



Regrowing Hair Fall & Alopecia

..... The Niramay Ayurvedic Approach

The Hidden Struggle: What is Hair Fall, Really?

Hair is not just about beauty – it reflects our **health, confidence & vitality**. When hair begins to thin or fall excessively, it's more than a cosmetic issue – it's the body signaling inner imbalance.

Modern medicine often explains hair fall as a genetic or hormonal condition. But Ayurveda goes deeper. It sees hair fall (**Khalitya / Indralupta**) as a **disorder of harmony** – when Vata, Pitta, and Kapha doshas lose balance, and the scalp no longer nourishes hair roots properly.

Hair loss is not just about the scalp – it's about digestion, stress, immunity, and overall health.

Types of Hair Fall & Alopecia

1



Alopecia Areata:

Patchy hair loss due to autoimmunity

2



Androgenic Alopecia:

Male / female pattern baldness (hormonal)

3



Telogen Effluvium:

Sudden hair shedding after stress, illness, or shock

4



Traction Alopecia:

From constant pulling / tight hairstyles

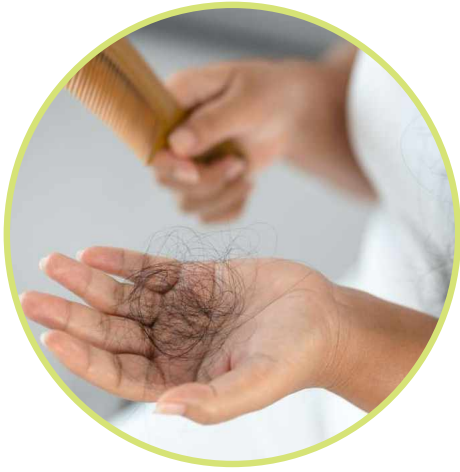
5



General Hair Thinning:

Poor nutrition, stress, or chronic illness

COMMON SYMPTOMS



**Excessive Daily
Hair Shedding**



**Patchy Bald
Spots**



**Thinning of
Scalp Hair**



**Itchy, Dry, or
Oily Scalp**



**Premature
Greying**

HAIR FALL

The Ayurvedic Understanding of Hair Fall (Khalitya / Indralupta)

In Ayurveda, hair is a byproduct of bone metabolism **(Asthi Dhatu)**.

Weak digestion and poor nourishment of deeper tissues lead to weak roots and hair loss.



Ayurvedic Causes



Excess Pitta (Heat):
weakens hair roots



Vata Aggravation:
dryness & breakage



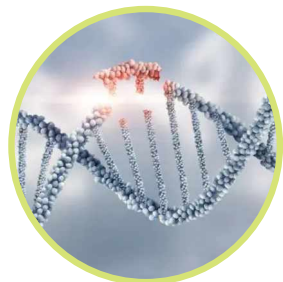
Kapha Imbalance:
oily scalp & dandruff



Poor diet & lifestyle:
low Ojas (vitality)



**Stress, Anxiety,
Lack of Sleep**



Genetic Factors

Ayurvedic Goal

**Restore
Dosha Balance**

**Detoxify &
Nourish Scalp**

**Strengthen
Hair Follicles**

**Promote
Regrowth
Naturally**

The Niramay Ayurvedic Treatment Approach

At Niramay Ayurvedic Hospital,
We use a **ROOT-CAUSE APPROACH** for hair fall and alopecia,
combining **proprietary Ayurvedic medicines, Panchakarma,**
diet & lifestyle care.

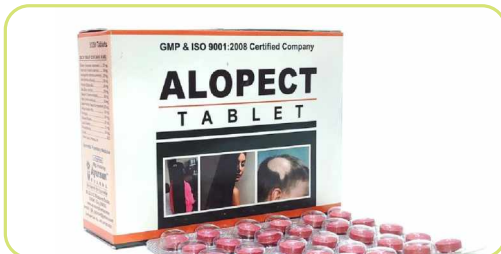
Our Healing Process

1 Nadi Pariksha (Pulse Diagnosis)

To assess dosha imbalance and
root cause of hair fall.



