Hair loss is a common problem with both men and women. Some experiences less hair fall while it is acute with others. Normal hair break up is about 50-100 strands per day. Though, it is replaced by new ones, however, aging, hereditary and hormonal change contributes permanent loss of hair.

The problem of Hair loss can be solved through alternative system of medicine or alternative medicine. Complementary and Alternative Medicine (CAM) like yoga, ayurveda, naturopathy, homeopathy, unani, siddha, acupuncture, acupressure, diet, etc. has enough potential and remedial measures in curing of Hair loss. Home remedies, preventions and precautions are also important aspects in minimizing Hair loss.

**Hair Loss Signs & Symptoms**

The signs of hair loss in men, women, children or adult comprise the following aspect.

- In case of Men: Scalp hair getting thin or complete hair loss. Horseshoe shaped is also one the prominent features.
- In case of Women: Thinning or diffused hair at the crown. Stress plays the greater role.
- In case of children: Abrupt loss of hair from certain parts of the scalp.
- Loss of hair in patches or **Alopecia Areata** which is reversible.
- Steady hair loss on the top or called Male Pattern Baldness.
- Telogen effluvium: hair loss after great illness or stress.
- Male baldness (androgenetic alopecia) starts from the hairline.
- Thinning of hair
- Horseshoe shaped hair feature
- Unexpected hair loss from certain region of the head
- Alopecia Areata
- Slowly loss of hair from the top
- Hair loss due to stress

**Causes of Hair Loss**

- Lice problem or Pediculosis.
- Frequent combing.
- Coloring
- Bleaching
• Straightening
• Blow dryers
• Hereditary factor i.e. father or grandfather has the tendency of losing hair and leads to Male pattern baldness.
• Pregnancy due to hormonal changes
• Child birth and Birth Control Pill
• Major surgery
• Diabetes
• Polycystic Ovaries
• Malnutrition
• Skin Disease like Ringworm and Psoriasis.
• Thyroid Disease – Hyperthyroidism and Hypothyroidism
• Drugs for Chemotherapy, Depression, Bipolar Disorder, Acne are important cause of Hair Loss
• Disease like Addison disease, Scarring, Seborrheic Dermatitis, Syphilis, Vitiligo too causes thinning hair
• Iron Deficiency-Anemia
• Bulimia
• Hypervitaminosis A
• Anti-coagulants like warfarin and heparin.
• Seizure medication
• Fungal infection.
• Nervous habit
• Blood pressure medication
• Drugs like Anti-inflammatory one
• Drugs to low Cholesterol
• Oral contraceptive and diet pills.

Reason for hair loss
• Ageing
• Sickness and infectious diseases
• Toxic chemicals.
• Injury
• Harmful radiation
• Medication for Parkinson disease.
• Ulcer drugs
• Lower level of Estrogen and Higher level of Androgen Hormone

Hairloss in Woman
Hair fall or thinning of hair is common among the women. About 20%- 50% women faced hair loss at some stages of her life. Hair loss in women is heartbreaking, may affect marital life, career, job opportunities, social networking etc. Depression, stress, anxiety are also the factor with hair loss women. However, baldness among women is rare. Though, causes of hair loss in women are same as that of the general causes as mentioned above. Some of the important factors and related aspect with hair loss of women.

### Causes and Risk Factors of women hair loss:
- Control of birth pill
- Stress
- Rapid weight loss.
- Prescribed medications
- Lack of proper vitamins and nutrients in diet.
- Hair styling treatment.
- Immune diseases and disorders.
- Chemo and radiation therapy.
- Hormonal changes.
- Not consuming enough protein.
- Trichotillomania-Hair loss is patchy.
- Alopecia areata-Diffuse hair loss.
- Triangular alopecia
- Scarring alopecia-dominant in case of women.
- Telogen effluvium-shedding of hair is more common.
- Scalp infection.
- Low level of Estrogen
- Temporary hair loss is also caused due to high fever, general anesthesia, drug treatments, hormonal imbalance, etc.
- Coloring of hair
- Hair bleaching
- Genetics
- Hair fall is common during pregnancy
- Birth control medicine
- Diabetes
- Polycystic ovaries
- Nutritional problems
- Ringworm
- Hyperthyroidism & hypothyroidism
- Chemotherapy
- Anemia
Hair loss after Delivery/Pregnancy

All the ladies face hair loss after pregnancy but the quantum of hair fall is more with some moms. It is happened due to hormonal changes in the body. Falling of hair start 12 weeks of delivery. Though normal hair fall is 75-100 hairs/day, but after delivery, moms generally loss about 500 hair/day. However, within six months, it is back like as pre-pregnancy.

