pathological reasons of this illness.

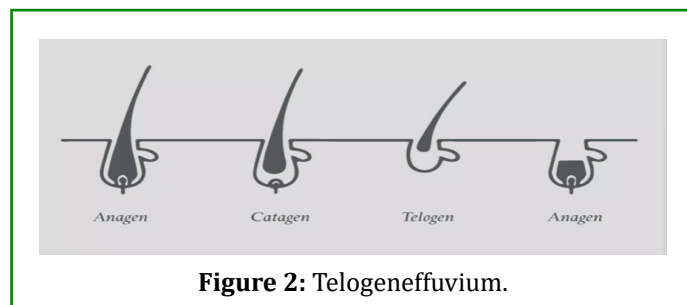


Figure 2: Telogeneffluvium.

This illness is categorized based on its length and can be viewed as either acute or chronic. Acute telogen effluvium is the term used for hair loss that lasts less than six months, whereas chronic telogen effluvium is used for hair loss that lasts more than six months. In cases of acute telogen effluvium disease, the hair loss may become noticeable two or three months later. Thirty-three percent of patients may not have telogen effluvium aetiologic causes or events identified. Patients may undergo certain tests, such as the hair-pull test, which yields a positive result. Furthermore, telogen effluvium does not exhibit inflammation. The telogen hair ratio in telogen effluvium exceeds 25% in the trichogram test. Finding the natural process of telogen effluvium is the first step in treating it. A thorough assessment is necessary to determine the true cause and the most important components. Within three to six months, hair loss will usually halt if the disease's triggering mechanism is identified and eliminated.

Trichotillomania: was noted a few years ago, but nothing is known about its genesis or therapy. It is characterized by persistent hair pulling and might be characterized as an impulse control issue. Tractional alopecia includes trichotillomania (hair-pulling disorder). Every form of hair loss has had a detrimental impact on relationships and quality of life. According to the disease's history, persistent hair pulling was classified as a psychiatric condition in the 1987 edition of the Diagnostic and Statistical Manual of Mental Disorders, Third Edition (DSM-III-R). Hair pulling is a psychological disease and is not considered a reasonable conduct in medical conditions (such as dermatological issues). It is impossible to stop the persistent attitude, which eventually results in hair loss. Subjective annoyance and a decline in social life may potentially be the cause of this illness. In addition to removing hair from the scalp, the patients also remove hair from the arms, groin, eyebrows, beard, eyelashes, and moustache. Trichotillomania is primarily classified as a psychiatric illness since its symptoms are similar to those of obsessive-compulsive disorder. Trichotillomania typically starts in childhood and develops gradually into a chronic condition. It also manifests at the start of adolescence, at the age of twelve. Adults may also develop this illness as they mature. Since trichotillomania primarily affected women, it can be mistaken for alcoholism in elderly individuals during the initial stages of the illness. Many mental illnesses, including depression, obsessive-compulsive disorder, anxiety disorders, and attention deficit-hyperactivity disorder, have been observed in almost one-third of pediatric patients with trichotillomania. However, research indicates that 58% of patients never received the proper treatment, and 40% of patients with trichotillomania were unable to acquire a diagnosis.

Trichophagy: is a condition that is characterized by the insertion of hair into the mouth. Serious illnesses include ileus, vomiting, and weight loss can result from trichomoniasis. It has been shown that 5–18% of these patients ingest their hair.

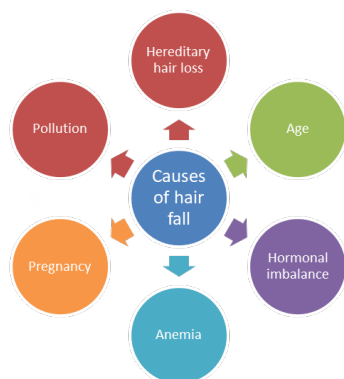


Figure 3: Causes of hair fall.

