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## Henna



New trends in beauty practices and products appear frequently throughout history. Some of these trends, however, have deep historical roots and have been around for centuries. Among these trends is the use of henna as a natural hair dye. Throughout history, henna has been used by various cultures, particularly in South Asia, Africa, and the Middle East, as a plant-based dye. This paper examines the historical significance of henna as a natural hair dye and its current popularity in the beauty industry.

It has been a tradition in many cultures for centuries to dye hair with henna, particularly in North Africa, the Middle East, and South Asia. A common symbol of celebration in these cultures is henna, which is applied to the hair during special occasions, such as weddings, religious ceremonies, and festivals. Women gather together to mix the henna paste and apply it to each other's hair during the process of applying henna for hair dyeing. This is a communal and social event. Traditional songs, dance, or other rituals may accompany the application of henna in some cultures(Khalid,2015).

In addition to being used for special occasions, henna is also used as a regular hair care practice in many cultures. Many people use it to soothe and moisturize their hair and scalp as it is believed to have a cooling effect on the scalp. In addition to its antimicrobial properties, henna is also believed to prevent dandruff and other conditions associated with

the scalp. Some cultures use henna for body art, particularly on the hands and feet. For special occasions such as weddings and festivals, mehndi is a form of temporary tattooing(Gupta & Fischer,2014).

In general, the use of henna for hair dyeing is deeply rooted in many cultures around the world and is often accompanied by social gatherings and other traditional practices. Henna is also used for hair care and body art by many cultures, and is often associated with beauty, celebration, and tradition(Mahmoud,2018).

Henna is a plant-based dye made from the leaves of the Lawsonia inermis plant. It has been used in various cultures for centuries to dye hair and decorate the body, especially during celebrations and ceremonies. Henna is widely used as a natural hair dye in recent years as people seek alternatives to chemical hair dyes. Henna works by coating the hair shaft with a reddish-brown pigment called lawsone. Lawsone binds to keratin in the hair to create a semi permanent stain that lasts for several weeks. Henna's color will become darker and more vibrant as it is left on the hair for a longer period of time(Naeem& Oshchepkova,2021).

In general, henna is considered safe for use as a hair dye, but some people may experience an allergic reaction to it.Itching, redness, and swelling of the scalp may be symptoms of an allergic reaction. It is recommended to conduct a patch test before using henna in order to avoid an allergic reaction. It is also important to use high-quality henna that is free from additives or chemicals that could result in a reaction. Henna can be applied to most hair types, but it may not provide the same results on all hair colors(Mahmoud,2018).

The color of henna works best on light to medium hair colors, as it can produce a reddish brown hue. For darker hair colors, henna may provide a subtle tint or add shine. When applying henna to hair, the powder is mixed with water to create a paste. As soon as the paste has been prepared, it is applied to the hair, beginning at the roots and working down to the ends. To prevent the henna from drying out, the hair is covered with a shower cap or plastic wrap. Depending on the degree of color intensity desired, the henna is left on the hair for several hours. In order to restore moisture to the hair, the henna should be rinsed out and the hair should be conditioned(Gupta & Fischer,2014).

Henna has several benefits for the hair in addition to its natural color. By binding to the keratin and filling in the gaps in the hair shaft, it can strengthen the hair. Additionally, it can improve the texture of the hair, making it softer and more manageable. Henna is also a natural conditioner that can reduce breakage and split ends. The popularity of henna as a natural hair dye can be attributed to the growing awareness of harmful chemicals in chemical hair dyes. There is now a growing demand for safer alternatives that are gentle on the hair and scalp. In addition to being a natural plant-based dye, henna contains no harmful chemicals (Aziz & Qadir, 2010).

In addition to its safety, henna provides a long-lasting color and enhances the texture and shine of the hair. Aside from its versatility, henna is also a natural hair dye that can be used to create a variety of shades, from deep red to auburn, copper, and brown. In recent years, there has been an increasing interest in natural and organic beauty products, and henna as a natural hair dye has become increasingly popular as a result. Henna is becoming increasingly popular as a safer and more natural alternative to conventional hair dyes that contain harsh chemicals that damage the hair and scalp (Adem, 2016).

The henna hair dye is made by mixing dried and powdered leaves of the henna plant with water or other natural ingredients, such as lemon juice. After applying the paste to the hair, it is left on for several hours before being rinsed off. As a result, the resultant color is a rich, reddish-brown shade, which may vary depending on the natural color of the hair and the length of time the henna is left on. One of the reasons henna has become so popular today is that it is a natural, organic alternative to conventional hair dyes. In contrast to conventional hair dyes, which often contain harsh chemicals such as ammonia and peroxide, henna is gentle on the hair and scalp and will not cause damage or breakage. In addition to its conditioning properties, henna can also be used to nourish and strengthen the hair (Saikia, 2017).

In addition to its versatility, henna is also popular now because it is capable of creating a variety of hair colors, from subtle highlights to rich, deep shades. The henna can also be mixed with other natural ingredients, such as indigo, to create various shades of brown and black. As a natural hair dye, henna has become increasingly popular due to its gentle, conditioning properties, as well as its versatility and ability to produce natural-looking hair colors. In light of the potential risks associated with conventional hair

dyes, the demand for natural and organic alternatives like henna is likely to continue to increase(Khalid,2015).

There has been a long history of henna use in various cultures, particularly in South Asia, Africa, and the Middle East. In ancient Egypt, henna was used to dye hair and nails as a natural hair dye. India and other parts of South Asia have also used henna as a cosmetic and medicinal plant. In India, henna is known as mehndi and plays an important role in weddings and other celebrations. Hands and feet of the bride are decorated with intricate henna designs, which symbolize love and prosperity. It is common for African women to use henna to decorate their bodies and hair, and many of the designs are culturally and religiously significant(Jivan,2018).

In various cultures, henna has been used for dyeing and medicinal purposes for thousands of years. It has been used as a hair dye since ancient Egypt, where it was used to color hair and nails. Traditionally, henna has been used in various cultural and religious practices throughout India, including weddings and festivals for centuries. The ancient Greeks and Romans imported henna from India and used it for cosmetic purposes. In India, Pakistan, and the Middle East, henna is used to adorn the body with intricate designs, known as mehndi. In traditional Ayurvedic medicine, henna has also been used to treat various ailments, including headaches and skin conditions(Fruhauf,2012).

In North Africa and the Middle East, henna is regarded as a symbol of femininity and fertility. Henna is used by women in these regions to dye their hair and to create intricate designs on their hands and feet. Traditionally, henna has been used to dye hair and decorate the body in traditional African cultures. Henna is traditionally used for ceremonial purposes, such as weddings and funerals, in West Africa. Histories of the use of henna as a natural hair dye are deeply rooted in various cultural and religious practices. It has been used as a hair dye and body adornment for thousands of years, which makes it an important part of cultural heritage(Bouillon,2018).

In conclusion, the use of henna as a hair dye has been around for centuries and has deep historical roots in many cultures. This trend is attributed to the growing awareness of the harmful chemicals in chemical hair dyes, as well as the desire for natural alternatives that are gentle on the hair and scalp. Consumers can appreciate henna's cultural significance and traditional knowledge by understanding its historical significance.

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