Diagnosis and Tests of Hair Loss

The following tests may be done for women hair loss

Hormone levels- Testosterone, Prolactin, Follicular Stimulating Hormone(FSH) and Leutinizing Hormone(LH).

- Scalp biopsy.
- Hair Pull test
- Hair Pluck Test
- Densitometry
- Serum iron
- Serum feritin
- TIBC - Total Iron Binding Capacity
- Complete Blood Count(CBC)
- Thyroid Stimulating Hormone (T3, T4)
- Screening test for syphilis-VDRL

Diet and Hair Loss

For proper growth of hair, there is a need of healthy and balanced diet where the proportion of Carbohydrate, protein, fat, vitamin and minerals should be equally balanced. Hair is primarily made up of protein, so more thrust should be towards proteinus products. Here, some of the important diets are given for for hair care and treating hair loss. To reduce hair loss, weightage should be given on diet therapy, diet chart and food pyramid.

- Stick to protein rich diet-fish, yeast, soybean, low fat cheese, eggs, beans and yoghurt for proper growth of hair. These diets to prevent hair fall and baldness.
- Increase the intake of iron as it is essential for hemoglobin and blood formation. So increase the quantity of green vegetables, raisins, dates, etc.
- Zinc is related with hair fall. Take zinc rich foods like Seafood’s.
• Restrict burger, fries, cold, spicy, sugary foods, caffeine, fat, carbonated drinks, animal protein, excessive raw food, tofu, tomatoes etc. as these are the culprits for hair thinning.
• Diet like Atkins, South Beach, damage hair.
• One can see positive result to prevent hair fall if vitamin is taken properly.
• Top foods that promote hair growth: Liver, yeast, fish, eggs, beans, cottage cheese, yogurt, tofu, whole grain cereals, dark green leafy vegetables, eggs, dates, raisins, walnuts, canola oil, soy, avocados, nuts, seeds, olive, legumes, onions, raw oats, dried fruits, cherry juice, beets, brown rice, root vegetables, winter squash, Black beans, pumpkin, black pepper, brown rice syrup etc.

Prevention and Precaution of Hair Loss

• Hair dyes, hairdryer and curling should not be use excessively.
• Take calcium to your diet to make hair stronger.
• For coloring of hair, there should be gap of 6-8 weeks.
• Take sound sleep.
• Manage stress and anxiety.
• Avoid stiff hairstyles like braids, buns and ponytails.
• Food that prevent hair loss: Fish, eggs, beans, raisins, beans sprout, seafood,
• Take vitamin C as it prevent hair loss. Recommended dose is 1,000-3,000 mg/day
• Protein rich diet should be preferred as hairs are made up of protein.
• B vitamins and biotin are necessary for hair growth.
• Iron is needed for proper oxygenation of the blood in the scalp and other region of the body.
• Vitamin E too stimulates hair growth.
• Avoid harsh shampoo, conditioners.
• Alcohol and beverages should be restricted.
• Combing gently.
• Don’t rub your hair strongly.
• Eat a balanced diet.
• Do meditation and exercise regularly.

Yoga for Hair Loss and Control

The practice of Yoga not only makes you fit and fine, it also gives your body a beautiful look by protecting your hair and making it internally stronger. Yoga is beneficial for hair growth as it increases blood circulation to head and scalp region.

Vajrasana (the thunderbolt pose) is useful for the treatment of hair loss.
Stress, tension and anxiety are common causes of hair loss. Relaxation techniques and meditation are quite effective to reduce stress.

Shirsasana (the headstand pose) enhances blood circulation to the scalp and promote hair growth.

Sarvangasana (Shoulder stand pose) this asana is quite effective in increasing blood supply to the scalp region and prevent hair loss.

Bhujangasana (the cobra pose) improves blood circulation in vertebral column thereby facilitate better communication between the brain and body.

Kapalabhati (Frontal lobe cleansing technique) energizes the mind and clear the frontal lobe of the brain by speeding up the blood flow.

Anuloma viloma (Alternative Breathing) refresh your entire body organ, especially the brain part and help in the strengthening of hair and hair follicles.

Pranayama acts like as panacea and quite beneficial for hair care and in curing of baldness. It also helps in stopping of hair fall.

The other asana that is too useful in reducing of hair fall, hair loss and baldness are Shashank asana (the pose of the moon), Ushtrasana (the camel pose), Pawanmuktasana (the knee to chest pose), Uttanasana (Bending straight forward pose) and Sasangasana (Rabbit Pose).

