



## Chapter 31. Keshayurveda - Ayurvedic Hair Concepts (Theory)

**Welcome** to Day 51 of your Ayurveda Cosmetology course! Today, we'll explore the **Ayurvedic understanding of hair**, called **Keshayurveda**. By viewing hair as an **extension** of the body's internal balance—particularly **Asthi** (bone) and other tissues—Ayurveda emphasizes **dosha-specific** care, dietary influences, and holistic self-care for vibrant, healthy hair.

### 1. Introduction to Keshayurveda

In classical Ayurveda, **Kesha** (hair) is considered an **upadhatu** (secondary by-product) of **Asthi Dhatu** (bone tissue). Healthy hair thus depends on **robust** internal nourishment, especially relating to **calcium, minerals**, and balanced **doshas**. External treatments (oils, herbal rinses) are important, but the **root** of healthy hair often lies within one's **diet** and **agni** (digestive/metabolic fire).

#### Key Points

- **Asthi Dhatu**: Ties hair health to overall bone/marrow nourishment.
- **Nutritional & dosha** factors must be balanced for lustrous, strong hair.
- **Stress**, poor diet, or toxin accumulation can disrupt healthy hair growth, leading to dryness, hair fall, or early graying.

### 2. Hair Types via Dosha Perspective

#### A. Vata Hair

- **Characteristics**: Often **dry**, fine, or brittle; prone to split ends or frizz.
- **Issues**: Premature thinning if internal dryness worsens, high breakage.
- **Recommendations**: Warm oil head massage (Shiro Abhyanga) with sesame or almond oil, ensuring adequate dietary fats, and gentle hair-handling practices.

#### B. Pitta Hair

- **Characteristics**: Moderately thick or fine, with a tendency to **early graying** or **thinning** if Pitta is high.
- **Issues**: Sensitivity to heat, scalp irritations or redness, sometimes hair fall linked to stress.
- **Recommendations**: Cooling oils (coconut, Brahmi), mild shampoos, stress management, and avoiding excessive heat styling or spicy foods that aggravate Pitta.

#### C. Kapha Hair

- **Characteristics**: Usually **thick**, oily, sometimes slower hair turnover but strong roots.
- **Issues**: Excess scalp oil, potential dandruff or product buildup. Possibly heavy or limp hair if not cleansed properly.
- **Recommendations**: Slightly more stimulating scalp treatments—like reetha or shikakai cleansers, moderate oil usage, lighter diets to avoid congestion.

### 3. Metabolism, Growth & Nutritional Factors

#### A. Agni & Dhatus

##### 1. Agni (Digestive Fire)

- Efficient digestion ensures the body transforms nutrients into **Rasa, Rakta**, and eventually **Asthi** (thus



healthy hair).

- Poor Agni or toxin buildup (ama) can manifest as dull, lifeless hair and scalp issues.

## 2. Asthi Dhatu

- If bone tissue is weak or undernourished, it might reflect as brittle hair or hair fall.
- Certain rasayana herbs (ashwagandha, amla, bala) or dietary elements (calcium-rich seeds, leafy greens) support stronger Asthi Dhatu and, by extension, hair.

## B. Basic Dietary Tips

### • Include:

- **Calcium sources** (sesame seeds, leafy greens),
- **Mineral-rich** foods (nuts, seeds),
- **Protein** (lentils, dairy if suitable for dosha).

### • Avoid:

- Excessive caffeine, processed sugar, or refined carbs—these can disrupt stable nourishment.
- Extremely spicy or sour diets if Pitta is high, as it might accelerate hair thinning.

## 4. Common Hair Concerns & Ayurvedic Insight

### 1. Hair Fall (Khalitya)

- Can be linked to high **Pitta** or Vata dryness.
- Therapies often include scalp oiling with **Bhringraj** or **Amla**-based oils, plus stress reduction techniques like Shirodhara and Shiroabhyanga.

### 2. Premature Graying (Palitya)

- Often attributed to **Pitta** aggravation or genetic predisposition.
- Cooling herbs (Brahmi, Shankhapushpi) and dietary moderation of spices can slow progression.
- Bhringraj is also known to support natural hair color maintenance.

### 3. Dandruff

- Sometimes a combination of **Vata dryness** and **Kapha** scalp buildup.
- Focus on clarifying herbal rinses (neem, tulsi, reetha) and ensuring consistent moisture without over-oiling.

### 4. Excess Oil / Sticky Scalp

- Linked to **Kapha**; use stimulating or clarifying cleansers (shikakai, soapnut) in moderate frequency.

## 5. Self-Care & Professional Guidance

### A. Self-Care Routines

- **Scalp Massage** (Shiro Abhyanga) 1-2 times weekly with appropriate oil.
- Mild, **natural** herbal hair cleansers like **shikakai**, **reetha**, or **amla** powders.
- Occasional **hair masks** (e.g., fenugreek paste for dryness, or hibiscus for mild Pitta).

### B. Professional Spa Treatments

- **Ayurvedic Hair Spa**: Combine warm oil application, mild steam, and herbal rinse or pack.
- **Takradhara (Buttermilk Dhara)** for high Pitta scalp issues under advanced therapy settings.
- **Deep scalp exfoliation** with gentle herb scrubs if needed for product buildup or Kapha congestion.

### C. When to Refer

- Severe hair fall, alopecia patches, or suspected hormonal/thyroid issues.
- Recurrent scalp infections or unexplained sudden changes—suggest deeper medical check-ups.



## 6. Indications & Contraindications

### Indications

- Anyone looking to improve hair texture, reduce dryness/oiliness, or address mild issues like dandruff or hair fall.
- Individuals open to **holistic** hair care focusing on diet, daily routine, and gentle herbal products.

### Contraindications

- **Active scalp infections** or lesions—avoid intense manipulations; mild herb usage can be supportive if carefully chosen.
- **Allergies** to certain oils/herbs; always patch test.
- Advanced or rapid hair loss often needs integrated approaches—Ayurveda plus modern investigations.

## 7. Key Takeaways

1. **Hair is Tied to Internal Health**
  - Balanced **Agni** and well-nourished **Asthi Dhatu** reflect in strong, lustrous hair.
2. **Dosha Influence**
  - Vata dryness → brittle hair; Pitta heat → early graying or thinning; Kapha excess → oily scalp.
3. **Lifestyle & Diet**
  - Incorporate **wholesome** foods, adequate rest, and stress management to preserve hair strength and color.
4. **External Care**
  - Opt for **mild**, herbal cleansers, periodic scalp massage with dosha-specific oils, and occasional herbal masks.

## Conclusion

**Keshayurveda** underscores that hair health isn't merely external but intimately connected to **internal balance**—especially diet, dhatu nourishment, and **stress management**. Through **dosha-based** understanding, dietary alignment, and thoughtful scalp/hair care regimens (like herbal washes, oil massages, and gentle masks), we nurture hair from both **inside and out**.

**End of Day 51:** You've gained insight into hair's Ayurvedic blueprint—tomorrow (Day 52), we'll focus on **assessing hair type** according to Prakriti, reinforcing how Vata, Pitta, or Kapha traits shape scalp needs and product choices. Enjoy applying these concepts for truly holistic hair care!