Genetic Hair Loss

Men and women are equally affected by this type of hair loss, which is the most common cause of hair loss globally. Male pattern hair loss is the term used to describe it in men. Women experience female pattern hair loss. Regardless of whether it affects men or women, the medical term for this disorder is androgenic alopecia. Whatever term you use, it means that your hair follicles, which are the source of all hair, have genes that eventually shrink and cease to produce hair. Shrinking often occurs later in life, however it may begin in your teens. The thinning of a greater portion of the hair or the complete head of hair is usually the first obvious symptom of hereditary hair loss in women. A man's receding hairline or bald spot at the top of his head is sometimes the first indication that he has hereditary hair loss [9].

Age: Due to a slowdown in hair development, most people experience some hair loss as they age. Hair follicles eventually stop producing hair, which results in thinning hair on our scalps. The color of hair also begins to fade. The hairline of a lady gradually recedes.

Hormonal imbalance: Polycystic Ovary Syndrome (PCOS) is a typical cause of this imbalance. It produces cysts on a woman's ovaries in addition to other symptoms including hair loss. Terminating certain birth control pill types may result in a transient hormonal imbalance. Hormonal imbalances in women can result in hair loss or thinning on the scalp.

Anemia: Hair loss may result from low iron levels. A disorder known as telogen effluvium, which restricts hair development and causes increased hair shedding, can be brought on by an iron shortage. Regaining normal iron levels can reverse the effects of iron deficiency hair loss. Your body's iron reserves can be restored with the aid of oral iron supplements.

Pregnancy: Pregnancy hormones cause many hairs in the anagen (growth phase) to abruptly shift into the telogen (resting phase). A few months later, you start losing the hair. Your scalp has between 80,000 and 120,000 hairs on average, and you could lose up to 100 of them each day.

Pollution: Living in an urban setting may be detrimental to your hair's health and may even cause hair loss. Air pollution and other environmental irritants can damage the health of the scalp, causing inflammation and itching that can weaken the structure of the hair and promote both hair loss and hair retention.

Remedies

Coconut Oil



Figure 4: Coconut Oil.

By enhancing the health of the scalp and hair, coconut oil encourages hair development. Growth can also be aided by other nutrients. Oil extracted from dried coconuts is known as coconut oil. At room temperature, it looks like white butter, and when heated, it melts. This natural oil is used extensively in hair, beauty care, cooking, and food preparation. Numerous medical research have demonstrated the advantages of coconut oil for the body, skin, and hair. Because they think it speeds up hair growth, some people apply coconut oil to their scalp and hair. We'll see whether this can be done. There is no research on the relationship between coconut oil and hair growth. Coconut oil, however, can benefit the scalp and hair. The hair will grow as a result faster [10,11].

Disease Prevention Roots are where health begins. Maintaining the condition of your skin will also benefit your hair. According to a recent study, coconut oil relieved several fungal infections. Dandruff and other scalp fungus can be prevented or treated using coconut oil. To determine whether coconut oil is good for the skin and scalp, more research is required.

Relaxing and Invigorating One naturally occurring saturated fat is coconut oil. Its high oil content lessens itching, peeling, and skin irritation. Additionally, the richness in coconut oil keeps your hair hydrated. You will therefore require fewer haircuts if you apply coconut oil to your hair on a regular basis. Your hair will grow more quickly as a result. According to a different review, coconut oil, which is utilized in India, may help lower the protein content of hair. By doing this, the hair is kept from drying out, breaking, or becoming brittle. According to research, coconut oil can be used in India as a conditioner after a bath as well as a hair mask before one. **Defend against the heat** Hair can be protected from heat and water by using heat to style it or by putting a little amount of coconut oil to damp hair before drying it. When hair swells from too much water, wet weariness happens. Hair damage or breakage can result from excessive inflammation. Additionally, it may result in dry, brittle hair.

Additional Advantages Healthy fats should make up about 30% of daily calories. Coconut oil can be used in cooking and added to food. Consuming coconut oil will promote faster and better hair growth. Particularly if your diet is deficient in natural fats and other nutrients, you might feel a difference. Lice and nits can also be eliminated by applying coconut oil as a hair and scalp mask.

