



The Complete
**AYURVEDIC
RECOMMENDATIONS**



(FROM A-Z)

DANDRUFF



By

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DANDRUFF

HOW TO GET RID OF DANDRUFF NATURALLY

The Ayurvedic Practice of Hair Oiling

Oiling plays a very very important role in the **prevention of dandruff**. Whether you have an oily or a dry, flaky scalp, there are plenty of hair oil options to help you remove dandruff naturally and give you smooth, bouncy hair that can rival the best.



1. Neem Oil For Anti-Fungal Treatment of Dandruff Ancient Ayurvedic texts describe the Neem tree as ‘**Sarva Roga Nivarini**’, which means Universal Healer or curer of all Ailments. Neem oil derived from this tree is very potent with **antiseptic, antiviral, antibacterial, and antifungal properties**. The anti-fungal properties of Neem oil make it effective against these fungi. You can also use Neem oil to relieve **inflammation, itchiness, and irritation** that results from dandruff. For those who are prone to dandruff, Neem oil should be used regularly. It also helps in maintaining the pH balance of the scalp, which further **prevents dandruff formation**. To use Neem oil to get rid of dandruff naturally, dilute equal parts (50/50) of **Neem Oil with Sweet Almond/Sesame Oil** and gently massage the oil directly into the roots of the hair and scalp. After allowing it to work for 30 minutes, cleanse your hair with a natural cleanser.



2. Bringadi Oil to fight **Dandruff and Hair Loss**. This Ayurvedic oil is an intensive hair treatment that helps prevent **hair loss, scalp irritation, dandruff, and premature greying**. With its soothing earthy scent, the oil helps in **cooling and soothing** the scalp. It also provides relief from the **itchiness and greasiness** caused by dandruff. To use Brigandi oil to remove dandruff, gently massage Brigandi oil into hair, ensuring that the entire scalp is covered. You can do this once or twice a week. Warm the oil to enhance its benefits further.



3. Coconut Oil to remove **Dandruff** caused by dryness coconut oil is effective in hydrating the skin and thus, preventing dandruff which is caused due to dryness. Research has found that coconut oil, in particular, can aid in **protecting from eczema** and relief from the symptoms it brings along - **inflammation and itching** of the skin. Some studies also indicate that coconut oil and its compounds have **antimicrobial properties**. The application of coconut oil to the scalp and hair for eight weeks helped ease the symptoms of dandruff. So treat it like a self-care hour before showering, and massage a few tablespoons of coconut oil into your scalp and hair, let it sit for at least 30 minutes, and then hop into the shower.

Wholesome Diet As Per Ayurveda



Mango - Amra



Pomegranate - Dadima



Lemon - Matulunga (Citrus medica)



Coconut - Narikela



Ghee - Ghrita



Moringa - Shigru (Drumstick)



Intake of **1 tsp ghee** on an empty stomach in the morning lubricates each cell and **cures dandruff**.



Drinking 2-3 liters of water daily keeps the scalp hydrated and prevents dandruff. Water intake also helps the body to flush out toxins.



Avoid consumption of mutually contradictory foodstuffs like milk and fish or milk with salt or heated honey. This may sound silly to you. But intake of such foodstuff causes diminished Agni and causes dryness in the body leading to dandruff or any skin-related issues.

Food rich in Vitamin E and Omega 3 fatty acids helps to keep the scalp in good health.

#Food Rich in Vitamin E



Nuts

Papaya

Almond

Pine nuts

Peanuts

Mustard

Mangoes



Chard

Carrots

Spinach

Soybean

Taro Root

Broccoli

Pumpkin



Pistachio

Flaxseed Oil

Red Peppers

Turnip Greens

Sunflower Seed

Food Rich in Omega 3 Fatty Acids



Walnut

Sardines

Salmon

Soybean

Flax Seeds

Cauliflower



Tofu

Fish Oil

Egg Oil

Krill Oil

Shrimp

Camellia



Chia Seeds

Canola Oil

Brussel
SproutWinter
Squash

Lifestyle Changes To Prevent Dandruff



X Avoid exposure to direct sunlight. Wear a hat or hold an umbrella while walking in the sun.



X Avoid using indoor heating devices that can dry your scalp.



X Excess alcohol intake & smoking also can dry your skin and cause dandruff.



X Avoid caffeine.

Specific Remedies



1. Soak **1 tbsp Methi (Fenugreek)** seed powder and **1 tbsp of Triphala churna** in **1 bowl of curd** overnight. Next morning, apply it as a mask for an hour and wash with a mild shampoo. Do it once or twice a week.



2. Take a **bowl of Coconut oil** and heat it for 2 minutes. Then add **1 tbsp of Lemon juice** in it and mix it thoroughly. Apply it to your hair overnight or for 2 hours before the hair wash. Do it once a week.



3. Combine **1 cup of aloe vera gel** with **2 tbsp of Castor oil**. Apply this on your scalp. Let it sit overnight and wash it off the next morning. Do it once a week.



4. Soak a **cup of Fenugreek seeds** in water overnight. Grind to a paste and add **2 tbsp of Aloe vera gel** to it. Mix thoroughly and apply this paste to your scalp. Leave it on for 1 hour. Rinse your hair with water followed by a mild shampoo. Do it twice a week.



5. Take **2 glasses of Buttermilk** and mix **1 tbsp of Triphala churna** in it and keep it overnight. Next morning, wash your hair with this medicated **buttermilk** and then use a mild shampoo. Do it twice a week.



6. Wash your hair with the **Water** that is **boiled with Neem leaves** in it after it cools down.