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Best Ingredients for Hair Growth

Traditional plants used for hair growth



Black Seed Oil - *Nigella Sativa*

Also known as black cumin oil

The plant is known as the miracle herb. *Nigella sativa* has been traditionally used as a medicinal plant worldwide and in Ayurveda. The seeds and oil have been used for centuries in foods and medicines. Muslims consider it to be one of the greatest healing medicines. This widely researched plant and the studies show it has great potential for therapeutic actions. The plant medicinal actions are due to thymoquinone (TQ) including being anti-inflammatory, analgesic, antifungal, antimicrobial and antioxidant. It has the potential to treat many ailments and the seeds are used to treat skin disorders, prevention of hair loss and promote hair growth.

This flowering plant with delicate flowers of 5-10 petals of white, pale blue, pale purple, pink or yellow threadlike divided leaves. The fruit extending from the flower with coarse hair like strands shooting out from the top of a green pod, called a capsule, contains 3-7 united follicles and numerous seeds.

Formulating Tip: The oil is dark in color with a slightly strong odor. The odor is not overpowering and can easily be worked into formulations with other plant oils and essential oils. The oil is a dry oil and absorbs quickly into the skin.

Bhringraj Oil - *Eclipta prostrata*

Also known as false daisy

Bhringraj is how it is known in Ayurveda. This ancient plant is used traditionally for food and medicine in India and Chinese medicine. It is used medicinally as a tonic herb and for the hair. In Ayurveda it's traditionally used for hair in hair oils for hair growth, lustrous hair and to prevent the hair from graying and keep the hair black. It's also used traditionally for treatment for skin disorders. The dried whole plant is traditionally used for medicinal purposes in Southeast Asia.

This plant is an annual in the sunflower family and grows in warm temperate and tropical areas across the world. The plant grows like a shrub and flowers with a white flower with a tiny daisy shape with delicate white strands, petals, narrow green leaves and grayish roots.

Rosemary Verbenone Essential Oil - *Salvia rosmarinus* ct verbenone

Also known as *Rosmarinus officinalis* (the scientific name changed in 2017)

Rosemary Verbenone essential oil is gentle on the skin. Rosemary constituents are antioxidant with skin and hair benefits. Rosemary Verbenone essential oil key therapeutic actions for hair are astringent, stimulant and an excellent tonic. For the scalp, it helps to increase circulation and tonifies the scalp. It's used to promote hair growth, control dandruff and prevent hair loss.

Rosemary is an ancient herb found in Egyptian tombs and mentioned by the Greeks and Romans. It has been used as a medicinal herb for centuries. Rosemary is derived from Latin meaning dew of the sea. Traditionally, rosemary has been used to stimulate and renew hair growth and prevent hair loss and as a memory herb to help one remember. Rosemary is a flavorful and medicinal herb used in foods.

Rosemary grows as a dense evergreen shrub with needle-like leaves and tiny flowers of blue, white or pink. It is in the mint family. The leaves are very fragrant and release the essential oil and aromatic scent when they are rubbed.

Horsetail - *Equisetum Arvense*

Also known as field horsetail or common horsetail

Horsetail is a traditional ancient medicinal plant used by Chinese, Greeks, Romans and Native Americans. It has been used traditionally for skin disorders and it has many compounds to benefit the hair. It's high silica, vitamins, minerals, flavonoids, antioxidants, content promoting hair growth and hair strength.

Horsetail is a perennial plant growing in early spring, wild and abundantly in damp woodlands, near creeks and streams and widespread in the northern hemisphere. The stems are fertile and sterile. The stem and sheaths look similar to a hair strand seen under a microscope. First, the sterile brown stem grows. Next, the fertile, green stem grows with side shoots that look like miniature ferns or a bottle brush.

Shikakai - *Acacia concinna*

Also known as Shika in Tamil, Seekaaya in Telugu and Soap Pod

Shikakai is an Ayurvedic medicinal plant and traditionally used since ancient times for hair care in the Indian Subcontinent. It is used as a shampoo, promotes hair growth and strengthens the hair. It is referred to as “hair fruit”. Shikakai has a mild pH and is known to be mild on the scalp and hair. The bark contains saponins (natural surfactant), a mild cleanser and gently cleanses the hair. The leaves are used to help with dandruff. Bark, leaves or fruit pods ground into a powder and made into a paste.

Acacia concinna is a climbing evergreen shrub or tree, grows in tropical forests and native to Asia, common in India. with long brown oblong pods thick with seeds, feathery leaves and white or cream flowers.

Note: Shikakai powder is very fine and strong. It is best to wear protective eye wear and a mask. Anytime, working with powders, it should be standard procedure to wear protective eye wear and a mask. Fine powder particles can easily get into the eye and inhale.

“Look deep into nature, and then you will understand everything better.”
-Albert Einstein

Resources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3642442/>

<https://en.wikipedia.org/wiki/Nigella>

https://en.wikipedia.org/wiki/Eclipta_prostrata

<https://en.wikipedia.org/wiki/Rosemary>

<https://pubmed.ncbi.nlm.nih.gov/10641130/>

https://en.wikipedia.org/wiki/Equisetum_arvense

https://www.oardc.ohio-state.edu/weedguide/single_weed.php?id=56

https://en.wikipedia.org/wiki/Acacia_concinna

<https://www.netmeds.com/health-library/post/shikakai-traditional-uses-of-this-potent-ayurvedic-herb>

<https://pubmed.ncbi.nlm.nih.gov/32596572/>

<https://www.easyayurveda.com/2019/06/04/shikakai-acacia-concinna/>

About Joan Morais

Joan Morais is a green cosmetic formulator and instructor experienced in cutting edge and innovative formulations. Beauty from nature using sustainable green chemistry using organic, natural, plant-based and cruelty free ingredients

Joan Morais Cosmetics School teaches professional diploma courses on becoming a cosmetic formulator. Training to formulate and make natural and organic products for hair and skin and create a natural beauty line. Joan has assisted thousands in learning the art and science of formulating and making natural cosmetics. She has taught since 2005 in person, online and at top spas and companies. Joan teaches and consults with people worldwide. Joan is a certified aromatherapist and herbalist.

Joan's formulas contain high quality plant-based, vegan ingredients; natural, organic and wildcrafted herbs, botanical extracts, pure plant butters, vegetable oils and essential oils. The results are effective natural cosmetics that promote nourished, radiant skin and hair and are sustainable and friendly to people, animals and the earth.

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Each individual has the sole responsibility to do their own additional research on the safety, storage and testing of ingredients and formulations, pre-market testing and follow the FDA cosmetic regulations or the cosmetic regulations in the country or region the product will be sold.