

## Chapter 3. Ayurvedic Hair Care Principles

### Part 1 — “Keśa” Explained, Plus Hair-Type & Scalp-Condition Mapping

#### 1. What Is Keśa in Ayurveda?

| Classical Point   | Modern Parallel   | “Why It Matters” for a Cosmetologist  |
|---|---|---|
| <b>Upadhātu of Asthi Dhātu</b> – hair arises as a secondary tissue from bone-nutrient metabolism. | Strong hair needs the same minerals (Ca, P, trace Zn) that bones do.    | Low-bone clients (osteopenia, post-partum) often show hair fall – treat both. |
| <b>Governed by Bhrajaka Pitta + Vyāna Vāta + Śleṣaka Kapha</b>                                    | Pigment & shine (Pitta), circulation (Vāta), sebum-lubrication (Kapha). | Target the dominant sub-doṣa when formulating oils/serums.                    |
| <b>Nourished via Rasavaha &amp; Medovaha Srotas</b>   | Blood/lymph micro-flow & sebaceous pathways.                            | Steam or scalp dhāra opens these channels before applying active taila.       |

#### 2. Anatomy Snapshot (for non-biologists)

- **Hair Shaft:** Dead keratin layers ⇒ cuticle (shine), cortex (strength), medulla (sometimes absent in fine hairs).
- **Follicle Bulb:** Living root with melanocytes (pigment) & dermal papilla (blood supply).
- **Sebaceous Gland:** Opens into follicle; Kapha seat producing sebum.
- **Arrector Pili Muscle:** Tiny Vāta-governed muscle – goose-bump reflex.

**Ayur-Key:** When we say “nourish hair,” we mean feeding the *follicle* via blood & oil, not the already-dead shaft.

#### 3. Doṣhic Classification of Hair Types

| Parameter                  | Vāta Dominant                                  | Pitta Dominant                                  | Kapha Dominant                               |
|----------------------------|--|---|--|
| <b>Thickness</b>           | Fine, brittle                                  | Medium, silky                                   | Thick, coarse                                |
| <b>Porosity / Moisture</b> | Very dry, frizzy                               | Normal-leaning dry                              | Oily, heavy                                  |
| <b>Growth Speed</b>        | Irregular spurts                               | Fast  | Slow but prolonged                           |
| <b>Natural Colour</b>      | Dull brown / grey early                        | Coppery / auburn tinge                          | Jet black, lustrous                          |
| <b>Typical Imbalance</b>   | Split ends, telogen effluvium, alopecia areata | Premature greying, inflammatory scalp, thinning | Oily dandruff, folliculitis, pilar keratosis |
| <b>Ideal Oils</b>          | Sesame-bala, almond-ashwagandha                | Coconut-brahmi, neem-sandal                     | Mustard-karanja, lightweight bhringraj       |
| <b>Best Rasāyana</b>       | Ashwagandha ghṛita, dates-almond               | Amla, manjishtha-saariva                        | Triphala, trikatu-honey                      |

##### Mixed Types

- **Vāta-Pitta:** Dry but inflamed → needs cooling *and* lipid.
- **Kapha-Pitta:** Oily scalp plus itchy redness → anti-fungal + anti-inflammatory.

#### 4. Ayurvedic Scalp-Condition Taxonomy

| Classical Term             | Modern Equivalent             | Dominant Doṣa          | Hallmark                        | First-Line Management                                  |
|----------------------------|-------------------------------|------------------------|---------------------------------|--|
| <b>Indralupta</b>          | Alopecia areata / totalis     | Vāta-Pitta             | Sudden smooth patches           | Sneha basti, leeching borders + bhringraj taila        |
| <b>Khalitya</b>            | Androgenic / diffuse baldness | Pitta-Kapha            | Vertex & temple miniaturisation | Lekhana abhyanga, mild virechana, rosemary-neeli serum |
| <b>Darunaka</b>            | Seborrhoeic dermatitis        | Kapha-Vāta             | Greasy flakes, itch             | Nimba-karanjā taila dhāra + probiotic mist             |
| <b>Arunshika / Pittika</b> | Folliculitis decalvans        | Pitta-Rakta            | Painful pustules & scabs        | Cooling virechana, neem-lajwanti lepa                  |
| <b>Palitya</b>             | Premature greying             | Pitta + Agni imbalance | < 30 yrs grey strands           | Amla-nabhasa rasāyana, triphala hair rinse             |

