

A Brief Study of Certain Anti-Hairfall Plants in 7th and 8th Wards of Thalappalam Panchayath in Kottayam District

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Abstract: Herbs are staging a comeback and herbal 'renaissance' is happening all around the globe. The herbal products available today symbolise safety in contrast to the synthetics that are regarded as unsafe to humans and environment. This study has attempted to screen plants with antihairfall properties. In this study, Antihairfall and medicinal properties of 12 plants in 7th and 8th wards of Thalappalam Panchayath have been identified. Morphological observation showed that most of the plants studied were herbs and shrubs. The selected plants were *Aloe barbadensis*, *Azadirachta indica*, *Clitoria ternatea*, *Eclipta prostrate*, *Hibiscus rosa sinensis*, *Jasminum multiflorum*, *Lawsonia inermis*, *Moringa oleifera*, *Murraya koenigii*, *Ocimum tenuiflorum*, *Phyllanthus emblica* and *Phyllanthus niruri*. All the selected plants are of great significance and present investigation is an attempt to study and discuss about some plants with antihairfall properties. These plants were selected as they were easily available, fast growing, known to possess many medicinal use, have great antihairfall properties and are propagated easily.

Keywords: Herbs, Anti-hairfall, Medicinal

INTRODUCTION

Hair loss is a dermatologic disorder, and the search for natural products which has hair growth promoting potential is continuing. Hair loss, dandruff, hirsutism and alopecia are common patient complaint and a source of significant psychologic and physical stress. Natural products in the form of herbal formulations are available in the market and are used widely as hair tonic, hair growth promoter, hair conditioner, hair cleansing agent, antidandruff agent, and also for the treatment of alopecia and lice infection. Hair loss results from certain other factors such as aging, genetic predisposition, thyroid imbalance, malnutrition or imbalance diet, chronic illness, hormonal effects of birth control pills, pregnancy, menopause, certain medications and radiation therapy/chemotherapy used for treating cancer (Jain *et al.*, 2017). The main reason behind the upsurge of hair problems are more frequently seen due to extremely busy schedule of working hours, pollution of the environment and unhealthy dietary habits (Neeru *et al.*, 2020).

Herbal medicines have been widely used for hair growth promotion since ancient times in Ayurveda, Chinese and Unani systems of medicine. Natural products are very popular and well accepted in the cosmetic and hair care industries (Semalty *et al.*, 2010). In traditional Indian system of medicine many medicinal plants and herbal formulations are reported for hair growth promotion as well as improvement of quality of hairs (Rathi *et al.*, 2008).

The present study was conducted in Thalappalam Panchayath in the Kottayam district of Kerala. Plants are collected from Plassanal region (Ward 7th & 8th) in Thalappalam Panchayath. This locality is rich with medicinal plants especially antihairfall plants like *Aloe barbadensis*, *Azadirachta indica*, *Hibiscus rosa sinensis*, *Eclipta prostrate*, *Lawsonia inermis*, *Moringa oleifera*, *Phyllanthus emblica*, *Phyllanthus niruri* etc

Materials and Methods

The present study was carried out to document a brief study of certain Antihairfall plants in 7th and 8th wards of Thalappalam Panchayath. During the period of study (August, 2021 to September, 2021), frequent field visits were conducted throughout the selected areas of Thalappalam Panchayath to study the mode of use, medicinal properties and antihairfall properties of some antihairfall plants.

Identification of Plant Material

Antihairfall plants were observed, collected and studied from different areas in Plassanal region ward 7 and 8 of Thalappalam Panchayath. Collected plant species were identified with the help of pertinent floras Flora of the presidency of madras (Gamble, 1986-1987) and from Indian Medicinal Plants Vol.1-5 (Varier, 1993-95). Scientific names, Common name, Malayalam name, Family and Habit of selected plants have been recorded.

Study of Antihairfall Properties

The study of antihairfall properties of plants is based on observations, the literary materials collected from classical books, modern books, magazines and internet sources.