Coconut oil can be used on its own or combined with other ingredients to make a hair and scalp treatment mask. To do:

1. Fill a bowl with a tiny bit of coconut oil.
2. Use the microwave to warm the coconut oil for around 30 seconds.
3. Verify that the coconut oil is soft but still not entirely liquid.
4. Verify the coconut oil's temperature. Warm but not hot is the ideal temperature.
5. Gently massage the coconut oil into your scalp with your fingers. From the roots to the tips of your hair, apply it.
6. Cover your hair with a towel after putting it in a bun.
7. Take a half-hour to several hours off.
8. Use your usual shampoo to gently remove the coconut oil.

Fenugreek seed (Methi)



Figure 5: Fenugreek Seed.

For many young girls and women, hair loss is a significant issue. Although the hair issue is not new, it has changed in the last several years. Hair loss has been more of an issue as a result of fast-paced lifestyles, rising stress levels, and pollution. We hear women and girls discussing hair issues on social media and in informal discussions on a daily basis. We can be saved by natural medication, thank you! Do you recall your grandma discussing how her mother utilized herbs to treat a variety of ailments? Or did your mother share with you the hair treatments and solutions she tried as a child? You can always rely on natural hair treatments because they have been shown to be simple, effective, and efficient.

You won't have to worry about hair loss anymore if you use it in conjunction with the proper hair care products! Many remedies, including yoghurt, aloe vera, and lemon, have been tried, tested, and proven effective by people throughout the years. Fenugreek is a hair care product that stands out above the others due to its advantages and applications [12].

Seeds of Fenugreek for Hair Loss

Fenugreek, also called methi in India, has long been used in medicine and cooking. Actually, fenugreek is used extensively throughout North Africa, Southern Europe, and Asia to treat diabetes. Fenugreek is utilized to enhance digestion in India's Ayurvedic heritage. Fenugreek is now used for both menstruation and delivery. It is also included in the dietary guidelines to help prevent burns, inflammation, high cholesterol, and other health issues. The fact that fenugreek is beneficial to your hair and can help prevent hair loss may surprise you! Sometimes we search the globe for answers that are there in front of us.

When it comes to hair and hair care, we always use natural products to balance out our hair-damaging shampoos, solutions, and treatments. The medication is typically found in our kitchen. All you have to do is locate methi seeds to get a remedy for hair loss. Iron and protein are the two most crucial elements for hair development. Both nutrients are abundant in fenugreek seeds.

Why is Fenugreek Beneficial to Hair Health?

Above all, fenugreek seeds have unique concentrations of phytochemicals, including as flavonoids and tsp. These substances are well-known for their ability to reduce inflammation and promote hair growth. Niacin, which is abundant in fenugreek seeds, is also known to aid with dandruff and hair loss. Because fenugreek seeds increase blood flow to the scalp, they are crucial for nourishing the hair follicles. As a result, new hair grows larger and faster. Fenugreek seeds will be a blessing if you're someone who always has to deal with commotion and bad weather! The seeds' mucilage content revitalizes hair, leaving it lustrous and silky.

Additionally, fenugreek seeds can help with colds. Therefore, use fenugreek oil to maintain the health of your hair before using Pantene 2 in 1 Shampoo + Conditioner to nourish your hair and minimize dryness. Make a lovely paste in the morning by soaking two spoonfuls of fenugreek seeds overnight before bed. Use at least twice a week after thoroughly mixing in the egg and yoghurt [13].

Hair Fall Fenugreek Seeds: How to Produce Fenugreek Oil

The only ingredients needed to make fenugreek oil are fenugreek seeds and coconut oil in a 2:1 ratio. Simply follow these steps:

Step 1: First, partially crush the fenugreek seeds.

Step 2: Heat a pan, add these seeds, and drizzle with coconut oil. Hold off until it becomes red.

Step 3: Strain the blend now. Allow a glass jar to sit in the sun for at least a week.

Aloe vera Hair Mask



Figure 6: Aloe vera.

An aloe vera hair mask helps hydrate and strengthen your hair and scalp, according to Ayurveda. It correctly nourishes your hair and aids in the management of many hair and scalp issues. The fact that it works well with all hair types is its best feature.

