

# Formulation and Evaluation of Sesame Seed Oil (*Sesamum indicum* L) Conditioning Shampoo

## ABSTRACT

Al-Qanun Fi'l Tibb II is a materia medica book by Ibn Sina that discusses plants and components of plants that are efficacious for hair, one of which is sesame seed oil (*Sesamum indicum* L). Sesame seed oil containing fatty acids is useful for stimulating hair growth, reducing hair loss, and softening hair. This study aims to formulate sesame seed oil into a conditioning shampoo and to evaluate the physical characteristics and stability of the sesame seed oil conditioning shampoo. Sesame seed oil conditioning shampoo was made with sesame seed oil concentrations of 0% (F1), 5% (F2), 10% (F3), and 15% (F4). The physical characteristics and stability evaluations carried out included organoleptic, homogeneity, pH, rheological-viscosity, cleanability, foaming ability, conditioning effect, stability test at room temperature for 28 days, cycling test, and centrifugation test. The results of the evaluation of sesame seed oil conditioning shampoo with a concentration of 10% (F3) met the requirements for conditioning shampoo and were also physically stable. The hedonic test was also carried out with the result that the formula containing a concentration of 10% sesame seed oil (F3) had the highest score of 4. Qualitative test by identifying the nutritious ingredients in the preparations showed the presence of oleic acid in all formulations containing sesame seed oil

**Keywords:** Al-Qanun Fi'l Tibb II, sesame seed oil, conditioning shampoo, oleic acid, evaluation