Henna for Hair care

Henna or *Mehndi* (*Lawsonia inermis*)

It is *the plant-based dye*. Used for the temporary body art resulting from the staining of the skin from the dyes. After henna stains is reach, they hold the colour for a few days, then gradually remove off by exfoliation, within one to three weeks. The colouring properties are due to the presence of the substance 2-hydroxy-1,4-naphthoquinone.

It make hair shiny, healthy and gorgeous. This green herb is not only used to decorate hands or cover greys, but is also applied on hair to bring back the health of hairs. Application of henna pack twice a month makes hair healthy, glossy and voluminous. It bring back the lost health of hairs and repairs damaged locks. Henna restores the acid-alkaline balance of the scalp without affecting the natural balance of your hair.

Conditions hair
Henna is a very good conditioner for your hair. It covers each hair shaft and builds a protective layer that safeguards the strands from damage. Regular use of henna makes hair thick and strong by locking the essential moisture in the hair.

Treats dandruff
Henna is known to cure dandruff quite effectively. Soak one two teaspoons of fenugreek seeds overnight in water and grind them in the morning. Heat some mustard oil and add a few henna leaves. Let it cool down and add fenugreek paste in the oil. You can strain the oil mixture to get rid of coarse particle and apply on the scalp an hour before the shampoo.

Henna is a good source for those who want to get rid of their grey hair, and for those who are allergic to chemical creams. Most of us usually use henna to protect our hair from the and shiny hair.

Henna Enhances Hair Growth
The natural properties of henna help in promoting faster hair growth. The powdered form of this ingredient can also be used to make an essential oil that nourishes and promotes hair growth.

Repair and Strengthen Hair
The nutrients in henna help nourish your hair and also heal damage. Research shows that henna reduces split ends, and hair loss, making hair stronger. It helps to keep the scalp clean and prevent itching and scalp acne. Henna for hair growth is the best you can apply to your hair.

Regulates Oil Secretion
The scalp naturally secretes oil into the sebaceous glands and, in some cases of the harsh external environment or other internal health issues, presents excess scalability on the scalp, causing persistent itching and hair loss. Using a henna-based conditioner on the scalp after rinsing the hair thoroughly helps to balance the oil production on the scalp, enriching the hair texture.

Help Prevent Dandruff

Henna or Mehndi for hair helps remove excess oil and dirt from your scalp, including dandruff.

Using henna on your hair regularly not only fixes the dandruff problem, but it also prevents them from coming back.

Coloring Hair With Henna

Henna is mostly used to color your hair in a natural way. Henna hair dye is not only safe and quick but also without any harmful side effects.

Prevents Hair Fall

There are many major reasons for hair fall in day to day life. This may be due to nutritional deficiencies, hormonal changes, pollution or overuse of hair styling products in the daily diet. But mehndi can help prevent hair loss in an effective and natural way.

Makes your Hair Shiny, Soft and Manageable

The nutritional properties of henna make it perfect for transforming dry, damaged and unhealthy hair into soft, shiny and manageable locks—nothing like henna good for hair.

So, these were some incredible benefits of mehndi for hair. Try using these incredible hair growth remedies for thicker hair. For better results, mix along with medicinal plants for quicker results. Happy hair!

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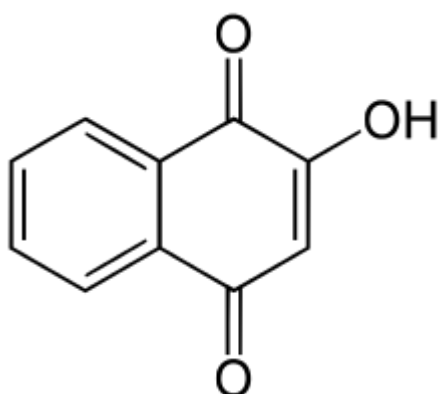
Amla for Hair care