Curd for Hair Loss and Hair Fall, Yogurt for Shining Hair

Enhance your look naturally by applying curd. Curd is an excellent tonic for the improvement and quality of hair as well as genuinely prevents Hair loss. Curd is one of the best conditioners for hair. In home curd is used in different forms such as Curd Recipe, Curd Dishes, Curd raita, etc. However, for shining of hair and dandruff control & prevention, curd is used along with any of the given herbs or spices-gram flour, pepper, methi powder, henna, egg, lemon and so on.
Top 7 benefits of Curd for Hair Shining

1. Apply the paste of curd and gram flour into the hair roots. This prevents hair loss and dandruff problems.
2. The mix of pepper with curd, if use for head wash twice or thrice a day, provides shining, soft hair and also helpful in overcoming of dandruff. This mixture strengthens the hair and prevent hair fall.
3. Curd is responsible for healthy hair, silky hair, smooth hair and overcome dandruff.
4. Apply curd cord on the scalp and left it for 20 minutes. Wash it, helps to give shining and free dandruff hair. Curds provides many nutrients for silky hair.
5. Apply the paste of curd and methi powder over your scalp, left it for some time and wash it. It is good for your shining hair.
6. If somebody needed shining hair, it is advised to use the paste of curd, henna and eggs.
7. To overcome the problem of dandruff, you may use the paste of curd and lemon. Left over the scalp for 20 minutes and get shining hair.
8. Yogurt & Anti aging: Yogurt is good for anti aging and skin beauty.

Curd for Natural Skin Care

Curd is one of the brilliant natural home remedy beauty tips for fair and natural skin care. Yogurt not only enhances the beauty of the skin, yet it aids good makeover to the personality. Using curd on regular basis helps to remove tan, acne, blemishes and scars from the body thereby provides original complexion. Applying curd on the face provide refreshing beauty to the facial appearance. For refreshing face, one has to apply curd over the face followed by wiping the face with towel which is made available after lukewarm water squeezing. Yogurt also
acts like as home remedy skin cleanser. Curd prevents to sun burning if it applies on the face after making a paste of besan and curd. Wash the paste after 15 minutes.

**Health and Medicinal Benefits of Curry Leaves for Hair Loss and Hair Fall**

**Curry Leaves**

Curry leaves are one of the important components as well as excellent aromatic herbs used in Indian dishes, especially in South India, has many health and medicinal properties. Fresh green leaves are best for food, however, dried leaves are also used in cooking. Curry leaves are rich in Vitamin C, acts as a blood purifier. It makes skin fresh and give glow touch due to citrus in nature.

![Curry Leaves Image](image)

**Best uses of curry leaves**

Curry leaves are good in prevention of Hair loss. For this, you have to heat curry leaves and coconut oil. When it get dark, remove the curry leaves. Left it for cool down then rise on hair root and scalp. This is a good tonic for your hair health, hair growth and prevent hair fall. Eating of curry leaves is beneficial in preventing premature greying of hair.

**Curry Leaves for teeth and gums**

Having the problems of decaying of gums and teeth, it is suggested to chewed 3-4 leaves before meal. It makes your teeth strong, remove the problems of gums and also cleanse your mouth.

**Curry leaves used as painkiller**

The paste of curry leaves, turmeric and clarified butter is applied when one feels burning sensation in limbs. For body pain, hot fomentation of curry leaves, turmeric and salt is given. Paste of curry leaves is applied locally in skin disorders such as ringworm.
**Curry leaves chutney**

For curry leaves chutney, one should take 2 cup of curry leaves, 1 tsp of Dal, two red chillies, half tsp of tamarind paste and some quantity of jaggery and one tsp of gingelly oil. First of all you have to roast the mix of dal, red chilli oil, and curry leaves. Now grind all the products, mix tamarind paste. Add jaggery and water to make it paste.

**Curry Leaves good for liver**

When curry leaves are taken regularly, it strengthen the liver. It also helps to remove toxins from the liver.

**Curry leaves as home remedies**

Curry leaves are used as Home remedies because of its herbal tonic qualities. It enhances the functioning of the stomach. It is also used as laxative. Curry leaves are good for diabetic patients. Its juice helps to overcome morning sickness.

**Curry leaves rice**

For making curry leaves rice, Take raw rice and curry leaves. Cook the rice so that it has become soft. Also made soft the curry leaves by heating and mixed with rice. the dish become nutritionally rich.