## 5. Practical Diagnosis Flow (Chair-Side)

- Look** - sheen, thickness, colour, scalp flakes.
- Touch** - shaft roughness (Vāta), greasy film (Kapha), warmth (Pitta).
- Ask** - premature greying? sudden shed after stress? seborrhoea since puberty?
- Link** to Doṣa & Srotas:
  - Greasy roots + large pores → Kapha / Medovaha block.
  - Burning scalp + redness → Pitta / Raktavaha heat.
  - Flaky, flying strands → Vāta / Rasavaha depletion.
- Plan** internal + external synergy (detailed in later parts of this module).

### Key Take-Aways

- Hair = upadhātu of Asthi** → bone-nourishing rasāyana helps follicles.
- Classify **both hair shaft & scalp state**; many cases are mixed.
- Map doṣa to **specific oils, herbs & Panchakarma picks** for targeted success.

Remember: "Gloss outside begins with dhātu juice inside."

## Part 2 — Herbal Oils & Treatments for Hair Strengthening

(The "Big-Four" Botanicals: Bhr̥ngarāja, Brāhmī, Āmalakī & Coconut)

### 1. Why These Four Are Classics

| Herb / Base           | Sanskrit Name                                       | Core Guṇa-Vīryaḥ          | Follicle Benefit   | Dosha Target |
|-----------------------|---|---------------------------|--|--------------|
| <b>Bhringraj</b>      | <i>Bhr̥ngarāja (Eclipta alba)</i>                   | Tikta-kaṭu, <b>Śīta</b>   | Up-regulates β-catenin → anagen kick-start; darkens hair       | Vāta-Pitta   |
| <b>Brahmi</b>         | <i>Brāhmī (Bacopa monnieri / Centella asiatica)</i> | Tikta-kaṣāya, <b>Śīta</b> | Antioxidant; increases micro-circulation; anti-stress          | Pitta-Vāta   |
| <b>Amla</b>           | <i>Āmalakī (Emblica officinalis)</i>                | Amla-rasa, <b>Śīta</b>    | Vitamin-C rich; collagen co-factor; prevents premature greying | Pitta        |
| <b>Coconut (Base)</b> | <i>Nārikela</i>                                     | Madhura, <b>Śīta</b>      | Penetrates cortex; reduces protein loss; natural SPF ~8        | Pitta-Kapha  |

‡Guṇa = qualities, Vīrya = heating/cooling potency.

## 2. Preparing Therapeutic Oils – Three Proven Techniques

| Method                                    | When to Use                       | 3-Line How-To   | Pros   | Cons                                      |
|---|-----------------------------------|---|--|---|
| <b>Classical Sneha-Pāka</b>               | Full-service clinic, deep potency | Decoction + paste + oil cooked till water evaporates.                             | Very stable; multi-herb synergy.               | 3-4 h simmer; needs constant stirring.    |
| <b>Solar (Sūrya-Tāpa) Infusion</b>        | Small spa batches, low heat herbs | Fill glass jar ½ herbs ½ oil; sun-warm 21 days, shake daily.                      | Minimal equipment, preserves volatile actives. | Not ideal in humid / rainy season.        |
| <b>CO<sub>2</sub>/Cold-Press Blending</b> | Retail lab, GMP                   | Buy CO <sub>2</sub> extracts; dilute 0.3-1 % into fractionated coconut or sesame. | Repeatable, quick; strong actives.             | Costly extracts; needs nitrogen flushing. |

## 3. Signature Formulations (100 ml each – scale as needed)

### 3.1 Neelibhringādi Taila (Clinic-Grade Strength)

Best for: premature greying, androgenic thinning.

