

## Chapter 10. Ayurvedic Remedies for Dandruff, Hair Fall & Premature Graying

### Targeted Ayurvedic Remedies for Dandruff, Hair-Fall & Premature Greying

### Snapshot: Match Condition → Doṣa → Route of Care

Condition	Doṣa & Srotas at Fault	Core Strategy	Turn-around Window*
<b>Darunaka</b> (dandruff / seborrheic scalp)	Kapha + Vāta · <b>Medovaha / Svedavaha</b>	Melt Kapha, pacify Vāta, restore scalp microbiome	14 - 21 days
<b>Khalitya / Indralupta</b> (diffuse or patchy hair-loss)	Vāta-Pitta ( <b>Rasavaha / Raktavaha</b> ) or Kapha-Pitta ( <b>Medovaha</b> )	Lubricate Vāta or cool Pitta, stimulate anagen, cut stress	6 - 12 weeks
<b>Pāliṭya</b> (premature greying < 30 yrs)	Pitta heat + Vāta dryness ( <b>Bhrajaka Pitta &amp; melanocytes</b> )	Cool liver-blood, supply tyrosinase cofactors, guard oxidative stress	3 - 6 months

\*Using full protocol compliance; individual Agni & genetics alter pace.

## 1 Darunaka - 21-Day Kapha Scrape & Microbiome Reset

Layer	Remedy	How to Use
<b>Cleanse</b>	<b>Neem-Tulsi Foam</b> (Chap 8)	2 pumps alt-day, lukewarm rinse
<b>De-scale</b>	<b>Lodhra-Salicylic Gel Mask</b>	2 × week, 10 min pre-wash
<b>Antifungal Oil</b>	<b>Nimba-Karanja Taila-Dhāra</b> (Ch 9)	4 sittings (Days 3-6-9-12), 30 min
<b>Microbiome Mist</b>	Hibiscus-Probiotic Spray	4 spritzes/day, esp. after sun-cap wear
<b>Internal</b>	<i>Triphala guggulu</i> 500 mg HS + <i>Trikatu</i> ½ tsp pre-meal	21 days
<b>Food</b>	No cheese, beer, sugar; add warm ginger-lime water	—

**Expect:** itch ↓ > 40 % by Day 5; visible flakes ↓ > 70 % by Day 21.

## 2 Hair-Fall - Two Distinct Protocols

### 2.1 Vāta-Dominant Diffuse Shed (Post-stress / telogen)

Step	Tool
<b>Deep Lubrication</b>	<i>Bala-Aśvagandha Ghṛita</i> 20 ml HS × 21 d
<b>Sneha-Basti</b>	60 ml warm <i>Bala-Taila</i> , 5 nights
<b>Topical</b>	<b>Brahmi-Amla Serum</b> nightly scalp massage
<b>Mind Calm</b>	12-min Yoga-Nidra + Ashwagandha 300 mg AM

*Goal:* Pull-test ≤ 3 hairs / 60 by Day 45.

### 2.2 Pitta-Kapha Pattern Loss (Androgenic or oily-inflamed)

Step	Tool
<b>Lekhana Abhyanga</b>	Mustard + horse-gram scrub, alt-days 15 min
<b>Mṛdu Virechana</b>	<i>Avipatti choorna</i> 8 g once
<b>Follicle Stim</b>	Rosemary-Neeli Serum + Dermaroller 0.25 mm weekly
<b>Nasya</b>	<i>Anu Taila</i> 4 drops/day



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

### 3 Premature Greying - 90-Day Colour-Save Cycle

Phase	Intervention	Notes
<b>Detox</b>	Mild Virechana or 3-day Amla-Triphala flush	Drain Pitta heat
<b>Pigment Oil</b>	<b>Neelibhringādi Taila</b> warm, 3× week, ≥ 2 h	Saffron + indigo support
<b>Scalp Packs</b>	Amla-Henna-Coffee gloss, 20 min q2 weeks	Turns greys light-brown while melanocytes recover
<b>Oral</b>	Āmla 5 g AM + Copper 2 mg + B-complex	Cofactors
<b>Stress-Cool</b>	Sheetali breath 50 rounds dusk	—

Milestone: Halting new greys by Month 3; ~10 % re-pigmentation along hairline Month 6.

### 4 Formulary Highlights (Clinic-Scale)

Code	Indication	Composition (per 100 ml)
<b>DH-X</b>	Dandruff oil	Sesame 45 ml · Neem 25 ml · Karanja 20 ml · Manjishtha 5 g · Rosemary AOX
<b>HF-V</b>	Vāta hair-fall tonic	Bala 2 % ext · Brahmi CO <sub>2</sub> 0.5 % · Sesame / Moringa oil base
<b>HF-PK</b>	Pitta-Kapha serum	Fractionated coconut 40 % · Rosemary 1 % · Neeli 1 % · Squalane 15 %
<b>PG-P</b>	Anti-grey capsules	Āmla 250 mg · Guduchi 200 mg · Copper glycinate 2 mg · Biotin 500 µg

All heavy-metal compliant (< 1 ppm Pb, As).

### 5 Daily + Weekly Planner (Client Hand-out)

Day	Morning	Night
<b>Mon/Wed/Fri</b>	Neem-Tulsi wash	Neelibhringādi oil 2 h
<b>Tue/Thu</b>	Brahmi-Amla serum	Hibiscus mist
<b>Sat</b>	Curry-leaf mask 25 min	Sheetali breath
<b>Sun</b>	No wash; light scalp yoga	Warm Bala ghṛita ¼ tsp oral

### 6 Red-Flag Cues & Quick Fixes

Alarm	Likely Cause	Action
Scalp burning after rosemary serum	Pitta sensitive	Dilute 50 % with jojoba; cool aloe rinse
Greasy rebound Day 10 in dandruff plan	Over-oiling Kapha scalp	Shorten oil leave-time to 30 min; add charcoal rinse
Constipation after ghṛita course	Vāta high, water low	250 ml warm water + 2 g Triphala HS

### Key Take-Aways

- Diagnose doṣa + srotas first**—then pick oil, herb, and cleansing rhythm.
- Layer care:** internal Rasāyana, weekly Panchakarma touch, daily topical.
- Track metrics** (pull-test, flake score, grey-count) every 4 weeks.
- Consistency beats complexity**—clients who follow wash-mask-oil triad > 70 % see durable change.



**Clinic mantra:** *“Scrape Kapha, cool Pitta, soothe Vāta—hair & scalp align, beauty follows.”*

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