Benefits of Aloe Vera Hair Masks: Skin inflammation is lessened by its anti-inflammatory qualities. Aloe Vera's fatty acids and enzymes aid in the reduction of inflammation. Dry, lifeless hair benefits from its hydrating properties. Aloe vera also has choline, folate, and vitamins C, E, and B-12 to promote healthy hair. Because it helps remove dead skin, extra dirt, sebum, and debris from the hair and scalp, it is referred to be a natural hair cleanser. Aloe vera helps avoid dandruff and maintains a clean scalp. Numerous antibacterial, antifungal, and antiviral qualities included in aloe vera hair mask aid in the removal of microbial infections in the hair. Additionally, it strengthens the hair roots, protecting the hair. Aloe vera also contains ingredients that promote hair growth. Aloe vera hair mask restores the pH balance of your scalp. Aloe vera hair mask for curly hair will make your mane look shiny. Aloe vera shampoo and aloe vera hair mask can do many things. Aloe and coconut hair treatments and egg and aloe hair masks are some of the options that can be made at home [14,15].

A mask made of Aloe Vera and Apple Cider Vinegar: Aloe vera and apple cider vinegar contain anti-dandruff properties, so this treatment is great for those with flaky,

itchy scalps. This aloe vera hair mask for frizzy hair is made by combining 4 tablespoons of aloe vera gel, 2 teaspoons of apple cider vinegar, and 1 teaspoon of honey. Make sure to properly apply the mask to your hair and scalp. After 20 minutes, completely remove the mask with a thorough rinse. For best effects, use this mask once every seven days.

Yogurt and Aloe Vera Hair Mask: If you want to know how to make an aloe vera hair mask, keep reading. You can help restore the luster to your hair by using this mask. Mix together 2 tablespoons yoghurt, 1 tablespoon honey, 1 tablespoon olive oil, and 3 tablespoons aloe vera gel. Once all the ingredients have been well combined, apply the paste to your scalp and hair. Massage the mixture for ten minutes, then leave it on for thirty minutes. Rinse it with shampoo and water. Try using this aloe vera hair treatment three times a month to restore the luster to your hair [16].

Dandruff Relief Aloe Vera Hair: Coverage this new dandruff hair mask is unique. Thus, you should definitely try this if you think your dandruff is out of control. Combine two tablespoons of lemon juice with twelve cups of aloe vera gel. Put this mixture straight into your scalp and leave it there for 30 to 60 minutes. For optimal results, wash it with warm water after applying it once a week. The best treatment for dandruff is lemon. Its acidity, however, can cause irritation and inflammation of the scalp. Aloe vera gel's acidic qualities will therefore be balanced by adding lemon juice. As a result, this aloe vera hair mask works wonders for dandruff.

Egg and Aloe Vera Hair Mask: You can use this hair mask instead of your regular conditioner because it nourishes and promotes hair growth. Combine 1 cup aloe vera, 2 tablespoons olive oil, and 1 egg to make a fine paste. After applying the mixture to your scalp, put on a shower cap. Rinse it briefly with cold water after 20 to 25 minutes. Egg yolks include lipids and proteins that help condition hair. The addition of aloe vera gel and olive oil improves the characteristics of the egg, making this combo a useful hair treatment. This aloe vera hair mask contains all the elements needed for optimal hair growth [17].

Aloe Vera and Coconut Oil Hair Mask: This hair mask is perfect for people with dry, frizzy hair. It will restore the necessary moisture to your hair. Mix 2tsp coconut oil, 1tsp honey, and 2tsp fresh aloe vera gel. Massage and apply to the scalp and hair. Allow it to sit for 30 minutes, then rinse it with shampoo. This aloe vera hair mask for frizzy hair helps deeply condition dry, fragile hair. It will also give your hair the right amount of bounce and luster [18].

Aloe Vera and Vitamin E Hair Mask: For this hair mask, healthy hair is preferred. You can use this to maintain the

luster and shine of your hair. For this aloe vera hair mask, take three Vitamin E pills and slit them open so the liquid can be removed. Add three spoonful of aloe vera gel to the drink. After that, add a few drops of almond oil and mix well. Apply this aloe vera hair mask to the individual hair strands. Leave it alone for 30 minutes, and then shampoo it. Your hair can get moisture and nutrients from this simple DIY hair mask. Those with normal to dry hair can apply this mask once a week [19-21].

