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बालों के झड़ने का असली कारण

Baal | Hair Fall Guide

बाल गाइड

Ayurveda's Deep Understanding of Hair Loss

The Gut–Hair Connection — Asthi Dhatu — Natural Healing

11 Sections:

Gut–Hair Truth | Classical Correlations | 3 Dosha Types | 10 Signs
Treatment | 7 Herbs | Yoga | Daily Routine | Eat & Avoid | 5 Daily Rules |
When to See a Doctor

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Why your hair fall is actually a gut problem. Charaka Samhita said this 5,000 years ago.

CS Sharira Sthana 7/16 — KESHA is the Mala (waste product) of ASTHI DHATU.

Hair is a byproduct of bone tissue. To grow hair, you must first nourish all 7 Dhatus in sequence — and that requires a functioning Agni (digestive fire).

The 7-Dhatu Chain

Food → Agni



1. Rasa (plasma)



2. Rakta (blood)



3. Mamsa (muscle)



4. Meda (fat)



5. ASTHI (bone)



Kesha (HAIR)

What Breaks the Chain

- Weak Agni (digestive fire)
- Ama (metabolic toxins)
- Constipation, acidity, bloating
- Poor nutrient absorption
- Chronic stress → cortisol
- Late nights → no Pitta repair

The Result

When Asthi Dhatu is not nourished, its Mala — Kesha — fails to form properly.

- Hair fall
- Thin, weak strands
- Premature greying
- Slow regrowth
- Brittle, lifeless hair

No oil works from outside if the chain is broken inside.

Section 2 — Ayurveda and Hair Loss — 4 Classical Conditions

Charaka, Sushruta, and Bhavaprakasha describe distinct hair disorders. Each has a precise modern parallel.

Source: Charaka Samhita Sutra Sthana, Sharira Sthana 7/16 (Kesha as Mala of Asthi Dhatu) • Sushruta Samhita Nidana Sthana • Bhavaprakasha.

खालित्य (Khalitya)

Sushruta Nidana 13 — gradual scalp hair fall.



Androgenetic Alopecia & Female Pattern Hair Loss

Progressive thinning at crown/temples. Most common adult hair loss worldwide.

इन्द्रलुप्त (Indralupta)

CS — sudden hair loss in patches.



Alopecia Areata

Autoimmune patchy hair loss. Now linked to gut microbiome dysbiosis (Mendelian randomization, 2024).

पलित्य (Palitya)

CS — premature greying. Pitta + Bhrajaka Pitta vitiation.



Premature Canities

Greying before age 25. Linked to oxidative stress, Vitamin B12 deficiency, chronic stress.

दारुणक (Darunaka)

CS — itchy, flaky scalp.



Dandruff & Seborrheic Dermatitis

Malassezia overgrowth. Triggers chronic shedding and follicular inflammation.

Section 3 — Three Types of Hair Fall — Dosha-wise

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Vata, Pitta, Kapha — each presents differently and requires a different treatment approach.

Vata-Predominant Hair Fall (वात प्रधान)

Symptoms: Dry, brittle, frizzy hair. Split ends. Breakage. Thin, lifeless strands. Premature greying. Scalp dryness.

Who: Stressed individuals, irregular routine, excessive travel, low body fat, dehydration.

Treatment: *Vata Shamana + warm sesame/almond oil head massage + Ashwagandha + Bhringraj oil + ghee in diet + consistent sleep.*

Pitta-Predominant Hair Fall (पित्त प्रधान)

Symptoms: Premature greying. Scalp redness/burning. Inflammatory scalp acne. Excessive shedding in summer. Receding hairline.

Who: High-stress, ambitious, anger-prone, hot climates, spicy/oily diet, alcohol, smoking.

Treatment: *Pitta Shamana + Amla + Brahmi + Bhringraj + cooling pranayama (Sheetali) + Rakta Shodhana + avoid spicy food.*

Kapha-Predominant Hair Fall (कफ प्रधान)

Symptoms: Oily, heavy scalp. Dandruff. Thick but slow-growing hair. Clumping. Sluggish regrowth. Fungal scalp issues.

