

Top 10 Ayurvedic Herbs That Promote Your Natural Hair Growth.

If you're big on growing thick, full, long, and shiny hair the natural way, this article will do you good. We'll tell you about an age-old technique that will help you achieve your dream length within a short period if you apply it consistently.

From the ancient times of practicing medicine in India, Ayurvedic herbs have served as a key component for defending the body against disease and keeping the body systems well balanced. These herbs are so effective and natural, that we think they are the secret behind Indians having such lush long, healthy, and beautiful hair.

To aid you on your journey to customizing the perfect hair growth remedy suitable for your hair type, we have taken out time to curate the top 10 Ayurvedic herbs that work well in growing natural hair with no side effects. We have also explained how to make them and incorporate them into your hair care routines.

TOP 10 AYURVEDIC HERBS AND HOW TO USE THEM.

1. Hibiscus Extract.

The Hibiscus flower is a multi-flourishing plant filled with vitamins, amino acids, alpha hydroxyl acids, and other hair-loving nutrients. We call it Mother Nature's gift to natural hair as its extract is perfect for promoting healthy hair growth, preventing dandruff, and improving the health of your hair and your scalp.

How to Prepare Hibiscus Flower Extract.

Get about 20 hibiscus flowers and four leaves and mince them into bits to get their essence. Fry the minced bits with any preferred carrier oil (Olive oil, Coconut oil, etc). Allow the mixture to heat for a bit then add basil leaves and a pinch of fenugreek oil to increase its potency before turning off the heat. Let the mixture settle for at least 2-3 days before storing in a clean and dry glass bottle.

You can now apply the mixture to your hair and gently massage it into your scalp. Leave it on for an hour before rinsing it out. Ensure you use a gentle shampoo to wash it off, preferably an herbal shampoo.

2. Lavender.

This herb is such a soothing and nourishing herb. Research goes deep into the use of Lavender for hair growth and hair nourishment. Lavender is also known to have antibacterial and anti-inflammatory

properties that aid in healing infections and wounds on the scalp. Its oil stimulates blood circulation in the scalp and fights against hair loss, hair breakage, itchy scalp, and a host of other hair issues. Lavender oil also soothes the scalp and does a great job of treating dandruff. It serves as a natural insect repellent that wards off parasites that plague the hair such as fleas and head lice.

This oil is something you should look into if you're trying to re-grow your hair. No side effects. Just smooth results all the way. It deep conditions, nourishes, and restores your hair, leaving it looking shiny and soft.

3. Moringa Oil

For centuries, Ayurvedic experts have used and are still using the Moringa plant to promote hair growth. The oil that is extracted from this plant is definitely God's gift to man as it contains Thiocyanate, a vitamin that strengthens hair follicles and prevents loss of hair. It serves as a conditioner and as an antioxidant to fight against oxidative damage on your hair. This oil is a key to your hair naturally flourishing.

To take full advantage of this herb, you can massage its oil into your hair at least once a week. We also recommend brewing its powder and using the mixture to rinse your hair and your edges.

4. Brahmi and Methi.

Brahmi which means *Bacopa Monnieri* is another well-known ancient herb that has since been used to treat ulcers and eczema on the scalp. Its properties are very beneficial to the hair and to the entire body.

Methi otherwise referred to as Fenugreek, is another ancient herb known for its wonder in promoting hair growth and maintaining body health. It contains alkaloids, fiber, protein, vitamin C, and a host of other hair-loving nutrients. All these ensure its potency in preventing hair loss, preventing hair from greying, and increasing hair luster and texture.

How to prepare Brahmi and Methi for hair.

Pour 100ml of Cast Iron Oil into a frying pan and heat for about 15 minutes on low heat. Add a teaspoon of Fenugreek powder/seeds (*Methi*), and two teaspoons of *Bacopa Monnieri* powder (*Brahmi*) and heat for another 15 minutes before turning off the heat. Leave the mixture to settle for about 2-3 days before transferring it into a clean, dry glass bottle for storage. Ensure to store in a cool dry place that is also dark.

To apply, take a bit of this oil and massage into your scalp daily. Leave it on for about 30 minutes before washing it out with shampoo. A herbal shampoo is recommended for this wash. Try this for a week and come thank us with your healthy and lush tresses afterward!

