

## Chapter 9. Seborrhoeic Dermatitis of Beard: Taila-Dhāra & Microbiome Mist

### Taila-Dhāra, Microbiome Mist & Ayur-Diet Control

Moderate-Clinical Lesson · Estimated reading time ≈ 45 min

#### 9.1 Why Focus on Beard Seborrhoea?

- “Beard dandruff” blends **oily Kapha scales**, **Pitta micro-inflammation**, and **Vata itch** in an androgen-rich zone.
- Malassezia overgrowth + barrier damage creates visible flakes on dark facial hair—high cosmetic distress.
- Steroid/ketoconazole over-use → perioral dermatitis, skin atrophy.
- An Ayur-clinical combo of **medicated Taila-Dhāra** (warm, sebo-regulating oil pour) + a **probiotic herb mist** and Kapha-Pitta diet quickly clears scale while preserving beard density.

#### 9.2 Pathogenesis Matrix

Modern Factor	Ayur Correlate	Dominant Doṣa
Excess sebum & Malassezia	Kapha-pitta śleṣma mala ↑	<b>Kapha</b>
Erythematous base, pruritus	Rakta-pitta śidhatā	<b>Pitta</b>
Chronic stress, late nights	Vata-prāṇa kṣobha	<b>Vata</b>
Harsh beard cleansers	Agni māndya of tvak, barrier rukṣa	<b>Vata-Pitta</b>

#### 9.3 21-Day Protocol at a Glance

Phase	Days	Intervention	Core Formula
<b>Āma-Pācana &amp; Diet</b>	1-21	No refined sugar; avoid cheese, beer; take warm coriander-fennel tea TID	-
<b>Topical Cleanse</b>	Daily	Neem-Tulsi Foam (Ch 5, F-1—diluted 50 %)	Removes oil, yeast load
<b>Taila-Dhāra Course</b>	Days 3, 6, 9, 12 (4 sittings)	30 min lukewarm pour of <b>Nimba-Karanjā Taila</b> over lower face	Sebum mod., antifungal
<b>Probiotic Microbiome Mist</b>	QID spritz	Hibiscus-Lactobacillus Mist (Ch 5, F-8)	Re-seed commensals
<b>Localized Lodhra-Salicylic Gel Mask</b>	2x week	10 min pre-wash	Lift Kapha scales
<b>Internal Support</b>	w 1-3	<i>Gandhaka Rasāyana</i> 250 mg BID + <i>Triphalā guggulu</i> 500 mg HS	Anti-yeast, detox
<b>Stress &amp; Sleep</b>	nightly	Bhramari 5 min + warm āshwagandhā milk	Balance Vata

#### 9.4 Key Formulation SOPs

##### A. Nimba-Karanjā Taila for Dhāra (200 ml batch)

Ingredient	Qty
Sesame oil	120 ml
Neem seed oil	40 ml
Karanja (Pongamia) oil	30 ml
Manjishtha powder	5 g
Triphala powder	5 g



Ingredient	Qty
Water	400 ml

Sneha-pāka till taila-paka. Cool, strain, add Vit E 0.4 ml.

**Properties:** antifungal, anti-inflammatory, mild keratolytic.

### B. Lodhra-Salicylic Gel Mask (50 g clinic pot)

Ingredient	Qty
Aloe-vera gel	30 g
Lodhra bark micro-powder	2 g
Willow-bark extract (natural salicylic 1 %)	3 g
Xanthan gum	0.4 g
Propanediol	5 g
Sodium benzoate 0.8 %	0.4 g
RO water q.s.	to 50 g (pH 4.3)

Apply on beard skin (lift hairs) 10 min → rinse lukewarm.

### 9.5 Taila-Dhāra Session Workflow (Per Sitting ≈ 35 min)

1. **Prep:** Trim excess beard length if > 1.5 cm, comb out flakes.
2. **Warm taila** to 38 °C; client supine, beard over perforated basin.
3. **Continuous stream** (5 mm dia) from kalasha along mandibular line, zig-zag to chin, repeat 30 min.
4. **Mild steam towel** 30 s; blot excess, leave thin film 2 h.
5. Provide client single-use cap to avoid linen stains.

### 9.6 Expected Milestones

Day	Improvement
5	Pruritus ↓ 40 %, scales loosen
10	Erythema down, visible flake drop on collar < 20 % baseline
21	Skin calm, beard shines, relapse index ↓ > 70 %

### 9.7 Contra-Signals & Modifications

Condition	Modification
Active pustular folliculitis	Postpone Dhāra; start neem foam + oral antibiotics if needed
G6PD deficiency	Avoid full-dose Gandhaka rasāyana, halve
Nut allergy (sesame)	Substitute base with black seed + rice-bran

### 9.8 Home-Care Kit (30 days)

Item	Size	Directions
Neem-Tulsi Foam Cleanser	100 ml	1 pump AM, PM
Hibiscus Probiotic Mist	100 ml	4 sprays after wash & midday



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Item	Size	Directions
Lodhra Gel Mask	50 g	Tue & Fri night
Travel dropper Nimba-Karanjā Taila	15 ml	5 drops rub overnight Sun/ Wed
Triphala Gummies	30 pcs	1 after dinner

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### 9.9 Billing Snapshot (USD)

Service	Qty	Rate	Total
Consult + dermoscope	1	35	35
4 Taila-Dhāra sittings	4x	40	160
Home-Care kit	-	65	65
Internal herbs, 30 d	-	42	42
<b>Total</b>			<b>\$302</b>

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### 9.10 Key Take-Aways

- **Taila-Dhāra** on beard region breaks Kapha scale, delivers antifungal actives deep in follicles without stripping natural lipids.
- **Probiotic mist** restores healthy microbial balance—critical after years of ketoconazole.
- Dietary Kapha-Pitta moderation and Vata-stress calming complete the tri-doṣic balance, cutting relapse dramatically.