



Review Article

A Systematic Review of Herbal Hair Mask

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The younger generation is encountering significant hair issues due to various lifestyle changes, including fatigue, stress, unhealthy diets, and different hair dyeing techniques. Fortifying hair follicles is crucial for enhancing hair growth and reducing hair loss. Hair is the most delicate component of the body, and healthy hair enhances an individual's overall appearance. The scalp's hair is the most sensitive area. Dandruff is a widespread and significant concern in modern society. In this situation, the scalp's skin generates flakes that cause itchiness. This chronic scalp condition is severe since it affects a broad range of scalp tissues. Various factors, such as an oily scalp and inadequate hygiene, can lead to fungal infections, which become more common if hair is not washed for a week. Symptoms of this chronic scalp issue include redness, flaking, and itching, which can be effectively treated with natural herbal products. According to ancient Indian medicine, specifically Ayurveda, the use of natural herbs like Amla, Neem, and Shikakai is recommended. Amla, Bhringaraj, Hibiscus, Shikakai, Ginger, and other herbs were selected to create an anti-dandruff herbal hair mask, based on traditional knowledge and scientific validation for contemporary use.

Keywords: : Anti-dandruff, herbal, cosmetics, hair mask.

INTRODUCTION

Hair care products can be defined as formulations designed to cleanse, modify the texture, change the color, rejuvenate damaged hair, nourish it, and provide a healthy appearance. Individuals have various types of hair, including dry, oily, and normal hair. In today's fast-paced world, many people lack the time to focus on their physical appearance. Issues such as split ends, dandruff, graying hair, and hair loss are common concerns. Key factors leading to hair problems include stress, scalp infections, hormonal imbalances, inadequate intake of vitamins, nutrients, and minerals, as well as overuse of chemical shampoos and improper care. Having a clean scalp and healthy hair has become one of the most important elements of personal well-being in contemporary life. Hair is one of the key features of the body. Therefore, we developed a recipe for a hair mask to take care of it. The advantages of the ingredients used in the herbal hair mask for hair health are well-documented. The advantages of the

ingredients in the herbal hair mask for hair are recognized. The aim of employing a hair mask is to remove any accumulated impurities from the hair. This mask can be created using various ingredients. It is particularly beneficial for those with very fine or severely damaged hair. Healthy hair contributes to the attractiveness of our personalities. Numerous types of masks are available commercially, but many contain chemicals. Thus, we opted to use herbs to formulate our product. Crafting this mask is quite straightforward. Due to their availability, affordability, and safety, herbs are commonly used as healing agents. The Ayurvedic tradition, which originated in India more than 5,000 years ago, is still in practice today. The Rig Veda and Atharv Veda include approximately 700 medicinal prescriptions. Several herbal components, including pepper extract, basil extract, neem extract, rosemary oil, clove oil, coleus oil, and tea tree oil, have been proven to have effective antidandruff properties.

Causes: -

I) Dry Scalp**II) Inadequate Hygiene****III) Skin Condition****1. Dry Dandruff: -**

i. Dry scalp: - The primary reason, which occurs when the scalp fails to generate sufficient natural oils.

Weather: Cold and dry conditions can deprive the skin of moisture, resulting in flakes.

ii. Hot showers: - Excessively hot water can lead to dehydration and irritation of the scalp.

2. Greasy Dandruff: -

i. Oily scalp: - A scalp rich in oil can create an ideal environment for the fungus *Malassezia*, which thrives on the oils.

ii. Seborrheic Dermatitis: - This is a more serious ailment where the skin becomes oily, inflamed, and covered with greasy, yellowish scales, due to *Malassezia*'s overgrowth.

iii. Hormonal Changes: - Variations in hormones can boost oil production. Dandruff largely stems from a dry scalp and various underlying factors. It is a widespread issue affecting numerous individuals, causing irritation, itchiness, and flaking in the scalp. Although not a significant health concern, it can lead to feelings of awkwardness or self-consciousness. Dandruff largely stems from a dry scalp and various underlying factors. It is a widespread issue affecting numerous individuals, causing irritation, itchiness, and flaking in the scalp. Although not a significant health concern, it can lead to feelings of awkwardness or self-consciousness.

