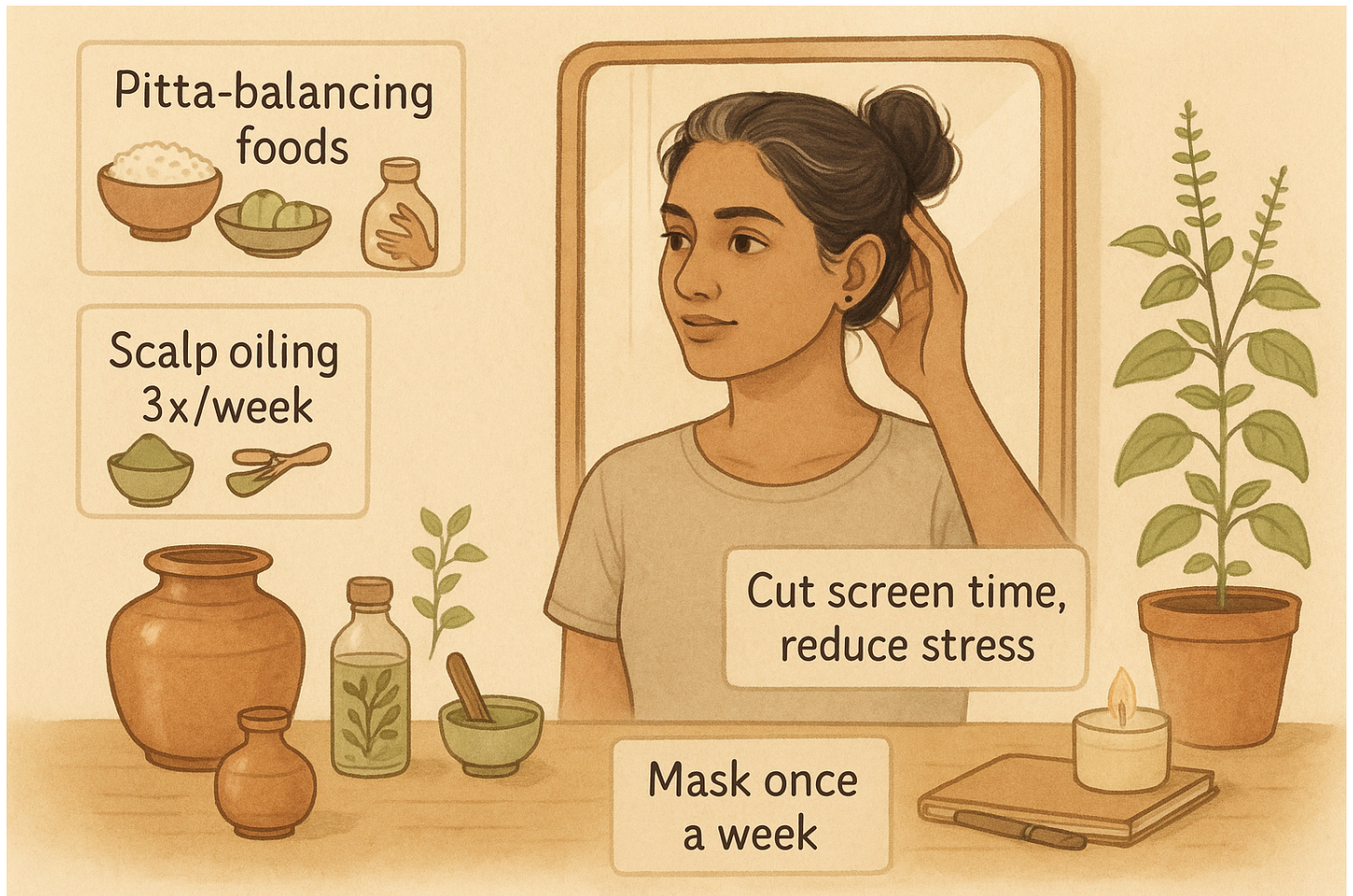


🌿 If I Woke Up With 50% More Greys Tomorrow...