Who: Sedentary lifestyle, heavy oily diet, dairy excess, sweet cravings, weight gain tendency.

Treatment: *Kapha Shamana + Triphala + daily exercise + Kapalabhati + Methi seeds + reduce dairy and sweets.*

Most people show dual-dosha patterns — identify the dominant one.

1

Khalitya (खालित्य)

Excessive Daily Shedding

Sushruta Samhita Nidana 13 — Vata + Pitta dushti on scalp.

Losing more than 100 hairs per day is abnormal. Telogen Effluvium pushes up to 70% of follicles into telogen, vs the normal 10–14%. Result — up to 300 hairs shed per day.

2

Mandagni (मन्दाग्नि)

Weak Digestive Fire

CS — Mandagni leads to Ama formation in all Srotas.

Bloating, gas, irregular bowels signal weak Agni. Iron, B12, protein, zinc — none can absorb properly. The Dhatu chain breaks at step 1.

3

Vibandha (विबन्ध)

Constipation

CS — chronic Vibandha blocks Purisha Vaha + nutrient absorption.

Chronic constipation = chronic Ama. Toxin reabsorption affects the entire Dhatu chain. Hair follicles, sensitive to nutrient supply, are the first to suffer.

4

Asthi Kshaya

Bone Tissue Depletion

CS Sutra 28 — Asthi Pradoshaja Vikara includes Kesha Patana (hair fall).

When Asthi Dhatu is depleted, its Mala (Kesha) cannot form. Signs — brittle nails, joint cracking, dry skin, hair fall happening together.

5

Bhrajaka Pitta Dushti

Skin & Scalp Inflammation

CS Su. 12 — Bhrajaka Pitta governs skin color and integrity.

Pitta vitiation in scalp shows as redness, burning, inflammatory dandruff, premature greying. Often coexists with acid reflux and acidity.

Section 4 — 10 Signs Your Hair Fall is Gut-Driven (Signs 6–10)

Cited from Charaka, Sushruta, Bhavaprakasha + PubMed/PMC research.

6

Low Serum Ferritin Iron Deficiency Hair Loss

PMC: Female TE patients have significantly lower ferritin than controls.

Iron is required for hair-matrix cell DNA synthesis. Even non-anemic iron deficiency (ferritin <30 ng/mL) is linked to chronic Telogen Effluvium. Comes from poor gut absorption, not just diet.

7

Cortisol Excess Stress-Induced Hair Fall

Harvard Stem Cell Institute — cortisol suppresses follicle stem cells.

Chronic stress → HPA axis activation → cortisol stays elevated → forces follicles from anagen into telogen prematurely. Hair fall appears 2–3 months after the stressor.

8

Microbiome Dysbiosis Gut Bacteria Imbalance

Frontiers Microbiol 2024 — causal link via Mendelian randomization.

16 gut bacterial taxa now causally linked to alopecia. Disturbed gut bacteria alter immune signaling, inflammation, and follicle stem cell environment. No longer just correlational — causal evidence.

9

Palitya (पलित्य) Premature Greying

CS — Pitta + Bhrajaka Pitta vitiation. Modern: B12, oxidative stress.

Greying before age 25 is a sign of internal Pitta excess plus oxidative damage from stress, smoking, B12 deficiency. Not separate from hair fall — same root.

10

Nidra Nasha (निद्रानाश) Poor Sleep

AH Dinacharya — sleep before 10 PM protects nocturnal Pitta repair.

Hair follicle regeneration peaks during deep sleep between 10 PM–2 AM. Chronic late nights = no Pitta repair window = accelerated hair fall and greying.

Section 5 — Ayurvedic Treatment for Hair Loss

Four sequential goals — diet — exercise. All evidence-based.

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1. Agni Deepan

Strengthen digestive fire —
restore absorption.

2. Ama Pachana

Clear toxins from all Srotas
(channels).

3. Dhatu Poshana

Nourish all 7 tissues in sequence
up to Asthi.

4. Kेशha Vardhana

Regenerate healthy hair from
inside.

Diet for Hair

Warm, freshly cooked food at fixed times — strengthens Agni.

Iron-rich foods: spinach, beetroot, dates, jaggery, raisins.

