

GLOBAL JOURNAL OF ENGINEERING SCIENCE AND RESEARCHES BENEFICIAL PROSPECTS OF ALLIUM CIPA FOR HEALTHY LIFE STYLE

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ABSTRACT

Onions are cultivated and consumed across the globe. They are usually served cooked. They are laden with benefits, whether it is raw onions or cooked onions. Raw onions have higher levels of organic sulfur compounds that propose numerous benefits. This case study reveals the beneficial prospects of onion for healthy lifestyle.

Keywords: *Onion, Chemical, Sulphur, cultivated, etc.*

I. INTRODUCTION

Onions are among the most widely adapted vegetable crops. They can be grown from the tropics to subarctic regions. This adaptation is primarily due to differing response to day length. They occurred in red and white varieties and were sweet, strong, or intermediate in flavor. Onion belongs to genus *Allium*.

The bulb onion has short stem with fleshy leaves. It acts as a food reserve that helps the plant survive during harsh weather conditions. The onion plant has bluish-green leaves, and the bulb at the base begins to swell after a certain period. Onion contains many chemicals that are beneficial for healthy life style.

Common onion (*Allium cepa* L.) is one of the oldest cultivated plants, utilized worldwide as both vegetable and flavorings. Despite the predominant use of this plant as food, a wide range of beneficial effects have also been proved. This species is known to contain sulphur amino acids together with many vitamins and minerals. A variety of secondary metabolites, including flavonoids, phytosterols and saponins, have also been identified. Different biological properties, such as antioxidant, antimicrobial and antidiabetic, have been reported. The aim of this review is to provide an overview of the studies concerning the beneficial effects of this species on hair Morphology and growth.

Nutrients in the onion juice applied to the hair may nourish the hair follicles, which might increase volume, shine, and improve hair strength. The extra nutrition may also minimize breakages and thinning. As well as conditioning, using onion juice may also promote new hair growth in some people.

II. METHOD

Following steps are adopted to prepare onion juice

- Onion is peeled and chopped into small pieces
- Onion juice are extracted by squeezing it.
- Onion juice are applied to scalp and to the root of hairs.

This study is done by applying the onion juice twice daily over the course of several weeks.

To study the effect of consuming onion on hair, different Parameters are used. Which are listed in the table

Serial No.	Property of Hair	Cooked Onion	Raw Onion	Onion Juice
1	Texture	Smooth	Smoother	Smoothest
2	Lusture	Shiny	Shinier	Shiniest

3	Length	Long	Longer	Longest
4	Colour	Dark	Darker	Darkest
5	Density	High	Higher	Highest

III. DISCUSSIONS

The reason onion juice help in improve the health of the hair is:

Dietary sulfur

Onion juice help hair re growth as it contains dietary sulfur. Sulfur is one of the most common minerals in the body. It is needed for adequate production of enzymes and proteins. Sulfur is also found in keratin, which is one of the components of hair. Sulphur is very essential to improve the body's collagen production Collagen is another structural protein in the human body that helps build keratin by producing some of the amino acids used by keratin to support hair and hair health.

The collagen in the hair also helps promote better and more nourished hair follicles, which can produce healthier and stronger hair strands with improved hair growth.

The sulfur in onion juice may provide the hair with the nourishment it needs to grow. It may also increase the growing phase of the hair.

Anti-microbial properties

Onions have anti-bacterial properties, which may help fight scalp infections. In some cases, a scalp infection can contribute to hair loss. A healthy scalp is more likely to have strong hair follicles.

Antioxidants

Onions contain antioxidants, such as flavonoids. Antioxidants are believed to protect the body from free radicals. Free radicals are thought to contribute to the aging process. For example, free radicals may destroy the hair follicles and lead to thinning and loss of the hair. Cancelling out or decreasing free radicals may reduce damage to the hair follicles.

IV. CONCLUSION

Although the use of onion juice is not going to grow hair quickly. It takes a commitment to applying the onion juice twice daily over the course of several weeks to see if positive results can be achieved. Even if the use of onion juice does not produce a full head of hair, it probably will not damage existing hair. So, for some people with hair loss, the use of Raw onion juice may be a possible natural remedy than cooked onion.

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