

Amla: The Ancient Secret to Thicker, Stronger Hair

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Amla — also known as Indian gooseberry (Indian Gooseberry) — has been used for centuries in Ayurvedic traditions as a powerful tonic for hair health. Modern science supports many of these traditional claims.

Key benefits of using amla for hair

Here's a breakdown of how amla supports hair health:

1. Strengthens roots & reduces breakage

Thanks to its high vitamin C content, amla boosts collagen production which supports the hair shaft and root. This means stronger anchoring of hair follicles, less breakage and less hair fall.

2. Promotes growth and thickness

Amla helps increase nutrient delivery and circulation in the scalp, which supports thicker hair and improved density over time.

3. Delays premature greying & adds colour support

With its antioxidant load and natural pigments, amla is often credited with delaying grey hair and preserving natural hair colour.

4. Improves scalp health

Its anti-inflammatory and antibacterial properties help combat dandruff, itchiness, and scalp irritation — a healthy scalp being the foundation for strong hair.

5. Adds shine & improves hair texture

When used as a mask or oil, amla smoothes the cuticle, improves softness, and gives hair a visible gloss and better manageability

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