

Chapter 11. Scalp Detoxification & Nourishment Techniques

Objective: restore a clean, well-perfused scalp-bed (*keshabhūmi*) so follicles remain in a prolonged anagen phase, free of Kapha plugs, Pitta heat, and Vāta dryness.

1 Why “Scalp Detox”? — Ayur Lens

Doṣic Block	Pathological Seat	Cosmetic Manifestation	Desired Action
Kapha-Āma (sticky)	Sebaceous duct, <i>Medovaha srotas</i>	Greasy dandruff, follicular keratin plug	Lekhana (scrape)
Pitta-Rakta Heat	Dermal papilla, <i>Raktavaha srotas</i>	Inflamed follicles, burning scalp, early greying	Śītala śamana (cool)
Vāta Dryness	Epidermal barrier, <i>Rasavaha srotas</i>	Flaky scalp, telogen shed, itching	Snehana (oleate)

2 Four-Step “Open-Clean-Feed-Seal” Blueprint

① Micro-Steam → ② Kapha Scrub / Jalauka → ③ Medicated Taila-Dhāra / Marma Massage → ④ Hydrosol-Mist & Light Serum

Mnemonic: S.C.A.L.P.

Steam · Cleanse · Anoint · Lymph-stimulate · Protect

3 Step-by-Step Techniques

3.1 Micro-Steam (*Nāḍi Sweda*) - 30-60 s

- Herb Decoction: neem + vetiver + dashamoola.
- Tool: handheld steam hose; maintain 38 °C.
- Doṣa Note: Pitta clients limit to 15 s cool-mist mode.

3.2 Kapha Scrape (*Udgārṣaṇa*) or Heat Drain

Scalp Issue	Method	Formula	Duration
Greasy flakes / plugs	Powder scrub	Horse-gram 50 % + Lodhra 30 % + Trikatu 20 %	3 min circular
Painful cyst / heat patch	Leech micro-raktamokṣaṇa	1 medical leech, 15 min	Single session
Mild build-up & sensitive	Clay mask	Dead Sea clay + 2 % neem	8 min

3.3 Taila-Dhāra & Marma Massage

Doṣa / Goal	Oil Choice*	Dhāra Flow	Marma Focus (press 5 s)
Vāta dry-shed	<i>Bala-Aśvagandha taila</i>	warm 30 min zig-zag	<i>Adhipati, Simanta</i>
Pitta inflamed	<i>Brahmi-Amla taila</i>	cool 20 min center-line	<i>Shanka, Krikatika</i>
Kapha oily	<i>Nimba-Karanja taila</i>	warm 15 min fast stream	<i>Avarta, Vidura</i>

*All oils filtered 120-mesh, warmed 38 °C except cool mode for Pitta.



3.4 Hydrosol Closure & Light Serum

- **Hydrosol** – 4 spritzes of vetiver-hibiscus (pH 5.0) to re-acidify scalp.
- **Leave-On Serum** –
Vāta: Brahmi-Squalane light serum 5 drops;
Pitta: Aloe-Centella hydro-serum pea-size;
Kapha: Rosemary-Neem tonic spray 6 puffs.

4 Weekly / Monthly Scheduling

Client Type	In-Clinic Sessions	Home Follow-Up
Active dandruff, oily plug	Day 0, 7, 14 (full protocol)	Neem-tulsi foam alt-day; charcoal rinse Sun
Stress-shed, dryness	Day 0, 10, 20 (warm taila-dhāra + basti)	Brahmi-nasya 2 drops HS; sesame oil rub Tue/Fri
Early greying	Day 0, 15 (cold dhāra + leech once)	Amla-Neeli scalp pack q14 days

5 Key Formulas - Quick Mix Sheets

Code	Use	Batch: 200 g Powder
KD-Scrub	Greasy dandruff	Horse-gram 100 g · Lodhra 60 g · Trikatu 40 g
HS-Mask	Sensitive detox	Bentonite 120 g · Neem 40 g · Aloe 30 g · Vetiver 10 g
VT-Hydro	pH 5 mist	Vetiver hydrosol 70 % · Hibiscus hydrosol 30 % · Na-benzoate 0.5 %

6 Marma Map (Top 5 Points)

- Adhipati – crown centre (growth driver)
- Simanta – 4 cm anterior to Adhipati (circulation)
- Avarta – above eyebrow midpoint (oil balance)
- Shanka – temples (heat release)
- Vidura – behind ear lobes (lymph drain)

Press with thumb pad 5 s, circular 3 times each, post-oil.

7 Safety & Contra-Signals

Contra	Reason	Alternate
Active scalp psoriasis fissures	Risk infection during scrub/steam	Use aloe-ghrita massage only
Pregnancy 2nd-3rd trimester	Avoid long hot steam, leeches	Mild scalp oil & pranayama
Recent FUE transplant (< 14 d)	Grafts fragile	Cool mist + aloe serum only

8 At-Home Mini-Detox Routine (Instruction Card)

1. **Sunday Night** – Warm sesame/coconut oil 10 ml, massage 5 min; braid loosely.
2. **Monday Morning** – Hot-towel 30 s; herbal powder wash (Reetha mix).
3. **Mid-Week** – Hibiscus-fenugreek conditioner 15 min.
4. **Daily** – 4 sprays vetiver-hibiscus hydrosol + fingertip tap.



5. **Weekly** - 5 deep belly breaths inverted pose → scalp perfusion.

Key Take-Aways

- **Open • Clean • Feed • Seal** ensures detox without rebound dryness.
- Match oil temp & flow to **doṣa dominance**.
- **Marma pressing** after dhāra multiplies micro-circulation > 20 %.
- Track objective metrics: **flake score, pull-test, sebum meter** every visit.
- Educate clients—**90 s steam + 3 min scrub + 15 min oil** weekly at home preserves clinic gains.

Clinic mantra: *“When the scalp channels breathe, the follicles sing.”*

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