GENERAL

The Science of Ayurvedic Hair Care: Natural Remedies for Strong and Healthy Hair

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Introduction

Hair health is influenced by diet, lifestyle, and environmental factors. Ayurveda offers natural solutions for common hair problems, including hair fall, dandruff, and premature graying.

Ayurvedic Perspective on Hair Health

According to Ayurveda, hair issues arise due to dosha imbalances:

- Vata Imbalance: Dry, brittle hair, split ends.
- Pitta Imbalance: Hair fall, premature graying.
- Kapha Imbalance: Oily scalp, dandruff.

Ayurvedic Remedies for Hair Health

Diet for Strong Hair:

- Include amla, sesame seeds, almonds, and leafy greens.
- Avoid excessive caffeine, spicy foods, and junk food.

Herbal Oils for Hair Growth:

- Bhringraj Oil: Nourishes the scalp and prevents hair fall.
- Coconut & Amla Oil: Strengthens roots and prevents graying.
- Neem Oil: Treats dandruff and scalp infections.

Homemade Hair Masks:

- Amla & Shikakai Pack: Strengthens hair.
- Fenugreek & Yogurt Mask: Reduces dandruff.
- Aloe Vera & Hibiscus Paste: Adds shine and moisture.

Ayurvedic Hair Care Practices:

- Regular oil massage (Abhyanga) improves circulation.
- Using herbal shampoos with reetha and shikakai.
- Avoiding excessive heat and chemical treatments.

Conclusion

By following Ayurvedic hair care principles, one can maintain naturally strong, healthy, and lustrous hair without relying on chemical-based products

Competing interests

The authors declare that they have no competing interests.

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