



## HOME REMIDIES

### **SANTHOSH HERBAL HEALTH CENTRE**

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE  
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

**PHONE : + 91 4362 240096**

[contact@santhoshherbals.com](mailto:contact@santhoshherbals.com) | [www.santhoshherbals.com](http://www.santhoshherbals.com)

# Home Remedy for Hairloss

Continuous falling, thinning and disappearing of hair indicates hair loss and can gradually lead to bald patches on head. Although treatment of hair loss and even baldness cure can be done in a variety of ways including the new techniques of hair weaving etc. the most reliable one is the natural treatment for hair loss. Such hair loss home remedies make use of common herbs, oil and other nutritious elements that are supposed to be provided by the daily diet of an average person. Before moving on to know such home hair loss remedies, it is desirable to know the reasons for hair loss so that one can practice hair loss prevention in the first place itself.

## Reasons for Hair Loss

Hair is formed in tiny pockets in the skull known as follicles. The upgrowth from follicle is called the papilla. Papilla with the help of a specific group of cells that turn amino acids into keratin, produces hair. Keratin is a type of protein that makes hair. Higher the rate of production of keratin, more will be the hair growth. The rate of production, in turn, depends on the vital nutrients supplied through the diet of a person. If vitamins and other nutrients are provided in sufficient amounts, hair grows at normal rate but if there is a deficiency of vitamins and nutrients then no protein is formed which, on the one hand, stops the growth of hair and on the other hand makes the hair weak leading to hair loss and baldness. Therefore, one of the major reasons of hair loss is deficiency of nutrients. There are some other reasons for hair loss too.

- Lack of vitamin B6, folic acid, calcium etc.
- Stress
- Prolonged Illness
- Improper or irregular cleaning of hair
- Heredity
- Pollution; environmental hazards
- Application of chemicals on hair ( hair straightening, coloring, hair dyes etc.)
- Poor blood circulation

## Home Remedies for Hair Loss

The best hair loss home remedy is to have a balanced diet and to keep the hair clean with proper [hair care](#). Massage with some oils too leads to healthy hair and improved blood circulation. Some hair is lost everyday which is a natural process of hair growth and should not be a cause of any worry. However, if someone notices an abnormal falling of hair and worse even- baldness patches- s/he must immediately start natural treatment for hair loss that includes some herbal remedies for hair loss.

- After washing hair (as far as possible hair should be washed with cool water, hot water robs hair of its natural oil), rub the scalp with fingers till you feel some warmth in your fingers as well as scalp. This activates the sebaceous glands (that secrete oil for hair growth) and also improves blood circulation preventing any further hair loss.
- Boil some dry pieces of Indian gooseberry ([Emblica Officinalis](#) or 'Amla') in coconut oil. Massage your hair with this preparation. It helps in strengthening hair.
- Take some fresh leaves of Amaranth (*Amaranthus* or 'Chaulai-ka-saag') and take out their juice after grinding them. Apply this juice on your hair. It helps in hair growth and makes them soft. Take Alfalfa (*Medicago sativa* or 'Jaw'), carrot and lettuce in equal quantity and make them into juice. This juice is excellent hair loss remedy.
- Wash hair with the decoction of margosa leaves ([Azadirachta Indica](#) or 'Neem'). It prevents hair loss and makes them more black apart from cleaning hair by killing lice and other infesting insects.
- Take 250 grams of mustard oil and sixty grams of [Henna](#) leaves or 'Mehndi' and boil them till the leaves get totally burnt. Filter the oil and massage the scalp regularly with this oil. It is a very good home remedy for preventing hair loss.
- Make a paste of fenugreek seeds and water. Apply on scalp and leave for about half an hour before washing it off. Do it regularly for one month to treat hair loss.
- Take [honey](#) and egg yolk to make a mixture of both. Massage the scalp and hair with this preparation and leave for half an hour before washing.

- Take 100 grams each of Goose berry (amla), Sapindus Mucorosai (reetha), and Acacia Concinna (shikakai) and boil them in two liters of water till the liquid remains half in quantity. Use this home made shampoo to wash your hair. It is a good herbal remedy for hair loss.
- Mix [Aloe Vera](#) with Triphala. Triphala is a herbal powder consisting of equal parts of three [Indian herbs](#) - Amla (*Emblica officinalis*), Bibhitaki ([Terminalia Bellirica](#)), and Haritaki ([Terminalia Chebula](#)). Apply this mixture to hair regularly for 3-6 months. It helps in growth of new hair.