



An Examination of the Potential Hair Damage Caused by Coconut Oil's Dark Side

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Abstract:

The moisturizing and nourishing qualities of coconut oil, a popular hair care product, have been praised. On the other hand, an increasing amount of data indicates that using coconut oil incorrectly or excessively can harm hair. This paper attempts to provide an overview of the available data about the possible harm that coconut oil may cause to hair, including pore blockage, protein accumulation, and moisture imbalance. A thorough review of the literature shows that the high protein content and thick, greasy texture of coconut oil can lead to clogged pores, inflammation, itching, and hair loss in addition to weighted-down hair, frizz, and breakage of the hair. Moreover, overusing coconut oil can throw off the natural moisture balance of the hair, causing frizz, brittleness, and dryness. This review emphasizes the need to use coconut oil with care to prevent potential harm to hair and offers safe usage guidelines.

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I. Introduction:-

Proponents of coconut oil claim it may protect, hydrate, and nourish hair, and it has been heralded as a wonder substance for hair care. Due to its extensive use and popularity, many people now include it in their hair care regimens. Beneath its hailed advantages, though, is a darker truth. A mounting amount of data indicates that coconut oil might not be the miracle worker for hair that it seems to be. Actually, using too much or applying it incorrectly can cause a variety of hair issues, such as moisture imbalance, protein accumulation, plugged pores, and hair breakage.

Despite being widely used, there aren't many thorough assessments looking into the possible harm that coconut oil might do to hair. By combining the body of knowledge already available on the subject, this review seeks to close this knowledge gap. This review aims to offer a comprehensive understanding of the possible hazards involved with using coconut oil for hair care by examining the chemical makeup of the oil, its impact on hair structure and function, and the repercussions of overusing it. In the end, this study seeks to advise safe usage and emphasize the necessity of exercising caution when using coconut oil to support gorgeous, healthy hair.

➤ Hair :-

An essential role for hair in the human body. Given that hair is regarded as one of the key components that enhance a person's appearance, it is crucial to take proper care of your hair. Hairs are the protrusions from the skin's follicles and are characterized as "improved epithelial structure formed as a result of keratinization of germinative cells." On the face, scalp, skin, and so on, hair can be found.

One of the things that makes people beautiful is their hair, and healthy scalps are essential for healthy hair growth. It is the layer of skin made up of soft tissue that covers the head's hair-growing region and the skull. Sebaceous glands and a large number of hair follicles make up the scalp. The pH of the hair shaft is 3.671 and the pH of the scalp is 5.5. The environment is more prone to mycotic diseases such as severe dandruff, tinea capitis, scalp psoriasis, scalp folliculitis, head lice, and even alopecia² because of the existence of sebaceous glands and environmental cycles.

➤ Goal:-

This review paper's goal is to assess coconut oil's possible harm to hair critically and investigate how it may affect the structure, function, and general health of hair.

➤ **objective:-**

1. To investigate the chemical makeup of coconut oil and how it interacts with the proteins and structures of hair.
2. To provide a thorough analysis of the current state of knowledge on the topic, highlighting gaps and areas for future research.
3. To identify potential risks and damage associated with excessive or improper use of coconut oil for hair care.
4. To review the existing literature on the effects of coconut oil on hair, including protein buildup, clogged pores, and moisture imbalance.
5. provide advice on safe use and possible substitutes or mitigation techniques for people who use coconut oil for hair care.

❖ **Analysis and Assessment of coconut oil :-**

➤ **Advantages:-**

Extensive analysis:- The study covers several facets of hair structure and function in order to give a complete examination of the possible harm that coconut oil may do to hair.

2. Clear organization:- The document is organized clearly, making it simple to read and comprehend the author's points of view.

3. Use of evidence:- The author lends credibility to the review by using existing literature to back up their assertions.

4. Objective tone:- The report presents a fair and impartial analysis of the subject.

➤ **Factors of weakness:-**

1. Restricted scope:- The study ignores any possible advantages in favor of concentrating only on the detrimental effects of coconut oil on hair.

2. Lack of original research:- The review does not present any new or original research; instead, it draws from previously published studies.

3. Some claims are not detailed enough:- Some claims, such "excessive use" of coconut oil, need to be clarified.

4. No clear recommendations:- There is no specific advice on safe usage or coconut oil substitutes in the paper.

➤ **Improvement suggestions:-**

1. Provide a fair-minded perspective: Talk about the possible advantages of using coconut oil for hair care.

2. Perform original research:- Contribute fresh information or insights to the corpus of current knowledge.

3. Define precise usage rules and boundaries for "excessive use" ; clarify ambiguous language.

4. Offer doable suggestions:- Give precise instructions on safe usage, substitutes, or mitigating tactics.

❖ **Toxicity and Safety:-**

coconut oil is typically regarded as safe for topical application, it is important to take into account both its safety and toxicity profile when assessing the possibility of hair damage.

Toxicity:- For the majority of people, coconut oil is neither harmful nor irritating to the skin or scalp. On the other hand, some persons might have sensitivities or allergic responses.

Systemic toxicity:- Although consuming too much coconut oil can cause stomach problems because of its high saturated fat content, it is generally safe to consume.

Toxic effects on hair and scalp:- Overuse of coconut oil on the hair and scalp can result in accumulation, plugged pores, and irritation, which can cause harm and discomfort.

Interactions:- The effects of other hair care products or drugs may be enhanced or diminished by coconut oil.

❖ **Safety measures to take:-**

Before applying coconut oil to your hair or scalp, do a patch test.

- Begin with tiny quantities and raise them gradually as necessary.

- Do not apply coconut oil to skin or scalp that is cracked, inflamed, or injured.

- Avoid getting coconut oil in your eyes or mucous membranes.

Consume coconut oil sparingly, if at all.

❖ **Regulated Status:-**

- The FDA has classified coconut oil as generally recognized as safe (GRAS) for topical use. However, rules and regulations may apply to its use in hair care products.

II. Result:

This review's rigorous examination of coconut oil's ability to harm hair has revealed a complicated and multidimensional problem. Although coconut oil is frequently hailed as a hair care miracle worker, the research indicates that misuse or overuse may cause moisture imbalance, plugged pores, protein buildup, and eventually hair damage.

The review's conclusions emphasize the need for caution when using coconut oil to take care of hair. The possible hazards must be understood in order to take precautions against them. Some of these precautions include using coconut oil sparingly, selecting refined or fractionated coconut oil, and avoiding applying it to the scalp.

This review also emphasizes how crucial it is to take into account each person's unique hair type, requirements, and porosity when using coconut oil. A tailored strategy is essential since what works for one individual might not work for another.

In the end, this review seeks to advance knowledgeable decision-making among individuals and hair care experts by fostering a more sophisticated comprehension of the effects of coconut oil on hair. We can maximize the benefits and minimize the risks of coconut oil by understanding both of its advantages and disadvantages.

➤ **Future Courses:-**

To properly comprehend coconut oil's effects on hair, more research is required, especially with regard to long-term use and individual variability. Furthermore, research on alternative hair care products and techniques would be beneficial for people who want to reduce hair damage.

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