

## Chapter 7. Ayurvedic Oils for Hair Growth (Bhringraj, Amla, Brahmi)

### 1 Why Oils Still Out-perform Tonics

Advantage	Ayur Logic	Practical Benefit
<b>Lipophilicity</b>	Oil (sneha) carries the herb's fat-soluble actives through follicular sebaceous duct (Kapha seat) → dermal papilla.	Deeper reach than water-based tonics.
<b>Sneha-Sparśa Karma</b>	Warm, viscous medium pacifies Vāta (driver of hair fall) & nourishes Asthi-upadhatu (hair).	Less breakage, calmer scalp, better sleep.
<b>Scalp-Marma Stimulation</b>	Massage improves Vyāna-Vāta micro-circulation.	Quicker anagen re-entry; visible root thickness.

### 2 The “Big Three” Botanicals

Herb	Latin Binomial	Key Phytochemicals	Classical Guṇa & Virya	Proven Actions*
<b>Bṛṅgarāja</b>	<i>Eclipta alba</i>	Wedelolactone, eclalbasaponin	Tikta, Kaṭu · Śīta	↑ Wnt/β-catenin signalling, ↓ 5-α-reductase
<b>Āmalakī</b>	<i>Embllica officinalis</i>	Vit-C (600 mg %), gallic + ellagic acids	Amla rasa · Śīta	Antioxidant, anti-glycation, tyrosinase mod.
<b>Brāhma</b> (Centella)	<i>Centella asiatica</i> (also <i>Bacopa</i> )	Asiaticoside, madecassoside	Tikta · Śīta	↑ Collagen I & III, ↑ micro-circulation, anti-stress

\*Peer-review: J Ethnopharm 2021 (Bhringraj mouse model); Phytomed 2023 (Centella scalp micro-needling study).

### 3 Clinic-Grade Formulations

#### 3.1 Neelibhringādi Taila (Growth + Pigment)

Ingredient	Qty / 200 ml batch
Cold-pressed sesame oil	120 ml
Coconut oil	40 ml
Fresh Bhringraj paste	20 g
Indigo ( <i>Neeli</i> ) leaves	15 g
Āmalakī coarse	10 g
Goat's milk	200 ml
Manjishta powder	4 g
Vitamin E (tocopherol)	0.8 ml

Sneha-pāka until water evaporates; filter 120-mesh; fill amber glass.

**Shelf-life :** 12 m (peroxide value < 10 meq).

#### 3.2 Brahmi-Amla Light Serum (Leave-On, Non-Greasy)

Component	%
Fractionated coconut + jojoba	60
Brahmi CO <sub>2</sub> extract	0.5
Āmla oil-soluble extract	1

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Component	%
Rosemary antioxidant	0.2
Squalane (olive)	15
Propanediol	20
Preservative (phenoxyethanol 0.8 %)	0.8
pH	6.2

**Texture:** fast-absorbing; ideal for daytime or fine hair.

## 4 Dosage & Application Protocol

Hair / Scalp Type	Quantity	Frequency	Massage Style	Leave-Time
<b>Dry / Vāta</b>	2 tsp warm Neelibhringādi	4x week	Slow circles, 10 min	≥ 2 h or overnight
<b>Oily / Kapha</b>	1 tsp Brahmi-Amla serum	Alt-night	Brisk knuckle rub, 5 min	≥ 1 h, shampoo
<b>Sensitive / Pitta</b>	1 tsp Neelibhringādi chilled 30 °C	3x week	Gentle fingertip press	1 h, mild cleanser

For PRP or micro-needling clients : start oiling 48 h post-procedure only.

## 5 Internal Synergy (8-Week Course)

Supplement	Dose	Rationale
<b>Bhringraj vati</b>	250 mg BID	Supports hepatic detox & melanocyte health
<b>Tri-Medhya caps</b> (Brahmi, Centella, Guduchi)	1 cap HS	Stress control → ↓ telogen shift
<b>Amla-Bala collagen latte</b>	1 cup HS	Vit-C & amino donors for keratin

## 6 Outcome Tracking (Clinic Metrics)

Parameter	Baseline	Week 4	Week 8
Hair count (1 cm <sup>2</sup> )	110	125	138
Anagen:Telogen ratio	68:32	76:24	81:19
Pull-test (hairs / 60)	14	6	3
Patient VAS shine (0-10)	3.5	6.5	8.2

## 7 Common Issues & Fixes

Problem	Cause	Solution
Itchy scalp after oil	Product residue / fungal over-growth	Switch to neem-tulsi low-foam cleanser; add 0.2 % clindamycin to oil for Kapha clients
Increased shedding week 1-2	Follicle synchronisation	Explain telogen shift; continue protocol unless pull-test worsens
Colour staining on linen	Indigo & saffron pigments	Offer cotton night cap; advise daytime washes



## 8 Regulatory & Safety Notes

- **Patch-test** first-time users (inner arm, 24 h).
- **Pregnancy / lactation** : safe below 2 % essential oils; avoid rosemary EO high camphor versions.
- Heavy-metal compliance: Pb < 1 ppm, As < 0.5 ppm.
- Label "for external use"; drug-cosmetic crossover avoided by no pharmacological claims.

### Key Take-Aways

1. **Oil = Delivery Vehicle** : choose sesame (warm, Vāta) or coconut (cool, Pitta).
2. **Bhringraj** energises follicles; **Amalaki** guards pigment; **Brahmi** tames stress axis.
3. **Massage + warmth** triples penetration—teach clients 5-minute nightly ritual.
4. Pair with **internal Rasāyana & stress hygiene** for durable gains.
5. Track objective progress (trichoscope, pull-test) to validate Ayur-oil superiority over cosmetic silicones.

**Practice mantra:** *"Saturate the root with oil, soothe the mind with herbs, the hair will sing its own growth mantra."*