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Short Communication

## Chenghi: a famous hair lotion used by women of early Manipur

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Women of Manipur in earlier times in generally had long thick, silky, shiny and soft hairs. Beautiful hairs in women are one the most beautiful assets even in the modern world. Women generally are much concern with skin and hair and its never-ending journey to find the best way to make themselves look young and pretty. The methods and different ways in those days however are lengthy yet pure without any harmful materials or adulteration. And most importantly, everyone in the household would know and prepare these natural products at home for their personal use. It was needless to buy from another place and also readymade products were not available in those days. But gradually time has change and the way people take care of themselves has drastically evolved replacing the old traditional ways. They opt for more convenient ways, easy to use and less time-consuming ways. The rise of industrialization and increasing business minded people led to the development of beauty products that are easily available, easy to use, no need to prepare each time before use however are based on chemical products and less of natural ingredients. The mass production of such beauty product has made people to leave the pure, conventional ways of preparing beauty products and moved to the easily available chemical products. However, the quality of hair in those days are still better and long lasting even with aged. Early grey hairs were hardly observed in those days and some people never even had complete grey hairs in their entire lives i.e., old age till death.

Women folks in Manipur especially, the Meitei community residing at the valley areas of the state are all aware of the ingredients and methods of making hair lotion locally known as “Chenghi” and making of natural shampoo which are free of any harmful chemicals. These secrets retain its value for a very long time until people started leaving the conventional ways of

hair care treatment and move to easily available chemical products. Originally the meaning of Chenghi is the rice water where the base of this hair lotion is rice water with a lot of plant parts that enhance the growth and luster with deep conditioning. There are a long list of valuable plants or parts of plants used for making this hair lotion. However, there are some basic plants that are used as a mandatory ingredient of Chenghi.

### Major ingredients of hair lotion (Chenghi)

Some important plants to be added to the base rice water include *Aegeratum conyzoides*, *Pogostemon parviflorus*, *Perilla frutescens*, *Spilanthes paniculata*, *Hibiscus rosa sinensis*, *Centella asiatica*, *Embllica officinalis*, *Gynura cusimbua* and *Artemisia maritima*. However, people also add many other medicinal plants depending upon the availability. The list of medicinal plants that may be added are listed in Table 1. However, the most common ingredients are listed in Table 1 and Figure 1.

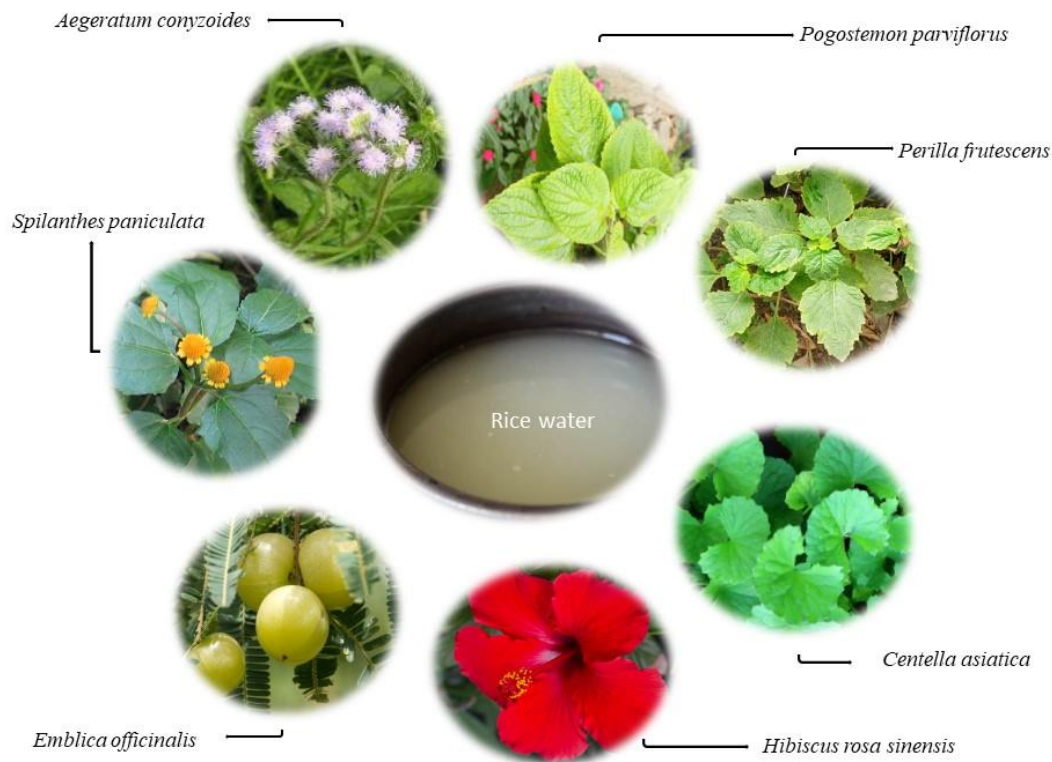
**Table 1: Key ingredients used in preparing Chenghi**

