

## 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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