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Review Article

A Review on Hair Care Potential of Citrulluslanatus Seeds Oil

Abdulrahim Shaikh*, Vaishnavi Gugale

Department of Pharmacognosy, Samarth Institute of Pharmacy, Belhe; Pune-412410, Maharashtra, India.

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ABSTRACT

Cosmetics are becoming increasingly popular in daily life these days, and many individuals use them on a yearly basis. Humans utilise a variety of items to enhance their elegance and attractiveness in order to appear appealing and youthful. Cosmetics are therefore essential to human existence. The idea that herbal cosmetics are safer and have fewer adverse effects has led to their widespread use in recent years. A major component of the body that serves as a protective appendage is hair. Activating the hair roots is necessary to promote hair development and aid with hair loss. Because herbal remedies have fewer adverse effects and a lower safety and protection profile, the general public still uses them. The goal of this study was to create a general-purpose herbal hair serum using various sauces.

INTRODUCTION

Researchers are looking at using watermelon (Citrullus lanatus) seed oil as an ingredient in natural hair serums. According to studies, it's high in antioxidants, linoleic acid, and other healthy substances that may support hair health. Hair may benefit from watermelon seed oil's ability to strengthen, hydrate, and shine. Many hair types can benefit from its lightweight texture, which may also improve frizz and scalp health. Watermelon seeds (Citrulluslanatus) and aloe vera leaf extract are well known natural therapies for their ability to nourish hair. In Asian cultures,

citrulluslanatus seed oil has long been used to encourage strong, long, and healthy hair. Vitamins, amino acids, and antioxidants found in abundance in it fortify hair strands, lessen breakage, and enhance hair texture. Conversely, aloe vera contains minerals, amino acids, vitamin C, and antibacterial substances that strengthen hair roots, delay dandruff, and encourage hair growth. There are several advantages to using these two powerful components together in a herbal hair serum: Stimulation of Hair Growth: Nutrient-rich ingredients promote follicle renewal and scalp circulation. Strengthening & Repair: Antioxidants from aloe vera leaves and isothiol from

***Corresponding Author:** Abdulrahim Shaikh

Address: Department of Pharmacognosy, Samarth Institute of Pharmacy, Belhe; Pune-412410, Maharashtra, India.

Email ✉: shaikhrahim0769@gmail.com

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citrulluslanatus aid in repairing damaged hair and halting breakage. The antibacterial and anti-inflammatory qualities of Citrulluslanatus seeds contribute to the maintenance of a healthy scalp environment, which in turn helps to control dandruff. Moisturising and Shining: Amino acids and essential oils improve the hydration of hair and add a natural shine.



POTENTIAL USES :-

[1] Content Rich in Nutrients:

The hair and scalp can benefit from the vital fatty acids, vitamins, and minerals included in watermelon seed oil.

❖ Hydrating and Moisturising Properties:

The oil can improve manageability and lessen frizz by hydrating dry, damaged hair.

❖ Reducing inflammation and providing comfort Repercussions:

Oil and extracts from watermelons may help calm sensitive scalps and lessen inflammation, which could help cure dandruff and eczema.

❖ Antioxidant Characteristics:

Lycopene and other antioxidants help shield the hair and scalp from environmental stresses and free radical damage.

❖ Promotes Hair Growth :

Rich in vitamins B and C, Citrulluslanatus seeds oil stimulate hair follicles and encourage hair growth.

❖ Prevents Hair Loss :

Flavonoids and antioxidants help reduce oxidative stress on the scalp, reducing hair fall.

❖ Improves Scalp Health :

Antimicrobial and anti-inflammatory properties combat dandruff and scalp infections.

CONCLUSION: -

Citrullus lanatus seed oil allows you to experience the nourishing power of nature. This hair serum, which is lightweight but incredibly moisturising, helps to restore healthy shine, revitalise dry, damaged hair, and lessen frizz without making your hair feel heavy. Packed with vital fatty acids and antioxidants, it's the ideal final step for naturally strong, silky, and glowing hair.

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