| Ingredients                          | Qty    |
|--------------------------------------|--------|
| Sesame oil (base)                    | 60 ml  |
| Coconut oil                          | 25 ml  |
| Fresh Bhringraj paste                | 6 g    |
| Fresh Indigo ( <i>Neeli</i> ) leaves | 5 g    |
| Amla coarse powder                   | 4 g    |
| Goat's milk                          | 100 ml |
| Licorice powder                      | 2 g    |

**Sneha-Pāka:** Boil herbs in milk + 400 ml water → reduce to 100 ml; add oils; cook on low heat until frothing clears and a drop of taila floats clean on water. Cool ≤ 45 °C; strain; add 0.6 ml vitamin E.

### 3.2 Brahmi-Amla Nervine Scalp Serum (Lightweight, Leave-On)

Best for: stress-shedding, migraine scalp.

| Ingredients  | Qty            |
|--|----------------|
| Fractionated coconut oil                           | 40 ml          |
| Jjoba oil  | 30 ml          |
| Brahmi CO <sub>2</sub> extract ( <i>Centella</i> ) | 0.3 ml (0.5 %) |
| Amla oil-soluble extract                           | 0.6 ml (1 %)   |
| Rosemary antioxidant                               | 0.2 ml         |
| Lavender EO (0.25 %)                               | 0.25 ml        |

Shake under nitrogen; store amber dropper.

### 3.3 Triple-Action Hair-Spa Mask

Oil phase + herbal paste + steam – single-use salon ritual.



| Component       | Portion                          | Key Herbs                              |
|-----------------|----------------------------------|--|
| Pre-Oil (warm)  | 10 ml Neelibhringādi             | Opens follicle, liquifies Kapha sebum  |
| Herbal Mud Pack | 25 g (Amla + Brahmi + Aloe pulp) | Infuses antioxidants, tightens cuticle |
| Steam-Cap       | 8 min moist heat                 | Enhances absorption                    |
| Cool Rinse      | Triphala-Amla pH 4 splash        | Seals cuticle                          |

## 4. Dosha-Tailored Application Guides

| Doshic State        | Quantity & Frequency                      | Massage Style                   | Companion Internal          |
|---------------------|---|---------------------------------|-----------------------------|
| Vāta Dry-Shed       | 2 tsp warm Sesame-Bhringraj oil, 4x/week  | Slow circular pads, 10 min      | Dashamoola ghṛita 5 ml HS   |
| Pitta Heat-Thinning | 1 tsp cool Brahmi-Amla serum, daily night | Gentle fingertip tapping, 5 min | Coriander-fennel tea 3x/day |
| Kapha Oily-Dandruff | 1 tsp Mustard-Neem blend, alt-night       | Brisk knuckle rub, 7 min        | Trikatu ½ tsp pre-breakfast |

## 5. Combining Oils with Other Modalities

| Condition                | Add-On Panchakarma                         | Function                    |
|--------------------------|--|-----------------------------|
| Alopecia areata          | Micro Raktamokṣaṇa (leech) around patch    | Enhances blood supply       |
| Seborrheic scalp         | Taila-Dhāra 30 min Nimba-Karanjā oil       | Antifungal with penetration |
| Post-chemo hair regrowth | Śirodhara with Brahmi taila + gentle nasya | Calms Vāta, improves sleep  |

## 6. Contra-Indications & Safety

- **Bakuchi or Karanja** oils — avoid in pregnancy, photosensitivity.
- **Mustard oil** — patch-test; can irritate Pitta scalps.
- **High-grade essential oils** > 0.5 % — may sting seborrheic skin.
- Keep all sneha in dark glass ≤ 25 °C; discard if rancid odour.

