

## 05. Ayurvedic Cosmetics for Dandruff & Itchy / Flaky Scalp

Dandruff is viewed in Ayurveda as a **Kapha-with-Vata** scalp disorder (oily scales + dryness-itch) often complicated by mild **pitta** inflammation or fungal overgrowth (*darunaka*).

The eight recipes below calm itch, dissolve sticky Kapha flakes, and re-establish a healthy scalp microbiome without harsh synthetic antifungals or sulfates. Batch size ≈ **100 ml / g** retail unless stated.

#	Formulation	Core Goal	Classical Inspiration*
1	<b>Neem-Tulsi Herbal Shampoo (LS-Sulphate-Free)</b>	Daily cleansing, antifungal	<i>Nimba-patra kvatha, Tulasyādi gana</i>
2	<b>Bhringraj-Fenugreek Scalp Oil</b>	Night-before treatment, itch relief	<i>Keshya taila</i> chapter (Bh. P.)
3	<b>Triphala-Reetha Clarifying Hair Rinse</b>	Weekly sebum & flake reset	<i>Triphala kvatha</i>
4	<b>Lodhra-Lemongrass Exfoliant Gel Mask</b>	10-min prewash scrub for thick plaques	<i>Lodhra-khadira lepa</i>
5	<b>Aloe-Licorice Leave-On Toner (pH 4.5)</b>	Post-wash acid-balance & soothe	<i>Yashtimadhu svarasa</i>
6	<b>Musta-Trikatu Dry Shampoo Powder</b>	Between-wash Kapha control	<i>Musta-trikatu udgarṣaṇa</i>
7	<b>Sariva-Coriander Cooling Serum</b>	For Pitta-itch "red dandruff"	<i>Sarivādi gana</i>
8	<b>Probiotic Hibiscus Hair Mist</b>	Microbiome support, shine	Traditional <i>Japa</i> kalka, modern lacto-ferment

\*Lineage shows textual root; formulas are modernised & preservative-compliant.

### 1. Neem-Tulsi Herbal Shampoo (200 ml PET)

Ingredient	Qty
Neem-leaf decoction 30 %	60 ml
Tulsi hydrosol	40 ml
Coco-glucoside (9 %)	18 ml
Decyl glucoside (6 %)	12 ml
Aloe juice	30 ml
Glycerin	6 ml
Xanthan gum	0.6 g
Polyquater-10 (hair feel)	0.3 g
Sodium benzoate	0.9 g
Tea tree EO 0.5 %	1 ml
Citric acid → pH 5.3	q.s.

#### Method

- Bloom xanthan in glycerin; disperse into cooled decoction + hydrosol + aloe.
- Stir in glucoside surfactants; add polyquater-10.
- Preserve, scent, pH-adjust; bottle foaming-cap.

**Indications** light-moderate dandruff, oily-itch scalp.

**Contra-indications** very dry scalp (pair with oil pre-treatment).

### 2. Bhringraj-Fenugreek Scalp Oil (100 ml)



Ingredient	Botanical	Qty
Sesame oil	—	60 ml
Coconut oil	—	30 ml
Bhringraj powder	<i>Eclipta alba</i>	6 g
Fenugreek seeds (coarse)	<i>Trigonella foenum-graecum</i>	3 g
Camphor crystals 0.3 %	—	0.3 g
Rosemary EO 0.6 %	<i>R. officinalis</i>	0.6 ml

**Sneha-pāka:** boil powders in 240 ml water + oils → reduce till water evaporates; filter; cool < 45 °C; dissolve camphor & EO.

**Use** warm 2 tsp, massage scalp, leave 30 min-overnight; shampoo.

**Indications** dry flakes, itch, post-wash tightness.

**Contra-indications** extremely sensitive Pitta scalp (reduce camphor/rosemary).

### 3. Triphala-Reetha Clarifying Rinse (Single use)

Ingredient	Qty
Triphala kvatha concentrate	30 ml
Reetha (soapnut) shells	3 g
Lemon juice	1 ml
RO water	to 500 ml lukewarm

**Method:** Soak cracked reetha in hot kvatha + water 30 min; strain; mix lemon; pour over scalp post-shampoo; light massage; rinse plain water.

