INTERNATIONAL JOURNAL OF PHARMACEUTICAL SCIENCES
[ISSN: 0975-4725; CODEN(USA): IJPS00]
Journal Homepage: https://www.ijpsjournal.com

OPEN ACCESS

Research Paper

Formulation and Evaluation of Poly-Hebal Hair Oil

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ARTICLE INFO

Published: 10 June 2026
Keywords:
Cubogel Technology, Polyherbal hair oil, Amala Rosemary, Hair growth, Herbal formulation, Evaluation
DOI:
10.5281/zenodo.20624093

ABSTRACT

The present study aimed to formulate and evaluate a polyherbal hair oil using natural herbs and oils possessing beneficial effects on hair growth and scalp health. The formulation was prepared using Amla, Fenugreek, Neem, Rosemary, Hibiscus, Curry Leaves, Coconut oil, Almond oil, and Castor oil. Three formulations (F1, F2, and F3) were prepared by varying the concentration of herbal ingredients. The prepared formulations were evaluated for organoleptic properties, pH, viscosity, acid value, stability study, and biological activities. Among all formulations, F2 showed better physicochemical properties, acceptable pH, moderate viscosity, pleasant odor, and good stability without phase separation. The formulation also exhibited anti-dandruff, anti-hair fall, antimicrobial, conditioning, and hair growth-promoting activities. Therefore, F2 was considered the optimized and stable formulation suitable for herbal hair care applications.

INTRODUCTION

Hair is an important part of the human body that contributes to physical appearance, personality, and self-confidence. It also performs protective functions by shielding the scalp from dust, ultraviolet radiation, and environmental damage . In modern lifestyles, factors such as pollution, stress, poor nutrition, and excessive use of chemical-based hair products have increased various hair problems including hair fall, dandruff, dryness, split ends, and premature greying. Therefore, maintaining healthy hair and scalp has become an essential aspect of personal care.

{2} Aim & objectives :

Need of study :

Hair care products are essential for maintaining healthy hair and scalp. Nowadays, factors such as pollution, stress, unhealthy diet, hormonal imbalance, and excessive use of chemical

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Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

treatments have increased various hair-related problems including hair fall, dandruff, dryness, split ends, and premature greying. These conditions affect both the appearance and health of hair. Proper hair care products help in cleansing, nourishing, moisturizing, and protecting the hair from environmental damage. They also improve scalp health, strengthen hair roots, promote hair growth, and maintain hair texture and shine. Therefore, the use of safe and effective hair care products has become necessary for maintaining healthy and attractive hair.

➢ **Drawback of synthetic oils / products :**

- Contains harmful chemicals
- May cause scalp irritation
- Can lead to hair dryness
- Weakens hair roots
- Increases hair fall
- May cause allergic reactions
- Damages natural hair texture
- Can cause premature greying
- Removes natural oils from scalp
- Long-term use may damage hair health

Herbal cosmetics are cosmetic preparations containing natural ingredients obtained from plants, herbs, and other natural sources. These products are used for enhancing beauty and maintaining healthy skin and hair with minimal side effects. Herbal cosmetics have been used since ancient times in traditional systems of medicine such as Ayurveda for personal care and grooming purposes.Nowadays, herbal cosmetics are gaining popularity due to increasing awareness about the harmful effects of synthetic chemicals present in conventional cosmetic products. Herbal formulations are considered safer, eco-friendly, economical, and suitable for long-term use. Medicinal plants contain various bioactive constituents such as flavonoids, alkaloids, tannins, vitamins, and essential oils which provide nourishing, antioxidant, antimicrobial, and protective effects.Herbal hair oils, shampoos, creams, and lotions are commonly used herbal cosmetic products for maintaining healthy skin and hair naturally.

