

Review Article

Bhringraj: An Ayurvedic Herb with Modern Cosmetic Application

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ABSTRACT

Bhringraj (*Eclipta alba* Linnaeus), a well-known medicinal herb in Ayurveda, has long been valued for its therapeutic and cosmetic applications. This review highlights the botanical characteristics, geographic distribution, cultivation methods, and phytoconstituents of this plant, with emphasis on its bioactive compounds, such as alkaloids, flavonoids, triterpenes, and coumestans. These constituents have wide range of pharmacological and cosmetic benefits. Bhringraj is traditionally used for hair and skin care to, promote hair growth, reduce dandruff, delay premature greying and improve scalp and skin health. It also exhibits antimicrobial, antioxidant, and anti-inflammatory properties, making it useful for managing scalp infections, hair loss, and certain skin disorders. Despite its benefits, prolonged or excessive application may lead to adverse effects such as scalp irritation or dermatitis. Several marketed formulations and, home remedies utilize Bhringraj in oils, powders, tablets, and syrups, highlighting its continued relevance in both traditional and modern therapeutics. Overall, Bhringraj is a valuable natural resource with significant potential in herbal medicine and cosmetology.

Keywords: Bhringraj, Phytoconstituents, Formulations, Medicinal herb, Cosmetology.

INTRODUCTION

Herbal medicine has been increasingly used as a cost-effective and natural alternative to modern medicine, with a focus on avoiding the possible side effects of modern medicine and combating diseases more naturally.⁽¹⁾ *Eclipta alba* Linnaeus is a medicinal plant belonging to the Asteraceae family. This plant is generally called false daisy or Bhringaraj.⁽²⁾ The beauty of the skin and hair depends on an individual's

health, diet, habits, job routine, climatic conditions, and maintenance. Skin and hair disorders are common ailments of all age groups because of chemical agents, toxins, microbes present in the atmosphere, physical factors, malnutrition, and environmental factors.⁽³⁾ Hair is an external indicator of internal body circumstances. They are an important component of the human body.⁽⁴⁾

Table No 1: Morphology of Bhringraj Plant ⁽⁵⁾

Sr. No.	Characteristics	Bhringaraj whole plant
1)	Habit	Annual herb
2)	Root	Branched, tap root.
3)	Stem	Herbaceous, aerial, erect, cylindrical, branched, solid, glabrous, hairy.
4)	Leaf	Ramal and cauline, simple, opposite, decussate, subsessile, exstipulate, elliptical, acute, reticulate venation
5)	Fruit	Cypsela

Table No:2 Sanskrit Name Uses

Sanskrit Name	Uses	Reference
Markava, Kesharanjana	Helps to alleviate grey hairs.	16
Bhrungaraja	Helps to from the hair silky and gloosy like that of peacock.	16
Kesharaja	Helps in maintaining the overall appearance, texture and quality of hair.	27
Ravipriya	Helps prevent prermature greying by maintaining hair color.	29

Bhangaraja	Used for hair care, particularly for promoting hair growth and preventing hair fall.	30
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Fig. No. :1 Bhringraj Plant ⁽³²⁾

History

The *Eclipta alba* is called Bhringaraj in Ayurveda. It is one of the most valuable Ayurveda plants. This medicinal herb is associated with many biological properties that are used in many Ayurvedic practices for the treatment of various human ailments. It works significantly on the Pitta dosha (fire and water components of the body) and Vatta dosha (air and space components of the body). It acts as a rasayana. The extract obtained from the leaves is used as a liver tonic, rejuvenative, and is beneficial for hair, eyes, edema, and phlegm. It is mentioned in Dhanvantari Nighantu, Raj Nighantu, Kaiyyadev Nighantu for its use in pandu, shotha and kamala. Rasapanchak of *E. alba* (Bhringraja).⁽⁶⁾ Caraka has said that successful management of the disease is essential to select proper medicine and examine it in all aspects. Bhringaraj has been a well-known drug since ancient times. Atharvaveda Maharshi Sayana mentioned this in the treatment of Kustha and Palitya. This indicates that the Keshya property of Bhringaraj was well known from this period.⁽⁷⁾ The plant's lance-shaped leaves and tiny white flowers are its defining features. Ayurveda, is especially well known for its possible advantages in healthy hair. ⁽⁸⁾

Biological Source:

