



The Complete
**AYURVEDIC
RECOMMENDATIONS**



(FROM A-Z)

PREMATURE GREYING



By

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AYURVEDIC SUPERFOODS FOR PREMATURE GREYING

A. GINGER

Ginger benefits the body, hair, and skin in many ways. It is even effective in protecting your hair against that premature greying. Have a teaspoon of grated ginger mixed with 1 tbsp of honey to prevent grey hairs.



B. AMALAKI- INDIAN GOOSEBERRY

As it's packed with antioxidants and Vitamin C properties, it doesn't just prevent hair from premature greying but can even make it healthy and give the lustrous shine we all desire for.



C. BHRINGARAJA- ECLIPTA ALBA

Juice of Bhringaraj or choorna(1tsp) can be taken daily mixed with 1 glass of water. As externally bhringraj oil is available for head massage.



D. NEELINI- INDIGO

Neelini is used as an ingredient in hair mask along with Triphala choorna, made into paste and applied over hair. Also used as neelini oil for head massage.



AYURVEDIC SUPERFOOD FOR PREMATURE GREYING

E. TILA - BLACK SESAME

These black sesame seeds are known to be powerful elixirs for grey hair; they boost melanin production, which helps in giving the hair a tremendous pigment. They are super filled with antioxidants which can neutralize your hair's aging effect. Take one tablespoon of black sesame seeds two to three times a week to prevent the hair greying process.



F. KALASHAKA- CURRY LEAVES

A teaspoon full of curry leaf juice with a cup of buttermilk or lassi is time tested medicine for premature grey hairs.



G. GHEE & MILK

Daily intake is required.



LET'S FIRST BREAK THE COMMON MYTH !!



Plucking grey hairs will result in many more in its place. Plucking grey hair will neither make the hair more or less grey since the hair follicle is intact. Plucking might make you lose hair though!

HELPFUL TIPS TO PREVENT PREMATURE GREY HAIR:



- Don't indulge in harmful practices such as **smoking and drugs**.



- Reduce, or all together avoid, **caffeinated drinks**.



- Eat a healthy and balanced diet rich in **fruits and vegetables**.



- Wash your hair with naturally **cold (not hot) water**.



- Protect your hair from the harsh rays of the sun and chlorinated swimming pools by **wearing a cap**.

HELPFUL TIPS TO PREVENT PREMATURE GREY HAIR:



- Avoid using chemicals for **curling, straightening or coloring** your hair. The side effects can be unpredictable.
- Lead a **stress-free** life.
- Include healthy and wholesome practices such as **yoga, pranayama or breathing** exercises and meditation in your daily life.

REMEDIES FOR GREY HAIR

1. Coconut Oil

This oil is commonly used for its cooling properties. You may use it along with

- A. **Aloe vera gel** – Mix the gel with coconut oil and apply on the hair.
- B. **Amla (Indian gooseberry) powder** – Heat 2 tsp of amla powder in 3 tbsp. of coconut oil till it becomes black. Apply on your hair after the mix cools a bit.
- C. **Curry leaves** – Heat a handful of curry leaves with coconut oil till it turns black. Cool and apply on the scalp. You may also consume curry leaves as part of your diet. It contains multivitamins and irons that help prevent greying.

Suggestions:

1. Gently massage the oil all over your scalp with your fingers.
2. Repeat the procedure 3-4 times a week for a few months for best results.

2. Hibiscus

You can soak the leaves and flowers of the hibiscus in water overnight and then rinse your hair with this water the next morning. The nutrients in hibiscus can help darken your hair.