5. Aloe Vera

The almighty Aloe Vera! Aloe Vera is well known for its potency and anti-inflammatory properties which serves its user well in preventing hair loss and curing a lot of scalp issues. It contains proteolytic enzymes that aid in improving the health of your hair follicles and also repair damaged cells in the hair. It's also revered for its soothing approach to hair deficiencies. It works well to shoo away dandruff and scalp irritation.

How to prepare Aloe Vera.

1. Retrieve your Aloe Vera stalk from where it grows and extract its pulp.
2. Massage the pulpy mixture into your scalp and leave it on for an hour.
3. Rinse out your hair with warm water and dry with a clean towel.
4. You can choose to store excess pulp in a glass jar for later use. Incorporate this into your hair routine and repeat this procedure for about a week to promote hair growth.

6. Amla Oil

Amla, otherwise known as Indian Gooseberry, is an ancient plant that has been used a lot in Ayurveda Therapy. It is a natural immunity booster and is the perfect ingredient for improving hair health. This fruit is infused with enough essential fatty acids that strengthen your hair follicles and enable it to grow. It also serves as a rich source of Vitamin C and Iron which prevents greying tendencies and cures dandruff.

How to prepare Amla oil.

1. Pick enough fresh Amla fruits and take out the seeds. You can substitute with Amla powder.
2. Dry the fruits properly and then mix with a carrier oil, preferably coconut oil.
3. Mix properly and store in a glass jar. Leave the glass jar out under the sun for about 15 days and watch out for when the oil turns black.
4. When the oil turns black, you can now take it in and store it in a cool dry place.
5. Massage this mixture into your scalp and use an airtight cap to cover your hair.
6. Wash it off with diluted lime water and dry it with a towel.

7. Bhringraj Oil

Bhringraj (False Daisy) is a sunflower family herb that grows in moist areas. Its oil has been proven to be an all-time essential hair care ingredient used for promoting fast hair growth. It can also be found in capsule or powdered form, usually ground and made into simpler forms for use.

How to prepare Bhringraj oil.

1. Collect some Bhringraj leaves (2-3 leaves depending on the amount of oil you'd like to make).
2. Leave them out in the sun to dry properly.
3. When dry, scoop out 2-3 spoons of coconut oil and mix with the leaves.
4. Transfer the mixture into a container and leave it out in the sun for the next two days.
5. You'd notice the oil color turn to a shade of green and that's when you know it is ready for use.
6. Massage the oil lightly into your scalp. For ideal results, leave it on overnight.

8. Jojoba Oil

Another great natural Ayurvedic herb we're mostly familiar with is Jojoba Oil. Rich in mainly Omega 3's and Vitamin E, this hair wonder is used mainly to counter hair loss by deftly unclogging your hair follicles.

To make a healthy batch of Jojoba oil, purchase some from a good hair care store, heat it up a bit, and apply from the roots of your hair down to the tips. Leave it on for some minutes and then wash it off with a good herbal shampoo. You can also add this oil to your hair routine and be sure you would face no side effects. Just needed growth and luster.

9. Curry Oil.

Though curry is usually mentioned in the preparation of sumptuous dishes, it is also traditionally used to improve hair growth. Because of the beta-carotene contained in its leaves, it serves as a great tool in repairing and strengthening your hair roots. It also prevents your hair from falling.

How to make Curry Oil.

First off collect your curry leaves and wash them properly before drying them away from direct sunlight. Once dry, add the leaves to a preheated pan of coconut oil and allow the mixture to settle for about a day or two. Store in a dry glass jar.

How to use Curry Oil.

Massage the mixture into your scalp and leave it on for 30 minutes. Then wash it off with warm water and a good shampoo. Apply at least once every week.

10. Neem.

Neem is a trusted all-healing ingredient known for its anti-microbial properties. It dates back to ancient times and has been primarily used for healing and therapeutic properties. Neem leaves are used to promote and stimulate the roots of your hair to grow. Because of this, it is a good agent for the prevention of hair loss.

How to make Neem mask at home.

1. Collect your Neem leaves and grind them into a fine paste.
2. Mix with warm water and add to your hair.
3. Massage the mask from the roots of your hair to the tips.
4. Cover your hair in an airtight cap and leave it on for 30 minutes to allow the mixture to sip into your hair.
5. Now wash off with a good sulphate-free shampoo. We recommend you use a herbal shampoo to get the best results.