Eclipta prostrata, commonly known as false chamomile, yerba de tago, Gunta kalagaraku/Gunta galagaraku, Karisalankani, and bringraj, is a genus of plants belonging to

the Asteraceae family. It is common in most parts of the world ⁽⁵⁾

Microscopy

- 1. Leaf Microscopy:** Upper & Lower Epidermis, Cuticle, Hypodermis, Collenchyma (a) Simple Trichome, Collenchyma (b), Vascular Bundle (c) Phloem, Proto & Meta xylem (d)
- 2. Powder Microscopy:** Dark green; vessels in large groups or single broken pieces with pitted walls, numerous fibers entire or in pieces, trichomes entire or in pieces, warty, a few attached with epidermal and subsidiary cells, anomocytic and anisocytic stomata.⁽⁹⁾ Root- Well developed, a number of secondary branches arise from main root, upto about 7mm in diameter, cylindrical, greyish. Stem – Herbaceous, branched, occasionally rooting at nodes, cylindrical or flat, rough due to oppressed white hairs, node distinct, greenish, occasionally brownish. Leaf - Solitary or 2, together on unequal axillary peduncles; involucre bracts about 8, ovate, obtuse or acute, herbaceous, strigose with oppressed hairs; ray flower lingulate, ligule small, spreading, scarcely as long as bracts, not toothed, white; disc flowers tubular, corolla often 4toothed; pappus absent, except occasionally very minute teeth on the top of achene; stamens 5, filaments epipetalous, free, anthers united into a tube with base obtuse; pistil bicarpellary; ovary inferior, unilocular with one basal ovule.⁽¹⁰⁾

Habit	Annual
Root	Branched, tap root.
Stem	Herbaceous, aerial, erect, cylindrical, sub-sessile, exstipulate, alliptical, acute, reticulate venation.

Inflorescence • Ray florets (peripheral flowers) • Disc florets (central flowers)	Capitulum Ligulate Tubular
Fruit	Cypsela
Useful part	Panchanga (Leaves, stem, flower, root and fruits)

Table No: 3 Different Parts of Selected Plants That Has Cosmetic Values⁽⁹⁾**Adulteration**

One of the examples for such controversial herbal drugs is Bhringaraja. Both prostrata and *Wedelia calendulacea* are commonly called as Bhringaraja and reports about *Eclipta* and their frequent misuse.⁽¹¹⁾

Geographic Distribution

Eclipta alba, known as Bhringaraj or false daisy, is a plant that is closely related to sunflower plants. It is extensively distributed in Thailand, China, Brazil, and India. This plant lives in tropical regions and is, usually found in marshy soils, roadsides, and waste areas. This plant can also sprout in Sri Lanka, Malaysia, the Philippines, Indonesia, and Nepal, where moist soil, rice fields, waterways, and hills are wide spread.⁽²⁾ It is found as a weed in tropical and subtropical regions of the world, including South America, Asia, and Africa, at altitudes of up to 2000 m. It is found throughout India, China, Thailand, Brazil, Taiwan, Indonesia, Japan, Philippines, Bangladesh, and the United States. In India, it is mainly found in, Bihar, Uttar Pradesh and Manipur.⁽⁴⁾ It originates in several countries, including Australia, Asia, and the Americas.⁽⁸⁾ *Eclipta prostrata* (Linnaeus) (synonyms: *Eclipta alba* (Linnaeus) Hassak, Family: Asteraceae) is an important medicinal plant in tropical and subtropical regions. It is widely used to treat various diseases of skin, liver, and stomach in India, Nepal, Bangladesh, and other countries.⁽¹²⁾

Collection

Different plant parts were selected to study their hair care properties. All the above mentioned plant parts were purchased from a local shop named Dagduteli, at Nashik, Maharashtra. The collected parts were powdered for further use in formulation preparation by passing them through sieve no.100⁽⁴⁾

Collection of Plants Materials:

The medicated herbal hair oil was prepared by collecting various plant materials, such as Amla, Nirgundi, Bhringraj, Jatamansi,

Gambhari, Shankpushpui, Shikakai, Brahmi, Kapur, Satavari, Til Oil and Coconut oil.⁽⁵⁾

Collection of Raw Drugs: Bhringraj Churna was collected from a local market in which fresh Bhringraj was collected from a local area near Jamnagar. Bhringraj Swaras was obtained from the Pharmacy of Gujarat Ayurveda University, Jamnagar.⁽¹³⁾

Cultivation**Methods of Improving Quality of Crops and Their Application:**

Breeding: The art and science of breeding involves enhancing the genetic quality of plants to maximize their economic use in humans. The art and science of breeding involves modifying plants to provide the desired traits.

Chemodemes: A medicinal genus is a group of plants of the same species with the same morphological characteristics but different medicinal properties. The nature of chemicals belongs to human beings. Analysis of medicinal communities can only be confirmed by growing different plants of the same species from seeds simultaneously, preferably over several generations.

