

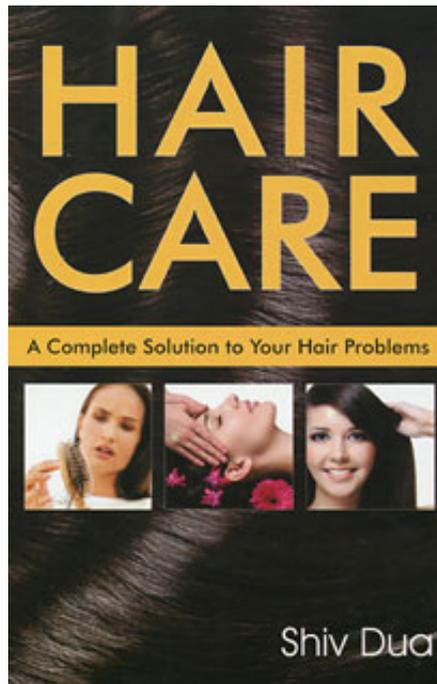
Shiv Dua

# Hair Care - A Complete Solution to Your Hair Problems

Reading excerpt

[Hair Care - A Complete Solution to Your Hair Problems](#)  
of [Shiv Dua](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>



# Diseases of Hair

**Every one** is interested to cure his diseases of hair first and then have that glittering shine on his hair that adds charm to the personality. Falling of hair, dandruff, oily or dry hair during particular phases of year are not diseases but disorders because the hair return to their normal state when the phase of certain climates or physical fitness returns. There are many bodily diseases that take away the hair from the scalp. In such cases, the hairs are not diseased but as a result of other diseases, the hair react.

Condition of hair expresses certain diseases as well. So, *condition of hair can be taken as a diagnosis of disease*. Hair is the mirror of health. Lusterless and silky fine hair show tuberculosis. Coarse, thin and dry hair indicate disease of thyroid. There are three main diseases that pinch and add agony to the people. Unruly, bushy hair make a sycotic miasma. Loss of hair in patches and early graying of hair suggest syphilitic diathesis. One streak of gray hair among other black hair express psoric miasma.

*The hair-loss, excessive hair-growth and premature gray hair* are the three culprits worrying people most. Hair loss and premature gray hair are broad subjects and need elaborations whereas excessive hair growth is a limited topic. Before we

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discuss about the diseases of hair, it is better to relate to common hair problems in a sum.

*These problems are dandruff and flaky scalp, greasy scalp, split ends and head-lice.*

## **DANDRUFF**

The common problem of hair now a days is dandruff and almost everyone has experienced this problem during his or her lifetime. Our TV commercials have made dandruff a 'fashion disaster' but there is nothing to worry about. TV commercials also define easy solutions by telling you the brand names of oils or shampoos, which will not only remove your dandruff quickly but win a girl friend too. Every advertisement and products meant for males (shaving creams) have been made female oriented so that male's attraction towards women is never lost sight of and the product is sold out quickly. Dandruff in young boys and girls is a matter of concern in schools or colleges.

### **What is Dandruff?**

It is a disease of the sebaceous glands and there is a secretion of somewhat fatty material that looks on the skin like flakes and scales. Seborrhea of the scalp causes the condition called dandruff. The outermost layer of the skin, epidermis, goes on renewing itself from time to time. The skin sheds dead cells from its surface and are replaced by new cells from underneath. When the amount of production of new cells and this process of shedding is in perfect harmony, there would not be any dandruff. When the production of new cells is less and number of dead cells are more than the new cells, the dead cells or debris of cells get sloughed off in clumps or flakes. *This residue of dead cells is called dandruff.*

It is also common to have little white sand like flakes because this is sloughing off procedure for matured skin cells and debris. People take note of dandruff only when the flakes increase in quantity. Some flakes are dry while others are oily flakes. *It is the dry scales that itch much and it is the oily scales that smell much.* Dandruff is an infectious disease. The personal articles like comb, brush and towel etc. of the person having dandruff should be kept aloof.

### **Dandruff Infection**

This disorder is present in most of people in variable modes. It is an infection where the bacteriological examination states the presence of a *yeast-like organism and staphylococcus*, which in severe cases is found in abundance. This condition is limited to dry scaling of the scalp that may be associated with scaly patches on the forehead and cheeks. Some doctors are of the view that this condition is due to sluggish metabolism, poor diet, hormonal imbalances and infections pertaining to scalp. Recently in USA, some dermatologists have found a different cause in severe cases of dandruff. They hold fungus *Pityrosporum ovale* responsible for severe cases of dandruff. This fungus resides in hair follicles and makes the scalp oily and dandruff greasy. In case, your dandruff is not going even after use of many kinds of dandruff shampoos, it is better to consult a dermatologist who can prescribe some antifungal shampoo or cream or even tablets.

