

HAIRFALL

On an average, human being loses hundred strands of hair in a day. So in a day if you are losing four times the amount of hair that you lose when combing and bathing, it will still be within the range of normal hair loss.

A certain amount of hair loss is normal and in fact part of the process of hair growth. About 90% of your 100,000 hair follicles are growing at any given time. The other 10% are in a resting (telogen) phase. Generally most hair falls out after about 2 to 3 months. It's replaced by new hair, and the growth cycle starts over again.

CAUSES OF HAIRFALL:

- ✓ Faulty diet deficient in Vitamin B , C , E & Zinc
- ✓ Using unfriendly shampoo & conditioners (though shampooing pulls out only those hair which were falling out already)
- ✓ Use of chemical & other heat modality like blow drying of hair, frequent coloring of hair
- ✓ Lack of scalp hygiene leading to recurring infections like dandruff & seborrheic dermatitis (yellow & greasy flakes)
- ✓ Physical exertion
- ✓ Emotional stress
- ✓ Conditions such as trichotillomania (compulsively pulling at the hair) or alopecia areata (in which the immune system attacks own hair follicles) result in obvious patches of hair loss
- ✓ Traction alopecia: Pulling hair too tight for long time can damage hair roots and cause hair to break or fall out

PREVENTION:

- ✓ Avoid Sun Damage to Hair: Too much sun can turn your hair into a brittle, dry mop that breaks and splits easily. And if you already have thin hair, you risk sunburn on your scalp. So always cover hair with scarf or hat when outdoor in sun, these will also give protection from pollution & strong wind
- ✓ Keep your hair shiny by eating salmon for omega-3 fatty acids; spinach and carrots for vitamin A; Brazil nuts for selenium; oysters and walnuts for zinc, spinach & jaggery for iron, fresh fruits & veggies for vitamin C (health of capillaries supplying blood to hair follicles). Switch from refined flours to whole meal and wheat germ, eggs, vegetable oil for vitamin E (encourages hair growth)
- ✓ Hot oil massage followed by a steam treatment will strengthen hair and curtails hair fall as steam helps the oil penetrate the hair strand
- ✓ Frequent washing & basic cleaning of hair & scalp , make sure you rinse out the conditioner thoroughly, otherwise residue will make hair limp and dull
- ✓ After you wash your hair, use a towel to gently absorb excess water, and then let your hair dry naturally
- ✓ Not to apply too much force when you comb and wash your hair. Both activities should be done slowly and gently, and it is extremely important that you do not comb your hair when it is wet
- ✓ Drink 10-12 glasses of water everyday
- ✓ Certain medications may cause hair loss like Coumarin, antidepressants; beta-blockers; non-steroidal anti-inflammatory drugs (NSAIDs); drugs for gout, arthritis, birth control, and high blood pressure.