



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

1 Why Oils Still Out-perform Tonics

| Advantage | Ayur Logic | Practical Benefit |
|--------------------------------|--|--|
| Lipophilicity | Oil (<i>sneha</i>) carries the herb's fat-soluble actives through follicular sebaceous duct (Kapha seat) → dermal papilla. | Deeper reach than water-based tonics. |
| Sneha-Sparśa Karma | Warm, viscous medium pacifies Vāta (driver of hair fall) & nourishes Asthi-upadhātu (hair). | Less breakage, calmer scalp, better sleep. |
| Scalp-Marma Stimulation | 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 & Vīrya | Proven Actions* |
|-----------------------------|---|--|------------------------|--|
| Bhr̥ngarāja | <i>Eclipta alba</i> | Wedelolactone, eclalbasaponin | Tikta, Kaṭu · Śīta | ↑ Wnt/β-catenin signalling, ↓ 5-α-reductase |
| Āmalakī | <i>Emblica officinalis</i> | Vit-C (600 mg %), gallic + ellagic acids | Amla rasa · Śīta | Antioxidant, anti-glycation, tyrosinase mod. |
| Brāhmī (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 |
| Manjishtha 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 ₂ extract | 0.5 |
| Āmla oil-soluble extract | 1 |



| 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 |
|--------------------------|------------------------------------|-----------|--------------------------|--------------------|
| Dry / Vāta | 2 tsp warm Neelibhringādi | 4× week | Slow circles, 10 min | ≥ 2 h or overnight |
| Oily / Kapha | 1 tsp Brahmi-Amla serum | Alt-night | Brisk knuckle rub, 5 min | ≥ 1 h, shampoo |
| Sensitive / Pitta | 1 tsp Neelibhringādi chilled 30 °C | 3× 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 |
|--|------------|--|
| Bhringraj vati | 250 mg BID | Supports hepatic detox & melanocyte health |
| Tri-Medhya caps (Brahmi, Centella, Guduchi) | 1 cap HS | Stress control → ↓ telogen shift |
| Amla-Bala collagen latte | 1 cup HS | Vit-C & amino donors for keratin |

6 Outcome Tracking (Clinic Metrics)

| Parameter | Baseline | Week 4 | Week 8 |
|--------------------------|----------|--------|--------|
| Hair count (1 cm²) | 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 % clotrimazole 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.”