



*The Complete*  
**AYURVEDIC  
RECOMMENDATIONS**



(FROM A-Z)

**FOR BALDNESS**



*By*

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# BALDNESS/ALOPECIA

## RECOMMENDED DIET

Diet is considered essential for treating **alopecia**. Certain food items must be included in the diet.

These are:



1. Food With Astringent Properties Like Unripe **Banana**, **Pomegranate**, **Chickpeas**, **Green beans**, **Okra**, **Cranberries** and **Raw vegetables**.

2. **Lentils**, **Leafy green vegetables**, and **Pulses**.



3. Herbal teas like **Licorice tea** and **Peppermint tea**

4. **Seeds and nuts** like soaked **Almonds**, **Sesame seeds**, and **Sunflower seeds**



5. **Egg white**, **Turkey**, **Chicken**, **Fish**, and **Cow's ghee**



6. Soyabeans, Milk, Buttermilk, and Fresh juices.

7. Berries, Bananas, Oranges, Apples, Fruits-melons, and many other fruits can supply your body with the proper vitamins to reduce baldness.



8. Water-consuming at least **eight ounce glasses of water** daily will help transport the needed nutrients to your hair and help keep your strands hydrated and strong.

## Foods To Avoid



### 1. Excessive Caffeine

**Caffeine** is actually a great hair growth stimulant when applied topically, but it isn't so good for people with hormone problems; specifically, those of us with low or heightened levels of cortisol.



## 2. No Nightshades

Exclude **Peppers, Tomatoes, Eggplant, and Potatoes** from your alopecia area to diet as they cause **inflammation**.



## 3. Polyunsaturated Fats

Corn oil, Sunflower oil, Etc. Contains **Polyunsaturated Fats** which is an unhealthy fat. So, it is advisable to take **steamed food** rather than **fried ones**. Bake your food or lightly saute only.



## 4. Sugar

Avoid **Sugar** in your diet as it causes **inflammation**. Use a small amount of **honey** instead.

## Lifestyle Changes



## Oil Application

**Jasminum Guanidinium** (Spanish jasmine, Royal jasmine) induced medicated herbal hair oil is highly effective for baldness. Other oils include **Coconut oil, Brahmi oil, Mustard oil, and Amla oil**.

## Yoga And Medications

Inverted asana helps stimulate **blood flow** to the head. Additionally, practicing deep breathing exercises leads to controlling **anxiety, and stress**, and keeping the mind balanced is also advisable.



**Vajrasana** is useful for hair fall.



**Sarvangasana** (Shoulder stand pose) This pose is quite effective for increasing blood supply to scalp regions and reducing hair fall.



**Bhujangasana** (Cobra Pose)



**Kapalabhati** (Frontal lobe cleaning technique)



**Pranayama** has benefits for hair care and prevents baldness. It also helps in reducing hair loss.

## Daily Hair Care

No matter how beautiful you are, if your hair is **rough and brittle** you will lose beauty in your contour. Always, keep in mind hair are an essential part of our body and needs special attention



**Avoid Tight Hairstyles**



**Cleaning / Shampooing**



**Proper Combing**



Be gentle with your hair. **Avoid pulling it tightly.** If pulled over a **long period of time**, a receding hairline can occur.



Do not pull your hair tightly into a **Ponytail, Cornrows, or Curlers.**

## Do's and Don'ts of Alopecia

Pitta dosha is vitiated by excessive consumption of tea, coffee, alcohol, and excessive smoking. Oily, spicy, and acidic food also tend to increase pitta. So the first step is to change diet and lifestyle.

### Dos:



1. Take a **Sound sleep**.



2. Manage **Stress and Anxiety**.



3. A **Protein-rich** diet should be preferred.



4. Do **Meditation and Exercise**.



5. Gently **Scalp massage** improves blood circulation and stimulates hair growth.



6. **Fresh vegetables, sprouts, legumes, and soya** should be preferred.



7. Take more and **more water** as it flushes out toxins from the body.



8. **Rub the head** after washing hair so as it stimulates the **sebaceous gland** thereby improving blood circulation.



9. Consumption of **Fruits, Leafy vegetables,** and **Milk** makes hair strong and shining.

10. **Aloe vera** is good for hair loss treatment as it heals the scalp and cleans the pores.

11. Eating **white sesame seeds** is beneficial and used as a natural hair loss treatment.

## Don'ts

1. **Hair dyes, hair dryers, and curling** should not be used extremely.
2. **Don't Rub your hair strongly.**
3. **Reduce Junk food** and extra calories.
4. Consumption of **Alcohol** and **Beverages** should be restricted.
5. **Avoid Harsh Shampoo and Conditioner.**
6. **Avoid Spicy food** and **Bakery** products.



## Herbal Remedies



### Ashwagandha

Ashwagandha is one of the most common Ayurvedic ingredients that people can use to **prevent baldness**. Cortisol, the hormone responsible for the cause of hair loss and which also slows down hair growth, is effectively brought under control with the help of ashwagandha. It also boosts the antioxidant activity in your scalp and **helps to increase blood circulation**. Therefore, it can effectively help in times of pattern baldness. Soak it in water and turn it into a paste, apply it for 30 minutes, and then wash it off after the given time.



### Brahmi Leaves

Brahmi Leaves are known for their brilliant way of helping a person's mind to concentrate and to help remember different things. These leaves are also very **beneficial for preventing male pattern baldness**. Brahmi leaves when crushed and mixed with water should be applied all over your hair and especially the scalp. Doing this thrice a week will help your baldness away.



### Methi

Methi is also one of the most popular Ayurvedic ingredients which you can use to help get **rid of male pattern baldness**. Methi effectively rejuvenates the scalp and the hair roots which makes them stronger. Sometimes dandruff can also be responsible for male baldness and methi fights them in a brilliant manner. First, roast the methi in a pan and once it has dried out, you will need to collect the powder by grinding it. Now, add some water and make it a thick paste for application. You will witness the best remedy that you can get.



### Coconut Milk

Massage your scalp with coconut milk and leave it for 30-40 minutes before you rinse your hair with mild natural cleansers. You will find that your **hair grows sooner**.