

06. Ayurvedic Cosmetics for Thin / Weak Hair (Follicle-Strengthening & Volumising “Keshya” Therapies)

Thinning, break-prone strands signal depleted **Rasa-Rakta** nourishment, aggravated **Vata** in the scalp, and weak **Asthi / Majjā** support.

The eight preparations below combine classical **Keshya** (“hair-promoting”) herbs—**Bhringraj, Neeli, Brahmi, Amla, Methi, Japa**—with modern, barrier-safe carriers. Batch sizes are **100 ml / g** retail unless noted.

#	Formulation	Core Goal	Classical Inspiration*
1	Neelibhringādi Scalp Oil “Concentrate”	Gold-standard regrowth & darkening oil	<i>Neelibhringādi taila</i> (Kerala Ashtavaidya)
2	Methi-Brahmi Overnight Hair Mask	Boost follicle nutrition, reduce breakage	Methi kalka + Brahmi sneha
3	Triphala-Amla pH-4 Rinse	Post-wash cuticle seal, antioxidant	<i>Triphala kashāya</i>
4	Kesharāja (“Bhringraj”) Tonic Spray	Water-light daily stimulator	<i>Keshya gana</i>
5	Ashwagandha-Bala Scalp Milk	Stress-Vata soothing leave-on	Bala-Aśvagandhādi taila
6	Rosemary-Neeli Follicle Serum	DHT-modulating, micro-circulatory	Neeli sneha + modern rosemary CO ₂
7	Hibiscus-Shikakai Gentle Shampoo Bar	Sulfate-free cleanse, minimal shedding	<i>Japa-shikākāy snāna yoga</i>
8	Gotu Kola-Sesame Hair Gummies (30 pcs)	Internal rasāyana for keratin matrix	<i>Mandukaparni ghṛita</i>

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

1. Neelibhringādi Scalp Oil “Concentrate” (100 ml amber)

Ingredient	Botanical	Qty
Sesame oil	<i>Sesamum indicum</i>	60 ml
Virgin coconut oil	—	30 ml
Fresh Neeli (indigo) paste	<i>Indigofera tinctoria</i>	6 g
Bhringraj powder	<i>Eclipta alba</i>	4 g
Amla coarse powder	<i>Emblīca officinalis</i>	3 g
Cow’s milk	—	200 ml (decoction)
Goat’s milk	—	100 ml (decoction)
Vit E	—	0.6 ml
Rosemary EO 0.4 %	<i>R. officinalis</i>	0.4 ml

Sneha-pāka Method

1. Boil herbs in mixed milk + 400 ml water → reduce to 100 ml.
2. Add filtrate to oils; simmer low until water phase fully evaporates (bubble test).
3. Cool < 45 °C; stir Vit E & rosemary EO; strain.

Indications diffuse thinning, premature greying, Vata-Pitta scalp.

Contra-indications dairy allergy on broken scalp; very oily Kapha scalp (dilute with lighter oil).

2. Methi-Brahmi Overnight Hair Mask (50 g paste for 2-3 uses)



Ingredient	Botanical	Qty
Fenugreek seed soak-paste	<i>Trigonella foenum-graecum</i>	20 g
Fresh Aloe gel	<i>Aloe barbadensis</i>	15 g
Brahmi powder (fine)	<i>Bacopa monnieri</i>	3 g
Licorice powder	<i>Glycyrrhiza glabra</i>	2 g
Coconut milk	—	q.s. to 50 g

Steps

1. Soak 10 g methi seeds 6 h → grind smooth.
2. Fold aloe, brahmi, licorice; thin with coconut milk to custard.
3. Apply scalp-to-tip; wrap; leave 2 h-overnight; rinse mild shampoo.

Indications dry brittle hair, postpartum shed.

Contra-indications high Kapha dandruff (may feel heavy).

