

## Chapter 34. Ayurvedic Keshaprakshalana Vidhi (Hair Washing) - theory

Welcome to Day 53 of your Ayurveda Cosmetology course! Today, we'll explore **keshaprakshalana vidhi**—the Ayurvedic method of washing hair using **natural, herb-based cleansers**. By replacing chemical shampoos with simple mixtures of **shikakai, reetha, amla**, or other regionally available herbs, you can gently cleanse the scalp, support **dosha** balance, and maintain the hair's natural lustre.

### 1. The Rationale for Herbal Hair Washing

- **Scalp & Hair Integrity:** Many synthetic shampoos contain sulfates and strong surfactants that strip natural oils. Ayurvedic herbs cleanse without over-drying.
- **Dosha-Specific Care:** Adjust the blend for dryness (Vata), scalp heat (Pitta), or excess oil (Kapha).
- **Eco-Friendly & Cost-Effective:** Typically, these herbal powders or fruits are biodegradable, supporting a more sustainable approach.

### 2. Common Herbal Ingredients

#### A. Shikakai (Acacia concinna)

- **Cleansing** Surfactant: Gently removes excess oil and dirt.
- **Best For:** **Kapha** or combination scalps—shikakai can be mildly drying if used too frequently on Vata.
- **Texture:** Powder can be gritty; strain if needed or keep it mild if you want a light exfoliation.

#### B. Reetha (Soapnut / Aritha)

- **Foaming** Property: Contains natural saponins that create a mild lather.
- **General:** Good for most doshas, though Vata dryness might need added conditioning.
- **Usage:** Whole nuts boiled in water, then strained—use the liquid, or buy reetha powder carefully.

#### C. Amla (Emblica officinalis)

- **Nourishing:** High in vitamin C, supportive of scalp health, can help with mild hair fall.
- **Cooling** Tendency: Good for **Pitta** types or inflamed scalps.
- **Adding:** Often combined with reetha + shikakai in a “triphalha hair wash.”

#### D. Hibiscus (Japa)

- **Moisturizing** & mildly cleansing for dryness.
- **Optional:** Some add fresh hibiscus leaves or petals in a paste form, especially beneficial for Vata dryness or mild hair fall.

### 3. Preparations & Methods

You can create a **powder** blend or a **decoction**:

#### 1. Powder Mix

- Combine **shikakai, reetha, amla** in equal parts (approx. 1 tablespoon each for medium hair).
- Store in an **airtight** container.
- For usage: Mix with warm water to form a paste or watery consistency.

#### 2. Boiled Decoction

- If using **whole** soapnuts (reetha) or dried shikakai pods:
- Boil them with amla pieces in water for ~10-15 minutes.
- Let it cool, **strain** the liquid. The watery solution acts as your shampoo.

### Textural Notes

- Powder forms can be gritty—some prefer to strain to reduce leftover particles.
- Liquid decoctions might feel less foamy but still cleanse effectively.

## 4. Step-by-Step Keshaprakshalana Vidhi (Hair Wash Procedure)

### 1. Scalp Oil Application (Optional Pre-Method)

- If dryness is a concern (**Vata**), lightly massage warm oil (sesame or almond) into scalp 30 minutes before washing.
- This pre-step helps protect dryness and helps the herbal wash remove excess but not all natural oils.

### 2. Wet Hair

- Thoroughly soak the hair with warm or lukewarm water.
- For **Pitta**-prone or inflamed scalp, ensure water isn't too hot.

### 3. Applying the Herbal Cleanser

- If using a **paste**, gently apply to scalp first, massaging in circular motions.
- If using a **liquid decoction**, pour it in small amounts or dip hair into the bowl, then gently rub the scalp.
- Aim for 2-3 minutes of mild scalp massage—no need for vigorous scrubbing which might irritate or tangle.

### 4. Rinsing

- Rinse thoroughly with lukewarm water, ensuring no residue is left (particularly if the mixture is grainy).
- For very thick or oily hair, repeat if needed, or do a short final rinse with a mild **herbal** or plain water.

### 5. Conditioning / Final Step

- Some prefer a final rinse with **amla** water or a dash of aloe vera juice for **smoothing**.
- If dryness is an issue, apply a small amount of **hair oil** or a mild Ayurvedic hair conditioner focusing on ends.

## 5. Adapting to Dosha Types

### 1. Vata

- Avoid over-frequent washing or too many clarifying herbs (shikakai) that exacerbate dryness.
- Mix powders with a portion of **milk** or aloe juice for added moisture.
- Pre-oiling and post-wash gentle hair oil are beneficial.

### 2. Pitta

- Emphasize **cooling** elements: amla, hibiscus, or rose water in the final rinse.
- Keep water temperature moderate, avoid scalding.
- If scalp is inflamed, minimal friction during the wash is recommended.

### 3. Kapha

- More frequent or thorough wash if scalp is very oily—reetha + shikakai synergy helps remove excess sebum.
- Possibly incorporate a mild spice infusion (like a small pinch of ginger or fenugreek) for stimulating effect if dandruff or heaviness is an issue.

## 6. Practical Tips & Safety

### 1. Check for Allergies

- Patch test if the client has never used these herbs; watch for scalp irritation.



- Slight dryness or squeaky-clean feel is normal after herbal washes—adjust if it's too much for Vata.

## 2. Protect Eyes

- Reetha or shikakai can irritate eyes. Lean head backward or use a protective visor if needed.

## 3. In-Between Washes

- Clients with dryness can consider a daily scalp massage with minimal oil or a herbal hair tonic if they skip frequent washing.
- For oily hair, recommend only mild **herbal** lotions or finishing spritzes that don't weigh hair down.

## 4. Frequency

- 1-3 times weekly often suffices for herbal washing, especially if you're used to chemical shampoos daily.
- Possibly more frequent for Kapha if scalp gets greasy quickly—balance dryness risk.

## 7. Indications & Contraindications

### Indications

- Clients seeking a **natural**, gentle shampoo alternative.
- Mild scalp issues—excess dryness or oil, dandruff, mild hair fall.
- Eco-friendly or chemical-free approach lovers.

### Contraindications

- Severe scalp infections or open wounds—use caution with strong herbal combos.
- Clients allergic to **soapnuts**, **shikakai**, or other plant matter—rare but possible.
- Very high Vata dryness might require careful usage—too frequent or strong a formula can further dehydrate hair.

## Conclusion

**Ayurvedic Keshaprakshalana Vidhi** harnesses **shikakai**, **reetha**, **amla**, and other herbs to cleanse hair and scalp **naturally**. By fine-tuning the ratio and method per **dosha** (Vata dryness, Pitta heat, Kapha oiliness), you offer a **personalized**, sustainable alternative to mainstream shampoos. Clients appreciate the **mild foam**, minimal chemical exposure, and synergy with Ayurvedic hair oiling routines—leading to robust, lustrous hair in alignment with nature's balance.

**End of Day 53:** You've mastered the demonstration of **herbal hair washing**—tomorrow (Day 54), we'll discuss **Ayurvedic management of hairfall, dandruff, and premature greying**, extending these foundational concepts into practical hair issue solutions. Keep weaving these authentic methods into your Ayurvedic cosmetology practice!