List of Plants Studied

Plants like *Aloe barbadensis*, *Azadirachta indica*, *Clitoria ternatea*, *Eclipta prostrata*, *Hibiscus rosa sinensis*, *Jasminum multiflorum*, *Lawsonia inermis*, *Moringa oleifera*, *Murraya koenigii*, *Ocimum tenuiflorum*, *Phyllanthus emblica* and *Phyllanthus niruri* were used in this study.

Results and Discussion

The present study was undertaken with a view to identify and document certain antihairfall plants in the 7th and 8th wards of Thalappalam Panchayath. The present study enumerates 12 plants belonging to 11 different families. The plants are arranged in alphabetic order. The information on medicinal properties plant species has been described as per our knowledge and also from previous literatures.

The present investigation, summarized in a list of antihairfall plants with their botanical name, family and Malayalam name are presented below (Table1.).

Table 1: Botanical name, Family and Malayalam name of Antihairfall plants

SL.NO	BOTANICAL NAME	FAMILY	MALAYALAM NAME
1	<i>Aloe barbadensis</i>	Asphodelaceae	Kattarvazha
2	<i>Azadirachta indica</i>	Meliaceae	Aryaveppu
3	<i>Clitoria ternatea</i>	Fabaceae	Shankhpushpam
4	<i>Eclipta prostrata</i>	Asteraceae	Kayyonni
5	<i>Hibiscus rosa sinensis</i>	Malvaceae	Chemparathi
6	<i>Jasminummultiflorum</i>	Oleaceae	Mulla
7	<i>Lawsonia inermis</i>	Lythraceae	Mailanchi
8	<i>Moringa oleifera</i>	Moringaceae	Muringa
9	<i>Murraya koenigii</i>	Rutaceae	Kariveppu
10	<i>Ocimum tenuiflorum</i>	Lamiaceae	Thulasi
11	<i>Phyllanthus emblica</i>	Phyllanthaceae	Nelli
12	<i>Phyllanthus niruri</i>	Phyllanthaceae	Keezharnelli

1. *Aloe barbadensis*

Common name : Aloe Vera

Malayalam name : Kattarvazha

Family : Asphodelaceae

Parts used : Leaf, Stem

Habit : Herb

Medicinal Properties

Aloe vera is a plant that has thick leaves with a gel like substance inside them. It is very mild, act as a great conditioner and leaves our hair smooth and shiny. It has great Anti Hairfall properties and contains proteolytic enzyme which naturally stimulate hair growth. The gel contains most of the beneficial bioactive compounds in the plant, such as vitamins, minerals, amino acids, and antioxidants. People most often use aloe vera as a topical medication, applying it onto the skin rather than consuming it. It has a long history of use in treating sores, and burns. Aloe vera may also help in treating constipation. People also use aloe vera as a remedy for diabetes. This is because it may enhance insulin sensitivity and help to improve blood sugar management.

Method of use

Fresh aloe vera gel is sometimes applied directly to the scalp. Cut a leaf from a live aloe vera plant to accomplish this. Gather the gel using a spoon (some people like to mix it with coconut or olive oil). Rub the gel or combination into the scalp and let it in place for an hour. Wash the scalp and hair with a gentle shampoo. 2-3 times a week, repeat this procedure as necessary. It is advised to proceed cautiously and test a tiny bit of the gel on the wrist to check if there is a reaction before applying it to the scalp because some people are sensitive to aloe vera. Hair masks are another well-liked method of using aloe vera for hair care.

2. *Azadirachta indica*

Common name : Neem Tree

Malayalam name : Aryaveppu

Family : Meliaceae

Parts used : leaves, flowers, seeds, fruits, roots and barks

Habit : Tree

Medicinal Properties

Neem, a plant used for its therapeutic benefits, is an efficient remedy for hair loss. It promotes hair loss while also strengthening hair follicles. The immunomodulatory, anti-inflammatory, antihyperglycemic, antiulcer, antimalarial, antifungal, antibacterial, antiviral, antioxidant, antimutagenic, and anticarcinogenic activities of neem leaf and its components have been proven. Neem oil, bark, and leaf extracts have been used therapeutically as traditional medicine to treat respiratory problems, constipation, intestinal helminthiasis, and other conditions. Its efficacy in the treatment of rheumatoid arthritis, persistent syphilitic ulcers, and Indolent ulcer has also been demonstrated. Neem oil is used to treat a number of skin ailments. Bark, leaf, root, flower, and fruit all work together to treat phthisis, itching, skin ulcers, and blood morbidity.