Phyllanthus emblica L. (also popularly known as amla) is a tree <mark>native to the India</mark> and Southeast Asia regions that produces <mark>fruits rich in bioactive compounds</mark> that could be explored as part of the increasing interest in naturally occurring compounds with biological activity. Phyllanthus emblica L. (popular known as amla or <mark>Indian gooseberry</mark>) is an ephemeral tree belonging to the <mark>Euphorbiaceae family</mark>. Amla fruits <mark>are edible</mark> and are mainly found in regions of India, Southeast Asia, China, Iran, and Pakistan

<mark>reduce anxiety and burning sensation in skin and eyes, improve anemic condition, favor the health of the male reproductive system and reproduction,</mark> <mark>facilitate digestion, improve liver health, and also exert a tonic effect in the cardiovascular system most popular botanicals, with</mark> a wide range of uses in the medicinal, cuisine, and cosmetic industries. Due to the abundance of <mark>phenolic compounds,</mark> Emblic fruit could be regarded as a plant source for natural <mark>antioxidants and nutraceuticals or medicinal components.</mark> n proven to have <mark>anti-hyperglycemic, hypoglycemic, anti-inflammatory, anti-hyperlipidemic, and antioxidant activities</mark> Amla is rich in antioxidants such <mark>as gallic acid, ascorbic acid and phenolic compounds</mark> and thus helps the body's immune systems and digestion

It helps fight the common cold
The <u>vitamin C</u> in amla is absorbed more easily by the body compared to store-bought supplements.
2. Amla improves eyesight
Studies have shown that the <mark>carotene</mark> in amla improves vision. Daily consumption has also been linked to improvement in overall eye health as amla can reduce cataract problems, intraocular tension (the pressure you feel) as well as prevent reddening, itching, and watering of eyes. The Indian Gooseberry is also rich in <mark>Vitamin A</mark> that lowers the risk of age-related macular degeneration
3. It burns fat
This is the least talked-about yet most exciting benefit of amla. A protein present in amla helps prevent cravings. Amla also has a very low carbohydrate and fat content.

A single serving i.e. (150 g) of amla contains 66 calories, 1 gram protein, less than 1 g of fat and 15 g carbohydrates. Regular consumers say drinking a glass of amla juice before a meal fills them up and makes them eat less.

Nutritionists say amla boosts metabolism too, making one shed weight faster. Amla has high fibre content and acids like tannic which help relieve constipation and make you look less bloated.

4. Amla builds immunity

Amla's antibacterial and astringent properties boost one's immune system. A significant number of health problems including cancer are caused by oxidative damage –when body cells use oxygen,they leave behind harmful by-products called free radicals. Considering amla is a potent antioxidant agent, it can prevent this oxidation and help in protecting the cell.

5. Amla beautifies hair

Amla, like curry leaves, is a proven tonic for hair. It has plenty of essential fatty acids which penetrate deep into the follicles and slow down greying, prevents dandruff, and strengthens hair follicles.

This tangy fruit has high iron and carotene content, thus boosting hair growth. Amla also acts as a natural conditioner giving you soft shimmering locks. You could apply amla oil or mix amla powder into henna for a hair pack.

6. Amla improves skin

Amla is the best anti-ageing fruit. The Vitamin C and antioxidants present in amla reduces fine lines, wrinkles and offers radiant skin. Drinking amla juice with honey every morning can give you blemish-free, healthy and glowing skin.

7. Amla helps manage chronic conditions

Amla is loaded with chromium which aids in reducing bad cholesterol and also helps stimulate insulin production, thereby reducing the blood glucose level of diabetics. Drinking amla juice early every morning or when one's blood pressure is raised helps keep the blood pressure level under control, too.

8. It relieves pain

Be it arthritis-related joint aches or painful mouth ulcers, amla can provide relief owing to its anti-inflammatory properties.

Amla is used as an analgesic to treat wounds and research says that its extracts are useful in easing postoperative and neuropathic pain. For ulcers, you simply need to dilute amla juice in half a cup of water and gargle with it.

How to Use Amla (Indian Gooseberry)

Drinking the juice of fresh amla is the best way to reap the benefits of this fruit. Amla is easily available from December through April. However, if you can't handle the sour shot, try these tasty options:

Dried:

Deseed and chop amla into small pieces. Mix with a little salt and leave to dry in sunlight for a few days. Once it is completely dehydrated, store in a dry jar for an ideal on-the-go snack.

