International Journal of Pedagogy, Health and Management research
Volume 1 Issue 2
Dec. 2025
e - ISSN - 3107-8389
Page No. 63- 69

FORMULATION AND EVALUTION OF HERBAL CLEANSING SHAMPOO

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Received on 15/11/2025
Revised on 20/12/2025
Accepted on 25/12/2025
Published on 30/12/2025

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Keywords: Hair, herbal shampoo, medicinal plants, Sapindus mukorossi, Citrus sinensis, Cinnamomum camphora, Annona squamosa.

ABSTRACT

The development of an herbal shampoo is based on the scientifically validated characteristics of medicinal plants. Ingredients like Sapindus mukorossi (Indian soapberry), (a natural cleanser rich in saponins), Citrus sinensis (Orange), (with antimicrobial and refreshing properties), Cinnamomum camphora (camphorwood), (soothing and cooling), Annona squamosa (Custard Apple), (conditioning) Citrus limon (Lemon), Acacia Cocina (Shikakai), offer natural cleansing, antioxidant, and antimicrobial benefits. Together, these ingredients provide an effective cleansing action by removing excess oil and impurities from the scalp and hair, while also enhancing scalp health and hair texture, all without causing harm. The present study outlines the formulation of an herbal shampoo using chosen plant extracts, followed by an evaluation of its physicochemical properties, organoleptic, stability, washability, spreadability, the outcomes showed that developed Shampoo demonstrated effective cleansing, stable foam, low surface tension, and adequate conditioning comparable to commercially available products. The result of this research is herbal shampoo was formulated based on traditional knowledge to provide a stable, safe, and effective alternative to chemical conditioners. Maintaining a scalp-friendly pH of 5.5, the formulation with Shikakai, Custard Apple seeds, orange peel oils, Reetha, Camphor, and Lemon juice demonstrated cleansing, conditioning, and smoothening properties. It effectively reduced hair loss, promoted hair growth, and proved to be economical and harmless for achieving healthy, shiny hair. Thus, these indicate that herbal shampoos may be a safe, effective, and environmentally friendly alternative to synthetic products. However, additional research is needed to confirm its long-term safety and to refine their formulations for commercial use.

Shampoo is another widely used cosmetic for the maintenance of clean and healthy hair and scalp. Most present-day shampoos contain surfactants and other chemicals for providing foaming, cleaning, and detergency properties. Although very effective, repeated use of chemical shampoos may produce adverse effects such as drying of the scalp, irritation of the eyes and skin irritations, and damage to the fibers.[1] Indeed, these hazards have triggered the increasing demand for herbal shampoos, which have been found safer, more biodegradable, and more consistent with skin physiologies than their counterparts.[1]

Herbal shampoos are made using natural ingredients like powders, extracts, or oils of plants, along with numerous other advantages such as moisturizing, strengthening hair roots, and preventing dandruff, in addition to cleansing. But it is very difficult to get equal foaming power and cleaning ability as in synthetic shampoos because of their lesser detergency power and stability of foam.[2]

The seed of custard apple (Annona squamosa), also known as sitaphal, is a tropical plant with seeds that are a rich source of biologically active components like alkaloids, flavonoids, fatty acids, and antioxidants. The seeds were previously used for the treatment of conditions like dandruff, scalps infection, and lice, and to condition scalps.[4] This paper aims to highlight the preparation and assessment of a polyherbal shampoo with a custard apple seed extract with a goal to offer a safer and more natural alternative for shampoos.[3,4]

2. Anatomy of Hair

Hair is mostly made up of keratin, a type of fibrous protein that makes up about 95% of the hair structure. Each hair has a root that is located in the scalp and a shaft that projects above the skin surface. Hairs leave the body from dermal follicles, and the shaft itself consists of three layers:

I. cuticle,
II. cortex
III. medulla.

The cuticle acts as the outermost protective layer, the cortex gives strength and elasticity, and if present, medulla contributes to the internal structure. The common problems associated with hair are dandruff, hair fall, split ends, and dryness. Dandruff is a non-inflammatory scalp disorder characterized by flaking of the scalp, hence indirectly it can cause hair loss.[8] Stress, nutritional deficiencies, hormonal imbalance, and excess use of harsh chemical products on hair continuously may lead to fall. Damage to the cuticle of the hair due to dryness or excessive combing or chemicals applied causes split ends. Dryness of hair involves

the depletion of natural oils in hair, usually exacerbated by surfactants present in shampoos. An ideal shampoo should clean hair and scalp effectively without irritation or dryness, generate stable foam, maintain a pH of about 5.5–6 (slightly acid), and should be biodegradable and safe for frequent use.Herbal shampoos hold some additional advantages: added shine, reduced hair fall, preservation of the natural color of the hair, and irritation is also reduced because of plant-based ingredients. These formulations normally avoid using any harsh surfactants such as SLS, are cruelty-free, and depend on pure organic ingredients for cleansing as well as conditioning.[5,6]

3. Ingredients

Herbal shampoos combine various botanical preparations to effect cleaning, conditioning, and therapeutic action. The major component is custard apple (Annona squamosa). It belongs to the family Annonaceae and is grown in tropical and subtropical regions such as India, Thailand, the Philippines, and parts of Africa, though it is native to the Americas. The tree grows 6–8 meters tall, with a spreading habit and oval deciduous leaves, and tolerates poor soils and dry climates. The pulp of the fruit is creamy, sweet, rich in fiber and essential vitamins and minerals, and covered by a knobby green skin. The consumption of custard apple promotes digestion, reduces swelling, and enhances immunity, although its seeds contain toxic alkaloids that need to be handled with care.[7,8]