## 7. Quick Reference “Which Oil When?” Table

| Goal               | Week-1 Quick Win        | Month-1 Deeper              | Month-3 Maintenance             |
|--------------------|-------------------------|-----------------------------|---------------------------------|
| Strengthen shaft   | Coconut-amlā overnight  | Neelibhringādi 2x/wk        | Bhringraj serum 1x/wk           |
| Stop stress-shed   | Brahmi scalp mist daily | Brahmi-Amla serum + Nasya   | Ashwagandha latte HS            |
| Darken early greys | Indigo-heena gloss      | Neelibhringādi dhāra series | Amla rinse after every wash     |
| Clear oily flakes  | Nimba-tulsi foam wash   | Mustard-karanja oil-steam   | Hibiscus probiotic mist alt-day |

### Key Take-Aways

1. Choose your **base oil** for dosha & climate (sesame → warming; coconut → cooling).
2. Infuse with **target herbs**: Bhringraj (growth), Brahmi (stress), Amla (pigment).
3. Use technique hierarchy: **Sneha-pāka** (deep clinic potency) → **Solar infusion** (home DIY) → **CO<sub>2</sub> blend** (retail GMP).
4. Marry oil therapy with **internal rasāyana & lifestyle tweaks** for sustained results.

“Feed the follicle from above with oil and from within with rasa”— only then does true Ayurvedic hair strength unfold.

## Part 3 – Managing Three Everyday Complaints

(Dandruff · Hair-Fall · Premature Greying)

### 0. Snapshot Table – Compare at a Glance

| Complaint                      | Classical Term  | Doṣa & Srotas at Fault   | Fast Visual Clues                                     | 1-Line Ayur Strategy                                       |
|--------------------------------|---|--|---|--|
| <b>Dandruff / Itchy Flakes</b> | <b>Darunaka</b>   | Kapha + Vāta · <b>Medovaha</b> & <b>Svedavaha</b>                                  | Greasy or dry white flakes, itchy beard or scalp      | Melt Kapha, pacify Vāta, balance scalp microbiome          |
| <b>Hair-Fall / Thinning</b>    | <b>Khalitya</b> (AGA / diffuse) or <b>Indralupta</b> (patchy) | Vāta-Pitta (diffuse) or Pitta-Kapha (pattern) · <b>Rasavaha</b> / <b>Raktavaha</b> | Visible shed in shower, widening part, smooth patches | Re-lubricate Vāta or cool Pitta, stimulate follicle anagen |
| <b>Premature Greying</b>       | <b>Pāliṭya</b>  | Pitta in Bhrajaka + Vāta dryness · <b>Rasavaha</b> / <b>Raktavaha</b>              | < 30 yrs grey strands starting at temples or crown    | Cool Pitta, nourish pigment cells, antioxidant rasāyana    |

### 1. Darunaka – Ayurvedic Dandruff Protocol (21 Days)

| Layer                                | Remedy  | Why It Works                        | How Often                      |
|--------------------------------------|---|-------------------------------------|--------------------------------|
| <b>Cleanse</b>                       | <b>Neem-Tulsi Low-Foam</b> (Cat 5 F-1, 1 pump)  | Antifungal, lifts Kapha sebum       | Alternate days                 |
| <b>De-Scale</b>                      | <b>Lodhra-Salicylic Gel Mask</b> (Ch 9 F-4)     | Keratolytic; lodhra astringes pores | 2x week, 10 min                |
| <b>Oil Treatment</b>                 | <b>Nimba-Karanjā Taila-Dhāra</b> (Ch 9 F-A)     | Penetrates follicle, reduces yeast  | Clinic: days 3-6-9-12 (30 min) |
| <b>Microbiome Rinse</b>              | Hibiscus-Probiotic Mist (Cat 5 F-8)             | Re-seeds friendly flora             | 4 sprays, 3x day               |
| <b>Internal</b>                      | - Triphala guggulu 500 mg HS                    |                                     |                                |
| - Coriander-fennel infusion 500 ml/d | Scrapes Medas; cools Pitta                      | 21 days                             |                                |
| <b>Lifestyle</b>                     | No cheese, beer, or night-shades; brisk walk AM | Removes Kapha + Āma                 | Daily                          |

Expected: 50 % itch drop Day 7, visible flake ↓ > 70 % by Day 21.

### 2. Hair-Fall (Khalitya/Indralupta) – 60-Day Dual Path

#### 2.1 Diagnose FIRST

Pull-test > 6 hairs out of 60 = active telogen.

