



ROLE OF HERBAL HAIR OIL IN THE MANAGEMENT OF HAIR LOSS

Anpuchelvy S* G.Sritharan **

*Senior lecturer G.I, Unit of Siddha Medicine, University of Jaffna, Sri Lanka,

**Chief Physician, Herbal Health care center, 65 K.K.S.Road, Kokuvil, Jaffna, Sri Lanka .

Abstract

The formula of hair oil in this study is taken from old manuscript from Jaffna. Herbal Hair oil is a poly herbal formulation from *Alternanthera sessilis*, *Lawsonia inermis*, *Murraya koenigii*, *Costus speciosus*, *Santalum album*, *Curcuma zeodaria*, *Mollugo cerviana*, *Elettaria cardamom* and coconut oil. The purpose of this study is to evaluate the safety and efficacy of Herbal Hair oil in hair loss. This clinical trial was conducted at outpatient department of Herbal Health Care centre, Kokuvil, Jaffna. Number of patients involved in this study is hundred. There were both sexes in the age group of 18- 35 years selected who were suffering from hair loss. Informed written consents were obtained from willing patients. Patients on immunosuppressive drugs and applying other topical therapy for hair loss were excluded from this study. Infection and infestation of scalp, dandruff, stress level, dietary habits, previous illnesses and treatment details were obtained from history taking. All the enrolled patients underwent a clinical examination. All the patients were advised to give gentle massage to the scalp covering whole area with hair oil and rinse it in the morning. The response to therapy was evaluated at intervals of four weeks covering 16 weeks. The criteria to evaluate this study were formulated as level of hair falling, itchininess level and dryness level of scalp. Response was evaluated on an analogue scale of 0 - 3 (0 - being Nil, 1 - being Moderate, 2 - being Good, 3 - being Excellent). The mean hair fall at entry was 121.3 +/- 7.2 which significantly ($p < 0.05$) improved with continued treatment at 16th week. Itching was present in 42 cases at entry, reduced significantly ($p < 0.05$) at the end. Two cases reported excellent response, 42 cases reported good response, 22 cases reported moderate response, 10 cases reported poor response, two cases reported no response. No severe adverse reactions reported in this study period. This clinical study clearly demonstrates the beneficial effects of hair oil in the treatment of hair loss

Key Words: Herbal Hair Oil, Herbal Health Care Centre, Polyherbal.

INTRODUCTION

Hair is one of the vital parts of the body derived from ectoderm of skin, is protective appendages on the body and considered accessory structure of the integument along with sebaceous glands, sweat glands and nails (Rathy et al 2008). Hair has no vital function in humans, yet its psychological function is extremely important. It imparts a youthful and attractive look to both males and females. Hair growth in each hair follicle occurs in a cycle. There are three main phases of the hair growth cycle; anagen (growth), catagen (involution) and telogen (rest). The anagen phase can be as short as 2-6 years. In the catagen phase, the growth activity increases and hair moves to the next phase, catagen phase is between 2-3 weeks. The telogen phase is a state at which the hairs move into resting state. This phase lasts for 2-3 months. In general, 50-100 hair at random are shed everyday (Rushton et al 2002). Causes of hair loss can be many and varied. Broadly speaking, hair loss can be either diffuse or localized; scarring (cicatricial) or non- scarring (non cicatricial). Androgenetic alopecia or the male pattern baldness is the commonest cause of diffuse non scarring alopecia while alopecia areata results into localized non scarring alopecia. There are many potential causes of anagen effluvium. More common causes are:

Genetic hereditary disease – Pollitt's syndrome, Marie Unna type hypotrichosis

Defective hormone production – Anagen effluvium may be associated with Hypopituitarism, thyroid gland defects, Cushing's syndrome. fatty acids, or vitamin C, in the diet may lead to anagen effluvium

Cancer treatments – Drug categories such cytostatic drugs, alkylating drugs, and antimetabolic drugs cause anagen effluvium.

Ionizing radiation – Xrays and gamma rays.

Toxic agents – Thallium, arsenic, lead, bismuth, vitamin A and derivatic drugs.