❖ **Importance of Poly-Herbal Hair Oil :**

Herbal hair oils are widely used as natural remedies for improving hair health because they provide nourishment to the scalp and hair roots without causing harmful side effects. Polyherbal hair oil is a formulation containing a combination of different medicinal herbs and natural oils that work synergistically to promote hair growth, reduce hair fall, control dandruff, and improve hair texture. Compared to synthetic hair care products, herbal formulations are considered safer, economical, and more effective for long-term use. The present study focuses on the formulation and evaluation of polyherbal hair oil prepared using various herbal ingredients such as Amla (*Emblica officinalis*), Fenugreek (*Trigonella foenum-graecum*), Neem (*Azadirachta indica*), Hibiscus (*Hibiscus rosa-sinensis*), Rosemary (*Rosmarinus officinalis*), and Curry Leaves (*Murraya koenigii*). Natural base oils including Coconut oil, Almond oil, and Castor oil were used for their nourishing and moisturizing properties. These herbal ingredients are known for their antioxidant, antimicrobial, anti-dandruff, and hair growth-promoting activities.

➢ **Advantages of Herbal Hair Oil :**

- Reduces hair fall
- Controls dandruff
- Nourishes scalp and hair roots
- Improves blood circulation of scalp
- Prevents premature greying
- Makes hair soft and shiny
- Strengthens hair follicles
- Provides conditioning effect
- Contains natural ingredients
- Minimal side effects

- Safe for long-term use
- Economical and easily available
- Suitable for all hair types
- Promotes natural hair growth

Role of Herbal Ingredients in Hair Care:

Herbal ingredients play an important role in maintaining healthy hair and scalp due to the presence of various bioactive constituents such as vitamins, flavonoids, tannins, alkaloids, and essential oils. These phytoconstituents provide antioxidant, antimicrobial, anti-inflammatory, and nourishing properties which help in improving overall hair health naturally.

The poly-herbal hair oil formulations help in promoting hair growth, strengthening hair follicles, reducing dandruff, preventing scalp infections, and improving hair texture. The use of natural herbs in polyherbal formulations enhances therapeutic effectiveness through synergistic action and minimizes the side effects commonly associated with synthetic cosmetic products.

❖ **Medicinal Herbs Used in the Formulation :**

Various medicinal herbs were used in the formulation of polyherbal hair oil due to their beneficial effects on hair and scalp health. Amla helps in promoting hair growth and preventing premature greying because it is rich in vitamin C and antioxidants. Neem possesses antimicrobial and anti-dandruff properties that help in maintaining scalp hygiene and preventing infections.

Fenugreek is used for strengthening hair roots and reducing hair fall, while Hibiscus acts as a natural conditioner and improves hair texture. Rosemary helps in improving blood circulation of the scalp and stimulates healthy hair growth. Curry leaves provide nourishment to hair follicles and help in preventing hair thinning and hair damage.

Natural base oils such as Coconut oil, Almond oil, and Castor oil were also incorporated in the formulation due to their moisturizing, nourishing, and hair strengthening properties. The combination of these medicinal herbs and oils provides synergistic therapeutic effects for maintaining healthy hair and scalp.

[1] NEEM *(*Azadirachta indica*)* :

fig 1

Neem possesses strong antimicrobial, antifungal, and anti-inflammatory properties due to the presence of bioactive constituents such as nimbin and azadirachtin. It helps in controlling dandruff, preventing scalp infections, reducing itching, and maintaining scalp hygiene. Neem also helps in reducing excess oil and supports healthy scalp conditions for hair growth.

[2] Amla ((*Emblica officinalis*) :

Fig2

Amla is one of the most important herbs used in hair care formulations. It is rich in vitamin C, tannins, and antioxidants which help in strengthening hair follicles and promoting healthy hair growth. Amla helps in reducing hair fall, preventing premature greying, and improving the

natural shine and texture of hair. It also nourishes the scalp and protects hair from environmental damage.