Dermoscope miniaturised hairs > 20 % = androgenic.

#### 2.2 Vāta-Dominant Diffuse Shed (Telogen)



| Pillar                      | Tool   | Notes                            |
|-----------------------------|--|----------------------------------|
| <b>Internal Lubrication</b> | <b>Bala-Ashwagandha Ghṛita</b> 20 ml HS (Ch 6) | Nourish Vāta-depleted follicle   |
| <b>Matra Basti</b>          | 60 ml Kṣīra-Bala taila, 5 nights               | Deep tissue oiling               |
| <b>Topical</b>              | <b>Brahmi-Amla Serum</b> nightly massage       | Anti-oxidant + micro-circulation |
| <b>Stress Brake</b>         | 12 min Yoga-Nidra; Ashwagandha 300 mg AM       | Normalize cortisol               |

Goal: Pull-test normal (< 3) by Day 45; density +10 % at Day 60.

### 2.3 Pitta-Kapha Pattern Loss (Androgenic)

| Pillar                 | Tool  | Notes                     |
|------------------------|---|---------------------------|
| <b>Lekhna Abhyanga</b> | Sesame-mustard + Kolakulathādi powder, 25 min alt-days (Ch 6) | Scrapes Kapha plugs       |
| <b>Mṛdu Virechana</b>  | Avipatti choḍṛṇa 8 g once                                     | Purge Pitta heat          |
| <b>Follicle Stim</b>   | Rosemary-Neeli Serum (Cat 6 F-6) + Kesharāja Tonic Spray      | DHT modulation            |
| <b>Nasya</b>           | Anu taila 4 drops/d   | Enhances scalp prāṇa flow |

Goal: Hair calibre ↑, vellus : terminal ratio ↓ 15 % in 8 weeks.

## 3. Premature Greying (Pāliṭya) – 90-Day Colour-Save Plan

| Step                    | Tool  | Action   |
|-------------------------|---|--|
| <b>Gentle Virechana</b> | 6 g Triphala choḍṛṇa in warm water                        | Off-load Pitta & metals                                    |
| <b>Pigment Oil</b>      | <b>Neelibhringādi Taila</b> (Ch 3 P-2) warm, 3× week, 2 h | Supplies tyrosinase activators & BH <sub>4</sub> co-factor |
| <b>Herbal Tea</b>       | Amla-Triphala Glow Tea (Cat 7 F-5) AM cup                 | High Vitamin-C & antioxidant                               |
| <b>Nutri-Supplement</b> | Copper 2 mg + B-complex (integration)                     | Melanin enzyme co-factors                                  |
| <b>Scalp Packs</b>      | Amla-henna-coffee gloss, 20 min each 2 weeks              | Natural tint + collagen boost                              |
| <b>Stress Coolant</b>   | Sheetali breath 50 rounds dusk                            | Pitta down-shift   |

Milestone: Halting new greys by Month 3; 10-25 % re-pigmented strands along hairline in dedicated clients at Month 6.

## 4. Quick “Cheat Card” for Practitioners

| See / Feel                           | Think            | Do                                 |
|--------------------------------------|------------------|------------------------------------|
| Greasy yellow flakes smell           | Kapha-Darunaka   | Neem foam → Karanja dhāra          |
| Tight scalp, fine shed after illness | Vāta Telogen     | Bala ghṛita → Brahmi serum         |
| Burning scalp, red pimples, shed     | Pitta-Indralupta | Virechana → Cooling gotu kola mist |
| Sudden silver strands with acidity   | Pitta Greying    | Amla tea + Neelibhringādi          |

### Key Take-Aways

- Map Doṣa → choose oil weight & herbs.** Heavy sesame for Vāta, cooling coconut for Pitta, mustard-karanja for Kapha.
- Clear Srotas before you feed follicle.** Steam or dhāra first, serum second.
- Synchronise internal & external.** Triphala guggulu without an antifungal dhāra = half result; likewise, oil alone with junk diet = rebound.
- Track metrics every 3-4 weeks** (shed counts, scalp photos) to refine protocol.



