



## Research article

## Plants used by the local inhabitant of bhabar tract for hair related problems

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**ABSTRACT**

Hair related problems are really an important issue any one can face in life. In Today's life hair related problems are very common due to many reasons like- illness, tension, hormone imbalance, polluted water and air, hereditary, use of chemicals on hair, etc. Hair comes in many different lengths, colors, and textures. It is normal to shed some hair each day as it is natural. However, some people may experience excessive hair loss i.e. more than normal. It create problem of hair loss and baldness. The paper deals with 30 plant species used for hair related problems i.e. Baldness, Dandruff, Lice, as a Hair tonic, for making hair black etc. by the local inhabitants of Bhabar tract.

**1. Introduction**

Hair related problems is really a important issue any one can face in life. In Today's life hair related problems are very common due to many reasons like- illness, tension, hormone imbalance, polluted water and air, hereditary, use of chemicals on hair, etc. Hair comes in many different lengths, colors, and textures. It is normal to shed some hair each day as it is natural. However, some people may experience excessive hair loss i.e. more than normal. It create problem of hair loss and baldness. Dandruff is also a big problem of hair fall. Dandruff is one of the most common complaints people have with their hair. Lice are also an irritating problem of hair. At least one hair problem at some point in life faced by men, women and children. This article covers some of the most common hair ailments. This paper covers 30 plants used for different hair related problems. The present survey was undertaken in the Bhabar tract of Garhwal. In Garhwal region, Bhabar extends from 78° 22'E longitude to 78° 32'E longitude and 29° 43' to 29° 48'N latitude, occupying 4320.403 hectare area in tarai region. Extending from Northwest to Southeast, the whole tract is about 132 km in length having the minimum and maximum width of 0.5 km and 6.0 km respectively. It is occupied by 48 villages. Some of the important references on the use of medicinal plants in the treatment of hair related problems<sup>[1-7], [11-13]</sup>.

**2. Materials and methods**

The present study has been conducted in two steps:

Step I- A survey was conducted among the local peoples of Bhabar to gather information on plant species used for hair related problems as used by them.

Step II- The plants pointed out by local inhabitants were collected, identified botanically with the help of flora- Forest flora of the Chakrata, Dehradun and Saharanpur forest divisions Uttar Pradesh<sup>[8]</sup>. Herbaceous flora of Dehradun<sup>[9]</sup>. and Flora of District: Garhwal : North West Himalaya<sup>[10]</sup>.

**3. Observation**

The observation made during the field survey has been given in the following enumerations. The 30 medicinal plant species have been described along with their families, local name and their various uses in hair related problems.

**4. Results and discussion**

30 Plant species and their uses against different hair related problems are enumerated as under:

**4.1 Plants used to control baldness**

*Musa paradisisca* Linn., Kela, Musaceae and *Citrus aurantifolia* (Christmann) Swingle, Kazghi nimbu, Rutaceae. The mixture of ripe Kela and Nimbu juice is applied on the head.

*Mallotus philippinensis* (Lam.) Muell.-Arg., Kamela, Euphorbiaceae and *Brassica campestris* Linn., Sarson, Brassicaceae and *Azadirachta indica* A. Juss., Neem, Meliaceae. Boil the leaves of Kamela in Sarson oil. When oil become red, then applied it on the head, after washing the head with the decoction of Neem leaves. *Abrus precatorius* (Linn.) Willd., Chirmiti, Fabaceae. The paste of bark is applied with water on the head.

#### 4.1 For making hair black

*Ficus racemosa* L., Gular, Moraceae. The leaves juice is applied on the hair to make hair black.

*Mangifera indica* Linn., Aam, Anacardiaceae and *Phyllanthus embelica* Linn., Amla, The juice of Aam stone with Amla juice is applied externally on the hair to make hair black and curly.

*Eclipta prostrata* (L.) L., Bhangra, Asteraceae. The oil of it is applied on the head for making hair black and shiny.

*Azadirachta indica* A. Juss., Neem, Meliaceae. Washing the hair with the decoction of leaves makes hair black and long.

*Trichosanthes tricuspidata* Lour., Indrayan, Cucurbitaceae. The warm seed oil is applied on the white hair makes hair black.

*Indigofera tinctoria* Linn., Neel, Fabaceae, *Phyllanthus embelica* Linn., Amla, Euphorbiaceae, *Terminalia chebula* Retz., Harad, Combretaceae, *Terminalia bellerica* (Gaertner) Roxb., Bahera, Combretaceae and *Eclipta prostrata* (L.) L., Bhangra, Asteraceae. The mixture of paste of Neel leaves, Triphala paste and Bhangra in equal amount with Goat urine is applied on the White hair makes hair black.

*Indigofera tinctoria* Linn., Neel or Nalini, Fabaceae and *Lawsonia inermis* Linn., Mehendi, Lythraceae. The mixture of leaves paste of Nalini and Mehendi leaves paste are applied on the hair makes hair black.

#### 4.2 As a hair tonic

*Crocus sativus* Linn., Kesar, Iridaceae. The fruit is given orally to make hair strong and long.

*Cordia dichotoma* Forster f., Lisoda, Boraginaceae. The bark juice is applied on the head as a hair tonic.

*Grewia optiva* J. R. Drummond ex Burret., Bhiunl, Tiliaceae. The decoction of stem bark is applied externally on the head.

*Xanthium indicum* Koenig in Roxb., Gokhru, Asteraceae and *Sesamum indicum* Linn., Til, Pedaliaceae. The mixture of bark powder of Gokhru and Til flower powder in equal amount with honey and ghee is applied on the head for making hair long.

*Butea monosperma* (Lam.) Kuntze., Dhak, Fabaceae, *Glycyrrhiza glabra* Linn., Mulathi, Fabaceae, *Sesamum indicum* Linn., Til,

Pedaliaceae and *Nelumbo nucifera* Gaertner, Kamal, Nelumbonaceae. The mixture of bark paste of Dhak, Mulathi, Kamal powder and Til oil with Cow's milk and ghee are applied on the hair root for making hair strong and heavy.

#### 4.3 In the treatment of dandruff

*Citrus aurantifolia* (Christmann) Swingle, Kagzhi-nimbu, Rutaceae. The fruit juice is applied externally on the head.

*Allium cepa* Linn., Piyaz, Liliaceae. The juice of piyaz is applied externally on the head.

*Cannabis sativa* Linn., Bhang, Cannabinaceae. The paste of Bhang is applied to the head.

#### 4.4 In the treatment of louse

*Azadirachta indica* A. Juss., Neem, Meliaceae. The seed paste is applied externally on the head.

*Annona squamosa* Linn., Sharifa, Annonaceae. The powder of dried seed is applied externally on the head.

*Azadirachta indica* A. Juss., Neem, Meliaceae, *Sesamum indicum* Linn., Til, Pedaliaceae and *Cinnamomum camphora* (Linn.) Presl, Kapoor, Lauraceae. The mixture of seed oil of Neem, Til oil and Kapoor oil is applied on the head.

*Cannabis sativa* Linn., Bhang, Cannabinaceae. The leaves paste is applied to the head.

#### 5. Conclusion

The present research paper is an attempt to enlist the herbal plants in hair related problems with the help of local people. In this investigation 30 herbal plants have been documented which are used in hair related problems.

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