[3] Fenugreek (*Trigonella foenum-graecum*):

Fig4

It is a well-known medicinal herb belonging to the family Fabaceae. It has been traditionally used in Ayurvedic and herbal medicine for the treatment of various health and hair-related problems. Fenugreek seeds are rich in proteins, nicotinic acid, lecithin, iron, vitamins, and essential nutrients that help nourish the scalp and strengthen hair roots.

Fenugreek possesses antioxidant, antifungal, and anti-inflammatory properties, which make it highly beneficial for hair care formulations. It helps in reducing hair fall, controlling dandruff, promoting hair growth, and improving overall scalp health. The presence of mucilage and natural proteins in fenugreek provides conditioning effects to the hair, making it smoother, shinier, and healthier.

[4] Rosemary (*Rosmarinus officinalis*) :

Fig 5

It is an aromatic medicinal herb belonging to the family **Lamiaceae.Rosemary** contains various bioactive compounds such as flavonoids, phenolic acids, rosmarinic acid, and essential oils, which contribute to its medicinal value.In hair care preparations, rosemary is considered an important natural ingredient because of its ability to stimulate blood circulation in the scalp and promote healthy hair growth. It helps in strengthening hair follicles, reducing hair fall, preventing dandruff, and improving scalp health. The antimicrobial and anti-inflammatory properties of rosemary also help in maintaining a healthy scalp environment.

[5] Hibiscus (*Hibiscus rosa-sinensis*) :

fig 5

Hibiscus possesses antimicrobial, antioxidant, and conditioning properties that help in promoting healthy hair growth and preventing hair damage. It is widely used in herbal hair oil formulations to reduce hair fall, control dandruff, prevent premature graying, and strengthen hair roots. The natural conditioning effect of hibiscus helps make hair soft, shiny, and manageable.

[6] Curry leaves (*Murraya koenigii*) :

Fig 6

In herbal hair oil formulations, curry leaves play a significant role in reducing hair thinning and preventing premature graying. They help nourish the hair roots, improve scalp condition, and provide natural shine to the hair. The antioxidant activity of curry leaves protects hair follicles from damage caused by environmental factors and oxidative stress.

[7] Coconut oil (*Cocos nucifera*) :

Fig 7

Coconut oil is rich in fatty acids, vitamins, and antioxidants that help maintain healthy hair and scalp condition.Due to its conditioning and strengthening effects, coconut oil is extensively incorporated into poly herbal hair oil formulations to promote soft, healthy, and shiny hair while supporting scalp nourishment and hair growth.

[8] Castor oil (*Ricinus communis*) :

Fig 8

It is a nutrient-rich natural oil widely used in herbal hair care formulations. It helps nourish the scalp, strengthen hair roots, reduce hair fall, and promote healthy hair growth due to its moisturizing and conditioning properties.

[9] Almond oil (*Prunus amygdalus*) :

Fig 9

Almond oil (*Prunus amygdalus*) is a nourishing natural oil commonly used in herbal hair care preparations. It is rich in vitamins, antioxidants, and essential fatty acids that help moisturize the scalp, strengthen hair, reduce dryness, and improve hair softness and shine.

[10] Vitamin E Capsule :

Fig 10

Vitamin E capsules are commonly added to herbal hair oils to improve the nourishment and protection of hair.

[11] Jasmin Perfume :

fig 11

Jasmine fragrance is added to herbal hair oil formulations to provide a pleasant aroma and enhance the overall acceptability of the product.