**Mantra:** "Open → Cleanse → Cool/Heat-balance → Nourish → Stimulate."

Follow that sequence and most common hair woes resolve within one to three months—even for clients new to Ayurveda.

## Part 4 – Diet & Lifestyle: The Hidden 70 % of Hair Therapy

"Oil on the scalp is only as good as the oil in the pan that cooked last night's dinner."

—Modern adaptation of *Suśruta* wisdom

### 1. Why Food Comes Before Follicle-Serum

1. **Hair = Upadhātu of Asthi (bone).**

Calcium, protein and trace minerals must first cross the gut wall; no topical can replace a missing dhātu-building block.

2. **Agni dictates absorption.** Weak digestive fire = expensive supplements in, expensive urine out.

3. **Prāṇa follows routine.** Erratic sleep, blue-light nights and sedentary days disturb *Vyāna Vāta*—the micro-circulation that feeds dermal papillae.

Hence: **Dietary inputs + Lifestyle rhythms ≈ 70 % of sustainable hair results**, with oils, lepas and Panchakarma delivering the finishing 30 %.

### 2. Doṣha-Wise Food Guidelines

| Doṣha Predominance*                           | "Hair-Happy" Foods   | Foods that Sabotage   |
|---|--|---|
| <b>Vāta</b> (dry, brittle)                    | Warm porridge with ghee, sesame laddus, soaked almonds, avocado, root soups              | Dry crackers, ice-cold smoothies, excessive caffeine, intermittent fasting without guidance |
| <b>Pitta</b> (greying, inflamed scalp)        | Amla, coriander chutney, coconut water, cucumber, mung-bean khichadi, aloe vera juice    | Chillies, fermented pickles, alcohol, deep-fried snacks, canned tomato sauces               |
| <b>Kapha</b> (oily dandruff, sluggish growth) | Millet, barley, horse-gram soup, steamed greens with trikatu sprinkle, ginger-lime water | Cheese, sugar pastries, red meat in excess, iced drinks, heavy desserts                     |

\*For mixed constitutions blend the columns (e.g., Pitta-Kapha chooses cool yet light grains).

### 3. Nutrient Check-List (Modern + Ayur Lens)

| Nutrient                        | Classical Parallel       | Food & Dose   | Hair Function                          |
|---------------------------------|--------------------------|---|--|
| <b>Complete Protein</b>         | Māṃsa-dhātu builder      | 1 g/kg body-weight from dal, quinoa, paneer, lean fish          | Keratin shaft strength                 |
| <b>Iron &amp; B-12</b>          | <i>Rakta</i> nourishment | Amla-jaggery chutney (iron) + dairy/eggs/B-12 tab (veg)         | Prevents telogen effluvium, pale scalp |
| <b>Omega-3 (EPA/DHA or ALA)</b> | Lubricates <i>Vāta</i>   | 1 tbsp flax-seed or 2 fish oil caps                             | Anti-inflammatory sebum balance        |
| <b>Vitamin C</b>                | <i>Amla rasa</i>         | 1 fresh amla or ½ cup guava                                     | Collagen cross-link, iron uptake       |
| <b>Zinc &amp; Copper</b>        | Pigment cofactors        | Handful pumpkin seeds (zinc) + sesame/gun-powder spice (copper) | Enzyme for melanin, anagen support     |



**Rule-of-thumb:** Build every plate around “PCF”—Protein, Colourful produce, Fat source.

## 4. Timing & Agni Hacks (Dinacharya for Hair)

| Clock     | Action                               | Why Follicles Love It                                 |
|-----------|--------------------------------------|---|
| 7-9 a.m.  | Protein-rich warm breakfast          | Matches Kapha window; fuels keratin synthesis all day |
| 10 a.m.   | 250 ml lukewarm water sip            | Hydrates Rasavaha srotas; thins sebum                 |
| 12-1 p.m. | Heaviest meal; include bitter greens | Peak <i>Pitta</i> digests minerals, clears āma        |
| 4 p.m.    | Amla-Triphala “glow tea”             | Antioxidant boost before evening stress               |
| 6 p.m.    | Sunset walk, 15 min                  | Micro-circulation to scalp, reduces cortisol          |
| 9:30 p.m. | Warm golden milk (turmeric-ghee)     | Lubes Vāta; triggers growth-hormone sleep cycle       |
| 10 p.m.   | Lights out, devices off              | Melatonin and IGF-1 optimal for hair matrix cells     |