**Kalonji oil for Hair Loss and Hair Fall Prevention**

10 Tips to control Hair loss, Hair fall With Natural & Herbal Remedies

Hair is one of the important components in human life to enhance one’s beauty and complexion. It is the wonderful gift of nature that requires extra care and nurture. However, due to faulty lifestyle, paradox dietary pattern, junk food culture, etc., hair loss and hair fall is common among the masses, especially with women.
About 50% women faced hair loss at some stages of her life. Hair loss in women is demoralizing, may affect marital life, job opportunities, social adjustment, etc.

**How to Control and Prevent Hair Loss?**

1. Some asanas of Yoga is quite beneficial in prevention of Hair loss and Hair fall. Yoga augment blood circulation into the head and scalp region thereby strengthen hair root internally. Asanas like Shirsasana and Sarvangasana enhances blood circulation to the head and scalp region thereby facilitate hair growth.

2. Massage your head region with coconut oil or Vitamin E oil prevent hair loss.

3. Massage your scalp with Camphor + Coconut oil strengthen the root hair and prevent hair loss.

4. Massage with the mix of honey and egg yolk is quite beneficial in the management of hair loss.

5. Slow massage of the scalp portion stimulates blood circulation and helps in re-grow of hair.

6. If you want shining hair, use the mix of Amla, Shikaki powder and curd. This mixture helps to clean the pores of the scalp and stimulate hair growth.

7. Everybody has lemon in their home, rinse your hair with lemon juice to prevent baldness.

8. Baldness can be cured if you apply the mix of curd, lemon and mustard oil on your head portion. Leave it for 30 minutes and wash it after then.

9. For shining and glow hair, one should eat more and more protein enriched foods such as fish, yeast, soybean, eggs and beans.

10. Activities like Hair dyes, hairdryer, curling, coloring, braids, buns, ponytails, etc. should be avoided. Shampoo, Conditioners, Alcohol and Beverages should be discouraged. “For incurable hair loss, there are now medical professionals dedicated to provide medical help, or you can try using human hair extensions to temporarily hide hair loss.”

**Herbal Hair Fall Control and Hair Loss Treatment**

**Hair Loss Meaning**
Hair Fall and Hair Loss has become common both at among youth as well as at the older stages. At the younger stage, hair loss is replaced by newer strands, but sometimes, it didn’t happen. There are many reasons of hair loss among men and women, but the situation is more chronic in towns and cities due to faulty lifestyle. The factors responsible for hair loss are poor diet, stress & strain, tension, chronic diseases, environmental factors, age, thyroid imbalance, medications, allergies, hormonal changes in pregnancy and menopause, genetic tendencies, and using more synthetic dyes.

**Natural Hair Loss Treatment**

The nature offers lots of herbs and ayurvedic plants that can be used as hair loss treatment. Ayurveda has a greater role to play in prevention of hair fall. Massage is one of the best ways to minimise the intensity of hair loss as it improves the blood circulation and enable the hair follicles to re-grow hair. Massage with coconut oil, Brahmir, Bhringaraj and Vitamin E oil are effective in hair loss prevention. Massage the scalp with coconut oil and camphor is good for hair. Massage with the mix of honey and egg yolk is good for strengthening of hair. Ayurvedic diet yogurt, curd, diet rich in vitamin C and B; sprouts, fresh leafy vegetables, fruits, ginger, soy, and honey are effective in strengthening of hair. It is also suggested that one should keep oneself away from the fast and junk foods. Massaging or washing hair with boiled neem water is beneficial in curing of hair related problems. Herbs like ginkgo, biloba, and bilberry are wonder as natural home remedy.

**Hair Loss Home Remedy**

Home remedy treatment means to care your body parts with the existing resources at home. Home remedy treatments are 100 percent safe and sustainable. Everybody has lemon in one’s home, but very few know about its hair significance’s. Rinse your hair and scalp with lemon juice, it is extremely beneficial in preventing of hair fall and curing of baldness. Put comparatively hot dip water towel after squeezing on your head, leave it for sometimes, practicing it for few days helps to strengthen the hair. Apply the paste of curd, lemon and mustard oil on your head, washes your hair after 20-30 minutes. The technique helps you in preventing from baldness. The boil mixture of mehndi leaves and mustard oil is also good for shining hair.

**Hair Care through Ayurveda**

The Ayurvedic aspects of hair should be seen through Kapha dosha, Pitta dosha and Vata dosha. The different features of hair are associated with the three doshas-Kapha, Pitta and Vata. The oleation of the hair is received from Kapha dosha, softness from Pitta dosha and the black
colour due to Vata dosha. The nourishment of hair depends entirely upon the Rasa dhatu. Derangement in Rasa dhatu causes hair fall and premature greying. Numerous herbs are recommended in Ayurvedic texts, for common hair ailments like hair-fall, premature greying, alopecia, dandruff, dryness and growth promotion.

