

## Herbal remedies used for hair disorders by tribals and rural folk in Gujarat

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This paper deals with the survey of some 23 important plants used against hair disorders viz, hair loss, dandruff, de-colouration of hairs, etc. by tribals and rural people of Gujarat. The survey was undertaken during 1996-2001 in different regions of Gujarat.

**Keywords:** Herbal remedies, Hair disorders, Tribals, Rural folk.

Human being is using the herbal products since ancient times, though modern allopathic drugs have inundated the market in present days. But due to the side effects of these modern synthetic drugs people are attracted towards herbal products and the consumption of herbal medicines has, thus, increased. Herbal drugs obtained from plants are believed to be much safer and proved elixir in the treatment of various ailments.

Hair disorders commonly found, are hair loss, dandruff, de-colouration of hairs, etc. Hair disorders occur due to heredity, old age, lack of nutrition, cancer drugs (chemotherapy), infections (such as worms, lice, scabies, eczema, dandruff, etc.), using of synthetic products (soaps, shampoos and hair oils), etc. Hair care should be done as hygienic necessity

since hairs protect the scalp and also form a part of human beauty. Properly set hairs enhance one's personality as well.

### Methods of Survey

The present random survey conducted in Gujarat was based on interviews, informal discussions and observations. Field trips were conducted in various regions of Gujarat during 1996-2001. Information was gathered covering all the seasons and got crosschecked. The plant specimens were collected during the survey and were identified with the help of local floras<sup>1-5</sup>. The Ethnomedicinal data were recorded and compared according to standard procedures<sup>2-12</sup>.

### Observations

Each entry has botanical name, family, local name, parts used, preparation of drug, dosage and mode of administration in concerned ailments.

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***Acacia sinuata*** (Lour.) Merr. (Mimosaceae)

Shikakai.

Foam of powdered fruits is applied on scalp to wash hairs.

***Allium cepa*** Linn. (Liliaceae)

Dungli.

Juice of squeezed bulbs is applied on scalp to remove dandruff and kill lice.

***Aloe barbadensis*** Mill. (Liliaceae)

Kunwar.

Pulp of leaves is applied on scalp for three hours to make hairs silky.

***Annona squamosa*** Linn. (Annonaceae)

Seetaphal.

Paste of seeds is applied on scalp for six hours to remove dandruff and kill lice.

***Azadirachta indica*** A.Juss. (Meliaceae)

Limdo; Neem.

Seeds are crushed, mixed in oil and boiled. It is then applied on scalp to remove dandruff and kill lice. Juice of leaves is also applied on scalp to remove dandruff.

***Balanites aegyptiaca*** (Linn.) Delile

(Balanitaceae)

Ingoriyo.

Foam of fruits is applied on scalp to wash hairs.

***Brassica campestris*** Linn. (Brassicaceae)

Sarsav.

Paste of seeds is applied on scalp to remove dandruff.

***Centella asiatica*** (Linn.) Urban (Apiaceae)

Brahmi.

Powder of leaves is soaked in oil and then boiled. This preparation is massaged well on head to prevent hair fall.

***Cicer arietinum*** Linn. (Fabaceae)

Chana.

Flour (powder) of seeds mixed in buttermilk is applied in the form of paste on scalp to wash hairs in order to remove lice and dandruff.

***Derris indica*** (Lamk.) Bennet (Fabaceae)

Karanj.

Seeds are crushed and boiled along with mustard oil; this prepared oil is applied on scalp to remove dandruff and fungal infection.

***Eclipta alba*** (Linn.) Hassk. (Asteraceae)

Bhangro.

Leaves are soaked in oil overnight and then boiled. This prepared oil is applied to hairs to prevent hair fall and blacken hairs.

***Emblica officinalis*** Gaertn. (Euphorbiaceae)

Ambla.

Fruit powder is soaked in oil and then boiled. This prepared oil is applied on scalp and massaged well to prevent hair fall.

***Hibiscus rosa-sinensis*** Linn. (Malvaceae)

Jasud.

Paste of flowers along with oil is applied on hair to prevent hair fall and blacken hairs.

***Lagenaria siceraria*** (Molina) Standley

(Cucurbitaceae)

Dudhie.

Fruits are chopped into small pieces and soaked in oil for one hour, then applied on scalp to prevent hair fall and to cool the head. Fine cotton cloth is also wrapped over the head.

***Lawsonia inermis*** Linn. (Lythraceae)

Mendi.

Powder of leaves is soaked in sour buttermilk overnight along with pinch of powdered tea, fenugreek and powdered

*Embllica officinalis* in iron pan. This processed paste is applied on scalp to blanken hairs. The henna dye is kept on scalp for five hours, and then hairs are washed with water.

***Linum usitatissimum*** Linn. (Linaceae)

Alsi.

Seed oil is applied on scalp to remove dandruff and kill lice.

***Melia azedarach*** Linn. (Meliaceae)

Bakan limbdo.

Seeds are crushed and boiled along with oil and applied on scalp to remove dandruff and kill lice.

***Pennisetum typhoides*** (Burm.f.) Stapf & Hubb. (Poaceae)

Bajro.

Old flour (powder) of grains is soaked in water and applied on scalp to kill and remove lice.

***Ricinus communis*** Linn. (Euphorbiaceae)

Arandi.

Seed oil is applied on scalp and massaged properly to prevent hair fall.

***Sapindus laurifolius*** Vahl (Sapindaceae)

Aritha.

Fruits are soaked in water and applied on scalp to wash hairs.

***Sesamum indicum*** Linn. (Pedaliaceae)

Tal.

Seed oil is applied regularly on scalp and massaged well to prevent hair fall and for long life of hairs.

***Tinospora cordifolia*** (Willd.) Miers (Menispermaceae)

Galo.

Fresh twig is crushed and soaked in water overnight and this water filtered in next morning is given to drink for preventing

hair fall. This procedure is continued for one month to get the result.

***Vitex negundo*** Linn. (Verbenaceae)

Nagod.

Leaves are soaked in oil overnight, then boiled for half an hour. This prepared oil is used for massaging scalp to prevent hair fall.

## Discussion

The present paper gave detail information on 23 plant species used as herbal remedies for hair disorders by the rural folk and tribal people of Gujarat. The data indicate that there is great importance of indigenous knowledge in therapeutic uses. During the survey 17 plant species were identified to be beneficial for falling hair, dandruff and lice, while 3 species were used as hair dye:

Owing to modernization and glamorous advertisements, the usage of synthetic shampoos, soaps and hair oils increased much in cities as comparison to villages. It is quite apparent that these chemical oriented products give quick results but also produce serious side effects. Thus people are now going back to the natural herbal remedies which are cheap and give good results.

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