

Full Length Research Paper

Medicinal Properties evaluation of Arwa oil and its use for healthy, strong and attractive hair formulation containing an effective group of the finest and best natural oils to treat all hair problems

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The aim of this study was to determine the Finding out methods or ways to getting Strong and attractive healthy hair and How to have beautiful hair is the want of both men and women. To achieve this, people used natural ingredients to nourish their hair besides modern Western medical therapies. Therefore, the paper was based on, a selection of the best and finest natural oils selected to care for the health, beauty and vitality of hair and merged into one product and compound in the name of Arwa oil to obtain fast and amazing results for hair care and treatment of all hair problems. The use of cosmetics and the influence of these products on the well-being have been reported to be related to skin and hair care, since capillary changes (fall, appearance of white hair) can affect the quality of life. Considering the growing interest and consumption of hair care products, the Research and Development of innovative and effective products is of fundamental importance. Several ingredients have been used for hair cosmetics, such as proteins, amino acids, vitamins, conditioning agents, Arwa oil used for hair treatment due to its properties, which allow it to deposit on the surface, forming a uniform film, giving the feeling of conditioning in the fiber. Thus, substances of natural origin such as vegetable oils are now being explored by the cosmetic market. Vegetable oils are natural compounds, derived from oleaginous plants, which presents several benefits to the human body, skin and hair. Arwa oil hair contain nut oil which has 60% to 70% lipids, polyunsaturated fatty acids, 15 to 20% proteins, selenium, calcium, iron, magnesium and B-complex vitamins. Due to the amount of selenium in its composition, presents properties in the reduction of the formation of free radicals (antioxidant activity), preventing the natural destruction of the cells, as well as the protective effect of ultraviolet (UV) rays. Thus, the nut oil, can act in the hydration, nutrition and strengthening of the fiber, aiding in the repair of damages to which the hair is exposed daily. The olive oil presents in its composition monounsaturated fatty acids, triglycerides, tocopherol, squalene and carotenoids.

Keywords: Hair loss, Hair breakage, Healthy hair, Strong and attractive hair, Treatment of hair problem, Hair oil and natural oils.

INTRODUCTION

It presents, due to the large amount of squalene, potent antioxidant activity, acting on capillary hydration, besides the prevention of damage caused by UV radiation.

According to Fernandez et al., (2012) solar radiation promotes changes in the structure of keratin, with the photo-oxidation of amino acids, leading to a weakening of

the sulfide bridges. In this way, solar radiation can lead to the weakening of the fiber. Therefore, it is important to prevent daily damages to the fiber, not only to repair them. Development of formulations containing vegetable oils for the prevention and treatment of the physical and chemical damages that the hair undergoes daily and comparative evaluation of the performance aims to clarify the real benefits of its applications in cosmetic products. Healthy people own thick, soft, shiny hair. When there is a health problem, the hair will be thin and scaly. A change in hair is a sign that reflects the health condition that hair loss is a common symptom. Hair loss is one of the different things. Depending on the cause, this condition may be temporary or may last. Hair loss can be stressful, but it can also be a sign of an underlying disease (Mulinari-Brenner et al., 2003). Hair has a horn structure, long fibers, is a derivative of the scalp covered the scalp with the main components are keratin, more biotin, zinc, sulfur and nitrogen. The color and shape of the hair is an important anthropological sign. Hair can be black, blonde, brown, hung, platinum, red, etc. and can be straight, curly, or wavy. Normally at birth, each person has from 100,000 to 200,000 hair follicles. Hair growth is a three-stage cycle including growth from two to 6 years (average of 2-4 years in men, 4-6 years in women), progress from 2-3 weeks, and lasts 2-3 months. At the same time, 90 - 95% of hair follicles grow while less than 1% are progressing and 5-10% are maintaining survival. At the end of the life cycle, hair begins to fall out and the next cycle begins, a new hair growth will replace the old hair. All cases of hair loss have an effect or interruption in one of these stages. Hair grows from 0.3 to 0.4mm / day, up to 1 - 1.2cm in a month, the growth rate slows down with age. Over time, hair can also get sick or grow old and this process will accelerate with the participation of many external factors such as chemicals, sunlight, diet, medical conditions. Normally, every day there are 30-60 hairs at the end of the regression phase, losing some hair follicles and the beginning of the growth phase. The rate of hair loss is similar to the rate of hair growth, so the amount of hair is almost maintained intact. When the number of hair loss per day exceeds 100 fibers, hair loss can be caused by many different causes (Mulinari-Brenner et al., 2003; Ghanaat. 2010, Cotsarelis and Millar (2001). Childbirth, hormonal imbalance during pregnancy and lactation affects the life cycle of hair. The growth phase is shortened, moving quickly to the existing stage, causing a lot of hair loss (Cotsarelis and Millar 2001; and Rushton 2002). Other causes include excessive use of hair products or frequent perm, hair extension, dyeing, drying, and pulling. Hair loss can also be inherited, also called androgen-related hair loss or baldness, which usually occurs between 30 and 40 years of age, more men than women. Recent studies by scientists show that the climate of the seasons also significantly affects hair loss (Ishida et al., 2011). Hair loss may be a normal sign, but at the same time, a symptom of a variety of serious pathology. Common types of alopecia are including natural hair loss,