**Herbs Promoting Hair Growth**

Country Mallow, Bacopa monieri, Costus, Coconut Palm, Liquorice, Beleric Myrobalan, Long Zedoary, Babchi, Indian Gooseberry, Sesame, Indian Spikenard, Indian sarsaparilla,

**Ayurveda Preventing Hair Fall**

Coconut Palm, Bacopa monieri, Liquorice, Kulanjana, Lemon, Long Zedoary, Sesame, Evolvulus Alsinoides,

**Herbs for Alopecia**

coconut Palm, Agnimantha, Punarnava, Bruhati, Karanja, Shathi, gunja, Japa, Patola, Parijataka, Tila,

**Ayurveda for Dying Hairs**

Nilini, Bhringaraja, Madayantika, Nirgundi, Bibhitaka

**Herbs preventing Premature greying**

Tila, Amalaki, Haritaki, Bibhitaka, Shankhpushpi,

**Herbs for dandruff**

Nimbuka, Methika, Tila, Yashtimadhu,

**List of Best Hair Oil**

A large number of herbal oil is available in the market. The different herbs and their products are used in promoting hair growth, prevent the hair fall, prevent the premature greying, enhanced the lustre of hair; mitigate dandruff, and other conditions associated with hair. For all the hair all preparation, two oils-coconut and sesame plays vital roles. Here is the list of some top Ayurvedic oils are:

1. Bacopa monieri Oil
2. Beleric Myrobalan Oil
3. Indian Gooseberry Oil
4. Japakusmadi Oil
5. Mahabhrungaraja Oil
6. Liquorice Oil
7. Vatajatadi Oil
8. Coconut Palm Oil
9. Anu oil

Natural Hair Loss Prevention

The best way to make your hair glow and shining is the natural means. The fruit juice of Indian Gooseberry is used for hair-wash. It helps in prevention of greying and hair fall. The Indian Gooseberry juice is also helpful in giving a glow to the hair. The application of the paste of seeds of Beleric Myrobalan prevents premature greying of hair. The decoction of sesame roots and leaves is used as hair-wash for hair growth. The mix of sesame oil, Liquorice and Amalaki is good in preventing of hair-fall. Hair-wash with the decoction of Liquorice prevents hair loss. Enhanced oil of Long Zedoary is good for massaging the scalp. It prevents baldness too.

How to Control Hair Fall?

The fresh juice of the leaves of Trailing Eclipta along with sesame oil is beneficial for the growth of hair. When Margosa seeds oil instilled daily into nose combats in prevention of hair fall. Hair fall can be prevented when the paste of sesame oil, roots of Baliospermum montanum and Silk Cotton tree are applied on hair. Shankhapushpi oil controls hair fall and greying of hair. The massage with sesame seed oil is widely used as a hair growth and prevention of hair fall. Lemon oil is used as conditioner and massage, which is beneficial in hair loss prevention. The daily massage of the scalp with coconut oil promotes hair growth and prevents the hair fall. The head massage with coconut oil alleviates Pitta dosha. Fenugreek seeds powdered are extremely beneficial in management of glowing and shining hair. The dandruff can be controlled when the powdered of fenugreek seeds are used. A paste of fresh leaves of fenugreek applied over the scalp regularly before washing the hair, cures dandruff and keeps the hair silky.

Hair Fall Remedy through Ayurveda

The mix of sesame oil along with Brahmi, Kulanjan and Vacha is very useful for prevention and growth of hair. Hair wash with Chebulic Myrobalan decoction helps to shine hair and prevent premature greying. Indian Spikenard when mixed with hair oil helps to promote hair growth and imparts glowing. Saffron and Maricha are taken in equal parts and pounded in oil of
Jambeera, enable to cure alopecia. A paste of Amalaki, Costus, Jatamansi and Bala when applied to the hair, provides growth and strength. The oil of walnut fruits massaged to the scalp improves the hair growth and lustre. The paste of Indigo leaves is used in growth of hair. If you want silky and lustre hair, it is suggested to hair-wash with fenugreek seeds (2tsp) powered, which is soaked overnight.

How to Blacken Hair Naturally?

