

YOGA WITH PRAKHAR

Ayurvedic Hair Care (Kesha Swasthya) & Holistic Diet Plan

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Namaste! Ayurveda mein baalon ki acchi health ko '*Asthi Dhatu*' (bone tissue) ka upadhatu aur '*Pitta Dosha*' ke balance se joda gaya hai. Hair fall ko '**Khalitya**' aur premature greying ko '**Palitya**' kehte hain. Jab sharir mein excess Pitta (heat) aur Vata (dryness) badhta hai, toh hair follicles nourish nahi ho paate aur baal jhadne ya safed hone lagte hain. Yeh comprehensive diet & herbal treatment plan baalon ko root se strengthen karne aur Dhatu Agni ko balance karne ke liye design kiya gaya hai.

1. HAIR PROBLEMS ACCORDING TO TRIDOSHA

Har vyakti ki body prakriti aur Dosha imbalance ke hisaab se hair issues alag hoti hain:

VATA HAIR TYPE (Khalitya / Dryness)

Symptoms: Dry, frizzy, brittle hair, split ends, rough scalp, rapid hair thinning, diffuse hair loss.

Focus: Nourishing (Brimhana) & hydrating food. Warm sesame oil massage (Shiroabhyanga), Desi Ghee, soaked nuts, and Vata-pacifying herbs.

PITTA HAIR TYPE (Palitya / Alopecia)

Symptoms: Premature greying (safed baal), scalp inflammation, burning sensation, bald patches (Indralupta), thinning on crown.

Focus: Cooling (Sheetala) diet. Amla, Aloe Vera, Coconut water, Coriander, Bhringraj, and avoiding spicy, salty, sour foods.

KAPHA HAIR TYPE (Dandruff / Oily)

Symptoms: Excessively oily scalp, sticky heavy dandruff (Darunak), itchy scalp, clogged follicles leading to hair loss.

Focus: Light, detoxifying food. Neem, Triphala wash, avoiding heavy dairy, sugar, and fried foods. Keep scalp clean and active.

2. COMPLETE AYURVEDIC HAIR GROWTH DIET PLAN

Yeh diet plan *Asthi Dhatu* ko poshan deta hai, Pitta heat ko cool karta hai, aur follicles tak blood circulation enhance karta hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Early Morning (6:00 AM - 6:30 AM)	1 glass warm water + 1 tsp Amla Powder OR 15-20ml Fresh Amla Juice. <i>Plus:</i> 5 Soaked Almonds + 2 Soaked Walnuts + 1 tsp Black Sesame Seeds (Kala Til).	Amla keshya (hair grower) hai aur Vitamin C se bharpoor hai. Kala Til (Black Sesame) Asthi Dhatu aur hair pigmentation (melanin) ko boost karta hai.
Breakfast (8:00 AM - 8:30 AM)	Vegetables Dalia / Oats / Sprouted Moong Salad / Ragi Dosa / Vegetable Poha with curry leaves. 1 cup Herbal Tea (Curry Leaves + Hibiscus + Mulethi).	Curry leaves aur Hibiscus rich source hain iron aur beta-carotene ke. Ragi aur Sprouts protein supply karte hain jo Keratin build karta hai.
Mid-Morning (11:00 AM)	1 glass Tender Coconut Water / Fresh Aloe Vera Juice with a pinch of भुना जीरा (Roasted Cumin) OR 1 Bowl Fresh Pomegranate / Seasonal Sweet Fruits.	Coconut water aur Aloe Vera scalp inflammation aur internal Pitta heat ko instantly cool karte hain. Cumin digestion ko support karta hai.
Lunch (1:00 PM - 2:00 PM)	1-2 Rotis (Jowar/Wheat mix) + 1 bowl Yellow Moong / Green Gram Dal with 1 tsp A2 Cow Ghee + Spinach / Lauki / Ridge Gourd / Beetroot Sabzi.	A2 Cow Ghee Pitta ko calm karta hai aur nutrients ke absorption ko badhata hai. Beetroot aur Palak iron level increase karte hain.
Evening Snack (5:00 PM)	1 cup Herbal Tea or Coconut water + Roasted Makhana / Seed Mixture (Pumpkin seeds, Sunflower seeds, Flaxseeds).	Pumpkin seeds aur Flaxseeds natural Zinc aur Omega-3 fatty acids provide karte hain, jo hair thinning ko rokhte hain.
Dinner (7:00 PM - 7:30 PM)	Light Khichdi with vegetables OR Bottle Gourd Soup / Moong Dal Soup + Light Phulka. Finish dinner before 7:30 PM.	Late night meals create Ama (toxins) jo hair follicles ko block karta hai. Light dinner digest hone se Asthi Dhatu nourishment improve hota hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Bedtime (9:30 PM)	1 cup Warm A2 Milk with 1/2 tsp Ashwagandha / Shatavari Powder OR 1 tsp Triphala Churna with warm water.	Warm milk with Ashwagandha stress/cortisol levels ko reduce karta hai (telogen effluvium prevent karta hai). Triphala scalp detox karta hai.

