



## A GENERAL REVIEW: ON HERBAL HAIR DYES

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### ABSTRACT

Herbal hair dyes have garnered significant attention in recent years as consumers increasingly seek natural alternatives to conventional hair coloring products. This abstract explores the rising popularity of herbal hair dyes, examining their composition, efficacy, and potential benefits over synthetic counterparts. Herbal hair dyes are formulated using botanical ingredients such as henna, indigo, and amla, among others. These natural substances offer a spectrum of colors ranging from deep browns to vibrant reds, providing users with a diverse palette for hair coloring. Unlike synthetic dyes that often contain harsh chemicals like ammonia and parabens, herbal hair dyes are free from such additives, making them a gentler option for both the hair and scalp.

### INTRODUCTION

In recent years, the beauty industry has witnessed a notable shift towards natural and sustainable products, driven by consumer demand for safer alternatives to conventional cosmetics. Within this landscape, herbal hair dyes have emerged as a compelling option for individuals seeking to enhance their hair color without compromising on health or environmental impact. Unlike traditional hair dyes laden with synthetic chemicals, herbal hair dyes harness the power of botanical ingredients to achieve vibrant and long-lasting results. This introduction sets out to explore the rising popularity of herbal hair dyes, highlighting their composition, efficacy, and potential advantages over their synthetic counterparts.

Herbal hair dyes, often formulated with plant-derived substances like henna, indigo, and amla, offer a diverse spectrum of colors while boasting gentle, nourishing properties for the hair and scalp. As concerns about the health risks associated with synthetic dyes continue to mount, consumers are increasingly turning to herbal alternatives for a safer coloring experience. Moreover, the eco-conscious consumer is drawn to herbal hair dyes for their minimal environmental footprint, as they eschew harmful chemicals in favor of sustainably sourced botanicals.

In this context, this paper seeks to delve deeper into the world of herbal hair dyes, examining their efficacy, benefits, and challenges. By shedding light on the growing trend towards natural beauty solutions and the implications for the hair care industry, this exploration aims to provide valuable insights into the role of herbal

hair dyes in shaping the future of cosmetic formulations and consumer preferences.

### Benefits of herbal hair dyes

- \*\*Natural ingredients\*\*:** Herbal hair dyes are formulated with botanical extracts, such as henna, indigo, and amla, which are gentle on the hair and scalp compared to synthetic chemicals found in traditional dyes.
- \*\*Reduced allergic reactions\*\*:** Herbal hair dyes are less likely to cause allergic reactions or scalp irritation due to their hypoallergenic nature, making them suitable for individuals with sensitive skin or allergies.
- \*\*Nourishing properties\*\*:** Many botanical ingredients used in herbal hair dyes, such as henna and amla, contain natural conditioning agents that help nourish and strengthen the hair, leaving it soft, shiny, and more resilient.
- \*\*Long-lasting color\*\*:** While herbal hair dyes may require more frequent application compared to synthetic dyes, they often provide long-lasting color that gradually fades without harsh lines or roots.

### Herbal hair dyes

There are many herbal plants used for hair coloring. Some herbs are available worldwide, but some are traditionally planted and found only in Thailand or neighboring countries.

### Henna



Henna, a natural dye derived from the leaves of the *Lawsonia inermis* plant, plays a pivotal role in herbal hair dye formulations. Renowned for its vibrant reddish-orange hue, henna is a staple ingredient in herbal hair dyes, offering a natural and gentle alternative to synthetic colorants. In herbal hair dye formulations, henna serves not only as a coloring agent but also as a conditioner and scalp treatment. Its dyeing properties penetrate the hair shaft, imparting rich, long-lasting color while simultaneously strengthening and nourishing the hair. Henna's natural conditioning properties leave the hair soft, smooth, and more manageable, making it a preferred choice for individuals seeking to enhance both color and hair health. Furthermore, henna is celebrated for its hypoallergenic nature, making it suitable for those with sensitive skin or allergies to traditional hair dyes. As a versatile botanical ingredient, henna remains a cornerstone of herbal hair dye formulations, embodying the marriage of natural beauty and effective hair care.

### Coffee



Coffee, beyond its role as a morning pick-me-up, is gaining recognition for its potential benefits in herbal hair dyes.

When incorporated into these formulations, coffee acts as a natural dyeing agent, offering subtle, earthy tones ranging from deep browns to rich blacks. Rich in antioxidants and caffeine, coffee not only adds color to the hair but also promotes scalp health and hair growth. Its caffeine content stimulates the hair follicles,

encouraging blood circulation and thereby supporting healthy hair growth. Additionally, coffee is believed to help in neutralizing odors and enhancing shine, leaving the hair looking lustrous and refreshed. As a natural ingredient, coffee is often favored by individuals seeking to minimize exposure to synthetic chemicals found in traditional hair dyes. Its versatility and potential cosmetic benefits make coffee a valuable addition to herbal hair dye formulations, aligning with the growing trend towards natural and sustainable beauty solutions.

