

Ayurvedic Hair Oil Mix, Herbal Hair Oil Mix

Ayurvedic herbal hair oil mix is nothing but a collection of ayurvedic ingredients good for long black hair. Pure coconut oil is poured in this bottle and is kept for 2-3 days. Later, this oil can be used on hair and scalp which will reduce hair loss and gives you black hair. Ayurvedic Hair Oil Mix contains some of the Ayurvedic ingredients like,

- Red Sandalwood
- Avarampoo
- Black Cumin Seeds
- Ramacham (Vetiver roots)
- Amla (Indian Gooseberry)
- Rose

How to use this Herbal oil mix?

- Pour fresh coconut oil in the bottle and make sure that the oil is on the level with the herbs so that all the herbs are completely soaked in the oil.
- Leave the bottle in sun/ shade for 2-3 days.
- There will be a slight variation in the colour of the oil, as the essence of these ayurvedic ingredients oozes into the oil.
- Now, the oil is ready for use.
- Apply small quantities of this oil, twice a week, on hair and scalp before bathing.
- Once the oil is finished in the bottle, pour more coconut oil and leave it for 2-3 days.
- One bottle of herbs can be used for 2-3 times for adding pure coconut oil.
- Ayurvedic research on hair growth is extensive and well structured which makes it easy for practitioners to pinpoint the cause of hair fall and treat it accordingly. According to Ayurveda, hair type is directly related to body type and is systematically classified into three categories; Vata, Pitta, and Kapha. Each hair type has distinct features, and hence there are multiple reasons for hair loss which vary from person to person.
- Hair loss is caused because of pitta dosha. Pitta governs our metabolism and digestion. A balanced Pitta leads to a healthy body and mind. It controls our general well being. Once you identify the reasons of pitta dosha, it becomes easier to correct it. Typically, bad eating habits, anxiety, and stress cause pitta dosha, which in turn leads to hair loss. Excessive consumption of tea, coffee, alcohol, meat, fried and spicy food can cause an imbalance in pitta.

- Apart from Pitta Dosha, other reasons for hair loss according to Ayurveda are hormonal imbalances in men and women, stress, lack of sleep, improper diet, intoxicating substances, dandruff or fungal infections and diseases like lupus or diabetes amongst others. Ayurvedic hair regrowth solutions address these core issues promoting hair regrowth.

Made of scalp cooling and nourishing ingredients like Vitamin C-rich amla (gooseberry) in a milk and sesame oil base, this treatment is amazing for preventing hair fall and dandruff. Conditioning and soothing, it also has indigo, eclipta, anti-fungal licorice (a dandruff killer) and antibacterial balloon vine to keep scalp infections at bay. If you have a sensitive scalp, dandruff, or feel like your hair “hurts,” this oil is definitely going to benefit you.

Herbs are a great way to boost hair growth, restore moisture and enhance its texture and shine.

Unlike synthetic chemicals, that may cause more harm than good, herbs contain plant nutrients which are both gentle and nourishing for the hair.

For thousands of year, people from all regions have been using herbs to grow strong and healthy hair.

And they are equally important even today.

You often hear so and so hair product is enriched with aloe vera, nettle or rosemary. Herbs are very much in and will always be due to their fabulous effects on hair.

You can use them in various ways: to moisturise and condition hair, restore luster and bounce, soothe scalp irritation, relieve dandruff,

lighten or darken your hair color, provide deep cleansing, or stimulate



the scalp to boost hair growth.

1. Rosemary

Rosemary is one of the top herbs for hair growth. If you want to keep your hair healthy and vibrant forever, make it a part of your hair care routine. This aromatic plant is packed with tons of antioxidants which help fight against free radicals – that are responsible for greying as well as thinning of hair.

The revitalising properties of rosemary add shine and increase bounciness and silkiness of the hair. Rosemary is also a good natural remedy for treating dandruff, itchiness, and scalp irritation.

Besides, this ancient herb is said to boost memory and lift your mood.

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2. Nettle



Nettle, also called as stinging nettles or bicchu buti in India, is actually a weed that grows freely in Europe and northern Asia. This herb is rich in vitamins A, C, K, pantothenic acid, iron, silica, and omega-3 fatty acids — all amazing stuff for your hair.

Nettle is a traditional remedy for hair loss, including male and female pattern baldness and alopecia areata. It encourages hair growth by stimulating the scalp and improving circulation.

Being an astringent, nettle reduces over oily scalp and hair. It also works great as a volumising treatment for hair and will add strength, lustre and incredible fullness to your hair.

