

# *The Greys on Your Head May Have Started on Your Plate*

Ayurvedic food & habit triggers for premature greying



Premature greying is closely linked to **Pitta dosha aggravation**.

Pitta governs heat, digestion, and metabolism. When it goes out of balance—especially due to food choices and eating habits—it accelerates greying and hair thinning.

## **1. Foods That Directly Aggravate Pitta**

These tastes stimulate heat and accelerate greying:

- **Excessively Salty Foods**
  - Table salt overuse
  - Processed snacks, packaged foods, instant noodles
  - Papads, salted pickles, salty fried items
- **Excessively Sour Foods**
  - Tomato ketchup, citrus-based sauces, sour pickles
  - Tamarind-heavy dishes, vinegar-based foods
  - Fermented sour foods in excess
- **Excessively Spicy Foods**
  - Chilli-heavy curries
  - Spicy fried snacks

- Popular but intense spicy foods (your Korean ramen may be trending but its directly acclerating greying!)

## 2. Foods That Indirectly Aggravate Pitta

These don't taste "hot" but demand more digestive fire, overworking Pitta:

- **Heavy Dairy Products** – Paneer, curd, cheese
- **Sweet & Heavy Foods** – Deep-fried sweets, rich desserts
- **Cold & Stale Foods** – Leftovers, frozen cooked food, refrigerated meals eaten without reheating properly

## 3. Eating Habits That Damage Hair Health

Poor eating habits slow digestion, create **ama** (toxins), and reduce nutrient absorption—leading to weaker hair and faster greying:

- **Eating While Distracted** – Screens, intense conversations, multitasking during meals
- **Standing & Eating** – Diverts blood away from digestion
- **Eating at the Wrong Time** –
  - Lunch too late → Misses peak digestive power at midday
  - Dinner far after sunset → Harder to digest, increases Pitta load at night

## Ayurvedic Insight on greying and the connection to your diet

Hair health starts in the gut.

If digestion is efficient and Pitta is balanced, greying slows down naturally.

If digestion is stressed—by what you eat and how you eat—Pitta overload accelerates hair ageing.

[\*Explore Krya's Hair care range for Premature greying.\*](#)

## Personalised Hair plan:

If you are would like a personalised Ayurvedic hair care plan from us,

[!\[\]\(f60b7a900783ac3fd531bfd9c111be6d\_img.jpg\) Click to Whatsapp us for a Free Hair Consultation](#)