



**FORMULATION AND EVALUATION OF HERBAL ANTI-DANDRUFF SHAMPOO
CONTAINING *TRIGONELLA FOENUM-GRAECUM* SEED EXTRACT.**

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Abstract: Hair dandruff is not a life threatening problem yet it often threatens your mental peace, you do not wish to be embarrassed by the white flaky dandruff powder all over shoulder. "Dandruff" is the mild form of seborrheic dermatitis is an inflammatory condition that is characterized by flaking and shedding of dead scalp at an abnormally high rate. Natural herbs are good solution for dandruff and "Fenugreek" i.e. *Trigonella foenum-graecum* is a natural herb which helps in killing a type of fungus i.e. *Malassezia furfur* and bacteria i.e. *Staphylococcus* which causes dandruff. Many scientist have confirmed that fenugreek contain a large amount of lecithin which is a natural emollient and give power to hair. A study shows the anti-fungal activity of fenugreek germinated seed extract at concentration of 0.35g/ml[1 ml of extract and 3 ml of water(1:4)]was found to be more effective in declining growth of dandruff causing fungus *Malassezia furfur*. Concluding that, the use of fenugreek seed extract was functional in inhibiting the growth of microorganism. Hence, the anti-dandruff shampoo containing *Trigonella foenum-graecum* L. seed extract is found to be effective in treatment of dandruff.

Keywords: *Trigonella foenum-graecum*; Anti-fungal; Anti-bacterial; Anti-dandruff; *M. furfur*; *Staphylococcus*; Extract; Herbal shampoo.

Introduction: Though earlier it was thought that a good shampoo not only cleans, rinses out dirt from the hair and imparts gloss to it, but also leaves hair manageable and non dry. But at

present, the composition and purpose of shampoos varies so much that no definition can cover them all. This can be observed from the varieties of shampoo products available in the market. Many shampoos also contain vitamins and moisturizing alcohols to prevent too much of the hair and scalp's natural oils from being stripped away during cleansing. Now-a-days, many herbal shampoos are available in the market which contains herbal ingredients such as plant extracts and essential oils. Anti-

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