Method of use

Neem, known for its medicinal properties is an effective herb to treat hair loss. Due to its antibacterial, antifungal and anti-inflammatory properties, neem is an excellent way to prevent dandruff. It helps the hair follicles to become stronger and also encourages hair growth. You can also try this neem pack. Grind and boil neem leaves to a paste and apply it to your scalp after shampooing your hair. Wash it off after 30 minutes. Repeat the process twice in a week and notice the change. Take dry neem powder and slowly pour water in it until you get a grainy paste. Apply it carefully across your scalp using your hands. Let it sit for 30 minutes. Rinse it off with cold water.

3. *Clitoria ternatea*

Common name : Butterfly Pea

Malayalam name : Shankhpushpam

Family : Fabaceae

Part Used : Flower

Habit : Herb

Medicinal Properties

Shankhpushpi is a perennial herb that is used for its medicinal benefits it possesses great antihairfall properties and also promotes hair growth due to its rejuvenation. Shankhpushpi is used for treatment of hypertension, neurodegenerative diseases, ulcers, high blood pressure and epilepsy. The herb reduces cholesterol and hypertension. It improves the memory. In Ayurveda, it is used as brain tonic in hypotensive syndromes. Shankhpushpi induces a feeling of calm and peace, good sleep and a relief in anxiety, stresses, mental fatigue; The root extracts of this herb are used for eye, throat infections, ulcer and urinary infections. Leaves of Shankhpushpi plant are used in the treatment of bronchitis and asthma. A gram of Shankhpushpam flower powder if taken daily with honey can be useful for curing uterus bleeding

problems. The blue flowers of Shankhpushpam are used for food colouring for rice and other recipes in some countries.

Method of Use

Shankhpushpi is a perennial herb and consider as a most wonderful gift of nature to mankind. All part of Shankhpushpi herb is known to possess therapeutic benefits and is used as a medicine for many diseases. Shankhpushpi herb is commonly found in India. Shankhpushpi herb is highly recommended for a healthy hair growth. The ayurvedic hair oil processed with this herb helps to enhance hair growth and prevent hair loss. The paste of this herb can be applied as ayurvedic hair pack or hair mask for hair growth.

4. *Eclipta prostrata*

Common name : False Daisy

Malayalam name : Kayyonni

Family : Asteraceae

Part Used : Leaf

Habit : Herb

Medicinal Properties

Kayyonni is an important Ayurvedic herbal in India. It is a traditionally acclaimed medicinal herb used for the promotion of hair growth and stop hair fall. The leaves are first grounded and then prepared in a karkam, mixed with all the leaf juice of the plant. It is then being added in gingelly oil and boiled to proper the state and the oil is then being extracted. This oil is then applied daily over your head and is also helpful to cure the hair loss, body pain as well as dimension of the vision. The samoolam from this plant is ground and the juice is being given in dose of 20 to 30 ml twice every day for hepatomegaly, indigestion, splenomegaly, jaundice etc. The root powder is given to consume in the dose of 5 gram every day for diseases related with liver, spleen as well as skin. The leaves are then properly ground and the karkam is being prepared from and rubbed well and tied as bandage over the place of the scorpion bite. The steam which comes from the leaves when boiling in the water is exposed on the pile.

Method of Use

The leaves of kayyonni are used as a best medium for hair. Kayyonni has many protective features that can be used against dandruff as well as premature graying of hair. The application of coconut oil, boiled with kayyonni, on the scalp is beneficial for releasing coolness to the head and eyesight. It can also be consumed internally as an astringent, emetic, purgative and tonic. The hot oil massage of scalp with the mixture of kayyonni and coconut oil helps in the rapid blood circulation over scalp.