2 Proprietary Ayurvedic Medicines



Alopect Tablet

(Strengthens roots, prevents hair fall,
supports regrowth)



Kesha Powder

(Detoxifies scalp &
Nourishes hair from within)



Ayurkesh Hair Oil

(Special herbal blend for hair regrowth,
dandruff control, and scalp health)



3 Panchakarma Therapies for Hair Regrowth



Shiro Abhyanga (Head massage):

Improves scalp circulation & relaxes mind



Shirodhara:

Stress relief & hormonal balance



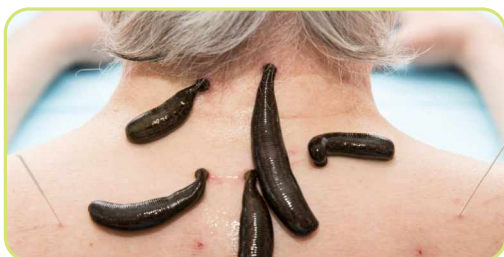
Nasya (Nasal therapy):

Nourishes brain & scalp tissues



Takradhara:

Cools Pitta, prevents premature greying & hair loss



Raktamokshan (Blood purification):

For stubborn scalp disorders



Research-based Anubhuta Panchakarma for Alopecia

4 Ayurvedic Diet & Lifestyle



What to Eat



Grains:

Wheat, rice, barley



Vegetables:

Spinach, carrots, lauki,
pumpkin, beetroot



Fruits:

Amla, pomegranate, papaya,
guava, coconut water



Spices:

Cumin, coriander,
turmeric, fenugreek



Proteins:

Moong dal, green gram, paneer
(moderate), buttermilk



Healthy Fats:

Cow's ghee (small amounts),
mustard oil, sesame oil



Avoid These

- Spicy, fried, junk foods
- Red meat & seafood (heating foods)
- Excess tea/coffee
- Sour, stale, or packaged foods
- Alcohol & smoking
- Stress & late nights

HELPFUL REMEDIES



Amla juice daily
(30 ml)



Fenugreek seeds paste
applied on scalp weekly



1 tsp roasted sesame
seeds in morning



Warm oil massage
(Ayurkesh Oil) twice a week

Sample Ayurvedic Diet Plan

Time	ACTIVITY
Morning	Morning Drink amla juice + yoga / pranayama
6:00 AM	Nutritious breakfast (fruits + moong chilla)
11:00 AM	Coconut water / fresh fruit
1:00 PM	Lunch: Rice + lauki sabzi + dal + salad
4:00 PM	Herbal tea + soaked almonds
EVENING	Gentle scalp massage with Ayurkesh oil (2–3 times weekly)
7:00 PM	Light dinner: Khichdi + steamed veggies
9:00 PM	Warm milk with turmeric or Triphala powder

Simple Home Remedy



100 GM
Amla
Powder



50 GM
Bhringraj
Powder



50 GM
Methi Seed
Powder

Mix and take 1 tsp morning & evening with lukewarm water.

For external use: Apply paste of Amla + Aloe vera gel on scalp once a week.

Why Choose Niramay Ayurvedic Hospital?

- ★ 15+ years of experience in holistic diabetes management
- ★ Proprietary medicines designed for alopecia & hair fall
- ★ Panchakarma therapies + modern diagnostics + holistic diet
- ★ Healing environment for stress-free recovery

We Don't just Stop Hair Fall – We Regrow Confidence.

World Renowned Pulse
Reader



Team of Experienced Ayush
Certified Doctors



Center for Ayush Doctor
Fellowship Training



Suddha Ayurved Chikitsa
"Niramay Chikitsa"



Marma Pidan Ruh Chikitsa



103+ Years Guru Shishya
Parampara

Real Stories, Real Relief – Patient Testimonials



Mr. Kaushik Shah

Age 40 (Navsari)

"I tried many shampoos, but nothing worked. After 2 months of Alopect tablets and Panchakarma, my hair fall reduced by 80%."



Rashmi Patel

Age 32 (Surat)

"I had bald patches due to alopecia areata. With Niramay treatment and Ayurkesh oil, hair has started regrowing naturally!"



Ankita Mehra

Age 27 (Vadodara)

"Stress caused massive hair shedding. Shirodhara and Kesha powder treatment at Niramay gave me back my thick hair and peace of mind."

The Niramay Promise

At Niramay,

We believe hair loss is reversible – not by cosmetics, but **by healing from the inside out.**





Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA



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