3. Amla (Indian Gooseberry)



Amla has played a key role in the long, thick, and beautiful hair of India women. This Indian berry is a rich source of vitamin C and contains an array of other powerful antioxidants that help to rejuvenate your hair and promote stronger and healthier growth. Amla also helps to pacify pitta dosha (or excess body heat), which can cause hair loss and early greying.

With excellent conditioning properties, amla nourishes and moisturises hair, and adds amazing shine and texture to it.

4. Fenugreek seeds (methi)



Fenugreek is not just an aromatic spice, but has amazing medicinal and beauty benefits.

Fenugreek works for all hair types. It provides natural proteins, vitamin C and other nutrients for the nourishment and growth of hair. This herb is also a great alternative to store bought conditioner, thanks to its high mucilage content – which provides slip like conditioner and makes detangling very easy. Regular use of fenugreek in a hair rinse or deep conditioner mask will soften your hair, increase manageability, and restore lustre and bounce.

Plus, its antioxidant and anti-inflammatory properties help with dandruff, scalp irritation, eczema and acne.

5. Aloe Vera

In ayurveda, aloe vera is said to be an important remedy for hair fall, dandruff, scalp irritation, and eczema. Besides, many cultures around the world use aloe vera to keep their hair healthy and beautiful.

With tons of vitamins and antioxidants, aloe vera nourishes the hair follicles and stimulates hair growth. Aloe also coats the hair strand and adds volume and texture, and makes hair feel thicker.

This succulent plant is renowned for its soothing and cooling properties that relieve redness and irritation. Besides, aloe vera is a powerful health tonic, it helps with cell rejuvenation and keeps you looking and feeling young.



6. Lime/Lemon

Lime is famous for Vitamin C, but it's also good for hair. The ancient Egyptians used lemon as a shampoo to remove dirt and grease from the hair.

The astringent and clarifying effects of lime make it ideal for people with oily hair. It won't clean like a shampoo, maybe the Egyptians mixed it with clay or something to use as a shampoo.

Lime also has anti-fungal and antiseptic properties which help with dandruff, scalp acne and other scalp problems. Along with antioxidants like vitamin C and flavonoids, lime also contains folate and pantothenic acid – the stuff you hear in hair growth products. It strengthens the hair follicles and makes hair long and strong.



7. Horsetail



Famed for its high silica content, horsetail strengthens the hair shaft and keeps hair shiny and healthy. I love using this herb in my DIY hair rinses.

Rinsing your hair with horsetail tea may help with thinning hair, prevent split ends and encourage faster hair growth.

8. Bhringraj



Bhringraj or *Eclipta Alba* is another fantastic ayurvedic herb for hair loss and premature greying of hair. It is considered as the “king of herbs” for hair growth because of its ability to rejuvenate and nourish hair. A regular use of Bhringraj can make hair grow darker and thicker, and also add shine and softness to it.

I have seen it myself, one of my relatives used bhringraj powder mixed with coconut oil, brahmi and amla his grey hair reduced remarkably in one years' time.

9. Marshmallow root



Native to Europe, Western Asia and North Africa, marshmallow has a wide variety of healing and beauty benefits. It is particularly beneficial for those with dry, coarse, curly hair, and also if you have a sensitive scalp.

The entire plant, particularly the root is rich in mucilage (slippery substance) which helps to soften the hair naturally while providing easy slip when combing. With regular use, you will notice that your hair is more flexible and less prone to frizz and flyaways.

Due to its soothing and cooling properties, marshmallow is extremely effective to combat itchy, irritated scalp conditions. Marshmallow also provides natural proteins for the nourishment and health of hair and makes hair grow faster, thicker and shinier.

10. Shikakai



Shikakai literally means ‘fruit for the hair.’ It has been used in India for centuries as a cleansing and conditioning agent – it’s nature’s own 2 in 1 shampoo plus conditioner. Shikakai gently cleans hair and increases bounciness and silkiness of hair. What I also like about shikakai is that it is naturally pH balancing and helps to keep the scalp healthy and dandruff free.

11. Brahmi (Gotu Kola)



Brahmi is an excellent hair growth promoter. It's regenerative properties help repair hair follicles as well as strengthen the scalp tissue to encourage healthy hair growth. Brahmi also supports scalp circulation which in turn nourishes hair follicles and reduces hair loss.

Plus, the calming effects of brahmi can reduce tension and calm the mind, thus improving the quality of sleep at night.