5. *Hibiscus rosa sinensis*

Common name : Chinese Hibiscus

Malayalam name : Chemparathi

Family : Malvaceae

Parts used : Leaves, stem, flowers

Habit : Shrub

Medicinal Properties

Hibiscus has been used for centuries for decorative and medicinal purpose. In Ayurveda, hibiscus is recommend for treating hairfall, encouraging hair regrowth and preventing premature graying. Other uses of *hibiscus* include regulation of menstrual cycle, avoid menstrual cramps, and also as a contraceptive medicine. The roots of the plant are used in the treatment of different venereal diseases.

Method of use

Hibiscus is used in different combinations of the preparation of herbal hair oils. One method is to grind the leaves and flowers of the *Hibiscus* shrub and heat them with virgin coconut oil. The oil is simmered till all the water in the mixture evaporates. This is then filtered and stored. An alternative method uses *Hibiscus* flowers and fenugreek seeds that are simmered in virgin coconut oil. *Hibiscus* is also used in traditional Ayurvedic hair oil formulations such as Kesini Hair Oil or Chemparathyadi Keram as antifungal and anti-dandruff herbal hair oil. In addition to the herbal hair oils described above, one can also make a hair mask out of *Hibiscus*. Women and girls (of Kerala) prepare a special herbal shampoo called chembarathi thali, by rubbing the leaves and flowers of *hibiscus* against a clean rock slab.

6. *Jasminum multiflorum*

Common name : Common Jasmine

Malayalam name : Mulla

Family : Oleaceae

Part Used : Flower

Habit : Shrub

Medicinal Properties

Jasmine essential oil has various beneficial properties. Jasmine oil contains moisturizing properties to stop hair breakage. Jasmine oil is also rich in fatty acid that may improve scalp health and hair texture, that prevent hair fall and hair damage. Jasmine oil has been shown to demonstrate both antibacterial and antiviral properties. Jasmine oil components demonstrate antiviral activity against the hepatitis B virus. Jasmine has been used for liver disease, pain due to liver scarring and abdominal pain. It is also used to prevent stroke, to speed up wound healing and in cancer treatment. Aromatherapy is a holistic health practice that's believed to have so many benefits, such as reducing pain and improving sleep.

Method of Use

Much like other flowering plants, the jasmine plant can also be processed into essential oil. The most common way to extract essential oil from jasmine is through a process called distillation. Once extracted, jasmine essential oil can be used in many different personal products from conditioner to styling oils there are several different ways that jasmine oil can be incorporated into your favourite hair products. For Pre shampoo conditioner 1/4 cup plain conditioner, 1/4 cup olive oil, avocado oil, or coconut oil, 1/4 teaspoon (tsp.) jasmine essential oil Wet the hair and separates it into 4 sections. Apply the conditioner evenly to the sections. Wait 20 to 30 minutes before rinsing it out with warm or lukewarm water. By some other methods it can be used as deep conditioner and hair oil.

7. *Lawsonia inermis*

Common name : Henna Tree

Malayalam name : Mailanchi

Family : Lythraceae

Parts used : Leaves

Habit : Shrub

Medicinal properties

The medicinal herb known as henna or mehendi is often used as a natural hair colour. Excellent anti-hairfall qualities are processed. In addition to reducing hair loss, it also prevents and treats hair thinning. Other medical use for this plant abound. Their leaves offer calming effects on Pitta and Kapha. Additionally, it helps with fever, burning, skin, and liver conditions. Its external use is beneficial for fungal infections, swellings, and wounds. Henna leaves are good for cleansing wounds, boils, and skin diseases because they are astringent and antimicrobial. Gargling with its decoction can help treat mouth blisters and oral infections. Its leaves and bark are used in folk medicine to treat illnesses of the liver and spleen.

Method of use

In a glass bowl, combine the henna powder with water until the mixture is thick, smooth, and spreadable. For the colour to fully develop, set this aside for around 12 hours. You can begin applying the mixture to your hair if you do not want the colour to develop. To protect your neck, ears, and hairline from the colour, rub some coconut oil on them. Put on some gloves and begin brushing the mixture with an applicator onto your hair. Beginning with the roots, work your way up to the tips. As you apply the henna, wrap each area around the top of your crown so that you have a bun. Once the mixture has been applied to your entire head of hair, wait for a few hours while your head is covered in a shower cap. Use shampoo to rinse the henna off your hair. Don't condition. Let the air dry your hair.