Here's the First Thing I'd Do (And It's Not Hair Dye)



In Ayurveda, premature greying is not just about age or genetics.

It's a **signal** from your body — asking you to slow down, cool down, and nourish better.

Let's start with why it happens — and what you can do *starting today*.

🔥 WHY GREYING HAPPENS (THE AYURVEDIC VIEW)

According to Ayurveda, **premature greying is one of the earliest signs of Pitta dosha imbalance**.

Left unchecked — and when combined with Vata — it can lead to:

- Faster hair thinning & balding
- Stress, rage, acidity, disturbed sleep
- Skin inflammation, burning eyes, emotional reactivity

You may be in a **Pitta-overuse phase** if:

- You're constantly overworking, multitasking, pushing through
- Meals are rushed, skipped, or spicy/salty/processed
- You sleep late or wake up anxious
- You frequently feel hot, irritable, or oily at the scalp/skin

WHAT TO CHANGE RIGHT NOW (FOOD & LIFESTYLE)

Eat to Cool, Not to Excite

Cut back on:

✗ Tamarind, curd, vinegar, ketchup, chips, deep-fried snacks, restaurant food

✓ Add: Ghee, white rice, amla, coriander, wheat, coconut, sweet fruits

Eat On Time — Especially Lunch

Pitta peaks mid-day. Eat your heaviest meal before 1:30 PM.

Don't skip meals. Eat slowly, without your phone.

Sleep Before 10:30 PM

Late nights heat up the system. Add cooling rituals like moon gazing, journaling, or flower-based meditation.

Practice a Gentle Reset for 21 Days

Add *one* of these every day:

- Foot oiling at night
- Daily scalp oiling
- Gratitude journaling
- Reducing your to-do list
- Quiet time after meals

If after 21 days you feel calmer, less reactive, and less oily or inflamed — your hair is healing too.

THE SIMPLE HAIR CARE SHIFT

Most people over-wash and under-oil. This disturbs scalp balance and worsens greying.

Here's a basic reset:

Step 1: Scalp Oiling (3–4x/week)

Apply a pitta-balancing oil → leave in → style (helps calm down anxiety and grounds you. Reduces greying, strengthens hair growth)

Step 2: Wash (2x/week only)

Use a non-foaming, herbal cleanser that soothes the scalp — not strips it. Make sure your pre-oil hair is generously oiled before wash

Step 3: Hair Mask (1x/week)

A pitta-balancing lepa calms heat at the root and strengthens follicles. Apply pitta calming Lepa

only on well oiled hair - follow up with a hair wash.



KRYA PRODUCTS I RECOMMEND

For oily scalp + premature greying:

- **Oil:** [Krya Classic Hair Oil](#)
- **Wash:** [Krya Classic Hair Wash](#)
- **Mask:** [Krya Classic Hair Mask](#)

For hair thinning + stubborn greying:

- **Oil:** [Krya Classic Plus Hair Oil](#)
- **Wash :** [Krya Classic Plus Hair Wash](#)
- **Mask:** [Krya Classic Plus Hair Mask](#)

For stress + heat-related body imbalances:

Abhyanga Oil (for foot and body abhyanga) for Pitta balance: [Krya Classic Abhyanga Oil](#)



FINAL WORD

Greying isn't just about age or genes.

It's your body signalling that it's overwhelmed — not broken.

With a few small, consistent shifts, you can feel more stable, cooler, and more in control — inside and out.

Follow me for practical, lived Ayurveda that works.

****Note:** *If you are genetically predisposed to premature greying or thinning, consistent Ayurvedic care can help slow down the process, not reverse it. The extent of improvement will depend on your current level of imbalance and how early you begin correction.*

*More importantly, bringing pitta into balance has ripple effects—calmer moods, better digestion, deeper sleep. It's not just about your hair. It's about how you feel in your body, every day.***