AIM: -

The aim of the current study is to create an anti-dandruff hair mask to reduce dirt and dandruff. Thus, it is a very good solution for people who seek more natural and gentle hair care product. Moreover, hair care product that are free from chemical can help to achieve a healthy look and shiny hair.

OBJECTIVE: -

i. Anti-dandruff herbal hair is a hair care product that penetrates deeply into the hair to deliver hydration and nourishment from the roots to the ends.

ii. The current study indicated that the primary ingredients chosen for this herbal hair mask formulation are based on traditional knowledge and scientific research, including Amla, Neem, Shikakai, Reetha, Ginger, Bhringraj, Tulsi, and Rose water.

iii. Hair masks are essential for maintaining hair health.

iv. Hair masks provide comprehensive care that addresses various hair issues.

v. Consistent application of this herbal hair mask can lead to stronger, healthier, and shinier strands.

vi. This hair mask is completely free from harmful substances.

Need Of Anti-Dandruff Herbal Hair Mask :-

i. Reasons for Using an Anti-Dandruff Herbal Hair Mask

ii. The Anti-dandruff herbal hair mask is composed of ingredients with natural anti-fungal and anti-inflammatory properties that aid in soothing and healing the scalp. Consistent application of this mask can enhance overall hair health and stimulate hair growth.

iii. This makes it an excellent option for those looking to tackle multiple hair issues simultaneously. Furthermore, the natural ingredients used ensure that the mask is mild on the scalp and free from harmful chemicals.

iv. The formulation of an anti-dandruff herbal hair pack has proven to be safe, effective, and commercially viable. It also exhibits all the desirable characteristics of an ideal herbal hair mask.

Hair growth cycle: -

The cycle of growth, rest, and shedding of hair is constant.

Three phases make up this cycle: -

Anagen (active growth).

Catagen (transitional phase)

Telogen (resting phase)

The length and quality of each phase are determined by a number of factors, including age, hormones, nutrition, and general health.

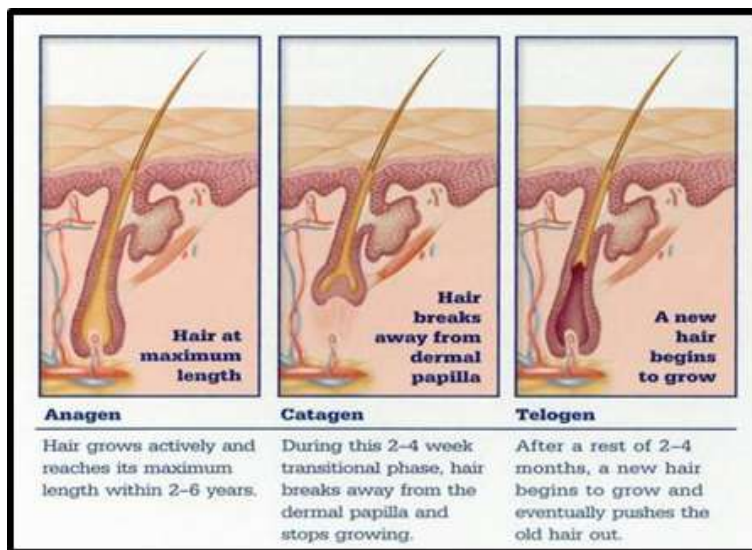


Fig 1: - Three Phases

Herbal Hair Mask: -

In a world where our hair faces numerous environmental stressors and chemical treatments, it is essential to give it the proper care and nourishment. Herbal hair masks harness the power of plant-based ingredients, offering a natural solution that can rejuvenate and repair hair from root to tip. These masks, crafted from a blend of natural components like herbs, oils, and plant extracts, are highly regarded for their hair and scalp nourishing, strengthening, and revitalizing properties. This investigation aims to shed light on the rising trend of herbal hair care and its potential effects for individuals seeking natural alternatives in their hair care regimen by exploring the diverse array of botanicals utilized in these masks and their supposed benefits for hair health. There are many benefits to using a hair mask, and the advantages vary depending on the ingredients and your hair type. Generally speaking, the