8. *Moringa oleifera*

Common name : Drumstick Tree

Malayalam name : Muringa

Family : Moringaceae

Parts used : bark, pods, leaves, nuts, seeds, tubers, roots, and flowers

Habit : Tree

Medicinal Properties

Because it includes both Vitamins A and B, *Moringa* nourishes hair, stops hair loss, and encourages hair growth. The use of *Moringa* can lower blood glucose levels. Strong antioxidants included in *Moringa* extract have been shown to support heart function and may help avoid cardiac injury. It is believed that *Moringa* can aid with the symptoms of exhaustion, anxiety, and depression. *Moringa* extracts may be used to treat infections brought on by *Salmonella*, *Rhizopus*, and *E. Coli* because of its antibacterial, antifungal, and antimicrobial qualities. Some gastrointestinal conditions, including constipation, gastritis, and ulcerative colitis, may be helped by *Moringa* extracts. The qualities of *Moringa* extracts may help prevent the development of

cancer. *Moringa* appears to protect the liver from harm caused by anti-tubercular drugs and may hasten liver repair process.

Method of use

Using *Moringa* oil as a treatment for our hair will make it dandruff free and moisturize both the scalp and hair strands. *Moringa* oil hydrate, moisturize and treats our hair follicles from the inside. *Moringa* oil is an all-natural and very effective conditioner and moisturizer. The best oil comes from seeds of the tree. To apply *Moringa* oil treatment, make sure our hair is damp then massage the oil into our scalp and working our way from the roots to the ends. Repeat this once or twice a week for best results. We can use *Moringa* by adding the powder or oil to our hair masks. Use at least once a week as a Hair Mask.

9. *Murraya koenigii*

Common name : Curry leaf Tree

Malayalam name : Kariveppu

Family : Rutaceae

Parts used : Leaves

Habit : Tree

Medicinal Properties

Packed with a multitude of nutrients like carbohydrate, fibre, calcium, phosphorous, iron, magnesium, zinc, multivitamins and flavonoids, curry leaves are an arcade of health benefits. Curry leaves are rich in antioxidants which moisturise the scalp and also remove dead hair follicles. Apart from this, curry leaves are beneficial for the hair since they are high in beta carotene and proteins, which are instrumental in preventing hair loss and thinning of hair. It is extensively used in the treatment of anemia, diabetes, indigestion, obesity, kidney problems, hair and skin problems. The hypoglycemic property of the curry leaves plays a significant role in alleviating the blood sugar level of the body. Curry leaves being abundant in vitamin A and β -carotene play a vital role in improving eyesight and treating eye-related problems.

Method of use

When used in conjunction with amla and methi (fenugreek), it boosts hair growth much better. We can make a paste with fresh curry leaves, amla, and methi leaves, Take half a cup of curry and methi leaves and add the flesh of one amla to it. Grind it into a fine paste. Use a spoon of water if needed while blending. Apply this paste all over the scalp, and leave it for 20 to 30 minutes. After the time, rinse it off with room temperature or lukewarm water. Another way to use is to coarsely crush about 15 to 20 curry leaves with a mortar and pestle and mix it with two tablespoons of fresh yoghurt. Blend it well and then apply it all over your scalp. Rinse it off after 20 minutes.

10. *Ocimum tenuiflorum*

Common name : Holy basil

Malayalam name : Tulasi

Family : Lamiaceae

Parts used : Leaves, roots, stem, flower, oil

Habit : Herb

Medicinal properties

Holy basil most popularly known as Tulsi has been used for thousands of years in Ayurveda for its diverse healing properties. Holy basil is great in its antihairfall properties as it reduces itching and dryness in the scalp region, enhances blood circulation, eliminates dandruff and also strengthens the hair follicles. Antioxidants like eugenol and vitamin C found in holy basil shield the heart from the damaging effects of free radicals. Tulsi functions as a moderate diuretic and detoxifying agent, which lowers the body's uric acid levels. Tulsi is a natural pain reliever for headaches and migraines. Infections and germs are killed by holy basil. Eugenol, the principal active ingredient in holy basil oil, aids in the treatment of skin related disorders. Tulsi has been used for treating fever for ages. The anti-inflammatory effects of tulsi protect against bacterial, fungal, and viral infections, hence promoting eye health.

