

## HAIR LOSS ENQUIRY

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Here is an edited excerpt from my recent reply:

*Hair loss is connected to bone metabolism (asthi agni), as hair, nails and teeth are by-products or waste products from bones. Marrow is called as majja, and has functional relationship with bone, endocrines, and nervous systems.*

*Pitta or Vata pushing Pitta can be causes and effects, along with ama (toxins). Always in Ayurveda we consider digestion of body, mind, and consciousness. Unresolved stress can have a Catch-22 effect on food choices, mental status and the root causes in consciousness or spiritual digestion. Genetic factor may also play a role.*

*I feel homeopathic tissue salts can help. Here we have Schuessler brand, though you may find Boiron or other, in your region. Brand doesn't matter so much, I feel. Look for the twelve tissue salts or one specialized for bone health or hair strengthening.*

*Test yourself before purchase with kinesiology, pendulum, leaning technique or any attunement that leads you to purchase only what is needed and effective for you at this time.*

*Also in your formula, you can consider any of the following for calcium carbonate and other trace minerals in assimilable form: Moti Bhasma (pearl), Praval Panch Amrit (cowrie, conch, coral, pearl, and mother of pearl), Kama Dudha Ras (has affinity with the pelvis where minerals are assimilated), and Louha bhasma (iron).*

*Minerals are assimilated mostly from the colon wall, as they are heavy particles left to the end of the digestive process for specialized absorption directly to bone ends.*

*Ayurveda is context-specific and not standardized for all. Each individual program is unique and must adjust seasonally and for other life changes and stages.*

*Dashmoola or Ten Root Combination is also fundamental for hair loss management; its thermal effect is heating or warming. It helps impart minerals*

*and is easiest to take as tea, following the general tea recipe of one teaspoon per cup of pure water.*

*Bringraj (Eclipta Alba) is cooling and can be taken in equal combination with Dashmoola to help balance the thermal effect (virya) of the tri-dosha. Roots are boiled or simmered to release their active ingredients, leaves are steeped, and flowers are infused.*

*Iron rich foods include dark, leafy greens (except spinach for you), broccoli, currants, raisins, black or dark grapes, beets, apricots and many more. Floradix liquid can be a good iron supplement from plants.*

*Hair oils can be sesame in winter, bringraj in summer, Banyan blend, etc. Massage the scalp well, especially along the cranial sutures. Leave the oil on for about 45 minutes on shampoo days, then shower with a mild shampoo, but be very careful of oils invisibly coating the tub. Avoid exposure to cold when oil is on the scalp.*

*Many hair restoration products are touted on social media, and may well be fantastic, but buyer beware and do your careful research.*

*On my website, you may wish to view my free recording on the Bits & Tips page. Scroll down to the piece on Hair Loss, which may also help. <https://www.ayurveda-seminars.com/bitsandtips>*