Fenugreek and Aloe Vera Hair Mask: Hair development can be encouraged with this DIY aloe vera hair mask. It is very quick to make and very simple to use. All you need to do is soak two tablespoons of fenugreek seeds in water for the entire night. First thing in the morning, process the softened seeds into a paste. When the paste is done, mix in three tablespoons of aloe vera gel. Allow this mixture to remain on your hair for 30 minutes after application. After shampooing and rinsing, allow your hair to air dry. This hair mask is incredibly effective at halting hair loss and promoting hair growth [22].

Aloe Vera Hair Mask: Applying aloe vera gel to your hair or scalp has no risks. This plant, however, causes allergies in certain people. Aloe vera allergies are possible if you have an allergy to onions and garlic. However, the gel is tiny and has little effect on the skin. Nonetheless, it's a good idea to conduct a small test if you have never used aloe vera to your skin or hair. Applying the gel to your wrist or elbow allows you to perform a patch test. Examine the gel on your skin; if it doesn't cause any itching, redness, or swelling after a few hours, utilizing an aloe vera hair mask is safe. Aloe vera gel may speed up the healing process for your skin, so you should see your doctor before using it if you are using steroids like hydrocortisone. Breathe in this drug [23].

Additional Applications for Aloe Vera: The usefulness of aloe vera hair masks for dandruff was proven by a 1999 study. Other than that, no research has been done to support the advantages of aloe vera gel for hair [24]. Nonetheless, anecdotal evidence suggests that aloe vera gel helps with:

- Hair growth
- Preserving moisture
- Evening out organic curls
- Untangling hair
- Cutting down on frizziness

In addition to aloe vera hair masks, you can utilize aloe vera in the following ways to promote the health of your hair:

Oil of Aloe Vera: To prevent lumps in the aloe vera gel, you might begin by blending it. Following that, you can combine the gel with coconut oil and transfer the mixture to a saucepan. The mixture should next be heated until the

bubbles disappear and the residue darkens. After allowing the oil to cool, pour it into a convenient bottle. After using the oil, leave it on for three to four hours before shampooing. For best results, leave it overnight [25].

Aloe Vera Spray: Making this one only requires combining $\frac{1}{4}$ cup of fresh ginger juice and $\frac{1}{2}$ cup of fresh aloe vera gel, making it incredibly simple. To ensure that the components are well blended, blend the two together. Pour the blend into a spray bottle and mist your whole scalp. After that, give it a 20-minute massage. After leaving it overnight, wash your hair the next morning [26,27].

Aloe Vera gel has a ton of extremely beneficial properties. Therefore, if you haven't already, you need to include it in your cosmetic regimen. Making an aloe vera hair mask is not too difficult, and fresh aloe vera is not always required. For best results, use store-bought aloe vera gel in your hair mask [28].

Onion Oil



Figure 7: Onion Oil.

Hair loss is a big problem and almost every woman gets tired of counting the hair she loses every day. Hair does not appear alone, but is accompanied by other problems of the hair, like dandruff, baldness, thinning of hair and grey hair. Pollution is, of course, responsible for this, and no matter what we do, we are exposed to it every day. Protect our hair by wrapping it with a scarf or using heat protection products. Hair loss is a big problem and almost every woman gets tired of counting the hair she loses every day. Hair does not appear alone, but is accompanied by other problems of the hair, like dandruff, baldness, thinning of hair and gray hair. Of course, pollution is to blame for this, and no matter what we do, we are exposed to it every day. Protect our hair by wrapping it with a scarf or using heat protection products [29,30].

Benefits of using Onion Oil

- Tomato juice contains many antioxidants, especially those that increase the activity of certain enzymes and thus prevent hair loss. This helps onion juice optimize the hair growth cycle. It is miraculous oil that will make your hair regret. Regular use of onion oil can effectively treat and prevent hair loss [31-33].
- Onion oil's sulfur helps stop hair loss, split ends, and breaking. Other nutrients in onions protect hair from oxidation. It also prevents premature greying by keeping the pH of the hair at a normal level.
- Additionally, tomato juice provides your hair with the nutrients it needs and supports the health of your hair follicles with its styling properties.
- It nourishes your scalp, increases blood flow and makes hair thicker and stronger.
- Regular use of onion oil in the root area will stimulate hair growth and prevent infections and dandruff.
- If you want your hair to grow, onion oil can help you. This is an inexpensive product that can make your hair thicker, healthier, and promote faster hair growth.
- Potent oils such as coconut oil or olive oil can be combined with onion oil to maximize the oil's benefits. You can trust onion oil to give you shiny, healthy hair.
- Before shampooing, use onion oil as a good lotion for your scalp. It is a natural conditioner that prevents dryness and controls frizz.