These days, we are exerting more to artificial dyes to blacken hairs. Artificial dyes can’t be the substituted of natural dyes. It is better to use herbal dyes for natural growth and shining of hair. The fresh juice of Trailing Eclipta leaves blacken the hair. It is the best natural hair dye. Hair wash with the decoction of Triphala darkens the hair. Enhanced oil of Beleric Myrobalan boosts the hair growth and imparts black colour to them. The mix of sesame roots and leaves is used as blacken of hair. The mix of sesame oil and Heena leaves promotes the hair growth and darkens them. Heena is widely used as colouring agent and also iused with other natural dyes to make hair glow and shining. Cobra’s Saffron and Oak Galls are used in e hair-dye preparations. The paste of Indigo leaves is used in darkens the hair. The juice of Indigo leaves is used as the best natural hair dye. The paste of the leaves of indigo and Henna works well as natural dye.

Ayurvedic Treatment for Hairloss

Due to effectiveness of ayurveda, Modern Doctor is prescribing alternative medicine too for hair fall and baldness. Ayurveda can play a greater role for hair fall treatment. Here, some important ayurvedic hair solution, hair fall control tips and hair fall treatments are given.

- Massage with ayurvedic oil: Massage with coconut oil/ brahmir/ bhringaraj oil the scalp prevents hair loss. It is an effective ayurvedic hair loss treatment.
- Natural remedy as Vitamin E oil massage reduces hair loss.
- Ayurvedic Diet: Eating of white sesame seeds is beneficial and used as natural hair loss treatment.
- Taking of Yogurt too strengthen hair and control hair fall.
- Ayurvedic Herbs like Dashamoola, Bhringara and Jatamansi are used to make hairs strong.
- Diet rich in Vitamin B and C, is good for hair growth.
- Fruits, leafy vegetables and milk make hair shining and stronger
- Mashed and mixed components of beans +fenugreek are beneficial for hair.
• Sesame seeds and sesame seed oil is used in the treatment of hair as herbal hair loss remedy.
• Reduced junk food and extra calorie make your healthy.
• Massage of camphor + coconut oil makes your scalp healthy and prevents hair loss.
• Rub the mix of Castor oil + Mustard oil + Coconut oil to make your hair stronger.
• Water of boil neem leaves is useful for hair.
• Eat the mix of Ginger + honey.
• Rub the head after washing hair as it stimulates sebaceous gland thereby improves blood circulation.
• Massage of honey + egg yolk on your scalp is an effective ayurvedic remedy for hair loss.
• Take mix of lettuce and spinach juice to prevent hair loss.
• Application of Coconut + Lime juice is also good.
• Combination of alfalfa juice + carrot juice + lettuce juice helps to grow hair well.
• Take more and more quantity of water as it flush out toxins from the body.
• Use mustard oil regularly as it is helpful in curing of baldness.

Homeopathy Treatment & Homeopathic Remedies for Hair Loss

Hair fall and baldness are caused due to many factors like aging, heredity, testosterone, etc. Homeopathy remedy for baldness and homeopathic medicine and hair loss are being used by the people worldwide.
• Arsenicum Album-It is prescribed when hair loss is caused due to depression and anxiety. This is a suitable homeopathy cure for hair loss.
• Graphites and Thuja- is useful when hair fall along with stomach disorders.
• Silicea-a beneficial remedy for hair loss.
• Phosphorous-when hair is fall due to clump and dandruff.
• Lycopodium-is given for pre maturing of grey hair. It is an appropriate natural hair loss remedy.
• Kali carbonicum-useful in case of thinning hair.

Hair Control Tips

• Rinsing your hair with apple cider vinegar + sage tea for proper hair growth.
• Herbal serum is quite effective for hair fall control.
• Paste of Licorice extracts + Milk induces hair growth.
• Mix of lemon seeds + black berry is useful for bald patches.
• Wash your scalp with Urad Dal + Methi.
Hair Loss and Naturopathy Treatment

There are various natural remedies available for hair loss treatment.

- Gentle scalp massage improves blood circulation and stimulates hair re-grow.
- Massage with Amla/Bhringaasava /sesame oil/ coconut oil/ rosemary oil/lavender oil/ cedar wood is good nature cure treatment for hair loss.
- Vitamin E oil massage strengthens the fragile hair.
- Intake of pro-inflammatory foods like dairy products, animal products should be avoided.
- Fresh vegetables, sprouts, legumes, soy etc. should be preferred.
- Minerals like Silica strengthen hair so one should give more importance to potatoes, cucumbers and sprouts.
- Acupuncture is too recommended for hair loss treatment.
- Aloe Vera is good for hair loss treatment as it heals the scalp and cleansing the pores.
- Henna is superb for shining hair as it repair the cuticle and protects hair from thinning.
- For the proper growth of hair, grape extract and vitamin B may be used.
- Herbs like ginkgo biloba, bilberry and palmetto are the natural remedy for hair loss.

