



HOLY CROSS COLLEGE OF CALINAN, INC
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CITY

THE EFFECTIVITY OF SABA BANANA (*MUSA ACUMINATA*)
WITH COCONUT WATER (*COCUS NUCIFERA L.*) IN
REMOVING DANDRUFF

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November, 2023

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WITH COCONUT WATER (*COCUS NUCIFERA L.*) IN REMOVING
DANDRUFF**

A Research Paper
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of the Holy Cross College of Calinan

In Partial Fulfillment of the Requirements
in Science Investigatory Project

By

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The Researchers

ABSTRACT

Commercial anti-dandruff shampoo is produced to slow down the increase in dandruff cases. However, commercial anti-dandruff shampoo contains sodium lauryl sulfate, a strong chemical, and selenium sulfide, which can cause skin irritations, dry skin, and dry hair, leading to further damage. The purpose of this study is to determine the effectiveness of saba banana and coconut water in removing dandruff. To attain the said objective, two set-ups were prepared, the saba banana with coconut water only and the saba banana with coconut water and tap water.

The product is used by the participants for their hair for 10 minutes every week. The results of each product were compared and the saba banana with coconut water and tap water was more effective than the saba banana with coconut water. This is proved by the survey questionnaire given by the researchers. Therefore, saba banana with coconut water and tap water can be used in removing dandruff and by using this, we can also lessen the chemicals having contact with our skin.

Keywords: *Shelf Life, Saba Banana, and Dandruff*

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INTRODUCTION

Background of the Study

Today, the number of dandruff cases is increasing by approximately 50% of the general adult population worldwide (Dermatol, 2015). This is due to either having a seborrheic dermatitis or because one is reaching puberty. Therefore, to slow down the increase in dandruff cases, commercial anti-dandruff shampoo is produced. But, according to the study of Goodhart (2020), commercial anti-dandruff shampoos contain sodium lauryl sulfate, a strong chemical, and selenium sulfide which can cause skin irritations, dry skin, and dry hair leading to further hair damage (Choulis, 2014).

Therefore, the researchers thought of conducting a study using the saba banana (*Musa acuminata*) with coconut water (*Cocos nucifera* L.) as an alternative in addressing dandruff issues. Based on research, saba banana (*Musa Acuminata*) contains potassium, magnesium, vitamin C, vitamin B6, fiber, and dietary fiber which prevents breakage and promotes healthy hair (Arnarson, 2023). On the other hand, coconut water accommodates the same components of Saba banana such as potassium, magnesium, and antioxidants, making it a great option for softening hair and smoothing properties. Thus in this investigation, the potential of saba banana fruit with coconut water as the main raw material to the product is tested.

Statement of the Problem

This study aims to determine the effectiveness of saba banana and coconut water as an anti-dandruff compared with saba banana with a combination of coconut water and tap water. Specifically, it seeks to answer the following statements:

1.) Is Saba Banana effective in removing dandruff when mixed with:

1.1 coconut water; and

1.2 coconut water and tap water?

2.) Which set-up is more effective in removing dandruff:

2.1 saba banana with coconut water; and

2.2 saba banana with coconut water and tap water?

Hypothesis

Natural anti-dandruff shampoo made of Saba banana and coconut water lessened or eliminated dandruff formation.

Materials and Method

This study is composed of four phases: Phase I – Collection of Materials, Phase II – Saba Banana and coconut water conditioner preparation, Phase III – Dandruff experimentation, and Phase IV – Data collection and analysis. All experimental procedures are done in the Science Laboratory of Holy Cross College of Calinan (HCCC). The unit of analysis in this study is the use of Saba bananas with coconut water to remove dandruff.

Phase I – Collection of the Saba Banana with Coconut Water Materials

The experiment aimed to know if saba banana with coconut water can remove dandruff. The following materials were needed:

- Saba Banana (*Musa Acuminata*)



- Coconut Water (*Cocus nucifera* L.)



