



The Complete
**AYURVEDIC
RECOMMENDATIONS**



(FROM A-Z)
HAIR FALL



By

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HAIR FALL CONTROL

DIET TO CONTROL HAIR FALL AND PROMOTE HAIR GROWTH.

1. Moong Bean

Moong also soaks up bad cholesterol. They are high in antioxidants, thus preventing age-related hair damage. Add a bowl of moong to your diet daily, sprouted, curried.



2. Amla

Amla is undoubtedly one of the best superfoods. It is rich in antioxidants. This time-tested and well-documented herb promotes hair growth and prevents premature greying. Amla tackles scalp inflammations and dandruff too.



3. Cucumber

Cucumbers keep up the hydration in your body and reduce inflammation. Cucumber seeds are cooling and help balance the heat-linked stress on the hair. Cucumber skin is rich in silicon and sulfur, which promotes hair growth. Should be consumed daily as salads or juice.



4. Buttermilk

Buttermilk, or well-churned yogurt, mixed with double the amount of water and spiced appropriately is a hair elixir. Buttermilk along with meals helps absorb vital hair nutrients, especially calcium from the consumed food.



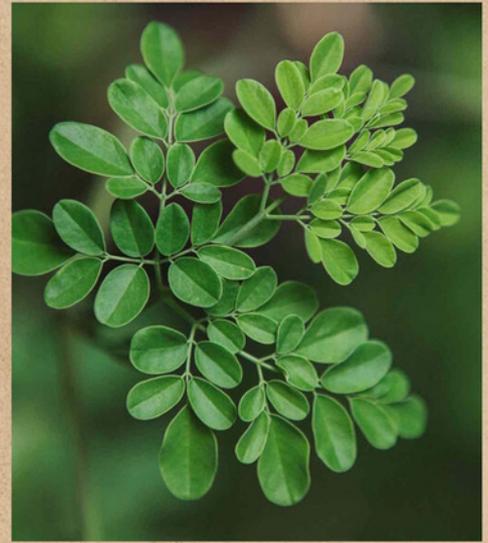
5. Almonds And Other Nuts

They give you a boost of Vitamin E, Omega-3 fatty acids, and Biotin. Almonds, walnuts, and chironji are rich in natural oils that are beneficial to hair growth and vitality. They make the hair strong, lustrous, and durable.



6. Moringa

Drumstick legumes and leaves make a great hair supplement. They are a rich source of major vitamins and minerals needed by the body. The antioxidants present in them protect your hair follicles from damage, balance the hormones, and slow the effects of aging, including hair-greying. Moringa is proven to be rich in anti-inflammatory compounds and can work against dandruff and other scalp sensitivities.



7. Peanuts

Foremost, are rich in natural oils, just what your hair needs to look full of life and lustrous. They are rich in calcium and silica. These offer tensile strength to the hair. The high vitamin E, zinc, magnesium, and biotin content also promote healthy hair growth. Peanuts can be soaked overnight, can be added to salads, or just eaten as a snack.



8. Sesame Seeds + Cumin Seeds

This unique combination is a savior for hair (and bones). Sesame is rich in calcium and cumins help it to get absorbed better in your body. Sesame is a hair elixir. It has a specific action on hair growth.



9. Ghee

Homemade Ghee is excellent for your hair. It is rich in vitamins D, A, and E. These are vital for healthy hair, bones, and skin. Have a spoon just as is to start the day, or at bedtime.



10. Coconuts

Ayurveda specifically groups coconut under the group - Keshya, which is a group of foods that have potent effects in inducing good hair growth, preventing greying and other hair troubles.



11. Triphala

It prevents aging, aids digestion, is antibacterial, prevents dental cavities, promotes hair growth (Keshya), and prevents greying (Varnya). A spoonful of Triphala at bedtime or early morning can help your hair grow lush and be free of greys.



12. Curry Leaves

Curry Leaves are rich in iron and folic acid. Curry leaves also reverse hair damage and prevent premature greying.



13. Methi Seeds

Methi is rich in phytoestrogens and is, therefore, a natural stimulator of a thick mane that is devoid of greys. Methi is also a natural inflammatory and thus, reverses stress damage on hair. Soaked and crushed methi can be taken with a glass of water once a day. Sprouted methi can be incorporated in the meals.



14. Pomegranates

Current studies have discovered Anthocyanins inappreciably large amounts in pomegranates. This compound is an excellent anti-aging chemical and prevents oxidative stress on the hair, skin, and other organs. Pomegranates have cholesterol-lowering abilities and thus, prevent cholesterol-linked hair loss and greying. It balances hormones and is a rich source of iron. All these are metabolically linked to promote good hair growth and prevent greying.



15. Fennel

Fennel is an excellent hormone harmonizer. Fennel reduces inflammation and clears the blood of toxins. They can be eaten just as is. Fennel water is made out of crushed, soaked, and sieved fennel seeds.



Best Hair Oils For Hair Fall



2. Sesame Oil



4. Almond Oil

1. Coconut Oil



3. Neem Oil



5. Bringadi Oil



Ayurvedic Remedies to Control Hair Fall

> Amla

A simple home remedy for hair fall using Amla:

1. Mix lime juice and amla powder to make a paste.
2. Massage it into your scalp and hair.
3. Use a shower cap to cover your head so that the paste doesn't dry out.
4. Keep it for an hour and then rinse it off with normal water.



> Shikakai

Here's a simple way to use Shikakai for hair growth:

1. Make shikakai powder at home by drying the pods in the sun for a few days and then grinding it in a mixer.
2. Take about 2 tablespoons of this powder and add it to a jar of coconut oil.
3. Store the container in a cool, dark place for about 15 days.
4. Shake before use. Massage your scalp with this at least twice a week.



> Reetha

You can prepare your own Reetha shampoo at home:

1. Take several parts of soapnuts and shikakai parts.
2. Boil them in 500 liters of water.
3. Leave the mixture overnight for cooling.
4. Strain the mixture and use it as a shampoo.



> Coconut Milk

1. Grate the coconut and simmer the grated pieces in a pan for about five minutes.
2. Strain and cool.
3. Add one tablespoon each of crushed black pepper and methi to it.
4. Apply to the scalp and hair.
5. After 30 minutes, rinse with a shampoo.



> Aloe Vera

1. Take the Aloe Vera stalk and extract the pulp.
2. Apply the pulp to your hair and scalp and leave it for about an hour.
3. Rinse with normal water.
4. Do this three to four times a week for better hair growth.



> Methika

1. Soak methi seeds overnight in water.
2. Grind to a fine paste and apply to hair and scalp.
3. Leave the paste on your head for about half an hour.
4. Rinse it with normal water.
5. Do it thrice a week to control hair fall.



> Yoghurt

1. Mix 2 tablespoons of yogurt with 1 tablespoon of honey and lemon.
2. With a brush, apply this on the scalp and hair roots.
3. Leave it for 30 minutes.
4. Rinse in normal water
5. Apply once a week.



Yoga Asanas to Reduce Hair Fall Naturally



1. Adho Mukho Savasana
(Downward Dog Pose)



2. Utthanasana
(Standing Forward Pose)



3. Pavanmukthasana
(Wind-relieving Pose)



4. Sarvangasana
(Shoulder Stand)



5. Vajrasana
(Diamond Pose)



6. Kapalabhati Pranayama
(Breath of fire)



7. Bhastrika Pranayama
(Bellows breath)



8. Nadi Shodhan Pranayama
(Alternate Nostril Breathing)