Advantage of using a hair mask include: -

- i. shinier, softer hair
- ii. added moisture
- iii. reduced hair breakage and damage
- iv. less frizz
- v. a healthier scalp
- vi. stronger hair

- vii. less environmental and product damage

Advantages of herbal hair masks: -

i. Nourishment and Strengthening: - Herbal masks supply essential nutrients that fortify hair, enhance elasticity, and minimize breakage.

ii. Scalp Health: - They assist in cleansing away dirt, alleviating dandruff, and calming an irritated scalp, which can help avert infections.

iii. Improved Texture and Shine: - Consistent use can result in smoother, shinier, and more manageable hair by decreasing frizz and static.

iv. Moisture and Hydration: - They provide deep hydration to the scalp and hair, aiding in reversing dryness and fostering a healthy environment for hair growth.

v. Protection: - Natural components can safeguard hair from environmental harm such as heat, sunlight, dirt, and pollution.

vi. Natural and Safe: - In contrast to synthetic products, herbal masks eschew harsh chemicals,

making them a safer choice for individuals with sensitive skin or for those wishing to avoid side effects.

Disadvantages of Synthetic Hair Mask: -

- 1) Overuse of synthetic hair masks can impair the natural oil-producing ability of the scalp.
- 2) These masks may lead to scalp irritation and can potentially result in severe scalp infections.

3) Synthetic hair fibers often contain harmful substances like polyethylene terephthalate (PET), polypropylene (PP), and polyvinyl chloride (PVC), which are associated with various medical issues, including cancer and respiratory problems.

4) The use of synthetic hair masks may also trigger headaches, dizziness, and discomfort in the eyes, nose, throat, and lungs.

Table No.1 (General ingredients used in herbal hair mask)

Sr.No.	Ingredients	Benifits	Quality
1	Amla powder	Hair growth and hair loss	1.5 tbsp
2	Reetha powder	Remove dandruff	1 tbsp
3	Shikakai powder	Help in hair shine softness	2 tbsp
4	Rose water	Helping in repairing damage hair	1 tbsp
5	Aloe powder	Anti-Dandruff, Anti-fungal	2 leaves
6	Coconut oil	To provide moisture	1 tbsp
7	Hibiscus powder	Reduce Dandruff	2 tbsp
8	Curry leaves powder	Prevent thinking of hair	2 tbsp

Amla Powder: - Amla powder is a natural herbal substance obtained from the fruit of the *Embllica Officinalis* tree. This fruit is known for its exceptionally high vitamin C content and is utilized in various Ayurvedic treatments. Amla fruits are primarily employed in traditional Indian medicine. The fruit is also used in making inks, hair oils, and shampoos, and it is said that the oil extracted from the fruit can promote hair growth.

Benefits of amla powder: -

- i. Amla enhances shine and smoothness.
- ii. Acts as a natural conditioner.
- iii. Helps reduce dandruff.
- iv. Aids in treating head lice.
- v. Supports hair growth and addresses hair loss.
- vi. Promotes healthy hair growth. Boosting health hair growth.



Fig 2: - Amla

Reetha: - Reetha has a cooling effect and is especially useful for cleansing the skin. It helps maintain the scalp's moisture and prevents hair from becoming dry. The benefits of using Reetha on the skin are remarkable. It makes the scalp feel softer and smoother. Additionally, it is used on the head to eliminate flaking skin cells.

Benefits of Reetha powder: -

- i. Prevents dryness.
- ii. Promotes hair growth.
- iii. Enhances the silkiness of hair.
- iv. Possesses cleaning properties.
- v. Fortifies the hair roots.