I. Custard Apple Seeds

Custard apple seeds are dried and then powdered, which is used in shampoos, either added directly or infused in oils for extraction. These are often combined with Shikakai, Reetha, and Amla to enhance cleaning and conditioning. Since the seeds contain alkaloids, around 2-4%, preparations are supposed to be made with caution lest these cause irritation.[9,10]

II. Orange peel oil:

Orange peel oil extracted mainly by cold pressing of peels of Citrus sinensis. It provides a refreshing, perfumy aroma, besides antioxidant, antibacterial, anti-inflammatory action. The orange peel oil shows mood enhancement by aromatherapy, reduction of scalp oiliness, removal of dandruff, and refreshing hair.[11,12]

III. Reetha (Sapindus mukorossi):

Reetha is a natural saponin foaming agent which cleans away grease and dirt. It acts as a hair tonic and lice remover as well. Reetha seeds are protein-rich and contain mucilage, sugars, and saponins contributing to mild cleansing and conditioning.[13]

IV. Camphor (Cinnamomum camphora):

Camphor is added for cooling, antimicrobial, and anti-inflammatory effects. It reduces itching, enhances blood circulation, and helps to control

fungal pathogens like Malassezia furfur, thus supporting a cleaner scalp.[14]

V. Lemon (Citrus limon):

Lemon is added for its vitamin C, citric acid, and antioxidant properties. It regulates scalp pH, closes hair follicles, reduces falling hair, deters scalp infection and dandruff, and provides a fresh fragrance. It can be mixed with Aloe vera or tea tree oil because of synergistic effects.[2,15]

4. Methods of Preparation

The polyherbal shampoo was prepared following a standardized procedure. All raw ingredients were collected, washed thoroughly, and dried. Each ingredient was weighed according to the formulation and soaked overnight to enhance extraction of bioactive compounds. Decoctions of Reetha powder, Shikakai powder, and custard apple seed powder were prepared in water and filtered through muslin cloth. Orange peel oil was added to provide fragrance and therapeutic benefits. The final mixture was homogenized to ensure uniform distribution of all components.[16]

Ingredient	Quantity
Custard apple seeds	20 ml
Orange peel oil	20 ml
Reetha	20 ml
Shikakai	20 ml
Camphor	10 ml
Lemon juice	2 ml

Table 1: Ingredients of Polyherbal Shampoo

5. Evaluation of Herbal Shampoo

The formulated polyherbal shampoo was evaluated for physicochemical and performance parameters including solid content, surface tension, foam volume, foam stability, wetting time, organoleptic properties, and pH.

I. Physicochemical Evaluation

physio-chemical evaluation justifies the flow properties of the herbal shampoo, formulation was examined for the following physio-chemical properties astapped density, bulk density, angle of repose, pH, carr's index, Hausner's ratio.[17]

II. pH Determination

The pH was measured using a calibrated pH meter on a 10% v/v aqueous solution. The pH value is critical for scalp compatibility and maintaining

hair cuticle integrity, with an ideal range of 5.5–6.[17,18]

Parameter	Observation
pH (10% v/v solution)	5.5-6

III. Determination of solid content percentage

The percentage of solid substance was determined by weighing about 4 g of shampoo in a dry, clean, and evaporating dish. To confirm the the items, particular tests were performed for surface tension, foam volume, foam stability, and wetting time using standard protocol.[19]

Parameter	Observation
Solid content (%)	Within acceptable range

IV. Organoleptic Evaluation

The shampoo's color, odor, and transparency were assessed visually. The formulation was light green, clear, and pleasantly scented. There were no significant differences in clarity or odor compared to commercial products, indicating stability and homogeneity.[20]

Parameter	Observation
Color	Light green
Odor	Pleasant
Transparency	Clear
Texture	Smooth
Grittiness	Absent

V. Foaming Ability and Foam Stability

Foaming properties were evaluated as they are important for consumer acceptance, though not directly linked to cleansing efficacy. The polyherbal shampoo produced stable foam with minimal volume change over time, confirming acceptable foaming characteristics without compromising detergency.

Time Interval	Foam Volume (ml)
Initial	145
After 5 minutes	138

VI. Dirt dispersion test

To 10 ml of refined water two drops of cleanser were included and taken in a wide-mouthed test tube. To the formulated shampoo, added one drop of Indian ink and shaken for 10 min after closing the test tube with a stopper. The volume of ink in the froth was measured and the result was graded in terms of none, slight, medium, or heavy.

Observation	Result
Ink in water layer	Present
Ink in foam	Absent
Cleansing efficiency	Good

6 Result

The formulated herbal shampoo showed a pH of 5.5, suitable for scalp health. It was light green, transparent, and pleasant in Odor, with stable foaming and small bubble size comparable to

marketed shampoos. The solid content and surface tension values were within the acceptable range, confirming good cleansing and detergency. In a blind test on 20 volunteers, the conditioning score of the herbal shampoo was 3.0/4, close to marketed synthetic (3.4) and herbal shampoos (3.3). These findings indicate that the prepared formulation exhibited good physicochemical properties and effective conditioning performance.

Conclusion

A polyherbal shampoo was successfully formulated using custard apple seed extract, Reetha, Shikakai, orange peel oil, camphor, and lemon juice. The formulation exhibited acceptable physicochemical and performance characteristics, including a scalp-compatible pH (5.5), good foaming ability, effective dirt dispersion, and satisfactory organoleptic properties. The conditioning performance was comparable to marketed shampoos. The results confirm that the formulated herbal shampoo is suitable for routine hair cleansing.

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