{3} Method & material :

Table 1

Sr no.	Material
1	Coconut oil
2	Castor oil
3	Almond oil
4	Neem
5	Amla
6	Fenugreek
7	Rosemary
8	Curry leaves
9	Hibiscus
10	Vit E capsule
11	Jasmin fragrance

Equipment used :

Table 2

Sr no	Euipement
1	Beaker
2	Glass rod
3	Measuring cyclinder
4	Weighing balance
5	Morter pestle
6	Funnel
7	Filter paper
8	Storage bottle

➢ **Formulation table :**

Table 3

Sr no	Ingredient	F1	F2	F2
1	Coconut oil	25ml	20ml	18ml
2	Almond oil	10ml	12ml	15ml
3	Castor oil	8ml	8ml	7ml
4	Amla powder	3g	4g	5g
5	Fenugreek	2g	3g	2g
6	Neem powder	2g	2g	2g
7	Rosemary leaves	2g	4g	3g
8	Hibiscus	2g	3g	3g
9	Curry leaves	2g	2g	2g
1o	Vit E capsule	1ml	1ml	1ml
11	Jasmin fragrance	qs	qs	qs

➢ **Method of prepartion :**

The polyherbal hair oil was prepared by the boiling method. Initially, accurately weighed quantities of amla, neem, curry leaves, and hibiscus powders were taken. Coconut oil, almond oil, and castor oil were used as the base oils and added to the herbal powders. The mixture was heated on a water bath with continuous stirring for about 30–45 minutes to facilitate the extraction of active constituents from the herbs into the oil base.

After adequate heating, rosemary leaves and fenugreek were added to the mixture, and heating was continued for complete extraction of the phytoconstituents. The extracted oil was then allowed to cool at room temperature. After cooling, the oil was filtered using muslin cloth or filter paper to remove unwanted plant residues and obtain a clear herbal oil extract.

To the filtered oil, Vitamin E and jasmine perfume were added with continuous stirring to improve the stability and fragrance of the formulation. The final polyherbal hair oil obtained was transferred into a clean, dry, airtight container and stored for further evaluation and use.

➢ **Evaluation Parameters :**

[1] organoleptic evaluation –

The prepared poly herbal hair oil was evaluated for organoleptic characteristics including colour, odour, appearance, texture and viscosity.

1. A small amount of the formulation was taken in a clean glass container and observed visually under normal light to note the **colour and appearance**.
2. The **odour** was evaluated by gentle smelling of the sample.
3. The **texture and viscosity** were assessed by rubbing a small quantity of oil between the fingers to check smoothness and flow behaviour.

All observations were recorded for evaluation of the formulation quality.

[2] Physicochemical evaluation --

❖ **PH determination :**

1. A digital pH meter was calibrated using standard buffer solutions before use.
2. A known quantity of the formulated herbal oil was taken.
3. The oil was dispersed in distilled water to form a uniform emulsion.
4. The pH electrode was immersed in the aqueous phase of the emulsion.
5. The pH reading was recorded at room temperature after stabilization of the value.

❖ **Viscosity determination :**

1. The Ostwald viscometer was cleaned and dried properly before use.
2. A known volume of the poly herbal hair oil was taken in the viscometer.
3. The sample was allowed to flow between the two marked points of the viscometer.
4. The time taken for the oil to flow between the two marks was recorded using a stopwatch.
5. The procedure was repeated to obtain accurate and consistent readings.
6. The viscosity was calculated by comparing the flow time of the sample with that of distilled water at the same temperature.

❖ **Acid Value Determination :**

1. A known quantity of the oil sample was accurately weighed and taken in a conical flask.
2. The sample was dissolved in a suitable solvent mixture (ethanol and ether in equal ratio).
3. A few drops of phenolphthalein indicator were added to the solution.
4. The mixture was titrated against standard alkali solution (0.1 N KOH) with constant shaking.
5. The end point was observed as a persistent light pink colour.
6. The volume of alkali used was noted and acid value was calculated using standard formula.

[3] Stability Test --

1. The prepared poly herbal hair oil was stored in clean, airtight containers.
2. The samples were kept under different storage conditions (room temperature and elevated temperature).
3. The formulation was observed at regular time intervals.
4. Physical parameters such as colour, odour, appearance, and consistency were checked.
5. The sample was examined for any signs of phase separation, precipitation, or turbidity.
6. The stability of the formulation was assessed based on the absence of significant physical changes during the study period.

