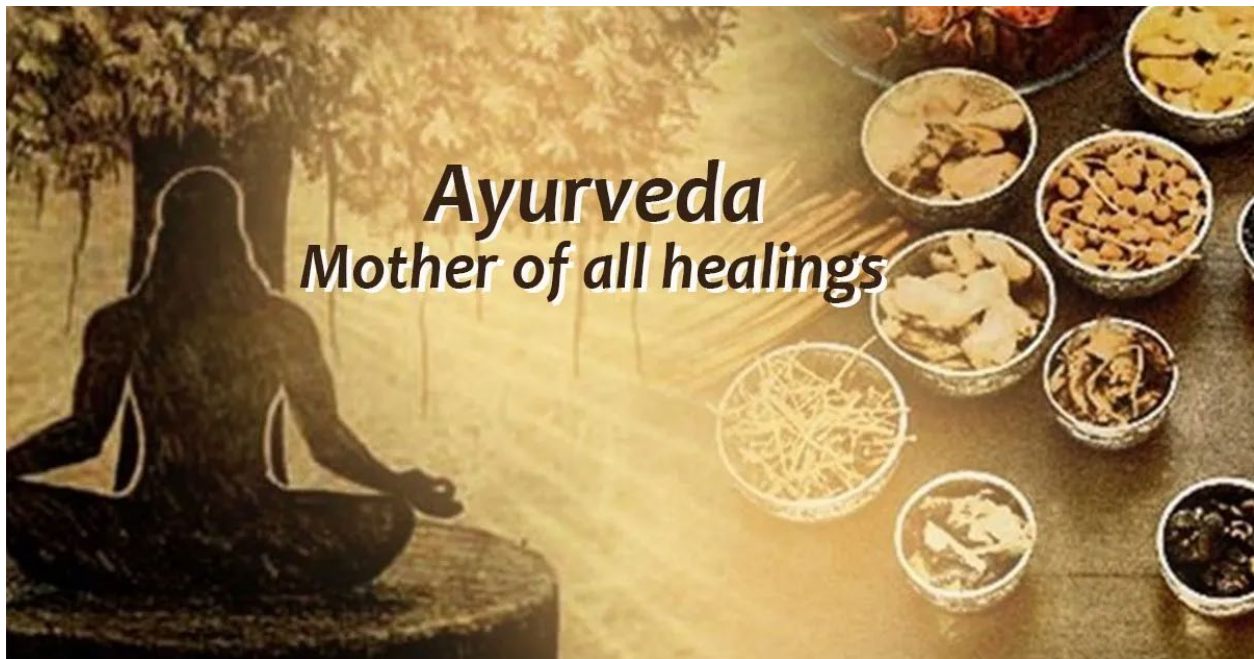


4 AYURVEDIC HERBS FROM INDIA for Hair GROWTH

Ancient Science Making a Modern Comeback



The modern, fast-paced lifestyle is characterized by copious amounts of stress and inadequate nutrition. This is leading to an alarming increase in the rates of hair fall amongst young adults. In fact, the most recent statistics showcase that 8 out of 10 adults experience some degree of hair thinning leading to anxiety, loss of self-confidence, and depression in extreme cases.

Consequently, the hair loss industry is growing by 15-20% annually, with companies meticulously searching for the next best treatment options. Many of these companies completely overlook a solution right at the palms of Mother Earth herself: Ayurveda.

Ayurveda is a 5000 year old ancient science of healing and medicine from the Indian subcontinent. It is a complete system of healing which practices the balancing of the mind, body, and spirit to treat ailments and achieve true health and vitality. Incorporated into this system is the sacred usage of healing herbs- and many of them have profound benefits for hair growth and overall hair health.

We have all heard of Ashwagandha and its numerous health benefits for immunity, stress-relief and hair loss. However, there are several far more beneficial Ayurvedic herbs for hair growth- that are clinically proven to treat hair loss-which are waiting to be discovered.

So what are these secret herbs from India that can strengthen hair, promote hair growth, and treat hair loss naturally?

1. Bhringraj

Bhringraj, also known as Kesharaj, means “ruler of the hair”. It’s no surprise then that this herb is included at the top of our list to promote healthy hair! Rich in vitamins E and D, magnesium, calcium, and iron, Bhringraj provides



ample nourishment to hair follicles. Not only that, but [research](#) has also shown that the herb may be more effective than the drug minoxidil at fighting hair loss.

2. Brahmi

This magical herb has been [clinically shown](#) to form a protective layer



around your hair follicles-when used in conjunction to other Ayurvedic herbs- which is extremely important for promoting the strength and vitality of hair. But that's not all,

Brahmi is also used to reduce any scalp irritation, which makes it a significant solution for conditions such as dandruff.

3. Amla

Amla, also known as Indian Gooseberry, is an absolute powerhouse filled



with antioxidants. The copious amounts of vitamin C that it contains helps revitalize and strengthen hair from the roots all the way to the tips. [Studies](#) show the plant's ability to reduce

oxidative stress, meaning it can reduce hair thinning caused by pollutants or irritants. To top it all off, this magical plant has also been shown to reduce premature graying.

4. Neem

Containing more than 130 different biologically [active compounds](#), this tree



has many of the vital nutrients needed to protect hair follicles and promote hair growth and health. Regular topical application of neem extract has also been shown to deeply moisturize and

condition the hair to reveal glossier locks.

With the [latest research](#) supporting these Ayurvedic herbs' healing powers, it's no surprise that these ingredients are becoming popular. Most people are individually finding these powders on amazon and trying to figure out how to use them. This can be cumbersome.

Fortunately, there is HairSmart - the first South-Asian founded Ayurvedic Hair Treatment brand in the USA which is now available on [Amazon](#). HairSmart combines both Ayurveda and Western Nutraceuticals and helps us unlock the power of these mysterious herbs from India. Try the HairSmart product line - particularly its [Grow Serum](#) for its ayurvedic hair growth properties, the HairSmart [multivitamin](#) for a complete hair and health boost or its Exotic Ayurvedic infused [Hair Oil](#) which will transport you to a mystical land far east!