Reflexology and Hair loss Treatment

- Buffing of the fingernails of one hand to another may cure related to scalp problems

Home Remedy for Hair Loss

- Mix Amla + shikaki powder with curd and use it on the scalp for shining hair. This is a home made remedy to check hair fall
- Massage with aroma oils reduces hair fall and keep one away from baldness.
- Rinse your hair with lemon juice as effective home remedial measures to prevent baldness.
- Dip a towel in hot water, squeeze it, after then cover your hair. It is a helpful home remedy in preventing of hair loss.
- Outer cover of lemon and oranges helps to maintain shining hair and remove dandruff too.
- Massage the scalp with soaked fenugreek seeds. Wrap the scalp for about 2 hours to treat hair loss. It is a supportive home remedy for hair fall.
- Apply the mix of curd; lemon and mustard oil on your scalp and wash it after 30 minutes. It is an effective natural remedy for baldness.
- Take more and more quantity of water along with fresh fruits and green vegetables.
- Boil mustard oil + mehndi leaves for protection of hair and do used as herbal therapy for hair loss.
- Massage egg yolk on your scalp for healthy hair care.
- Smearing of henna over scalp is beneficial for hair growth.
- Natural mild shampoo - lemon, titri, rosemary, is preferred.
- The product of amla + coconut oil is helpful in preventing of hair loss.
- Boil the hibiscus leaves in water. it may be used on the scalp before washing hair by mild shampoo.
- Rubbing of olive oil reduces hair loss.
- Boil mustard seed for 5-10 minutes, cool it and drink.
- Rub the scalp smoothly to make the sebaceous gland active thereby increases blood circulation, hence helps in preventing hair loss.
- Dry piece of Amla + coconut oil act like as a hair tonic.
- Rub the bald are with onion after then apply honey, it’s a natural home remedy for baldness.
- Application of fresh Amaranth juice to hair follicles makes the hair soft and shining.
- Apply the mix of olive oil + rosemary + lemon juice + egg yolk to strengthen the hair follicles.
- Extract of coriander leaves is useful for hair loss.
- Rub the scalp with olive oil + cumin.
- Coconut milk is beneficial for hair loss.
- Rub the mix of lettuce + spinach is useful to reduce hair loss.
- Juice of alfalfa + Carrot + lettuce, a wonderful remedy hair growth.

**Unani Medicine Tips for Hair Loss (Intisar-e-Sha’r)**

Often, we see new products in the form of shampoo, lotions and conditioners, either on papers or the shops to prevent hair loss and hair fall. How much such products are beneficial for hair, everybody know its fruitfulness. Hair loss is common among youth, especially the urban people where it starts by the end of puberty.

To prevent hair fall, it is a wise step to follow natural tips and home remedial measures. Hair fall control can be managed through Unani treatment.
Hair loss control and Unani treatment

Areal root of banyan and coconut oil for hair loss treatment

The combination of areal root of banyan as well as coconut oil is good for scalp massage and an effective hair fall remedy. For hair fall control, it is suggested to take about 300 gram areal root of banyan along with 1 litre of coconut oil. First of all dry the areal root of banyan under shadow for three to four days. Crushed the dried part of the root and immersed into coconut oil for 15 days. When the mixture mixed properly, strain it and preserve the same in a bottle. Use this combination as head massage before going to sleep. It is one of the best hair loss remedies and hair fall control tips.

Unani shampoo for shining hair

To prevent hair loss takes 1 kg Black gram, 1/2 kg Emblic Myrobalan, 250 gram of Soap pod and 125 gram of Fenugreek seeds. Mix them well and make a fine powder of it. Put about 25 gram of the mixture into 200 ml of water and left it for 20 minutes, strain it and use the mixture as home remedy shampoo. This is one of the beneficial unani herbal products for hair fall treatment.

Unani medicine for hair conditioner

For hair conditioning, the mix of Cumin seeds, Fenugreek seeds and Henna can be used. For the preparation of this Unani product, first of all fry properly the mix of Cumin seeds and fenugreek. Mix this mixture with water and left it overnight. A paste is made after using henna to it. Applied the paste on your scalp and left for 1 hour. This Unani preparation helps to stop hair loss and also strengthens hair.