Hybridization: The creation of a hybrid by crossing two genetically different individuals is known as hybridization. Hybridization is a natural or artificial process that leads to hybrids formation. Hybridization does not change the composition of the organism but creates new gene combinations.

Types of Hybridization: 1. Inter varietal Hybridization 2. Distant Hybridization. Castration, packaging, and labelling are hybridization processes.

Mutation: Mutations occur due to changes in the DNA base. Substitution: Changes in nucleotides from one pyrimidine to another pyrimidine or from one purine to another purine are called substitutions. Tran's version: A nucleotide substitution involves substituting a purine with a pyrimidine.

Polyploidy: If a cell has more than two pairs of chromosomes, the cell is polyploid, such as triploid or tetraploid. This occurs when a cell has more than two genomes.

Types: 1. Spontaneous Polyploidy: This natural process. 2. Induced Polyploidy: This trick. ⁽¹⁴⁾

Phytoconstituents

Eclipta alba (Linnaeus) contains abundant bioactive substances, including phenolic compounds, alkaloids, triterpenes, flavonoids, coumestans, cardiac glycosides, saponins, and steroids. Among these classes of compounds, coumestans, flavonoids, thiopenes, and triterpenes were prominent. (1) Coumestan derivative related compounds from various parts of *Eclipta prostrata*, wedelolactone [leaves], demethylwedelolactone [leaves], isodemethylwedelolactone [whole plants], strychnolactone [whole plant], and demethylwedelolactone glucoside [aerial parts] (12)

Cosmetic Uses

Promotes Hair Growth

This hair care benefit of Bhringraj is perhaps the most important and valuable for most people. Research has shown that the regular use of bhringraj hair oil can reduce the time taken for hair growth, thereby increasing the hair volume to counter the effects of hair loss and thinning. Similarly, a study that examined the effectiveness of several herbal hair formulations containing Bhringraj found that the use of such products improved regeneration and hair growth time. Notably, they observed an increase in the number of hair follicles during the anagenic phase, which translates to thicker hair. Additionally, Bhringraj has a high vitamin E content, which can reduce the free radical damage linked to hair damage ⁽¹⁵⁾

Fights Dandruff

Hair fall and hair loss are often a result of scalp infections and problems like seborrheic dermatitis or dandruff. Bhringraj hair oil is extremely effective as a natural dandruff treatment because of proven antimicrobial and antifungal effects. As Bhringraj exhibits anti-inflammatory effects it can also reduce scalp inflammation that is linked to not just dandruff, but other scalp conditions like psoriasis. This reduction in inflammation and itching ultimately results in reduced hair fall ⁽¹⁵⁾

Delays Greying

Grey hair may not be as problematic as thinning and balding, as you can always dye your hair and hide greying. However, it is still something that most people would like to

avoid or delay as much as possible. Although greying of hair is an inevitable result of aging and is influenced by genetic factors, the regular use of polyherbal Ayurvedic hair oils such as Bhringraj hair oil, is said to prevent or delay the process. ⁽¹⁵⁾

Hair Fall Reduction

There are several causes of hair fall, including stress, nutritional deficiencies, and scalp infections. However, it is believed that Bhringraj oil can help overcome this issue by addressing its root causes ⁽¹⁷⁾

Hair Softening

Although many know superficially of Bhringraj oil for hair benefits, they are not aware of the extent to which this oil can assist in maintaining healthy hair. as a deep conditioner, Bhringraj oil can penetrate hair strands and provide intense hydration. This helps in tackling hair conditions such as dryness, frizz, and split ends ⁽¹⁷⁾

Improves Scalp Health

As Bhringraj oil has antimicrobial and antifungal properties, it can be used to treat dandruff and other scalp concerns. As it is soothing, Bhringraj oil itchiness and irritation foster a healthier scalp environment. ⁽¹⁷⁾

Improves Skin Health

Although Bhringraj is popularly known for improving hair health, there are also several benefits to the skin. For starters, as they are rich in antioxidants, Bhringraj can help prevent free radical damage, which reduces signs of aging, such as fine lines and wrinkles. Additionally, the anti-inflammatory properties of the oil can help soothe skin conditions, such as eczema and psoriasis. It also comprises nourishing elements that help improve the hydration of the skin, leaving it soft and supple ⁽¹⁷⁾

Hair Strengthening

By incorporating Bhringraj oil into your hair care routine, your hair can be strengthened from the roots to the tips. As it contains essential nutrients, it fortifies hair strands, reducing breakage and splitting of ends. With regular use, this can translate to not just longer hair but also hair that is resilient to damage and visibly healthier ⁽¹⁷⁾

