

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*
Bhṅgarāja	<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 cm ²)	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.”