Management of hair fall is extremely complex. Hormone therapy, use of α -reductase inhibitors, vasodialators like minoxidil are widely used to reduce th hair fall / loss (Takashima et al 1971). Reference: olla leaves (Jaffna)

Herbal Hair oil is a poly herbal formulation from:

1. *Alternanthera sessilis* 750ml extracts of the leaves
2. *Lawsonia inermis* 750ml extracts of the leaves



3.Murraya koenigii	750ml extracts of the leaves
4.Costus speciosus	5g
5.Santalum album	5g
6Curcuma zeodaria	5g
7.Mollugo cerviana	5g
8.Elettaria cardamomum	5g
9.Myristica officinalis	.5g
10.Myristica fragrans	.5g
11.Eugenia caryophyllus	5g
12.Cinnamomum zeylanicum	5g
13.Andropogan squarrosus	5g
14.Curcuma zedoaria	5g
15.Cuminum cyminum	5g
16.Piper nigrum	5g
17. Peucedanum graveolens	5g
coconut oil	750 m.l

AIM OF THE STUDY

The purpose of this study is to evaluate the safety and efficacy of Hair oil in hair loss.

METHODOLOGY

This study was a clinical trial conducted at outpatient department of Herbal Health Care centre, Kokuvil, Jaffna. A total number of 100 patients of both sexes, in the age group of 18- 35 years, who were suffering from hair loss and who were willing to give informed written consent were enrolled in the study.

EXCLUSION CRITERIA

- Patients on immunosuppressive drugs
- Patients applying other topical therapy for hair loss
- Patients with evidence of skin infection
- Pregnant and lactating women

STUDY PROCEDURE

Each patient's medical history of infection, dandruff, stress, diet, previous illness and drugs and treatment details were recorded. All the enrolled patients underwent a clinical examination. All the patients were advised to gently massage the Herbal hair oil into the scalp part for 15 -20 minutes daily and covering the whole area of the scalp by the oil. The response to therapy was evaluated at intervals of four weeks up to the 16 weeks.

The criteria of evaluation were the signs and symptoms like reduction in hair fall, reduction of symptoms like itching and dryness of scalp. Response was evaluated on an analogue scale of 0 - 3 (0 - Nil, 1 - Moderate, 2 - Good, 3 - Excellent).

RESULT

Table – 1 Clinical evaluation of the effect of Hair oil

Parameters	At entry	Week -8	Week – 12	Week- 16
Mean hair fall	121.3 +/- 7.2	72.3 +/- 12.4	39.2 +/- 11.5	14.8 +/- 4.3
Itching	42	24	6	2

The mean hair fall at entry was 121.3 +/- 7.2 which significantly ($p < 0.05$) improved with continued treatment with Hair oil treatment until the end of treatment at 16th week. Itching was present in 42 cases at entry and reduced significantly ($p < 0.05$).



Table – 2 Overall Responses to the Treatment

Response score	At entry	Week -8	Week – 12	Week- 16
No response	-	20	06	02
Poor	-	36	42	10
Moderate	-	37	30	22
Good	-	-	17	42
Excellent	-	-	-	12

Assessment of overall response is listed in table -2. At the end the study two cases reported excellent response, 42 cases reported good response, 22 cases reported moderate response, 10 cases reported poor response and two cases reported no response to Hair oil. Trial period no severe adverse effects on application of the oil.

DISCUSSION

Hair oil consists of potent herbs *Alternanthera sessilis*, *Lawsonia inermis*, *Murraya koenigii*. *Murraya koenigii* is considered beneficial in preventing premature graying of hair. These leaves have the property to nourish the hair roots. New hair roots that grow are healthier with normal pigment(www.buzzle.com). *Alternanthera sessilis* Contain Iron, protein. It is high carotene content (Jerojonite et al 2004). Antioxidant vitamins are also an important source of nutrition for healthy hair. Vitamins C, E and A are important for the health of the skin and hair. They increase the health and efficiency of the entire body, thereby “freeing up” the resource feed your hair the nutrients it needs on a daily basis. *Alternanthera sessilis*, *Murraya koenigii* contain rich amount of these vitamins. Massaging the scalp with hair oil for 15- 20 minutes will help increase blood circulation to the hair roots, hence delivering nutrients in the hair follicles for hair growth. *Lawsonia inermis* is a natural remedy against hair loss. It is also great use in maintaining healthy hair. It repairs and seals the cuticle, thus helps in healing hair shaft. This prevents the hair breakage and also retains the shine of hair. *Lawsonia inermis* balances the ph of the scalp, thus, preventing premature hair fall. It cures most scalp problems such as dandruff, dryness ect. It also stops premature graying of hair (www.buzzle.com).The safety of the oil indicated by no severe adverse effects during the period of application.

CONCLUSION

This clinical study clearly demonstrates the beneficial effects of Hair oil in hair loss. That is significantly reduce the hair loss.

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