Other Uses

Bhringraj Leaves Benefits for Skin Problems in Ayurveda: Bhringraj is not just for hair but is

also a powerful skin healer. Its anti-inflammatory, antibacterial, and antioxidant properties make it an excellent natural remedy for various skin conditions.⁽¹⁸⁾ It also prevents scalp problems, caused by dandruff and irritation to ensure that hair growth remains unaffected and helps in hair growth.⁽¹⁹⁾ used to treat dandruff, to make hair silky and shiny to color, and to promote hair growth.⁽²⁰⁾

Generally, Bhringraj is safe to use, but all the same, some people have developed allergic contact dermatitis in the form of itching, rashes, or irritation of the scalp. Increased application of Bhringraj oil causes the scalp to oily, blocks pores, and damages hair health. A patch test on the skin is advisable before applying it to larger areas to avoid any side effects. The product was immediately stopped if any irritation occurred.⁽²¹⁾

Adverse Effects

Table No: 4 Marketed Formulation: (23-28)

Sr. no.	Type	Brand Name	Company Name	Prize
1	Oil	On & On Maha Bhringraj Herbal Hair Oil	Elements Of Wellbeing	460/-
2	Powder	Elinabhringraj Powder	Elina Naturals	199/-
3	Oil	Mamaearth Bhringraj Hair Oil	Mamaearth	499/-
4	Tablets	Moolveda Bhringraj Tablet	Moolveda	191/-
5	Syrup	Baidyanath Bhringrajasva Syrup	Baidyanath Nagpur	140/-

Home Made Remedies

1. You can easily prepare Bhringraj oil at home. Simply chop a handful of fresh Bhringraj leaves and add them to a cup of coconut oil. The mixture was heated in a low flame for a few minutes. This will help infuse nutrients into the oil. If fresh Bhringraj leaves cannot be accessed, they can be substituted with three teaspoons of the Bhringraj powder. The use of Bhringraj oil in your hair care routine is a simple way to nourish the scalp, strengthen hair roots, and ensure healthy hair growth.⁽¹⁵⁾
2. Take a few Bhringraj leaves and cut them finely. Add ½ cup of coconut oil in a pan before adding chopped leaves. It heals baldness and promotes hair growth.⁽²²⁾

3. How to Use Bhringraj Powder for Hair Fall Treatment at Home For those who prefer DIY hair care, Bhringraj powder is an excellent alternative to oil. A homemade Bhringraj hair pack can be made using two tablespoons of Bhringraj powder, combined with three tablespoons of coconut oil, yogurt, or aloe vera gel. To add moisture, a tablespoon of honey was included. Mixing these ingredients into a smooth paste and applying them evenly to the scalp and hair provides deep nourishment. Leaving the mixture on for 30-45 minutes before washing with a mild Ayurvedic shampoo ensures optimal results. For those dealing with premature greying, combining Bhringraj powder with Indigo powder helps in natural hair darkening.⁽¹⁸⁾

Table No.:5 Formulation Chart Of Bhringraj Oil (31)

Sr. no.	Ingredients	Quantity Taken	Uses
1	Herb oil a) Bhringraj juice b) Amla juice c) Brahmi juice	2560gram 640gram 640gram	Solvent & Extractant
2	Base oil a) Sesame (Til) Oil	1280gram	Extraction Medium
3	Herb for Paste (Kalka) a) Amla (Emblicaofficinalis) b) Red sandalwood (Pterocarpus santalinus) c) Lodhra (Symplocos racemosa)	10 gram 10 gram 10 gram	Enhances potency

	d) Kachur(<i>Curcuma zedoaria</i>)		
	e) Mehndi (<i>Lawsonia inermis</i>)	10 gram	
	f) Jatamansi (<i>Nardostachys jatamansi</i>)	10 gram	
	g) Priyangu (<i>Callicarpa macrophylla</i>)	10 gram 10 gram	

CONCLUSION

Bhringraj (*Eclipta alba* Linnaeus) is a versatile herb of immense therapeutic and cosmetic importance. Its rich phytochemical profile underpins its efficacy in promoting hair growth, preventing dandruff, reducing hair falls, delaying greying, and supporting skin health. The antimicrobial, antioxidant, and anti-inflammatory activities of the herb further enhance its role in maintaining the overall scalp and skin vitality. Although generally safe, cautious use is recommended to avoid possible adverse reactions, such as dermatitis. The availability of numerous marketed formulations and simple home remedies reflects widespread acceptance and practical utility. Future research should focus on standardizing formulations, elucidating molecular mechanisms, and exploring novel applications of Bhringraj to strengthen its integration into the modern healthcare and cosmetic industries.

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