

## REVIEW ON HERBAL SOAP AND SHAMPOO

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### ABSTRACT

Herbal soap is a natural soap made from plant-based ingredients such as herbs, essential oils, and plant extracts, unlike traditional soaps which often contain synthetic chemicals. These natural ingredients provide benefits such as gentle cleansing, moisturizing, and therapeutic properties for the skin, and are often considered a more eco-friendly option. Herbal shampoo is a natural hair care solution used to eliminate scum, dandruff and grease as well as stimulate hair growth, strength and blackness. Shampoo is one of the most important beauty items as it helps in cleansing the hair. Herbal shampoo is a cosmetic product similar to normal shampoo that uses traditional Ayurvedic herbs to cleanse the hair and scalp. They are used to clean environmental pollutants, dandruff, grease and grime.

### 1. INTRODUCTION

Herbal soap preparation is a medicine or drugs it contain Antibacterial & antifungal agents which e mainly uses of part of plants such as like leaves, stem, roots &fruits to treatment for a injury or disease or to achieve good health This preparation possess antimicrobial property are administered topically and available to apply in various forms like creams ,lotion ,gel ,soap, solvent extract or ointment .the variety of creams & soap properties have been used to treat various skin disorders Mostly skin infection are caused by fungi, staphylococcus aureu and streptococcus species . Crude preparation of soapy plant are able to soften the skin epidermis enhance greater penetration and cleaning acne and also promote healing and resolution in quickly in time. In this review article herbal soap containing neem , tulsi, shikakai and reetha as natural plant ingredients and this content gives or shows antibacterial antifungal & anti-inflammatory activity. In this soap, neem is main compound, and shows medicinal properties.

The skin is the body's largest and primary protective organ, covering its entire external surface and serving as a first-order physical barrier against the environment. Its functions include temperature regulation and protection against ultraviolet (UV) light, trauma, pathogens, microorganisms, and toxins. The skin also plays a role in immunologic surveillance, sensory perception, control of insensible fluid loss, and homeostasis in general. The skin is also highly adaptive with different thicknesses and specialized functions in different body sites.

#### Classification of herbal soap

1. Liquid soap
2. Moisturizing soap
3. Antibacterial soap
4. Foam soap
5. Body soap

#### Advantages of herbal soap

- No side effects
- Eco friendly
- Treatment skin problems
- Prevent agening
- Rich in glycerine that deeply moisturizing
- Organic and pura ingredients

#### Disadvantages of herbal soap

- Soap is alkaline, which irritates sensitive skin, which is normally acidic. Alkaline skin degrades quickly as protease enzymes are activated that destroy the skin proteins.
- Soap forms scum when used with hard water (water that contains a high amount of calcium in solution). The scum stops the surfactant properties, so one tends to use more soap.
- Soap leaves deposits of carbonate salts on the skin. This irritates the skin.
- Soap deteriorates on storage.

## **2. HERBAL SHAMPOO**

A liquid or cream preparation of soap or detergent to wash the hair is called as shampoo. Shampoo is a hair care product, typically in the form of a viscous liquid that is used for cleansing hair. The goal of using shampoo is to remove the unwanted build-up in between the hair without stripping out so much sebum as to make hair unmanageable. Shampooing is the most common form of hair treatment. Shampoos are primarily being products aimed at cleansing the hair and scalp. In the present scenario, it seems improbable that herbal shampoo, although better in performance and safer than the synthetic ones, will be popular with the consumers. A more radical approach in popularizing herbal shampoo would be to change the consumer expectations from a shampoo, with emphasis on safety and efficacy. The word shampoo in English is derived from Hindustani shampoo. Shampoos are typically composed of 10 to 30 ingredients.

### **Ideal Properties of shampoo**

- To make the hair smooth and shiny.
- Produce good amount of foam.
- Should not cause irritant to scalp, skin and eye
- Should completely, effectively remove dirt.
- Impart pleasant fragrance to hair.

### **Functions of Shampoo**

1. It should effectively and completely remove dirt or soil.
2. It should effectively wash the hair.
3. It should produce a good amount of foam to satisfy the user.
4. It should be readily removed by rinsing with water.
5. It should impart a pleasant fragrance to the hair.
6. It should not have any side effects or causes irritation to the skin and eye.

### **Classification of Shampoo**

#### **1. Based on Appearance**

- Powder shampoo
- Liquid shampoo or lotion shampoo
- Gel shampoo or Solid shampoo
- Cream shampoo
- Oil shampoo
- Miscellaneous anti dandruff shampoo or medicated shampoo

#### **2. Based on Use or Function**

- Conditioning shampoo
- Antidandruff shampoo
- Therapeutic shampoo
- Baby shampoo
- Balancing shampoo
- Clarifying shampoo

#### **3. Based on origin:**

- Herbal shampoo
- Egg shampoo
- Gel shampoo or Solid shampoo
- Cream shampoo

- Oil shampoo
- Miscellaneous anti dandruff shampoo or medicated shampoo

#### **4. Based on Use or Function**

- Conditioning shampoo
- Antidandruff shampoo
- Therapeutic shampoo
- Baby shampoo
- Balancing shampoo
- Clarifying shampoo

#### **5. Based on origin:**

- Herbal shampoo
- Egg shampoo

### **3. ADVANTAGES OF HERBAL SHAMPOO**

Herbal shampoo are formulated by pure and organic ingredients with no synthetic additives or surfactants are free of any side effects.

- Herbal shampoos are biodegradable and earth friendly.
- It doesn't cause irritation to the eyes.
- It is cost friendly, not much expensive.
- Regular usage of herbal shampoo can do wonders for your hair.
- A perfect oil balance is achieved by using herbal shampoo.
- They consist of natural essential disinfectant properties that protect hair and scalp from the harsh UV rays of the sun and prevent skin infections.

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