## 5. Lifestyle Levers Beyond the Plate

| Lever  | Dosha Effect                                  | Simple Habit  |
|--|---|---|
| <b>Sleep 10 p.m.-6 a.m.</b>                            | Calms <i>Vāta</i> , rebuilds ojas             | Blue-light filter + wind-down playlist                                |
| <b>Exercise</b> (45 min/day, sweat without exhaustion) | Mobilises <i>Kapha</i> , oxygenates follicles | Brisk walking, Surya-Namaskar sets                                    |
| <b>Stress Alchemy</b>                                  | Controls cortisol-driven shedding             | 12 min Bhrāmarī + 5 deep belly laughs                                 |
| <b>Scalp “Hygiene Minimalism”</b>                      | Preserves healthy microbiome                  | Shampoo max 3x/wk; avoid SLS; prefer herbal foams                     |
| <b>Seasonal Tweaks (Ritucharya)</b>                    | Prevents cyclical flares                      | Add sesame laddus in winter; switch to coconut-water spritz in summer |

## 6. Seven-Day Sample Menu (Vāta-Pitta Balanced)\*

| Meal                 | Monday Example   | Key Hair Inputs             |
|----------------------|--|-----------------------------|
| <b>Breakfast</b>     | Moong-dal dosa + sesame-ginger chutney                 | Complete protein + calcium  |
| <b>Mid-morning</b>   | 1 amla + handful soaked raisins                        | Vit C, iron                 |
| <b>Lunch</b>         | Quinoa-vegetable khichadi, beet-raita, coriander salad | Folate, betaine, probiotics |
| <b>Snack</b>         | Roasted pumpkin seeds + coconut water                  | Zinc, electrolytes          |
| <b>Dinner</b>        | Barley-veg soup, ghee drizzle, grilled asparagus       | Silica, healthy fat         |
| <b>Bedtime Drink</b> | Turmeric-ghee almond milk                              | Tryptophan, omega-9         |

\*Kapha-dominant clients remove raisins & coconut water, increase ginger-lime.

## 7. Red-Flag Eating Patterns That Sabotage Hair Plans

- **Crash diets / juice cleanses** → instant telogen effluvium.
- **Excess whey shakes** in Pitta types → cystic scalp acne.
- **Night-owl snacking** (chips, cola) → Kapha seborrhoea spikes.
- **Over-fermented kombucha** in Vāta → bloating → poor nutrient uptake.



## 8. Practitioner's Checklist at Follow-Up

1. **Meal Frequency:** 3 solid + 2 light?
2. **Water Intake:** at least 30 ml/kg/day?
3. **Bowel Regularity:** daily soft?
4. **Sleep Hours & Quality:** 6.5-8?
5. **Stress Score (1-10):** < 5?
6. **Supplement Compliance:** iron/omega-3 taken?
7. **Visible Outcomes:** pull-test, scalp micro-photo compared.

If  $\geq 3$  "No," adjust diet/lifestyle **before** intensifying topical or Panchakarma tools.

### Key Take-Aways

1. **Nutrition → Rasa & Rakta → Hair:** quality inside shows outside.
2. **Agni timing** is as important as ingredient list—eat main meal at noon.
3. **Lifestyle rhythm** (sleep, exercise, stress) stabilises *Vyāna Vāta*—the courier delivering nutrients to follicles.
4. **Season-smart tweaks** prevent recurrent dandruff, sweat-grease, dry shedding.
5. Educate clients that **consistency, not an exotic superfood**, is the secret; the fanciest bhringraj oil cannot compensate for a soda-and-skip-breakfast lifestyle.

**Mantra:** "Feed the fire, calm the wind, drain the phlegm—hair will thrive."