SIGMA UNIVERSITY

Mehendi

Synonym:

Gujarati: Mehendi

Hindi: Mehendi / Hina

English: Henna

Botanical name: Lawsonia inermis

Family: Lythraceae

Chemical Constituent:

- Naphthoquinones: Lawsone (2-hydroxy-1,4-naphthoquinone – main dye constituent)
- Flavonoids: Luteolin, Apigenin
- Tannins
- Gallic acid & other phenolic compounds
- Resins & carbohydrates

Therapeutic Effect:

- Antimicrobial: Effective against bacteria and fungi
- Anti-inflammatory: Reduces swelling and irritation

- Astringent: Useful in diarrhea and skin conditions
- Cooling effect: Traditionally applied for fever and headaches
- Wound healing: Promotes tissue repair
- Hair care: Strengthens hair, prevents dandruff

Marketed preparation:

- Henna Powder: Used for hair dyeing and body art
- Henna Oil: Applied for scalp and skin conditions
- Ayurvedic Formulations: Mehendi-based ointments for skin infections
- Cosmetic Products: Shampoos, conditioners, herbal hair pack

Key Constituents:

- Lawsone – natural dye, antimicrobial
- Flavonoids (Luteolin, Apigenin) – antioxidant, anti-inflammatory
- Tannins – astringent, antimicrobial

Uses:

- **Medicinal:**
  - **Treats skin diseases, fungal infections, wounds**
  - **Used in diarrhea and dysentery (as astringent)**
- **Cosmetic:**
  - **Natural hair dye and conditioner**
  - **Body art (mehendi designs)**
- **Traditional:**
- **Cooling agent applied to palms and soles**
- **Ritual use in weddings and festival**