The scales on the scalp may cause some itching and the resultant scratching produces superficial abrasions, which may become infected with the production of impetigo or pustules. If the condition is not treated in time, there is possibility of a slight degree of eczematization. Under this changed condition, the scalp may develop small rounded pinkish-yellow scaly patches varying in diameter from a quarter of an inch to an

inch. Such lesions are called **eczematides**. This mostly occurs on the scalp, forehead and on margin of hair in the form of a 'linear patch having an edge in the form of festoons, a condition called '*corona seborrhoeica*'.

Sometimes dandruff is accompanied by crusts on the scalp and it looks like eczema. The same type of condition exists along the lid margins, on the eyebrows and get scattered over the face in irregular fashion. Dry scaly, rounded, pinkish-yellow eruptions often appear on the pre-sternal and interscapular regions in conjunction with marked *Pityriasis capitis* and they have been termed as *seborrhea corporis*, although no seborrhea is present. Seborrhea corporis is also known as *Flannel rash*. All these terms explained in this paragraph belong to skin. It is not necessary that these skin diseases accompany dandruff. *Pityriasis capitis* is both non-inflammatory and inflammatory and mostly respond well to treatment in all systems of medicines. Salicylic acid and tar are two chemical preparations that bring relief in many skin diseases. Lotions, shampoos, pomades and ointments containing salicylic acid as main constituent are available in the market.

### **General Causes**

- Abrupt change of climate for a person going from cold to hot or hot to cold.
- Wearing tight scarf or tight cap or hat (some doctors or trichologists do not agree with this).
- Not washing the hair in time when they are dirty.
- Tensions and worries.
- Excessive use of hair sprays, gels, colors and dyes.

### **General symptoms**

- White or yellow flakes that come out while scratching or

combing.

- Intense itching of scalp.
- Acne or pimples on forehead.
- Dry flakes on eyebrows or eyelashes.
- White spots on the face.

### **Treatment**

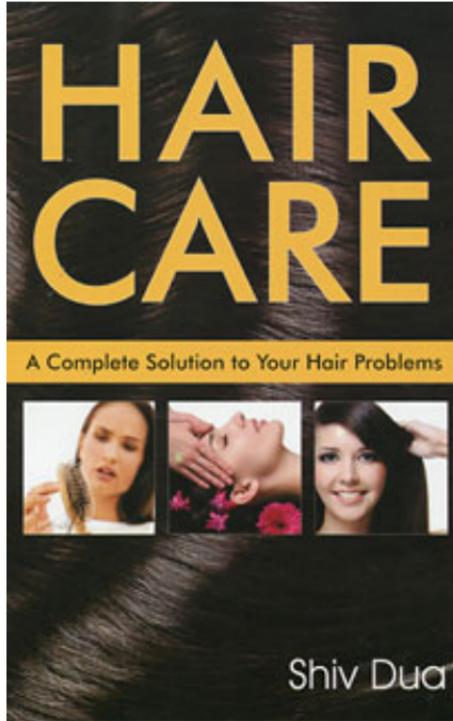
Common man or woman, identifies dandruff when there are flaky dry particles (dead skin) in the hair with an oily sheen. Dandruff arises from oily scalps and not dry scalps. *Most of the people think that dandruff can be removed by washing with medicated shampoo available in the market. To some extent it is true.* It is said that foods that have artificial colors, preservatives or additives should be avoided when dandruff takes place (Please see chapter of food).

The following tips can be followed to get rid of dandruff:

- The best home method is to give a regular treatment to the hair by massaging the scalp with available coconut oil, every night. In the morning, the hair may be washed with shampoo. Massaging mixture of coconut oil, 'Til' oil and 'Amla oil' and washing the hair after one hour of such application removes good lot of dandruff.
- Keeping the hair clean is the best method of treatment in dandruff. And for this, you have to shampoo daily as you comb and brush your hair daily. Selection of a suitable \*shampoo is a must in this case.

Note:

"Read more about use and selection of suitable shampoo in Care of Hair section of the book.



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