3. KEY AYURVEDIC MEDICINES FOR HAIR PROBLEMS (AUSHADHI)

Aushadhiyan keshya (hair strengthening), rasayana (rejuvenating), aur Pitta-pacifying properties ke saath hair growth ko active karti hain:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	ACTION & BENEFITS
Bhringraj Asava / Churna	15-20 ml with water OR 1 tsp powder twice daily	After meals with water	Known as 'King of Hair'. Promotes hair regrowth, stops severe fall, improves hair texture, and darkens premature greying.
Saptamrit Lauha	1-2 Tablets twice daily	After meals with warm water / ghee & honey	Iron-rich classical formulation. Nourishes eyes, brain, and hair roots. Excellent for premature greying and hair thinning.
Amlaki Rasayana	1 tsp twice daily	Before meals with warm water/honey	Potent antioxidant and Pitta shamak. Strengthens hair follicles and prevents oxidative damage to scalp tissues.
Narasimha Rasayana	1 tsp once or twice daily	With warm milk after meals	Rich herbal jam/medicated ghee formula. Deeply nourishes Asthi Dhatu, revitalizes hair follicles, and treats chronic alopecia.
Gandhak Rasayana	1 Tablet twice daily	After meals with warm water	Purifies blood, clears scalp infections, treats severe scalp psoriasis, itching, and dandruff (Darunak).
Neelibringadi / Bhringraj Taila	External application 2-3 times/week	Gently massage scalp before wash	Medicated oil for Shiroabhyanga. Cools brain, calms Pitta, stimulates micro-circulation in hair roots.
Anu Taila / Shadbindu Taila	2 drops in each nostril daily morning (Nasya)	Empty stomach morning	Nasya therapy directly works on hair, eyes, and brain organs above shoulders (Urdhva Jatrugata). Prevents baldness & greying.

4. HAIR CARE GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Children & Teenagers (Age 10 - 19 Years) - Growth & Hormonal Shifts Primary Concerns: Nutritional deficiency, academic stress, dandruff from oily scalp, early greying. Dietary Focus: A2 Milk, soaked almonds, dates, Amla candies/juice, green leafy vegetables. Complete ban on junk food, carbonated drinks, and packaged chips. External Care: Gentle weekly oiling with coconut/Bhringraj oil. Use natural Shikakai/Reetha cleanser instead of chemical shampoos.
2. Young Adults & Working Professionals (Age 20 - 45 Years) - High Stress & Pitta Phase Primary Concerns: Work stress (Cortisol spike), male/female pattern baldness, hormonal imbalances (PCOS/Thyroid hair loss), chemical damage. Dietary Focus: High antioxidants, Black Sesame seeds, Pumpkin seeds, Aloe Vera juice, coconut water. Avoid late-night eating, smoking, and excess alcohol. Therapy & Lifestyle: Daily Nasya (Anu Taila), 7-8 hours night sleep, Shiroabhyanga (head massage), and Headstand/Inversion poses (Shirshasana, Adho Mukha Svanasana).

3. Middle Age & Senior Citizens (Age 46+ Years) - Vata Dominant & Natural Degeneration

- **Primary Concerns:** Natural hair thinning, extreme scalp dryness, loss of hair luster, brittleness due to age-related Vata increase.
- **Dietary Focus:** Warm, unctuous foods with Desi Ghee, warm sesame milk, nuts, Triphala for bowel regularity, and bone-nourishing herbs (Asthishrankhala/Shatavari).
- **Gentle Care:** Warm Sesame oil or Kshirabala oil scalp massage 2-3 times a week. Avoid harsh hot water washes on scalp.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR HAIR HEALTH)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Amla, Curry leaves, Black Sesame seeds daily. • A2 Cow Ghee, Coconut water & Fresh Aloe Vera juice. • Regular Shiroabhyanga (Head massage) with Bhringraj oil. • Nasya therapy (2 drops Anu Taila in nostrils). • Shikakai, Reetha, Hibiscus natural hair wash. • Inversion Yogasana (Adho Mukha Svanasana, Sarvangasana).	• Excessive salty, sour, spicy, fermented foods (increases Pitta). • Chemical shampoos, heat styling, hair dyes with Ammonia. • Hot water wash on hair (damages roots & causes hair fall). • Late night sleeping (Ratri Jagran) & chronic stress. • Frequent hair washing with hard/chlorinated water. • Combing wet hair vigorously.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur health awareness purpose ke liye banaya gaya hai. Severe hair loss (Alopecia areata, severe androgenetic alopecia, scalping disorders) ke case mein professional diagnosis zaroori hai. Kisi bhi classical aushadhi ko lene se pehle certified Ayurvedic Physician se consult zaroori karein.