Pair iron-rich food with Vitamin C (amla, lemon) for absorption.

Sweet, sour, salty in moderation — favor cooked over raw.

Daily ghee — nourishes all 7 Dhatus including Asthi.

Lifestyle for Hair

30–45 min daily exercise — improves circulation to scalp.

Sleep before 10 PM — protects nocturnal Pitta repair window.

Bhringraj oil head massage — 2× per week with warm oil.

Daily stress release: pranayama, meditation, walking.

Avoid hot showers on scalp — Vata-aggravating, hair-damaging.

Section 6 — 7 Ayurvedic Herbs for Hair (Herbs 1–4)

Classical reference + clinical research + correct usage.

Bhringraj — King of Herbs (भृंगराज)

Ayurveda: "Keshya Shreshtha" — best for hair. Pacifies Vata-Pitta. Strengthens hair roots.

Science: 2009 J Ethnopharmacol: methanol extract grew hair faster than 2% minoxidil in mice (Datta et al).

Usage: Warm Bhringraj oil — massage scalp 2x weekly, leave 1 hour before wash.

Amla — Indian Gooseberry (आंवला)

Ayurveda: CS Chi. 6/1 — Foremost Rasayana. Pittahara Shreshtha. Hair tonic.

Science: 2024 J Ethnopharmacol RCT (60 women): 12 weeks oral Amla syrup significantly improved anagen/telogen ratio. Inhibits 5 α -reductase.

Usage: 1 fresh amla daily, or 1 tsp powder in warm water on empty stomach. Also use as hair oil.

Brahmi (ब्राह्मी)

Ayurveda: CS — Medhya Rasayana. Pacifies Vata-Pitta. Cools scalp; reduces stress.

Science: Multiple RCTs: reduces cortisol and improves stress markers — addresses cortisol-driven hair fall at the HPA axis level.

Usage: 1/2 tsp powder in warm milk before sleep. Or Brahmi oil for scalp.

Triphala (त्रिफला)

Ayurveda: CS — Universal Rasayana. Ama Pachana + gentle Vata-Pitta-Kapha balance.

Science: Research: improves gut microbiome diversity, reduces inflammation, supports nutrient absorption.

Usage: 1/2 tsp powder in warm water before sleep. Long-term daily use is safe.

Section 6 — 7 Ayurvedic Herbs for Hair (Herbs 5–7)

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Every claim cited. Every usage tested for safety.

Ashwagandha (अश्वगन्धा)

Ayurveda: CS — Balya + Rasayana. Pacifies Vata. Strengthens Ojas; supports adrenals.

Science: Multiple RCTs: reduces cortisol 14–32%. Directly addresses stress-driven hair fall via HPA axis modulation.

Usage: 1/2 tsp powder in warm milk before sleep. Minimum 8–12 weeks. Avoid in pregnancy.

Methi — Fenugreek (मेथी)

Ayurveda: Katu-Tikta Rasa. Deepana, Lekhana. Pacifies Kapha-Vata. Topical and oral use.

Science: Research: anti-androgenic, anti-inflammatory. Topical methi paste reduces scalp inflammation and supports follicle health.

Usage: Soak 1 tsp overnight, eat seeds + drink water. Topical paste 1× weekly.

Yashtimadhu — Licorice (यष्टिमधु)

Ayurveda: CS — Pittahara, Keshya. Cooling, soothing for inflamed scalp.

Science: Glycyrrhizin inhibits 5 α -reductase. Anti-inflammatory action useful in Pitta-type scalp inflammation.

Usage: Topical paste with milk/honey for scalp 1× weekly. Avoid oral use if hypertension/long-term.

Section 7 — Yoga for Hair Loss

Seven practices — mechanism of action — daily protocol.

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Sirsasana (शीर्षासन)

Headstand. Increases blood flow to scalp directly. Most important asana for hair circulation.

30 sec → 2 min daily. Start with wall-supported.

Avoid in high BP, cervical issues, glaucoma, or pregnancy.

Sarvangasana (सर्वांगासन)

Shoulder stand. Stimulates thyroid (hair-cycle hormone). Improves cerebral and scalp circulation.