- strengthen the scalp and hair.
- reduce premature pigment loss from hair, or greying.

- stimulate hair growth.
- reduce hair loss.
- prevent or treat dandruff and dry scalp.
- prevent or treat parasitic hair and scalp infections, like lice infections.

12 amazing benefits of using *amla* for your hair:

- **1. Hair growth:** The phyto-nutrients, vitamins and minerals present in *amla* help in ==increasing the scalp circulation and stimulate healthy growth==. ==Vitamin C of amla produces collagen protein==. This helps in stimulating hair growth, both length and volume wise. Collagens replace the dead cells of hair follicles with new hair cells.
- **2. Serves as a natural hair conditioner:**Amla can ==nourish, strengthen and condition your hair thereby making it shiny and adding volume to your hair==. One amla contains up to ==81.2 percent== of moisture content in it. Those with dry hair, , if you have a oily hair, then use amla powder, it will soak in all the excess oil present on your scalp, along with conditioning it.
- **3. Treats Dandruff:** Dandruff is usually the ==result of dryness.== This vitamin C rich juice ==cures the dryness== and prevents the accumulation of dandruff. Amla's Vitamin C, its ==anti-inflammatory== plus its ==anti-bacterial properties== can stop dandruff and also the itching caused by it, on the scalp.
- **4. Scalp cleanser:** Amla juice is great for cleansing the scalp. It nourishes the scalp and makes the hair shiny. The ==antioxidants== present in amla, ==shields our hair from various hair damages==, caused due to it by ==dust, pollution, smoke, and hair styling== tools, etc.
- **5. Improves pigmentation:**Most of the ==hair coloring packs== contain *amla* in them as it helps in ==fighting pigmentation==. It also helps in discoloration making the hair long and luscious. Moreover, it is important to keep our hair and scalp clean to avoid pigmentation. Amla and its anti-microbial properties, will not just banish hair odour but it will also remove the germs sticking on your hair.
- **6 Reduces graying of hair:**According to Ayurveda ==premature graying usually occurs due to excess pitta== in the body. Some of the signs of excess pitta include skin rashes, burning sensations, peptic ulcers, excessive body heat, and heartburn. Amla, a ==natural coolant==, is an excellent remedy for ==fixing the pitta condition==, which reduces graying.
- **7. Strengthens hair:**Amla juice serves as a ==beneficial tonic for both skin and hair==. It ==strengthens your hair follicles== thereby facilitating hair growth and strengthening of the hair. Plus, strengthens the roots, maintains colour and improves lustre. Eating fresh gooseberry or applying its paste on the roots of your hair improves hair growth and colour.

- **8. Antioxidant:**Amla has twice the antioxidant power of acai and around 17 times of pomegranate. It has the <mark>power to eliminate toxins</mark> in the body and serves as a great antioxidant. Due to its antioxidant potential, it is often used as a nutritional supplement in <mark>chyavanprash</mark> and other Ayurvedic medicines.
- **9. Natural shine:**Amla powder can be added to the home-made hair masks to add a natural shiny to your hair. Make sure to apply it regularly to have better results. The surplus of vitamin C in avla can <mark>help halt pre-mature greying.</mark> If you want to enhance the natural colour of your hair, all you have to do is mix avla powder with henna powder.
- **10. Thickening of hair:**With its nutrients and other beneficial properties, drinking *amla* juice regularly or simply applying it can make your hair thicker and bouncier. Amla has vitamin C, which is assisted by various <mark>minerals, nutrients, amino acids, and antioxidants</mark>, etc. That helps Amla in fighting against all the hair weakening factors and thickens hair.
- **11. Prevents frizzy hair:**It prevents <mark>dryness and helps in restoring moisture.</mark> It also removes the dead cells. The essential fatty acids present in amla strengthen hair follicles and add lustre to the hair. With regular use of amla, you may get ride of those unmanageable frizzy hair.
- **12. Enhances hair color:** Amla is commonly used with henna in order to enhance the hair color making it look natural. You can use amla in various forms like in oil, juice, pickle and even in candy form to give back your hair, its natural colour.