Method of use

Making a paste of basil leaves and mixing it with our hair oil can work wonders for hair. Apply this oil to scalp and leave it on for about 30 minutes and then shampoo as usual. This mixture rejuvenates our hair follicle, keeps our scalp cool, and promotes circulation to our scalp. Tulsi is used as an effective remedy for hair loss. It is considered an important ingredient in herbal hair loss treatment. Tulsi works by strengthening the hair roots, thereby curbing hair fall.

11. *Phyllanthus niruri*

Common name : Gale of the wind

Malayalam name : Keezharnelli

Family : Phyllanthaceae

Part Used : Root, Fruit

Habit : Herb

Medicinal Properties

Phyllanthus niruri is used for treating various illnesses. Keezharnelli has been widely used in Ayurveda and Homeopathy. Plant extract of Keezharnelli has amazing antihairfall problems and is especially helpful for people who are suffering from male pattern baldness. Traditionally, it has been used for treating jaundice, hepatitis, kidney stones, hair problems, asthma and fever. It has amazing antimicrobial properties and traditionally it has been used for treating various skin problems from small wounds, itching, cracked heels, rashes, etc...It has a protective effect on our liver and greatly protects us from getting non-alcoholic fatty liver disease and also has an amazing anti-inflammatory property and can be used both externally and internally to treat inflammations. Keezhanelli has very low toxicity

Method of Use

The plant extract of Keezhanelli has amazing hair growth promoting properties and is especially helpful for people those who are suffering from male pattern baldness. To regrow hair on the bald head, one can use Keezhanelli oil prepared from its root regularly. The roots are cut and boiled in coconut oil and set aside to cool down. This oil is then filtered and applied regularly on the hair. It is recommended to prepare this oil from fresh roots for more efficiency . For making keezharnelli hair oil, take equal quantities of keezharnelli leaves, curry leaves and henna leaves in a mixer and grind to get a thick paste without adding any water. Now heat 1 cup of unrefined coconut oil in an iron pan.

12. *Phyllanthus emblica*

Common name : Indian Gooseberry

Malayalam name : Nelli

Family : Phyllanthaceae

Part used : Food

Habit : Tree

Medicinal Properties

Amla is a plant with numerous health benefits. Applying amla on hair can reduce hair loss. By providing enough nourishment to hair follicles amla makes the hair fibres strong and put an end to hairfall. Amla enhances production of red blood cells and strengthens the teeth, hair and nails, as well as regulating blood sugar. In addition, it is used in bleeding, haemorrhoid's, anaemia, diabetes, gout, vertigo, obesity, diabetes-all varieties, hyperacidity, eczema, psoriasis, hoarse voice, sore throat, infection, hiccoughs, hepatitis B, non-specific urethritis, sterility, anaemia, gingivitis, glaucoma, diarrhoea, constipation, active fistula, hair loss a couple of voice, and eyes. Seeds used for bronchial asthma, bronchitis, and biliousness. Dried fruit is used for haemorrhage, diarrhoea, dysentery, for anaemia (with iron) and Jaundice.

Method of Use

One of the best things we can do to prevent hair fall is to massage our hair with amla oil. Amla is considered as a 'superfood' for hair, as it is rich in vitamins, minerals, amino acids, and phytonutrients which increase the circulation of blood significantly throughout the scalp. Using the vitamin C rich amla powder for hair cures the dryness and prevents the accumulation of dandruff. Its anti-inflammatory and anti-bacterial properties are very effective in stopping dandruff formation. In a best way Amla can be used as hair oil and as mask. Apply the hair oil in the scalp in the circular motion for the better hair growth. The fruit of this plant is also used as a dried powder in hair mask.