hair loss related to Androgen hormones and Alopecia areata. First, natural hair loss is that hair gets thinner as our age increases is a fact. This is because the hair follicles enter the longer resting period, resulting in fewer new hairs. Second, hair loss related to Androgen hormones means this is a genetic condition that can be found in both men and women. For men, hair loss occurs more commonly. It is known as male-pattern baldness, making male hair begin its falling at the age of twenty years old or so. However, this condition is only really noticed in women when they enter the age of forty and mainly the hair loss occurs at the crown of their heads. Third, alopecia areata means that it occurs in children and adolescents with the characteristic symptom of sudden hair loss in patches on the human scalp (Rushton 2002).

Preventing stress and providing nutrients

Stress is the reason we have hair loss. To minimize this, we need to avoid stress as much as possible. We can have relaxing massages when we brush our hair or stop thinking too much, we will no longer have headaches or stresses, meaning we need to relax and reduce the intensity of our work if needed (Shapiro J, Wiseman M, Lui H.2000). For good health, a complete, balanced diet of nutrients is of great concern to anyone. Typically, fruits and vegetables are very helpful for hair health (Rushton 2002).

Treating hair loss by using Arwa oil hair: It is no coincidence that aloe Vera is considered a panacea in keeping beauty and hair care. Its effect is quite helpful to help us eliminate the worry of hair loss. A nutritious ingredient of aloe contains hundreds of minerals, vitamins, amino acids and sugar, etc. not only helps prevent hair loss but also helps the hair to become thicker and healthier. This is a great formula to help patients regain their beautiful hair (Rajeswari et al., 2012). Research of Lee et al (2016) shows that lavender oil improves hair growth and thickness. Just mix lavender essential oil into shampoo to wash hair regularly, patients will see the improvement and change of hair. Hair growth depends on a complex and precisely controlled process, which is not fully understood. It is a cyclical process, involving synthesis, elongation and finally shedding of the hair shaft. Three phases are recognized in this cycle, namely the anagen (growth), catagen (regression) and telogen (rest) phases. Shedding of the hair shaft occurs at a time called telogenesis. After telogenesis, a latency period may be present before a new hair shaft emerges at the skin surface. In normal states, it is estimated that 85–90 % of scalp hairs are in the anagen, with the majority of the remainder in telogen state (Sadeghzadeh-Ahari et al 2009). If this balance in the hair growth cycle is impaired effluvium occurs (Mehrafarin et al., 2010). This can be caused due to complex interactions which may involve molecular mechanisms, angiogenesis, micro-inflammation, neuroendocrine influences as well as environmental impact, microorganisms and nutritional

