

Brahmi contains several antioxidants, anti-inflammatory, and regenerative properties that can be beneficial for your hair. It helps clear dandruff and increase hair growth, and it can even help treat alopecia areata.

Amla helps darken your hair and thus prevent premature graying, promotes hair growth, and reduces dandruff. It contains potent antioxidant and anti-inflammatory properties that boost scalp health.

Amla is rich in vitamin C and iron, both of which help increase hair growth. It is also a natural testosterone inhibitor that can fight androgenic alopecia or hormonal hair loss.

Shikakai, or *Acacia concinna*, is an ancient Ayurvedic remedy for hair loss and thinning. It is filled with vitamins including vitamins A, D, C, and E.

The essential oils in shikakai help condition and nourish the hair to prevent frizz.

Shikakai also contains antimicrobial, antioxidant, and anti-inflammatory properties that can improve the general health of your scalp

Fenugreek is a natural hair growth booster used in several regions of the world. Fenugreek seeds help increase hair growth and treat scalp infections or inflammation; they are found in several organic hair care formulations.

Hibiscus flowers are another traditional Ayurvedic treatment for hair growth and thickness. The leaves and flowers of hibiscus contain antioxidant properties and several nutrients required for hair growth and proliferation

Rosemary is a medicinal herb used in a number of different treatments. It contains antioxidant compounds called rosmarinic acid and caffeic acid, which can help promote hair growth and thickness

Licorice, or *Glycyrrhiza glabra*, is known for promoting blood circulation to the scalp. This helps nourish the hair follicles and provides the necessary nutrients to promote hair growth

Henna contains antioxidants that can boost overall scalp and hair health. It is also filled with proteins and tannins. Protein helps make the hair stronger, and tannins work as a natural dye and add color to the hair

Bhringraj, or *Eclipta alba*, known more commonly as false daisy, is used in many parts of the world to increase hair growth. Several studies have demonstrated the benefits of false daisy in delaying premature graying and increasing hair thickness.

Aloe vera is a medicinal plant used all over the world for many health conditions. It is rich in nutrients including vitamins C, B12, and E and folic acid; it also contains several hydrating and antimicrobial properties.

Aloe vera can be the one-stop solution for all your hair woes as it deep conditions the hair, nourishes it, improves its strength and thickness, and increases its keratin levels. It also helps fight dandruff and scalp infections.

Neem (*Azadirachta indica*) The antimicrobial and immune-boosting properties of neem can benefit not only your skin but also your hair, making it soft and lustrous. Neem can improve your hair health in the following ways.

Green tea leaves has antioxidant, antibacterial, and anti-aging properties. It soothes skin inflammation, reduces acne, and prevents hair loss