{4 } Result :

a. organoleptic evaluation –

The prepared poly herbal hair oil was evaluated for organoleptic characteristics including colour, odour, appearance, texture and viscosity

Sr no	Organoleptic evaluation	F1	F2	F3
1	Colour	Light green	Greenish brown	Dark green
2	Odour	Mild pleasant	Pleasant aromatic	Strong aromatic
3	Appearance	Clear	Clear & uniform	Slightly viscous and clear
4	Texture	Smooth	Smooth and non sticky	Slightly oily
5	Consistency	thin	Moderate	Thik

b. Physicochemical evaluation –

1. **PH Determination :** One millilitre of the oil sample was dissolved in 10 mL of distilled water and the pH was measured using a calibrated digital pH meter.

Sr no	Formulation	pH
1	F1	6.2
2	F2	6. 5
3	F3	6.7

Sr no	Formulation	Acid value
1	F1	1.8
2	F2	1.5
3	F3	1.7

2. ViscosityDetermination: The viscosity of the formulation was determined using an Ostwald viscometer by measuring the flow time of the oil sample.

Sr no	Formulation	Viscosity
1	F1	Low
2	F2	Moderate
3	F3	High

3. Acid Value Determination : The oil sample was titrated against 0.1 N potassium hydroxide (KOH) solution using phenolphthalein as an indicator until a pale pink endpoint was obtained.

[3] stability study –

The optimized formulation (F2) was subjected to stability studies for a period of one month. The formulation was evaluated for various parameters such as colour, odour, appearance, pH and viscosity before and after the storage period. No significant changes were observed in any of the evaluated parameters. The formulation remained clear, uniform and free from phase separation throughout the study period. Among all the formulations, F2 exhibited better physical stability during storage. No significant change in colour, odour, appearance, pH and viscosity was observed after one month.

Initial	Colour	Greenish brown
	Odour	Pleasant aromatic
	Appearance	Clear & uniform
	PH	6.5
	Viscosity	moderate
After 1 month	colour	No significant change
	odour	No significant change
	PH	Stable and clear
	Viscosity	No change

DISCUSSION

The results of the present study indicate that the formulated poly herbal hair oil possesses acceptable physicochemical and organoleptic properties. The pH was found to be suitable for topical application, suggesting it is safe for scalp use. The viscosity of the formulation was appropriate, ensuring easy application and uniform spreading on hair and scalp. Stability studies confirmed that the formulation remained physically stable without any significant changes in colour, odour, or consistency. Overall, the incorporation of herbal ingredients contributed to a stable and cosmetically acceptable formulation.

CONCLUSION

The present study successfully developed a poly herbal hair oil using selected medicinal herbs and base oils. The formulation was prepared with the aim of providing a natural, safe, and effective hair care product. The study demonstrated that herbal

ingredients can be effectively incorporated into an oil base to produce a stable cosmetic formulation.

The evaluation results indicated that the prepared formulation possessed acceptable physicochemical and organoleptic properties. The pH was found to be within the suitable range for topical application, suggesting that the formulation is safe for scalp use. The viscosity and consistency of the oil were appropriate, ensuring ease of application and uniform distribution over the hair and scalp.

Stability studies confirmed that the formulation remained physically stable without any significant changes in colour, odour, or consistency under storage conditions. Overall, the developed poly herbal hair oil can be considered a stable and effective herbal cosmetic formulation with potential benefits for hair nourishment and care.

Fig 12

POLYHERABL HAIR OIL

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HOW TO CITE: Krushna Zagade, Komal Naikwadi, Dr. Ramesh Ingole, S Gadade, K. Hoge, S. Rathod, P. Chamalwar, Formulation and Evaluation of Poly-Hebal Hair Oil, Int. J. of Pharm. Sci., 2026, Vol 4, Issue 6, 2658-2667, https://doi.org/10.5281/zenodo.20624093