Hair loss is a common concern for many people nowadays. Hair loss is not just a cosmetic problem; it has an adverse effect on framing the personality and general appearance of an individual. Importance of medicinal plants in treating hairfall problems is increasing day by day. In the present study an attempt was made to evaluate the antihairfall activities of some medicinal plants in the Ward 7 and 8 of Thalappalam Panchayath. This study emphasises the importance of 12 medicinal plants with antihairfall activity. The plants includes; *Aloe barbadensis*, *Azadirachta indica*, *Clitoria ternatea*, *Eclipta prostrate*, *Hibiscus rosa sinensis*, *Jasminum multiflorum*, *Lawsonia inermis*, *Moringa oleifera*, *Murraya koenigii*, *Ocimum tenuiflorum*, *Phyllanthu emblica* and *Phyllanthus niruri*. They belong to families Asphodelaceae, Meliaceae, Convolvulaceae, Asteraceae, Malvaceae, Oleaceae, Lythraceae, Moringaceae, Rutaceae, Lamiaceae, and Phyllanthaceae, Among them there are 3 shrubs, 4 trees, and 5 herbs. *Phyllanthus emblica* is traditionally used for hair growth activities. Emblica is rich in iron, hence providing the oxygen to red blood cells, a prerequisite for healthful hair. It is reported that shortage of iron increases the chances of hair shedding (Mustafa *et al.*, 2020). The leaves and blossoms of *Hibiscus rosa* advance hair development. It contains taraxeryl acetic acid derivation, beta-sitosterol, campesterol, stigmasterol, ergosterol, flavonoids, glycosides, lipids, citrus and oxalic acids (Bharti *et al.*, 2020). The principal constituents of *Eclipta alba* are coumestan derivatives like wedelolactone (1.6%), demethyl wedelolactone, desmethyl-wedelolactone-7glucoside and ecliptal, B-amyrin,

luteolin-7-O-glucoside, hentriacontanol, heptacosanol, stigmasterol. *Eclipta alba* is a component in various polyherbal formulations for hair growth promotion (Patel *et al.*, 2015).

There are many types of treatments, medicines, supplements and Shampoos are available in the market (Neeru *et al.*, 2020). A lot of Allopathic, Ayurvedic, and Homeopathic products are available in the market some of them are formulated from the natural herbs extract as their basic ingredients. They come as hair tonics, hair promoting pills, hair oils, hair lotions and as a product for external or topical application to stop hair fall and promote new hair growth. Since herbs and natural products are being used to treat hair loss or other hair related problems worldwide (Jain and Das, 2016). The present study focuses mainly on antihairfall properties of these plants, its medicinal properties, plant parts used and its mode of use. As there are many synthetic antihairfall products in the market. People are generally not aware of the antihairfall properties of these plants but it is important to be aware of these plants as they can show miracles on our hair. There is a never ending list of products which claim to reduce hair fall. But medicinal plants are most effective and without any side effect when compared to other synthetic products in the market. Plants selected for this study are easily available, fast growing, possess many medicinal uses, have great antihairfall properties, inexpensive and are very effective. From the study it is evident that the area is rich in Antihairfall plants.

CONCLUSION

In order to promote hair growth, plants have been used extensively since ancient times. In the present study an attempt was made to evaluate the antihairfall activities of some medicinal plants in 7th and 8th wards of Thalappalam Panchayath. The selected plants were *Aloe barbadensis*, *Azadirachta indica*, *Clitoria ternatea*, *Eclipta prostrate*, *Hibiscus rosa sinensis*, *Jasminum multiflorum*, *Lawsonia inermis*, *Moringa oleifera*, *Murraya koenigii*, *Ocimum tenuiflorum*, *Phyllanthus emblica* and *Phyllanthus niruri*. The present study focuses mainly on antihairfall properties of these plants, its medicinal properties, plant parts used and its mode of use. People are generally not aware of the antihairfall properties possessed by these plants as there are many synthetic antihairfall products in the market. But it is important to be aware of these plants as they can show wonders on our hair. These plants were selected as they were easily available, fast growing, possess many medicinal uses, have great antihairfall properties, inexpensive and are very effective.

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