1–3 min daily. Avoid in neck issues.

Bhastrika (भस्त्रिका)

Bellows breath. Increases oxygen saturation. Energizes Prana Vata which governs head/scalp.

3 rounds × 30 breaths, AM only.

Adho Mukha Svanasana (अधोमुख श्वानासन)

Downward Dog. Safer inverted alternative for beginners. Brings blood to scalp without strain.

5 breaths × 3 rounds daily.

Kapalabhati (कपालभाति)

"Skull-shining breath." Stimulates Agni, clears Ama, oxygenates blood. Especially for Kapha-type hair fall.

3 rounds × 60–120 reps, AM only.

Nadi Shodhana (नाड़ी शोधन)

Alternate nostril. Reduces cortisol — directly addresses stress-driven hair fall.

10 min daily, AM or evening.

Shashankasana (शशांकासन)

Rabbit pose / Hare pose. Light inversion. Excellent for those who cannot do Sirsasana.

1–2 min hold × 3 rounds.

Section 8 — Daily Routine (Dinacharya) for Hair

Morning to night — when, what, why.

Morning

- *Wake before 6 AM — Brahma Muhurta. Prevents Kapha accumulation.*
- *Warm water with lemon + amla — starts Agni, supports gut.*
- *Empty bowel — Ama clearance is the #1 hair protection.*
- *30–45 min yoga + pranayama BEFORE breakfast.*

Midday

- *Largest meal at LUNCH (12–1 PM) when Agni peaks.*
- *Include iron-rich foods: spinach, beetroot, dates, jaggery.*
- *Pair iron with Vitamin C (lemon, amla) for absorption.*
- *10-minute walk after lunch — supports digestion.*

Evening

- *Nadi Shodhana 10 min — reduces cortisol before evening Pitta peak.*
- *Light early dinner BEFORE 7 PM. No heavy/spicy food.*
- *Bhringraj or Amla oil head massage — 2× per week.*

Night

- *Triphala in warm water — overnight Ama clearance.*
- *Ashwagandha or Brahmi in warm milk — reduces cortisol.*
- *Sleep BEFORE 10 PM — protects nocturnal Pitta repair window.*

Section 9 — Eat and Avoid — Complete Hair Diet Guide

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Foods that build Asthi Dhatu — and foods that destroy it.

EAT — Builds Healthy Hair

Amla daily — fresh, powder, or murabba.

Spinach, methi leaves, moringa — iron + folate.

Beetroot — improves Rakta Dhatu, builds hair.

Dates, raisins, anjeer — natural iron + sweetness.

Coconut water — cooling, hydrating, Pitta-pacifying.

Cow ghee — nourishes all 7 Dhatus including Asthi.

Sesame seeds — Asthi Dhatu support, calcium-rich.

Soaked almonds (5–7 daily) — Vata-pacifying, mineral-rich.

Buttermilk — gut-friendly, improves absorption.

AVOID — Worsens Hair Fall

Refined sugar — drives inflammation + cortisol spikes.

Maida (refined flour) — Ama-forming, blocks Srotas.

Cold drinks & packaged juice — suppress Agni.

Fried food — blocks micro-channels to scalp.

Excessive coffee/tea — depletes adrenal reserves.

Curd at night — Abhishyandi — blocks Srotas overnight.

Processed/packaged foods — destroy gut microbiome.

Late dinners — disrupts nocturnal repair cycle.

Alcohol — Pitta-aggravating, worsens scalp inflammation.

1

Fix Your Gut First.

पेट ठीक करो — बाल अपने आप बचेंगे।

Take Triphala 1/2 tsp in warm water before sleep, daily. No supplement can fix hair fall if the gut is still inflamed. 90 days of consistent gut healing produces visible reduction in shedding because Asthi Dhatu — and therefore Kesha — finally receives proper nourishment. Avoid in pregnancy and diarrhea.

Ayurveda: CS Sutra 28 — Asthi Pradoshaja Vikara includes Kesha Patana (hair fall). Asthi nourishment depends on Agni.

Science: *Frontiers in Microbiology 2024: causal link between 16 gut taxa and alopecia areata. Improving gut health = improving hair.*

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2

Stop Hot Showers on Scalp.