supply (Tarladgl et al 2016). Hair loss, hair thinning, poorly growing hair and powerless or dull hair are common complaints in clinical dermatology. Therefore it is desirable to have products, which support the hair growing process and control some of the disturbances in the hair cycle dynamics. This study aimed to investigate the efficacy of a fenugreek seeds extracts containing food supplement* against hair loss. The efficacy was evaluated. It has a long history as both a culinary and medicinal herb in the ancient world. The beneficial properties of fenugreek seeds have attracted wide attention in the recent past due to their therapeutic potential, including their use as a hypoglycemic, antiulcerogenic, hypocholesterolemic and antihypertensive agents (Kochhar et al 2006).

MATERIALS AND METHODS

Sample collection–Arwa oil Ingredients: Fenugreek Oil - Olive Oil - Tea Tree Oil - Castor oil - peppermint oil - watercress oil - aloe Vera oil - basil oil - Camphor oil - black seed oil - garlic oil - onion oil - Peanut oil - lavender oil - clove oil - jojoba oil - Coconut Oil.

These oils were procured from the local market and extraction and purification of some medicinal plant oils are available in Elminya city- Egypt.

Procedure: The oils were carefully selected and some medicinal herbs were combined with them, then they were filtered and filtrated more than once to remove impurities, sediments and any solid material or plankton, then the oils were filtered and left to precipitate any solid.

Ways to use: After combining the medicinal oils together, ensuring safety factors, occupational safety and health measures, and taking the necessary emergency measures, the group of oils named in Arwa was used. This oil was used in the beginning on my wife and then my children after making sure of its validity and effectiveness in treating hair problems and supplementing the safety factors in it and without harm and it has no side effects compared to some other hair oils found in pharmacies, markets, perfume stores and selling herbs (Appendix).

RESULTS AND DISCUSSION

The results indicated that The group of oils in the composition of Arwa hair oil contains important elements to strengthen and grow hair, prevent hair loss and split hair, make hair more shiny and attractive, strong healthy hair and solve all hair problems because it contains a unique and varied group of the finest and best natural oils that are easy to use, fast-acting and gives positive results. It is required for hair care for both men and women alike, as Arwa oil can be used for children. Some of these benefits are important reported by (Foglia et al., 1993). Then after using Arwa oil to treat hair problems and make sure of its quality and effectiveness in preventing hair loss and breakage for about three years and the absence of any health problems or side effects, and it has no health damage to my family and children, and praising it from

some neighbors and relatives, the field of experiments was expanded and some Positive comparisons and comparison of Arwa oil with commercial hair oils found in pharmacies, supermarkets, markets and perfumery stores. Therefore, after making comparisons and using Arwa oil for more than 100 people of different ages and groups, it was confirmed the validity of using Arwa oil to treat hair problems, hair loss and hair loss and its effectiveness and that it is safe for human use and has no health damage and has no side effects, so we recommend and recommend the use of Arwa oil for all types of hair. And hair treatment And make hair more attractive So, Arwa oil for healthy, strong and attractive hair.

CONCLUSION

From the results of this study, it could be concluded that the Arwa oil for hair To treat all hair problems under investigation contain appreciable amounts of nutrients which may serve as beneficial health sources. If it was used carefully on the hair, it would not contain an effective group of the finest and best natural oils and what contains important nutrients in hair growth and lengthening, preventing split ends and hair loss, increasing the vitality and shine of hair and treating all hair problems. Therefore, Objective of this study aim to evaluate comparatively the efficacy of Arwa oil for hair care formulations containing a unique hair oil formula that contains a selection of natural oils for healthy, strong and attractive hair.

How to use: Apply Arwa oil to dry hair or after washing the hair and drying it well, Apply a small amount from Arwa oil massages well and straightens the hair. Arwa hair oil can be used daily. Arwa oil bath can be used once a week.

It contains a unique variety of important nutrients to strengthen hair and eliminate hair problems.

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Appendix 1. Pictures of different ages for some users of Arwa oil

Younes and Arwa	Father and his children
	
	
Arwa and Younes	Arwa