### Clove



Clove, a spice derived from the flower buds of the *Syzygium aromaticum* tree, serves as a multifaceted ingredient in herbal hair care. Rich in antioxidants, clove offers numerous benefits for both the scalp and hair. When incorporated into herbal hair dyes, clove helps stimulate blood circulation in the scalp, promoting hair growth and overall scalp health.

Additionally, its natural antimicrobial properties make it effective in combating dandruff and other scalp issues. Clove also adds a pleasant scent to hair products, masking any potential odors from other ingredients. Furthermore, its warming properties can help soothe irritated scalp conditions, providing relief from discomfort. As a natural alternative to synthetic additives, clove enhances the holistic approach of herbal hair care, offering a blend of nourishment, stimulation, and aromatic enjoyment for healthier, more vibrant hair.

## Indigo



Indigo, a natural dye derived from the leaves of the *Indigofera tinctoria* plant, is commonly used in herbal hair dyes for its rich blue-black color. When used in hair dyes, indigo can impart deep, cool-toned hues to the hair, ranging from dark browns to intense blacks.

Indigo works by binding to the protein in the hair shaft, resulting in long-lasting color that gradually fades over time.

Often used in combination with henna, another natural dye, indigo can help achieve a broader spectrum of colors, including shades of brown and burgundy.

## Butterfly pea



Butterfly pea (*Clitoria ternatea*) is a flowering plant native to Southeast Asia, known for its vibrant blue flowers. In addition to its ornamental value, butterfly pea has been traditionally used for its medicinal properties and as a natural dye.

In recent years, butterfly pea extract has gained popularity in herbal hair care products, including hair dyes and shampoos. The extract contains anthocyanins, natural pigments responsible for its blue color, which can impart subtle blue highlights to the hair. When applied topically, butterfly pea extract is believed to nourish the scalp and hair, promoting shine and overall hair health.

Butterfly pea is often used in combination with other

natural ingredients to create a variety of hair care formulations, ranging from shampoos to conditioners to hair masks. Its gentle and nourishing properties make it appealing to those seeking natural alternatives to synthetic hair care products.

Overall, butterfly pea offers a botanical option for individuals looking to enhance their hair's natural beauty while embracing the benefits of plant-based ingredients.

### Application of herbal hair dyes

The application of herbal hair dyes typically involves several steps to achieve desired results:

- 1. \*\*Preparation\*\*:** Begin by preparing the herbal hair dye according to the manufacturer's instructions. This may involve mixing the powdered herbs with water or other liquids to create a paste-like consistency.
- 2. \*\*Hair preparation\*\*:** Before applying the dye, ensure your hair is clean and free of any styling products or buildup. Some herbal hair dyes recommend washing the hair with a clarifying shampoo to remove any residue that may interfere with the dye's penetration.
- 3. \*\*Protective measures\*\*:** Apply a barrier cream or oil along the hairline, ears, and neck to prevent staining of the skin. You may also want to wear gloves to protect your hands from staining.
- 4. \*\*Sectioning\*\*:** Divide your hair into manageable sections using clips or hair ties. This will help ensure thorough coverage and even distribution of the dye.
- 5. \*\*Application\*\*:** Using a brush or applicator, apply the herbal hair dye to each section of hair, starting from the roots and working your way down to the ends. Make sure to saturate the hair thoroughly with the dye for best results.
- 6. \*\*Processing time\*\*:** Allow the herbal hair dye to process according to the manufacturer's instructions. This typically ranges from 30 minutes to several hours, depending on the desired color intensity and hair type.
- 7. \*\*Rinsing\*\*:** After the processing time is complete, rinse the hair thoroughly with lukewarm water until the water runs clear. Follow up with a gentle shampoo and conditioner to remove any remaining dye residue and to help lock in the color.
- 8. \*\*Final touches\*\*:** Once the hair is dry, style it as desired. Herbal hair dyes often leave the hair feeling soft, shiny, and more manageable, so you may find that additional styling products are not necessary.

### CONCLUSION

In conclusion, herbal hair dyes offer a compelling

alternative to traditional synthetic hair coloring products. With their natural ingredients, gentle formulations, and potential benefits for both hair and scalp health, herbal hair dyes have gained popularity among consumers seeking safer and more sustainable beauty solutions.

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