- Tap water



- Mortar and Pestle



- Spoon, Fork
and Plate



- Bowl



Phase II–Saba Banana and Coconut Water Puree Preparation Collection of Materials

The saba banana (*Musa acuminata*) and coconut water (*Cocus nucifera* L.) are purchased from the public market of Calinan, Davao City. These are the following steps the researchers that are followed in experimenting:



- Step 1 - The 1-kilo saba banana is cleaned
with tap water.
- Step 2 - Cut the 1-kilo saba banana into smaller pieces
and mash using a mortar and pestle (fork
can be an alternative).
- Step 3 - Put the mashed banana in a bowl with 15
tablespoons of coconut water and mix it
thoroughly using a spoon until the ingredient
becomes viscous and bubbly.
- Step 4 - After the mixing, the viscous formula of the 1-
kilo, which is mashed, saba banana with
coconut water is what we are going to use for the
experiment.



On the other hand, these are the following steps the researchers that are followed in doing the second set-up of the experiment:

- Step 1 - The 1-kilo saba banana is cleansed
thoroughly by tap water.
- Step 2 - Cut the 1-kilo saba Banana into
smaller pieces and mash using mortar and pestle
(fork can be an alternative).



- Step 3 - Put the mashed banana in a bowl with 10 tablespoons of coconut water and 10 tablespoons of tap water, and mix it thoroughly using a spoon until the ingredients get viscous and bubbly.
- Step 4 - After the mixing, the viscous formula of the 1-kilo saba banana with coconut water and tap water is what we are going to use for the experiment.



Phase III – Product Testing

The experiment took place at the T.L.E Laboratory in Holy Cross College of Calinan (HCCC). Whereas, the safety of the ingredients used is assured. There are 2 set-ups in the experiment; the first is the saba banana with coconut water and the second is the saba banana with coconut water and tap water. Firstly, the first treatment is applied after washing the hair wet with tap water. Then the product, saba banana with coconut water, is put in the scalp and gently massaged. Leave it for 10 minutes. After the application of time, it is rinsed thoroughly; the second treatment which is the saba banana with coconut water and tap water is applied after washing the hair with tap water. The process of applying is the same as the first treatment. The researchers observed the number of dandruff in the hair of the individuals, who did the treatment, every week and checked if the removal of dandruff has been able to get improvements. Expectations of results are gathered after the given time.

Phase IV - Data and Analysis

After the contribution of the finished product of the saba banana with coconut water and saba banana with coconut water and tap water in the treatment groups, the data for the removal of dandruff is taken every three days within one week. The researchers collect the data over 1 week from 10 participants with mild to moderate dandruff. The researchers chose individuals regarding their hair dandruff and asked them how effective the saba banana with coconut water and saba banana with coconut water and tap water in removing the dandruff on their hair.

The researchers computed the mean of the ratings given by the respondents for the application of the product in the hair. They used the range to determine the interpretation of the result:

Table 1. Interpretation Table

Range	Description	Interpretation
4.3 – 5.0	Very Effective	All dandruff is removed.
3.5 – 4.2	Effective	Almost all dandruff is removed.
2.7 – 3.4	Somewhat Effective	A small amount of dandruff is removed.
1.9 – 2.6	Needs Development	It is not clear if the dandruff is removed or not.
1.0 – 1.8	Ineffective	The dandruff is not removed.

RESULTS

This investigation determined the effectiveness of Saba banana (*Musa Acuminata*) with Coconut water (*Cocus Nucifera* L.) as presented in the following table and graph.

Research Question #1: Is saba banana effective in removing dandruff when mixed with coconut water and a combination of saba banana and coconut water and tap water?

Table 2: Level of Effectiveness of the Different Treatments to Remove Dandruff in Hair.

Treatments	Mean	Description	Interpretation
Saba Banana with Coconut Water	2.8	Somewhat Effective	A small amount of dandruff is removed.
Saba Banana with Coconut water and tap water	2.9	Somewhat Effective	A small amount of dandruff is removed.

The results that are shown above in Table 2 observed respectively that the percentage of the individuals rating the use of natural products which is saba banana (*Musa Acuminata*) with coconut water (*Cocus Nucifera* L.) has a rate of 2.8 which is equivalent to 3 that has a range of 2.7 – 3.4. The rate is 1% lower than the saba banana with coconut water and tap water which has a mean of 2.9 which is equivalent to 3 which has a range of 2.7 – 3.4.