3. Triphala-Amla pH-4 Rinse (Single-use 500 ml)

Ingredient	Qty
Triphala decoction (1 %)	350 ml
Amla juice (fresh)	30 ml
Apple-cider vinegar	10 ml
RO water	to 500 ml

Pour over shampooed hair; massage 1 min; final cool splash.

Indications cuticle sealing, shine, mineral-water scalp.

Contra-indications color-treated very porous hair (test).

4. Kesharāja Tonic Spray (100 ml mist)

Ingredient	Qty
Bhringraj aqueous extract 5 %	35 ml
Gotu kola hydrosol	30 ml
Niacinamide 3 %	3 g
D-Panthenol 1 %	1 g
Zinc PCA 0.3 %	0.3 g
Sodium levulinate 0.8 %	0.8 g
Distilled water	to 100 ml (pH 5.1)

Spritz roots twice daily; massage 1 min.

Indications early thinning, seborrheic background.

Contra-indications niacinamide flush (patch-test).

5. Ashwagandha-Bala Scalp Milk (50 ml dropper)

Light O/W fluid.



Phase	Ingredient	Qty
Water	RO water	20 g
Decoction	Bala root (3 %)	15 g
Oil	Sesame-ashwagandha macerate	10 g
Emulsifier	Glyceryl stearate citrate	1.2 g
Humectant	Betaine	1 g
Preservative	Geogard ECO	0.8 g
Vetiver EO 0.3 %	0.15 g	
pH 5.4	lactic acid	

Apply dropper nightly; non-greasy.

Indications stress-related fall, Vata itch.

Contra-indications sesame allergy.

6. Rosemary-Neeli Follicle Serum (30 ml)

Ingredient	Qty
Jojoba oil	18 ml
Rosemary CO ₂ (0.5 %)	0.15 ml
Neeli (indigo) CO ₂ (0.3 %)	0.09 ml
Pumpkin-seed oil	10 ml
Tocotrienol mix	0.6 ml
Black-seed (Nigella) oil	1 ml
Vitamin E	0.3 ml

Massage 4-6 drops on damp scalp; leave-in.

Indications androgen-linked thinning, receding temples.

Contra-indications pregnancy (limit rosemary); indigo sensitivity.

7. Hibiscus-Shikakai Shampoo Bar (90 g cold-process)

Oil phase (@ superfat 5 %)	Qty
Coconut oil	250 g
Castor oil	50 g
Sesame oil	30 g
Lye (NaOH)	as per SAP
Hibiscus petal powder (post-trace)	10 g
Shikakai powder (post-trace)	12 g
Aloe juice (lye water)	q.s.

Cure 4 weeks; pH 8.5.

Indications mild cleanse, reduce shedding.

Contra-indications fresh color-treated hair (alkaline).

**8. Gotu Kola-Sesame Hair Gummies (30 chews)**

Ingredient	Qty
Sesame-protein hydrolysate	6 g
Gotu kola extract (std 10 % asiaticoside)	300 mg
Amla powder	3 g
Gelatin	20 g
Honey	30 g
Water	80 ml
Natural berry flavour	q.s.

Heat water + honey; bloom gelatin; add actives < 50 °C; pour molds; set.

Indications internal keratin support, nails too.

Contra-indications gelatin (non-veg); sesame allergy.

Suggested Regimen

Step	Frequency	Product
Oil / Mask	1-2× week	Neelibhringādi Oil (+ overnight Methi Mask alt-weeks)
Shampoo	2-4× week	Hibiscus-Shikakai Bar
After-wash	Every wash	Triphala-Amla Rinse → Kesharāja Spray
Night leave-on	Daily	Rosemary-Neeli Serum or Ashwagandha-Bala Milk
Internal	Daily	Gotu Kola Gummies; stress-reducing pranayama

General Contra-signals

- Active scalp psoriasis → avoid strong herbal dyes (indigo).
- Pregnancy → limit rosemary/niacinamide high dose; skip gummies if gelatin disliked.
- Nut allergies → patch-test kukui/pumpkin oils.