

## Chapter 05. Specialized Hair Conditions - Eczema, Psoriasis & Alopecia from an Ayurvedic Angle

Today, we'll explore how **Ayurveda** interprets and manages certain **chronic** or **recurrent** scalp/hair conditions—particularly **eczema**, **psoriasis**, and **alopecia**. While severe or advanced cases may require comprehensive clinical attention, there are **milder** or **integrative** approaches within Ayurvedic cosmetology to support the scalp, potentially improving comfort and appearance.

### 1. Ayurvedic Framework for Chronic Scalp Conditions

#### A. Eczema & Psoriasis on the Scalp

- Seen as **Vata-Pitta** or sometimes **Kapha** aggravations depending on dryness, inflammation, or crusty buildup.
- Eczema typically involves dryness, itch, possible small blisters (often aligning with **Vata** dryness plus mild **Pitta** inflammation).
- Psoriasis often includes thicker, scaly plaques, which might incorporate **Kapha** or **Pitta** if there's significant inflammation.

#### B. Alopecia

- Known as **Indralupta** or **Khalitya** in various contexts.
- Could be **excess Pitta** burning hair follicles, **Vata** dryness cutting off nourishment, or a combination.
- Ayurvedic approaches target underlying **dosha** plus scalp circulation via oils and stress management.

#### C. Mild or Integrative Approach

- We focus on **cosmetic** relief: soothing dryness, reducing visible irritation or flaking, and supporting hair growth where feasible.
- True medical-level therapies for severe cases must involve a qualified Ayurvedic physician.

### 2. Eczema & Psoriasis on the Scalp

#### A. Recognizing Dosha Patterns

1. **Vata-Pitta**
  - Dry, itchy scalp with red or inflamed patches, flaking.
  - May crack or bleed if severely dry.
2. **Kapha-Pitta**
  - Thick, scaly plaques, possible oiliness or white-silvery flakes common in psoriasis.

#### B. External Treatments

1. **Gentle Oil Soothing**
  - **Vata** dryness: Warm sesame or almond oil with mild anti-inflammatory herbs (like licorice or manjistha in small amounts).
  - **Pitta** involvement: Coconut oil base with Brahmi or neem for cooling and antimicrobial effects.
  - Lightly apply, keep for 20-30 minutes, avoid rough friction during removal.
2. **Herbal Rinses**
  - **Neem** or **tulsi** decoction can reduce mild microbial aggravation or itching.
  - **Hibiscus** infusion if dryness is high—also helps if there's mild **Pitta**.
3. **Avoid Overly Harsh Cleaners**
  - Stick to mild reetha/amlavilas combos or extremely gentle, non-detergent cleansers.

- Over-stripping the scalp can worsen dryness or inflammation.

### C. Internal Support & Lifestyle

- Triphala** or **Manjistha** for mild detox support.
- Stress management, ensuring **regular** sleep to reduce neuro-dermatological triggers.
- If diet is aggravating Pitta (excess spice, sour), reduce those items to calm scalp inflammation.

## 3. Alopecia (Indralupta / Khalitya)

### A. Types & Dosha Insights

- Vata**
  - Dry hair follicles, brittle strands—leading to patchy hair loss if dryness is extreme.
- Pitta**
  - Heat/inflammation damaging follicles, possibly accelerating thinning or creating autoimmune-like patterns (in patchy alopecia).
- Kapha**
  - Not as common for hair loss except if scalp is congested, restricting root health.

### B. Scalp Stimulation & Oils

- Oil Massage (Shiro Abhyanga)**
  - Bhringraj** or **Neelibhringadi** taila are classical for hair root support.
  - Vata dryness might need thicker oils; Pitta scalp might prefer cooling coconut-based blends.
  - Massage gently 2-3 times weekly to promote circulation.
- Herbal Packs & Rinses**
  - Fenugreek** (methi) paste: Soaked seeds ground, applied to scalp for mild protein infusion and root strengthening.
  - Amla** decoction rinse: Slightly acidic, can help maintain scalp environment conducive to growth.

### C. Stress & Internal Herbs

- Ashwagandha**, **Brahmi**, or **Shatavari** can help reduce stress-related hair fall (depending on the client's overall constitution).
- Encourage balanced routine: adequate sleep, mild exercise, avoiding dryness- or heat-aggravating lifestyles.

## 4. Additional Cosmetic Considerations

- Gentle Handling**
  - Clients with fragile scalp conditions should avoid **tight hairstyles**, over-styling, or harsh chemical treatments.
- Dosha-Aligned Diet**
  - Reiterating: a Pitta-proportionate diet can reduce scalp inflammation, while Vata dryness demands warm, moist meals with healthy oils.
- Dermatologist / Physician Referral**
  - If the condition is severe or unresponsive, collaborate with medical professionals—these integrative approaches complement but may not replace advanced treatments.



## 5. Indications & Contraindications

### Indications

- Mild scalp eczema/psoriasis: dryness, small patches of scaling, not severely inflamed or infected.
- Early-stage alopecia or mild hair thinning.
- Clients seeking **natural** or **holistic** scalp support.

### Contraindications

- **Severe** infection, weeping lesions, or advanced scalp conditions.
- **Allergies** to oils or herbs in recommended treatments—patch test.
- **Rapid** hair loss or unexplained severe scalp changes—further medical evaluation needed.

## 6. Practical Tips for Spa or Home

### 1. Customize Approach

- Assess scalp dryness (Vata?), heat/inflammation (Pitta?), or oiliness (Kapha?), then choose oils, cleansers, and herbs.

### 2. Consistency

- Weekly or bi-weekly oil scalp treatments, mild cleansers, and herbal packs show better results than a one-off session.

### 3. Lifestyle Emphasis

- Chronic conditions often reflect deeper dosha imbalances—stress, unwholesome diet, or lack of routine can hamper progress.

## Conclusion

Managing **eczema**, **psoriasis**, or **alopecia** from an Ayurvedic cosmetology viewpoint involves gentle but **dosha-specific** scalp therapy: **oil massages**, **herbal cleansers**, minimal friction, and supportive **diet/lifestyle**. While mild or moderate cases can improve with these methods, advanced forms warrant deeper medical collaboration. Nonetheless, these natural approaches offer **holistic** relief and aesthetic improvements—reflecting Ayurveda's core tenet of synergy between **internal** balance and **external** care.