Because it increases blood circulation in your scalp (and hair) and eliminates dry sebum from your hair follicles, how to Use Onion Oil for Hair Management is an excellent method to reduce tension and anxiety. There are two methods to utilize onion oil for head massage: directly or as a heated oil therapy. To use onion oil without heating it, massage your head gently for five to seven minutes after applying a few drops to your hands. After 30 minutes, rinse it off with a gentle shampoo. For best results, do this one or two times per week. As an alternative, use a double boiler to ensure the maximum amount of ham by combining tomato juice with carrier oil (such as olive or almond oil) and applying heat. After applying the mixture to your hair and scalp, let it sit overnight. The following day, wash it with a gentle shampoo free of SLS and SLES. Make consistent food choices [34-36].

Onion oil hair masks to make at home: Onion oil extracted at home can be combined with many other popular ingredients to create a hair nourishing facial. Here are some recipes you can prepare at home [37]:

- Mix onion oil with castor oil to make a deep facial conditioner that will help strengthen and thicken hair strands.
- Mix onion oil with egg yolk to create a deep facial hair mask. Protein-rich mask that helps soften hair and add

shine.

- Mix onion oil with apple juice to help relieve scalp conditions such as inflammation, infection, or fungal infections.
- For hair that feels very dry, mix onion oil with honey to create a mask that will leave your hair soft and shiny.
- To accelerate hair growth, mix some onion oil with potato juice and do a healthy head massage.

Indian Gooseberry



Figure 8: Indian Gooseberry.

Amla, sometimes referred to as Indian gooseberry, is a popular health beverage because it has a lot of nutrients that are necessary for hair that is healthy and glossy. A sour fruit, ripe amla is frequently used in dishes including pickles, chutneys, jams, and malaba. Because it contains vitamin C and other minerals like iron that our bodies require for healthy hair, amla juice is a great beverage for everyone [38].

5 ways to use amla in hair care

Eating Amla can Reduce Hair Loss: Eating amla daily can help your hair become very good. Amla juice is equally good. Those who suffer from severe hair loss are advised to drink amla juice (one glass) on an empty stomach every day [39].

Amlicanemblica Juice Supports Hair Growth: If you want stronger, thicker hair, the simple but effective amla tonic is for you. Apply freshly extracted amla juice to the scalp and massage gently. After 50 minutes to an hour, rinse your hair thoroughly with a mild shampoo [40].

Nourish with Amla and Lemon: Lemon and amla are believed to nourish hair from the inside out. A nice tonic is a concoction of fresh fruit juice and lemon juice. Apply this tonic to your scalp. Give it half an hour to sit. Use warm water to rinse your hair [41].

Wash your Hair with Alma water: Add a few slices of freshly

chopped amla in a bowl of water. Bring the water to a boil. Wait for the water to cool and drain (at least 30-40 minutes). You can soak dried gooseberry slices in water overnight. Wash your hair with this water every day for better results [42].

Use Amla and Shiitake Mushrooms for Healthy Hair:

Shiitake and amla mushrooms are known to promote healthy hair. Use powdered amla and shiitake mushrooms to make a hair mask. Stir thoroughly with water. If you have long hair, apply the mask and let it sit for half an hour. Use cold water to give your hair a good rinse. To assist manage hair loss, use this bundle [43].

Conclusion

With the aid of this review article, we have come to the conclusion that there are numerous herbal medications that are effective in treating alopecia without causing any negative side effects. Alopecia is one of the primary issues that urban dwellers face, along with stress, environmental issues, etc. Numerous allopathic medications are available to cure hair loss, but they come with a number of negative side effects. Any research on medications begins with herbs. About 80% of the residents suggested herbal medications since they had fewer negative effects and more positive effects than synthetic ones.

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