Table 3: Treatment Results

	Before	After
Saba Banana with Coconut water		
Saba Banana with Coconut water, tap water		

The table that is presented above emphasizes the documentation of the scalp of the respondents before and after one (1) week. Compared to the initial measurement, a minimal noticeable decrease in dandruff severity was observed for the saba banana with coconut water treatment. Mixed results were observed for the combination of saba bananas with coconut water and tap water, in which some participants experienced similar and better improvements to Setup 1, while others showed little or no change.

Research Question #2: Which set-up is more effective in removing dandruff; the saba banana with coconut water or with the combination of saba banana with coconut water and tap water?

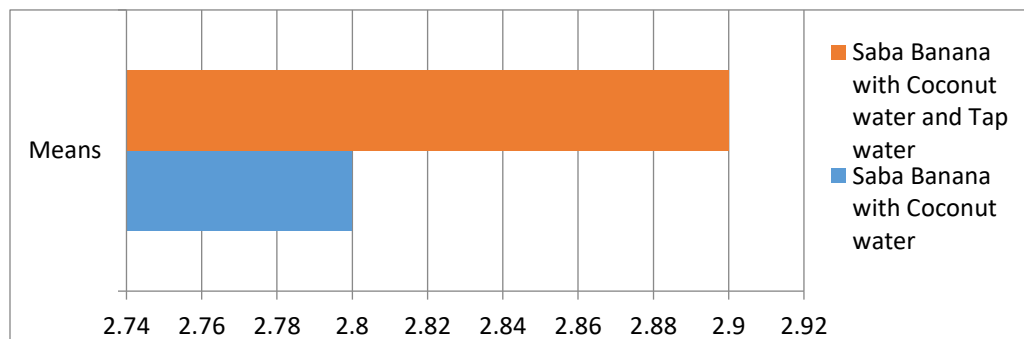
**Figure 1: Comparison of Survey Results Among the Two Set-ups**

Figure 1 which is shown above reveals the rating of the respondents on the efficacy of various dandruff treatment methods. The researchers identified the comparing results between two different set-ups. The total means of 2.8 and 2.9 represent the average scores obtained from surveys administered to participants in each set-up. On average, participants rated the saba banana with coconut water treatment at 2.8, indicating moderate satisfaction, and adding tap water to the mix slightly increased satisfaction to 2.9. Hence, these results highlight the importance of considering both objective measurements and subjective feedback when evaluating the effectiveness of dandruff treatments.

DISCUSSION

The observation of the severity of dandruff among participants after one week of treatment with saba banana with tap water and saba banana with coconut water and tap water prompts a critical discussion on the efficacy of this natural remedy. Saba banana and coconut water have been traditionally believed to possess anti-inflammatory and moisturizing properties beneficial for scalp health (Watson, 2019). It was also supported by the study of Dunggan (2022) as he shared that coconut water contains anti-inflammatory properties, which are beneficial for flaky scalps. Nevertheless, the effectiveness of saba banana and coconut water in the treatment of serious dandruff may be limited. According to the study of Patel et al. (2019), it showed that it was difficult to apply and use natural remedies solely for the treatment of long-term dandruff. Despite their potential as supplementary treatments, natural ingredients like saba banana and coconut water may not offer the targeted anti-fungal or anti-inflammatory action necessary to lessen severe dandruff effectively (Patel et al., 2019) even if water is added. Also, the substances of a banana can cause itchiness if even a little bit is left on for too long (GHC, 2019), which the respondents has commented about.

Furthermore, the treatment relatively has a short shelf-life regarding its practical application in dandruff removal. Maintaining stability and effectiveness over time may be difficult due to the perishable character of saba banana and coconut water. Based from the research of Mercier and Uysal (2019), it was pointed out that storage conditions play a key role in maintaining quality and shelf life for perishable foodstuffs. Due to the limited shelf life of the saba banana with coconut water, the efficacy of the sustainable dandruff treatment option may be compromised.

In addition, the result of the effectiveness of the saba banana with coconut water is supported by Timesofindia (2024), as her study shows that coconut waters offer a myriad of benefits for the hair. It provides deep hydration and prevents breakage and spilled ends. Washing the hair with coconut water is a natural and refreshing alternative to traditional hair care products. Also, based on resource, bananas are known as one of the great dandruff remedies in the food because bananas are a great source of zinc and biotin (Singh, 2022). Bananas also help manage sebum in the scalp and may be beneficial for the individual's overall health. Hence, there is also a study that contradicts the results of the investigation. Nevertheless, according to GHC (2022), it shows that bananas in the hair should be not stayed for too long as it was discussed there that the disadvantage of having too many bananas in the hair can cause more dandruff than removing the dandruff, and wash the hair and not let it dry in the scalp.