**Indications** weekly sebum flush, post-styling product buildup.

**Contra-indications** color-treated hair (may de-tone).

### 4. Lodhra-Lemongrass Exfoliant Gel Mask (50 g, thick gel)

Ingredient	Botanical	Qty
Lodhra bark micro-grit	<i>Symplocos racemosa</i>	3 g
Aloe gel	—	30 g
Lemongrass EO 0.4 %	<i>Cymbopogon citratus</i>	0.2 g
Salicylic acid (BHA) 1 %	—	0.5 g
Propanediol	—	2 g
Hydroxyethyl-cellulose	—	0.6 g
RO water	to 50 g	
Sodium benzoate	0.4 g	
pH 4.2 (lactic acid)	q.s.	

Massage on scalp patches 5 min; rinse.

**Indications** stubborn thick plaques, “sticky” dandruff.

**Contra-indications** salicylate allergy, broken scalp skin.

**5. Aloe-Licorice Leave-On Toner (pH 4.5, 100 ml spray)**

Ingredient	Qty
Aloe juice (cold)	60 ml
Licorice cold infusion 5 %	30 ml
Zinc PCA 0.3 %	0.3 g
Panthenol 1 %	1 g
Levulinic-anisic acid preservative	0.8 g
Lavender hydrosol	to 100 ml

Spritz damp scalp after wash or between washes.

**Indications** itch, redness, prevents rapid flake build-up.

**Contra-indications** aloe allergy.

**6. Musta-Trikatu Dry Shampoo Powder (50 g shaker)**

Ingredient	Botanical	Qty
Musta rhizome powder	<i>Cyperus rotundus</i>	15 g
Arrowroot starch	—	20 g
Trikatu powder	Zingiber-Piper mix	3 g
Kaolin clay	—	10 g
Vetiver powder	<i>Vetiveria zizanioides</i>	2 g

Tap on roots; brush through.

**Indications** oily scalp days, travellers.

**Contra-indications** high Pitta scalp (omit trikatu).

**7. Sariva-Coriander Cooling Serum (30 ml dropper)**

Ingredient	Qty
Sariva decoction (strong)	15 ml
Cucumber hydrosol	10 ml
Sodium hyaluronate 0.2 %	0.06 g
Coriander seed EO 0.3 %	0.09 g
Leuconostoc-radish ferment	0.75 g
Xanthan	0.25 g
RO water	to 30 ml (pH 5.3)

Spot-apply on hot, itching “red dandruff.”

**8. Probiotic Hibiscus Hair Mist (100 ml)**

Ingredient	Qty
Hibiscus petal ferment <sup>1</sup>	60 ml
Green tea hydrosol	25 ml
Lactobacillus ferment lysate 1 %	1 g



Ingredient	Qty
Glycerin	4 ml
Sodium levulinate	0.8 g
Fragrance-free	—

<sup>1</sup>24-hour lacto-ferment of dried *Hibiscus rosa-sinensis* petals in 2 % jaggery water.

Spray post-wash; leave-in.

**Indications** microbiome rebalance after antifungal rounds, adds shine.

**Contra-indications** extreme Pitta sensitivity to slight acidity (patch-test).

## Usage Road-Map

Routine	Product
<b>Pre-wash (1-2× week)</b>	Bhringraj-Fenugreek Scalp Oil → Lodhra-Lemongrass Gel Mask (for thick flakes)
<b>Wash</b>	Neem-Tulsi Shampoo (daily or alt-day)
<b>Rinse boost (weekly)</b>	Triphala-Reetha Clarifying Flush
<b>Post-wash leave-on</b>	Aloe-Licorice Toner or Sariva-Coriander Serum
<b>Between washes</b>	Musta Dry-Shampoo + Hibiscus Probiotic Mist

## Contraindication Summary

- Open wounds / active psoriasis plaques → avoid exfoliant mask & strong EO.
- Salicylate-sensitive clients → skip Lodhra mask (contains BHA).
- Pregnancy / lactation → limit rosemary, lemongrass EOs to <0.5 %; avoid salicylic peel.