सिर पर गर्म पानी मत डालो।

Hot water aggravates Vata, strips natural scalp oils, and damages the cuticle. Use lukewarm water only on the scalp. Wash hair maximum 2–3 times per week. Daily shampooing destroys the scalp microbiome — a primary driver of androgenetic alopecia per recent research.

Ayurveda: CS — Atyushna (excess heat) on scalp aggravates Vata and Pitta. Damages Bhrajaka Pitta.

Science: *Frontiers Microbiol 2022: scalp microbiome dysbiosis directly linked to AGA progression in Korean cohort study.*

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3

Bhringraj + Amla Oil 2× Weekly.

हफ्ते में 2 बार भृंगराज + आंवला तेल लगाओ।

Warm Bhringraj oil mixed with Amla. Massage into scalp for 5–10 minutes using fingertips. Leave for 1 hour or overnight. Wash with mild herbal shampoo. Two times weekly is enough — daily oiling can clog follicles and aggravate Kapha.

Ayurveda: Bhringraj = "Keshya Shreshtha" (best for hair) in CS. Amla = "Pittahara Shreshtha." Pacifies inflammation; nourishes follicles.

Science: *J Ethnopharmacol 2009: Bhringraj extract showed hair growth comparable to 2% minoxidil in animal studies. Amla inhibits 5 α -reductase.*

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4

Sleep Before 10 PM — Every Night.

रात 10 बजे से पहले सोओ — हर रात।

Hair follicle regeneration peaks during deep sleep between 10 PM and 2 AM. Chronic late nights elevate cortisol, push follicles into telogen, and disrupt nocturnal repair. No oil, no supplement, no treatment compensates for chronic sleep deprivation.

Ayurveda: AH Dinacharya — sleep before 10 PM protects the nocturnal Pitta repair cycle in liver and blood.

Science: Harvard Stem Cell Institute: elevated cortisol directly suppresses hair follicle stem cell activity. Sleep loss = chronic cortisol elevation.

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5

Iron + Vitamin C Pairing Daily.

रोज़ Iron + Vitamin C एक साथ लो।

Eat iron-rich foods (spinach, beetroot, dates, raisins, jaggery) paired with Vitamin C (amla, lemon, orange) in the SAME meal. Vitamin C dramatically increases iron absorption. This is the single most important nutritional intervention for telogen effluvium and chronic shedding.

Ayurveda: CS Dhatu Poshana — Rakta Dhatu nourishment is the second step in the chain leading to Asthi Dhatu and Keshha.

Science: PMC studies confirm low serum ferritin is significantly more common in TE patients. Improving iron absorption = improving hair.

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Section 11 — When to Seek Medical Help

Responsible guidance — these practices support but do not replace medical care.

The practices in this guide are supportive for everyday hair fall and prevention. Always seek qualified professional guidance for the following:

⚠ Sudden patchy hair loss — possible Alopecia Areata. Consult a dermatologist immediately.

⚠ Severe shedding persisting beyond 6 months despite consistent lifestyle changes — get thyroid, ferritin, B12, Vit D tested.

⚠ Hair loss with significant fatigue, weight changes, cold sensitivity — rule out thyroid disorder.

⚠ Family history of pattern baldness + early thinning — consult for medical options (e.g., minoxidil, finasteride) early.

⚠ Hair loss with scalp pain, burning, scarring, or visible inflammation — consult dermatologist before any home remedy.

⚠ Hair fall after pregnancy/childbirth — Postpartum TE usually resolves in 6–12 months but supportive care helps.

Disclaimer: The information presented in this guide is intended solely for educational and informational purposes. It is not a substitute for professional medical diagnosis, treatment, or advice from a qualified physician. Always consult your doctor or a qualified Ayurvedic practitioner before starting any new herb, supplement, dietary change, or exercise practice, particularly if you have a pre-existing medical condition, are pregnant, nursing, or on prescribed medication. The author and @YogaWithUmang assume no liability for any outcomes, direct or indirect, arising from the use of this material. Use of this guide constitutes acceptance of these terms.



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