CONCLUSION AND RECOMMENDATION

Conclusion

Based on the results and the survey questionnaires given by the researchers, saba (Musa Acuminata) with coconut water (Cocus Nucifera L.) and tap water worked the best in treating dandruff naturally compared to saba banana (Musa Acuminata) with coconut water (Cocus Nucifera L.). The researchers gathered the findings that confirm the potential of the saba banana and coconut water with tap water treatment as a natural alternative for dandruff management, although less reliable than commercial solutions, as it secures dandruff severity reduction scores, participant feedback, and microbiological analysis.

Recommendation

The researchers recommend to future researchers that individuals should promote the use of remedies that are tested and contain natural-rich components instead of using commercial products that pose harmful risks to their well-being. Also, add other ingredients that can enhance its effect on the hair. Add the days that the product will be tested to see better results. It is also important to find a way to extend the shelf life of the product. Many benefits can be seen in saba banana and coconut water so future researchers must explore and experiment further to create more products.

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APPENDIXES

Appendix 1: Survey Format



HOLY CROSS COLLEGE OF CALINAN, INC.
Davao- Bukidnon Highway, Calinan Poblacion, Davao City

SURVEY QUESTIONNAIRE

SABA BANANA WITH COCONUT WATER AS AN ALTERNATIVE FOR ANTI-DANDRUFF

We are carrying out an evaluation of the efficacy of using Saba banana with coconut water versus Saba banana with coconut water and tap water as an anti-dandruff remedy, to improve both cosmetic manufacturing facilities and to students seeking natural solutions for scalp health improvement. Your response to this survey is crucial in providing the necessary information.

If you have any query about the questionnaire, please do not hesitate to approach any of the researchers. Your honest and sincere response and time given to answer the evaluation is greatly appreciated.

Thank you very much for your cooperation.

Instruction: Please check or supply the information needed in the space provided.

Name (Optional) _____

Part I: Demographic Profile

1. What age group do you belong?

- ☐ 10-15 ☐ 21-30
☐ 15-20 ☐ 31 and above

2. Sex

- ☐ Male ☐ Female

3. What is your occupational status today?

- ☐ Student ☐ Professional
☐ Non-working individual

If you are a student;

4. Year Level

[] Grade 9

[] Grade 10

Part 2: Effectiveness Assessment of Saba Banana with Coconut Water for Anti-Dandruff Treatment

Please indicate the effectiveness of using Saba Banana with Coconut water and Saba Banana with Coconut water and tap water as an alternative for anti-dandruff by checking the appropriate box on the following scale:

1= Not effective at all 2= Occasionally effective 3= Moderately effective 4= Very effective 5= Extremely effective

Saba banana with coconut water		1	2	3	4	5
1	Using Saba banana with coconut water leaves my scalp feeling refreshed and revitalized.					
2	Saba banana with coconut water effectively soothes any itchiness or irritation on my scalp.					
3	Incorporating Saba banana with coconut water into my hair care routine has noticeably reduced the flakiness caused by dandruff.					
4	The natural ingredients in Saba banana with coconut water provide nourishment and hydration to my scalp, promoting healthier hair growth.					
5	Regular use of Saba banana with coconut water has improved the overall health and condition of my scalp and hair.					
6	Saba banana with coconut water provides a gentle yet effective solution for combating dandruff without harsh chemicals.					
7	The combination of Saba banana with coconut water leaves my hair feeling soft, smooth, and manageable.					
8	I've noticed a significant decrease in dandruff flakes since I started using Saba banana with coconut water as an anti-dandruff treatment.					
9	The natural fragrance of Saba banana with coconut water leaves my hair smelling fresh and clean throughout the day.					