Fig 3: - Reetha Powder

Shikakai: - Shikakai possesses a unique ability to cleanse the scalp without causing irritation, making it an effective solution for dandruff. It is particularly helpful in addressing persistent dandruff that arises from excess oil on the scalp. By removing surplus oil, it helps to reduce dandruff with regular use. Shikakai is one of the most powerful Ayurvedic treatments for hair-related concerns, such as hair loss. It helps to eliminate debris and excess oil from the scalp while promoting hair growth.

Benefits of shikakai Powder: -

- i. Promotes hair growth.
- ii. Acts as a cleanser.
- iii. Contains antifungal and antibacterial properties.
- iv. Aids in wound healing.
- v. Provides antioxidant benefits.
- vi. Helps control hair loss.



Fig 4: - Shikakai Powder

Rose water: - World Journal of Pharmaceutical Research Rose water is the hydrosol portion of the distillate of rose petals. Rose water, itself a byproduct of the production of rose oil for use in perfume, is used to flavour food, as a component in some cosmetic and medical preparations, [8] and for religious purposes throughout Europe and Asia. Rose syrup is made from rose water, with sugar added.

Advantage of rose water:-

- i. Control oily scalp.
- ii. Reduce dryness.
- iii. Repair hair damage.
- iv. Improve hair growth.
- v. Reduces dandruff.



Fig 5 Rose water

Aloe vera: This plant is utilized in a variety of consumer items, such as drinks, skin creams, cosmetic products, and as a gel for treating minor burns and sunburns. The name comes from Latin, with "aloe" meaning aloe and "vera" signifying "true." Aloe vera offers numerous benefits for our hair.

Benefits of aloe vera:-

- i. Promoting hair growth.
- ii. Enhancing shine and strength.
- iii. Moisturizing hair.



Fig 6: - Aloe vera

Coconut oil: - Is a type of edible oil that comes from the flesh, milk, and wick of the coconut fruit. It appears as a white solid fat that melts at warmer room temperatures around 25°C (78°F), but in hotter climates during the summer, it becomes a clear, thin liquid. Unrefined versions possess a distinct coconut scent. This oil is utilized in cooking, as well as for hair and beauty treatments, and in industrial uses for producing cosmetics and detergents. Due to its high saturated fat content, many health organizations advise limiting its use in food.

Benefits of coconut: -

- i. Provides moisture.
- ii. Repairs damaged hair.

- iii. Helps prevent dandruff.
- iv. Enhances scalp health.



Fig 7: - Coconut oil

Hibiscus: - Hibiscus is a remarkable herb for maintaining healthy hair. It is abundant in Calcium, Phosphorus, Iron, Vitamin B1, Vitamin C, Riboflavin, and Niacin, which enhance hair growth and help slow down premature graying. Additionally, it helps alleviate dandruff. Hibiscus has antioxidant properties due to the presence of flavonoids like anthocyanins and various phenolic compounds. It can be utilized to refresh and condition the hair.

Benefits of Hibiscus:

- i. Effective hair maintenance.
- ii. Dandruff reduction.
- iii. Promotion of hair growth.
- iv. Prevention of early greying.
- v. Hair conditioning.



Fig 8 Hibiscus

Curry leaves: - Curry leaves contain proteins and beta carotene which help to prevent thinning of hair and hair fall and helps to restore natural color of hair. Curry leaves are also rich in antioxidants, these antioxidants neutralize free radicals and keeps the hair health and strong.

Advantage of curry leaves: -

- 1. Promotes speedy hair growth
- 2. Control hair loss.
- 3. Repair damage hair.
- 4. Reduce dandruff



Fig 10: - Curry leaves

Procedure: -

- i. Start by taking 1.5 tablespoons of amla powder in a bowl.
- ii. Next, incorporate 1 tablespoon of reetha powder.
- iii. Then, add 2 tablespoons of shikakai powder.
- iv. Follow this by mixing in 2 tablespoons of hibiscus and curry leaves powder.
- v. Pour in 1 tablespoon of rose water.
- vi. Add 2 fresh aloe vera leaves.
- vii. Mix in 1 tablespoon of coconut.
- viii. Stir everything well to create a paste.
- ix. Apply the mixture to your hair and scalp.
- x. Allow the mask to sit for 30 minutes before rinsing it out with water.