Plant	Local Name/ Common Name	Parts Used	Family
<i>Aegeratum conyzoides</i>	Khongjai nappi	Whole plant	Asteraceae
<i>Pogostemon parviflorus</i>	Sangbrei	Leaves	Lamiaceae
<i>Perilla frutescens</i>	Khamella	Leaves	Lamiaceae
<i>Spilanthes paniculata</i>	Lalukok	Whole plant	Asteraceae
<i>Hibiscus rosa sinensis</i>	Hibiscus	Leaves	Malvaceae
<i>Centella asiatica</i>	Peruk	Whole plant	Apiaceae
<i>Embllica officinalis</i>	Heicru/ Amla	Fruit	Phyllanthaceae
<i>Gynura cusimbua</i>	Tera paibi	Whole plant	Asteraceae
<i>Artemisia maritima</i>	Leibakngou	Leaves	Asteraceae

**Table 2: Other plants that may be added**

Plant	Local Name/ Common Name	Parts Used	Family
<i>Allium tuberosum</i>	Maroi Nakuppi	Leaves	Amaryllidaceae
<i>Commelina benghalensis</i>	Wandeng khoibi	Whole plant	Commelinaceae
<i>Oxalis corniculata</i>	Yensil	Whole plant	Oxalidaceae
<i>Rhus hookeri</i>	Heimang	Leaves & Fruit	Anacardiaceae
<i>Vitex negundo</i>	Urik shibi	Leaves	Lamiaceae

<i>Cymbopogon nardus</i>	Citronella grass	Leaves & Stalk	Poaceae
<i>Glycosmis pentaphylla</i>	Yong komla	Leaves	Rutaceae
<i>Xylosma longifolia</i>	Nong- Leishang	Leaves	Flacourtiaceae
<i>Eucalyptus globolus</i>	Nasik	Leaves	Myrtaceae
<i>Artabotrys hexapetalus</i>	Chini Champra	Flower	Annonaceae
<i>Spondias pinnata</i>	Heining	Leaves & Fruit	Anacardiaceae
<i>Anisomeles indica</i>	Thoiding Angouba	Leaves	Lamiaceae
<i>Hydrocotyle sibthorpioides</i>	Lei peruk	Whole plant	Araliaceae
<i>Citrus limon</i>	Heijang	Leaves & fruit peel	Rutaceae
<i>Citrus aurantifolia</i>	Champra	Leaves & fruit peel	Rutaceae
<i>Citrus sinensis</i>	Komla/ Orange	Leaves & fruit peel	Rutaceae
<i>Magnolia hodgsonii</i>	U-thambal angangba	Flower	Magnoliaceae
<i>Tagetes erecta</i>	Sanarei	Leaves	Asteraceae
<i>Tegetes africana</i>	Hao sanarei	Leaves	Asteraceae
<i>Leucas aspera</i>	Mayang Lembum	Leaves	Lamiaceae
<i>Portulaca olearcea</i>	Leibak kundo	Whole plant	Portulacaceae
<i>Meyna laxiflora</i>	Heibi	Leaves	Rubiaceae
<i>Acanthus mollis</i>	Khrishna khumbam	Leaves	Acanthaceae
<i>Citrus maxima</i>	Nobab	Leaves	Rutaceae
<i>Callistemon citrinus</i>	Balab lei	Shoot	Rutaceae
<i>Hibiscus sabdariffa</i>	Silo sougri	Leaves	Malvaceae
<i>Mussaenda roxburghii</i>	Hannu rei	Leaves	Rubiaceae
<i>Acorus calamus</i>	Ok hidak	Young leaves	Acoraceae
<i>Bacopa monnieri</i>	Leibak kundo macha	Whole plant	Plantaginaceae



**Figure 1:** Some common ingredients of Chenghi preparation

## Recommendations

Present study highlights the sustainable use of herbal products without side effects. Study recommends to do the value addition and providing a livelihood a livelihood opportunity as well as the awareness to conserve the plants used to make Chenghi.

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