	Saba Banana with coconut water and tap water					
1	Using Saba banana with coconut water and tap water provides relief from scalp itching and irritation.					
2	Incorporating Saba banana with coconut water and tap water into my hair care routine significantly reduces the severity of my dandruff.					
3	The natural scent of Saba banana with coconut water and tap water leaves my hair smelling fresh and pleasant.					
4	Saba banana with coconut water and tap water enhances the silkiness and smoothness of my hair.					
5	Saba banana with coconut water and tap water has become an essential part of managing my dandruff effectively.					
6	Regular use of Saba banana with coconut water and tap water has visibly improved the overall health and appearance of my scalp.					
7	I have experienced a noticeable decrease in dandruff flakes since switching to Saba banana with coconut water and tap water as an anti-dandruff remedy.					
8	Saba banana with coconut water and tap water provides a gentle yet effective solution for treating dandruff without harsh chemicals.					
9	My hair feels softer, healthier, and more manageable since using Saba banana with coconut water and tap water for dandruff treatment.					

THANK YOU...

Appendix 2: Raw Data
Age, Sex, and Grade Level

Respondent #	Age	Sex	Status
1	10 - 15	Female	Grade 10 student
2	10 - 15	Female	Grade 10 student
3	10 – 15	Male	Grade 10 student
4	15 – 20	Male	Grade 10 student
5	31+	Female	Non-working professional
6	15 – 20	Female	Grade 10 student
7	15 – 20	Female	Grade 10 student
8	15 – 20	Male	Grade 9 student
9	15 – 20	Male	Grade 10 student
10	15 – 20	Female	Grade 10 student

LEVEL OF EFFECTIVENESS OF SABA BANANA WITH COCONUT WATER IN REMOVING DANDRUFF

Table 1: Saba banana with coconut water

Respondent #	1	2	3	4	5	6	7	8	9	10
Using Saba banana with coconut water leaves my scalp feeling refreshed and revitalized.	2	4	3	3	3	3	3	4	2	4
Saba banana with coconut water effectively soothes any itchiness or irritation on my scalp.	3	3	4	4	3	3	3	3	3	4
Incorporating Saba banana with coconut water into my hair care routine has noticeably reduced the flakiness caused by dandruff.	3	2	5	5	4	3	4	4	3	4
The natural ingredients in Saba banana with coconut water provide nourishment and hydration to my scalp, promoting healthier hair growth.	2	3	3	3	4	3	3	4	2	3
Regular use of Saba banana with coconut water has improved the overall health and condition of my scalp and hair.	4	2	4	4	3	3	4	4	2	3
Saba banana with coconut water provides a gentle yet effective solution for combating dandruff without harsh chemicals.	3	3	5	5	4	3	3	4	1	3
The combination of Saba banana with coconut water leaves my hair feeling soft, smooth, and manageable.	2	4	2	2	3	3	3	5	3	3
I've noticed a significant decrease in dandruff flakes since I started using Saba banana with coconut water as an anti-dandruff treatment.	3	3	3	3	4	4	4	5	3	4
The natural fragrance of Saba banana with coconut water leaves my hair smelling fresh and clean throughout the day.	2	4	5	5	4	4	5	3	4	3

Table 2: Saba Banana with coconut water and tap water

Respondent #	1	2	3	4	5	6	7	8	9	10
Using Saba banana with coconut water and tap water provides relief from scalp itching and irritation.	4	2	3	3	3	3	3	4	2	4
Incorporating Saba banana with coconut water and tap water into my hair care routine significantly reduces the severity of my dandruff.	3	4	4	4	4	3	3	5	3	4
The natural scent of Saba banana with coconut water and tap water leaves my hair smelling fresh and pleasant.	1	4	1	4	4	3	4	4	2	3
Saba banana with coconut water and tap water enhances the silkiness and smoothness of my hair.	2	3	4	3	4	3	3	4	1	4
Saba banana with coconut water and tap water has become an essential part of managing my dandruff effectively.	3	5	3	4	4	3	4	4	2	3
Regular use of Saba banana with coconut water and tap water has visibly improved the overall health and appearance of my scalp.	3	3	3	3	3	4	3	3	2	3
I have experienced a noticeable decrease in dandruff flakes since switching to Saba banana with coconut water and tap water as an anti-dandruff remedy.	4	4	3	4	4	3	3	4	1	5
Saba banana with coconut water and tap water provides a gentle yet effective solution for treating dandruff without harsh chemicals.	3	4	2	4	4	4	4	4	1	3
My hair feels softer, healthier, and more manageable since using Saba banana with coconut water and tap water for dandruff treatment.	2	3	4	3	4	3	4	5	2	4