Evaluation parameter of herbal hair mask: -

Assessment criteria for the herbal hair mask: - The developed hair mask was assessed based on the following criteria.

The formulation of the hair mask was analyzed against these parameters:

Organoleptic Evaluation: - In this evaluation, the formulation is observed using sensory organs such as the eyes or nose, focusing on the visible features of the product, including color, scent, texture, and overall appearance.

Physicochemical Evaluation: -

i. pH: - A calibrated digital pH meter was utilized to determine the pH of a 1% aqueous solution of the formulation.

ii. Loss on Drying: - Weigh 1.5 g of the powdered drug in a flat, thin porcelain dish that has been tared. Dry the sample in an oven at a temperature of 100°C or 105°C, ensuring that the weight difference between two measurements does not exceed 0.5 mg. Cool in desiccators, then weigh. The weight loss is typically noted as moisture content.

iii. Ash Content: - In a pre-heated and tared crucible (typically made of platinum or silica), add 2-4 grams of the crushed, air-dried material. Evenly distribute the sample and gradually increase the temperature to between 500-600°C until it ignites and turns white, indicating all carbon has been burned off. Allow to cool in a desiccator, then weigh. If complete carbon-free ash is not achieved through this method, cool the crucible and moisten the remaining material with approximately 2 ml of water or a nitrate-saturated solution. Dry in a water bath, then place on a hot plate and ignite until a steady flame appears. After cooling for 30 minutes in an appropriate desiccator, promptly weigh the residue. Calculate the total ash content in mg per gram of the air-dried substance.

Phytochemical Evaluation: - Various tests were conducted to identify the phytoconstituents present in the product and their effects on the body. Each plant exhibits distinct phytochemical properties, which provide a range of beneficial effects.

Tests for Carbohydrate Detection: -

i. Molisch's Test: - A violet ring appears at the boundary of two liquids when a few drops of alpha naphthol solution in alcohol are added to 2-3 ml of the aqueous extract and then shaken.

ii. Fehling's Test: - Heat a mixture of Fehling A and Fehling B solutions for one minute. Combine it with an equal volume of the test solution and heat in boiling water for 5-10 minutes. Brick red and initial yellow streaks will become visible.

Alkaloid Detection: -

i. Hager's Test: - Utilizing Hager's reagent, 2-3 ml of the filtrate generates a yellow precipitate.

ii. Mayer's Test: - A creamy precipitate is formed when 2-3 ml of the filtrate is mixed with a few drops of Mayer's reagent.

Detection of Volatile Oils: -

When treated with an alcoholic Sudan III solution, 2 to 4 grams of hair mask turns crimson due to the presence of volatile oils.

Rheological Assessment: -

i. Tapped Density: -

When a powder sample is subjected to mechanical tapping in a container, the resulting bulk density is referred to as "tapped density." After measuring the initial volume or mass of the powder, the measuring cylinder or vessel undergoes mechanical tapping for one minute while recording the volume or mass until there is minimal change observed in either measurement. The result is expressed in grams per milliliter.

Tapped Density = Mass / Tapped Volume.

ii. Bulk Density: -

Bulk density refers to the mass of a powder in relation to its bulk volume. To determine this, a specified quantity of powder is dried and poured into a 50 ml measuring cylinder until it reaches the 50 ml line. The cylinder is then dropped from a height of one inch at intervals of two seconds onto a hard surface. The volume of the powder is measured. The powdered sample is then weighed, and this process is repeated to obtain average values.

Bulk Density is calculated using the formula: Mass / Bulk Volume.

iii. Angle of Repose: -

The angle of repose is defined as the steepest angle formed between the surface of a pile of powder and the horizontal plane. A cylindrical tube, open at both ends and containing a predetermined amount of dry powder, is placed on a flat surface. The funnel is then

elevated to form a pile. The height and radius of this pile are measured and recorded.