Unani oil for hair growth

To make a preparation of herbal oil, the following ingredients such as curry leaves (1 tablespoon), hibiscus flower petal (2 spoon), coconut oil (300 ml), almond oil (50 ml) and drumstick plant leaves are used. All the leaves and flower are dried and finely powered. Mix this mixture with oil and heat on a low flame until the powder is mixed properly. Strained and filtered it. Massage your scalp through this oil. This one of the important hair fall control tips.
Unani Medicine for hair re-growth

Hair loss is not untouched to anyone. There are so many reasons and causes for hair loss. Generally, people are experiencing 50-100 strands hair breakup every day, which often replaced by newer one. Hair symptoms like thinning of hair, horseshoe shaped hair feature, unexpected hair loss from certain region of the head, Alopecia Areata, slowly loss of hair from the top, etc. can be prevented and managed though Nigella sativa oil, a product of unani medicine.

Unani medicine has in-depth potential in controlling and treating of hair loss damaged. Kalonji oil is the finest offshoot of unani medicine for hair loss prevention, treatment and hair re-growth. Kalonji oil can be mixed with any of these herbal products i.e. lime juice, olive oil, apple vinegar, Mehandi powder, etc., which helps in treatment of hair fall.

How black seed oil prevents hair loss?

Due to fast paced life, stress, anxiety, wrong dietary pattern, people are experiencing premature hair fall and hair loss. Baldness is the common problem these days. Dandruff is also vexing the people. Kalonji oil is beneficial in the prevention and treatment of hair loss and hair fall. This nigella sativa oil is effective in hair growth too. Black seed oil has the solutions of baldness and dandruff too.

Black seed oil for hair loss

To prevent hair fall before the time, it is suggested that one should massage one’s head with lime juice and leave it for 15-20 minutes followed by washing it with shampoo, preferably herbal one. Dried your hair completely and rub Kalonji oil on the head. This procedure should be continued for five weeks. There is a greater chance of reducing hair loss.

1. Rubbing the head with black seed oil helps to strengthen hair follicles thus prevents loss of hair.
2. Massage with kalonji oil is also good to prevent hair loss.
3. To control hair loss, the mix of nigella sativa seed, black seed oil, olive oil and apple vinegar can be used. Initially, crush the nigella sativa seeds and heat it for few minutes till it gets brown. Now, put black seed oil and olive oil. When it becomes cool, mix the apple vinegar and massage the head with the mix. Leave it for 1 to 2 hours and wash your head with fresh water. Continue it for two weeks to prevent premature hair fall.
4. Loss of hair can also be managed and prevented by massaging the scalp with lemon and leave it for 20 minutes followed by washing it with shampoo. Make it dry and apply black seed oil on the scalp. Continue it for 1 week for better result.
**Kalonji oil for baldness treatment**

The condition of baldness fears everybody, especially the youth. Black seed oil plays an important role in the treatment of baldness and also helps in recovering of damaged hair.

1. Make a mixture of Kalonji oil (20 gms), Mehandi powder (20 gms), and vinegar (60 gms), now, rub the paste on the baldness head. Leave the paste for about one hour followed by washing it with fresh water. Use this procedure for once in a week for one month. It will help gradually in growing of hair.
2. Rubbing of Kaloji oil twice a day is helpful in overcoming baldness.
3. Another mixture of Kalonji (10gms), Olive oil (30 gms), and Mehandi powder (30 gms) can also be used to treat dandruff. First of all, heat this mixture and make a paste. Use the cool paste on the head for good result. Rest of the procedure is same.

**Unani hair loss control tips**

- Take 1 tablespoon of crushed pomegranate bark and 300ml of coconut oil. Mix it. Boil the mixture for 15-20 minutes. Strained and filtered it. The filtered product can be used as massage over the scalp and wash your head after 20 minutes. It prevents from greying of hair.
- Crushed nutmeg and mix it with 300 ml of olive oil. Boil the mixture for 30 minutes. Massage your scalp with this mixture before going to bed.
- For strengthening of hair, massage your scalp with coconut milk and wash it with warm water.
- Massage your scalp with the mix of honey and egg yolk. Leave it for 20 minutes and wash with lukewarm water.
- For hair fall solution, the application of coconut oil and lime juice is beneficial.
- Crushed reetha. Soaked it overnight in water. Strained it and massage your scalp with the filtered mixtures. Wash your head. It is useful both for shining hair as well as preventing of greying of hair.
- Massage your head with the paste of olive oil, honey and cinnamon powder. Leave it for 10 minutes and wash it.
- Scalp your massage with almond oil is beneficial for strengthening of hair.
- The mix of apple vinegar and sage tea is good for scalp massage.
- If you want new hair, apply the mixture of Aloe vera along with triphala powder. It is beneficial for hair fall treatment as well as hair loss control too.