

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### Chapter 9. Hair Masks & Conditioners (Hibiscus, Fenugreek, Curry Leaves)

## 1 Why Post-Wash Masks Matter in Ayurveda?

- **Śleṣaka Kapha** in scalp secretes natural sebum; frequent shampoo—herbal or otherwise—can disturb its balance, especially in Vāta or Pitta seasons.
- A mask (keśa lepa) re-fattens the cuticle, cools or warms per doṣa, and seals moisture for 48-72 h.
- The mucilage of hibiscus & fenugreek plus pitta-cool curry-leaf phyto-pigments create a slip and glossy finish without silicones.

## 2 | Ingredient Highlights

Herb (part)	Sanskrit / Latin	Key Phytochemicals	Guṇa · Vīrya	Primary Hair Actions
Hibiscus petal	Japa / Hibiscus rosa-sinensis	Anthocyanins, plant mucilage	Madhura · Śīta	Slip, pH 4 shine, cuticle smoothing
Fenugreek seed	Methi / Trigonella foenum- graecum	Trigonelline, galactomannan	Kaṣāya · Uṣṇa	Plant protein, binds keratin, anti-break
Curry leaf	Kadipatra   Murraya koenigii	Carbazole alkaloids, β-caryophyllene	Kaṭu · Uṣṇa	Melanin support, DHT modulation, scalp tone

## 3 | Formulation Blueprints (Single-Use Mask ≈ Shoulder-length hair)

### **Rule-of-Thumb Ratios**

Mucilage/conditioner 60 % | Actives 25 % | Boosters 15 %

## 3.1 Hibiscus-Rose Shine Mask (Universal, colour-safe)

Ingredient	Qty
Fresh hibiscus petals* or ultra-fine dry powder	6 Tbsp
Rose petal powder	2 Tbsp
Aloe-vera gel (pure)	3 Tbsp
Honey	1 Tbsp
Activator → cooled green-tea infusion	q.s. to make creamy paste

If fresh: grind petals to pulp; retain natural acids = pH  $\approx$  4.2.

**Application** – After shampoo, squeeze water, apply roots→tips, cover cap 15 min, lukewarm rinse. **Benefits** – Immediate glossy glaze, floral fragrance; pH seals cuticle.

## 3.2 Fenugreek Protein-Boost Mask (Dry / Breakage / Vāta)

Ingredient	Qty
Fenugreek seeds soaked o/n + ground	4 Tbsp paste
Banana pulp (ripe)	2 Tbsp
Almond milk	3 Tbsp
Bala-Ashwagandha taila	1 tsp
Few drops lavender hydrosol	q.s. consistency

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**Application** – Damp hair, coat mid-lengths & ends; 20 min under warm towel; rinse thoroughly. **Benefits** – Galactomannan coats shaft  $\rightarrow$  tensile strength  $\uparrow$ ; banana K<sup>+</sup> smooths frizz.

### 3.3 Curry-Leaf Melanin Mask (Oily / Early Greying / Kapha-Pitta)

Ingredient Qty

Fresh curry leaves blended with yogurt 5 Tbsp Amla powder 1 Tbsp Neelibhringādi taila 1 tsp

Rice starch 1 tsp (thickener)

**Application** – Massage at roots, pull through; wrap with shower cap 25 min; cool rinse; follow with 2-drop Neelibhringādi leave-on.

Benefits - Copper & carbazoles nurture melanocytes; yogurt lactic acid deodorises scalp.

## 4 | Customising per Doşa & Season

Doşa / Climate Modify Like This Frequency

**Vāta (winter, dry)** Add 1 tsp sesame oil or ½ ripe avocado to any mask 2×/week **Pitta (summer, hot)** Swap yogurt for coconut milk; add 1 tsp vetiver powder 1-2×/week

Kapha (humid/oily) Replace banana/avocado with 1 Tbsp rice-flour; add 3 drops lemon Alt-days if acneic scalp

## 5 | Application Protocol (Client Handout)

- 1. **Pre-Oil** (optional for Vāta-dry) light head massage 30 min prior.
- 2. Cleanse herbal powder wash; squeeze out excess water.
- 3. **Section Hair** 4 quadrants; apply mask with brush or fingers root→tip.
- 4. **Occlude** shower cap + warm towel (not for Pitta summer).
- 5. Rinse lukewarm; no shampoo unless very oily.
- 6. **Final Rinse** 500 ml water + 1 Tbsp apple-cider vinegar for Kapha / Pitta.
- 7. **Dry** air-dry; avoid heat tools 12 h.

# 6 | Stability & Retail Tips

- **Powder mixes** (hibiscus, fenugreek) < 5 % moisture; 9-month shelf; include silica desiccant.
- Fresh leaf masks must be used immediately; supply pre-blanched curry leaf freeze-dry powder for DIY activation.

- Label: "No preservatives—mix fresh, discard leftovers."
- For spa / clinic: batch-prepare, freeze in ice-cube trays, thaw as needed (quality stable 4 weeks).

# 7 | Common Troubleshooting

issue	Likely Cause	Kemedy
Excess slip / hard to rinse	Too much aloe or mucilage	Add rice flour or rinse with diluted shampoo
Flaky residue post-dry	Coarse powders not ultra-fine	Sift 120-mesh; institute vinegar rinse

Librative Carras

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Issue Likely Cause Remedy

Curry-leaf mask staining highlights Over-fermented yogurt acidity Shorten leave-time to 15 min, use coconut milk base

### **Key Take-Aways**

- 1. Hibiscus = acidic shine, Fenugreek = protein & slip, Curry leaf = pigment vitality—rotate per need.
- 2. The base liquid (yogurt, coconut milk, herbal tea) steers doṣa-specific cooling/heating.
- 3. Powder-plus-activator model avoids preservatives and maximises phyto-potency.
- 4. Masks work best post-herbal shampoo and pre-leave-on serum (see Chap 7).
- 5. Always rinse lukewarm, air-dry and seal ends with 2 drops of growth oil.

**Laboratory mantra:** "Cleanse with nature's soap, feed with nature's mucilage, seal with nature's oil—hair answers in its own sheen."

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