The angle of repose (θ) can be calculated using the formula: $\theta = \tan^{-1}(h/r)$,

where θ represents the angle of repose, h is the height of the heap, and r is the radius of the base.

iv. Hausner's Ratio: -

Hausner's Ratio is expressed as the ratio of Tapped Density to Bulk Density.

v. Stability Studies: -

After being stored at two different temperatures (35°C and 40°C) and humidity conditions for a time, the

physical properties of the powdered formulation exhibited changes.

Microbial Assay:-

The cup-and-plate method utilizing *Candida albicans* was employed to evaluate antifungal activity. The culture was maintained using agar slants. Once the medium solidified, 0.25 ml of the test sample was added. Two wells of 6 mm diameter were created in the plates. One well contained a sample, while the other held *Candida albicans*. The plates were incubated at 37°C for 24 hours. The zones of inhibition were measured to assess the antifungal effectiveness.

Table No. 2 (Microbial Assay)

Sr. No.	Test	Purpose of Detection	Result
1	Molish	Presence of carbohydrates	Positive
2	Fehlings	Presence of carbohydrates	Positive
3	Mayer's	Presence of alkaloids	Positive
4	Hager's	Presence of alkaloids	Positive

RESULTS AND DISCUSSION: -

The assessment criteria utilized ensured that the hair mask developed was of high quality.

Organoleptic evaluation: -

The sensory characteristics including color, aroma, texture, and visual aspect are assessed, and the findings are documented below.

Table No. 3 (Organoleptic evaluation)

Sr No.	Parameters	Result
1	Colour	Greenish Brown
2	Odour	Characteristics
3	Texture	Fine
4	Appearance	Powder

Evaluation of Physicochemical Properties: -

Physicochemical characteristics, including pH, loss on drying, and ash content, have been assessed, and the findings are presented below.

Table No. 4 (Evaluation of Physicochemical Properties)

Sr. No.	Parameters	Result
1	Ph	6.7
2	Loss in Drying	1.28% w/w
3	Ash Content	28% w/w

Rheological Evaluation: -

Rheological properties like Tapped density, Bulk density and Angle of repose are determined and the results are mentioned below

Table No. 5 (Rheological Evaluation)

Sr. No.	Parameters	Result
1	Tap Density	0.4
2	Bulk Density	0.39
3	Angl of repose	38.21
4	Hausnur's ratio	1.32

Stability Studies: -

The results of the stability assessment were presented in a table, highlighting changes in appearance, scent, color, and texture.

Table No.6 (Stability Studies)

Sr. No.	Parameters	Result
1	Alteration in colour	Nil (None)
2	Alterations in odour	Nil (None)
3	Alteration in taste	Nil (None)

SUMMARY: -

Recent years have witnessed a significant increase in the popularity of herbal products among consumers, as indicated by a study examining global trends in the hair care market. Factors such as UV radiation and the application of harsh chemicals directly and indirectly impact hair health. This study aimed to create an herbal anti-dandruff hair mask that promotes shine and stimulates hair growth to address this problem. Our findings suggest that the herbal hair mask formulation reduces dandruff without causing scalp irritation or any adverse effects.

CONCLUSION: -

This study outlines several herbal remedies that have been effectively incorporated into hair care products. A herbal hair mask serves to eliminate dandruff from the hair in a straightforward manner. Plant-based cosmetics are favored for being safe and non-toxic. This hair mask helps nourish the skin of the scalp. By removing excess oil from the scalp, it alleviates dandruff. Dandruff in hair is often caused by poor hygiene and an oily scalp. Consistent application of this mask leads to healthy hair that is free from

dandruff. Natural remedies are increasingly preferred over chemical options globally due to their safety and reduced side effects. The use of readily available ingredients facilitates the preparation of herbal formulations at home. There is a focus on developing a natural anti-dandruff hair mask that utilizes the advantageous properties of commonly used plants in hair care products. A stability study confirms the shelf life of the herbal anti-dandruff hair mask. Various assessment parameters, including organoleptic evaluation, pH, loss on drying, ash content, color, odor, texture, phytochemical assessment, stability studies, and microbial testing, are utilized, and the findings are significant.

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