



Hair Fall – Treatment

(With The Help Of Nutritional Support)

Pavan kautikrao sable

Sominath Ramesh Navale

Abstract - Generally hair fall is a natural process. When a hair falls out, a new one grows it is cycle. In the procedure of hair loss new hair doesn't grow in place of the lost hair.

Two types of hair loss

- 1) In women of hair loss.
- 2) In male pattern hair loss

Androgenic alopecia is type of hair loss. Is like genetic and cause dihydrotestosterone.

50% of men and women get affected by pattern loss of hair till the age of 50. Androgenic alopecia is examined by quantitative RT-PCR. Androgenic alopecia is due to heredity factor, in a united state 50 million and 30 million can be affected.

Keyword: Alopecia; Androgenic baldness; Pattern hair loss; Hair fall

Introduction –

Hair fall and hair thinning are one of the most common condition faced by both men and women today. As much as 25% of men below the age of 21 year suffer from hair loss and 45% of the women suffer from hair thinning at some point of their life.

Baldness is a most common condition not a problem. Most of the youth see the hair loss or baldness is a problem but it is a biological condition.

Ayurveda has a divided hair diseases in three types-

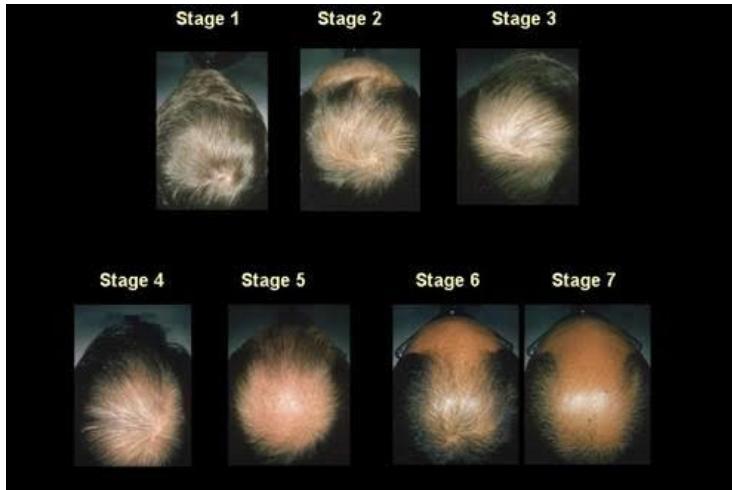
- A – Indralupta means a alopecia areata.
- B- Palitya means premature hair loss.
- c- khalitya means loss of Hair

Types of Hair loss

Alopecia areata

Alopecia areata also known as autoimmune condition. In which immune system of body attack on hair follicles and healthy tissue of the body, after that hair loss is increases and they inhibit the new hair growth.

This type of hair loss are found in children and adult , in which hair loss is started without warning not only loss hair from head also loss of hair from eyebrow and eyelashes

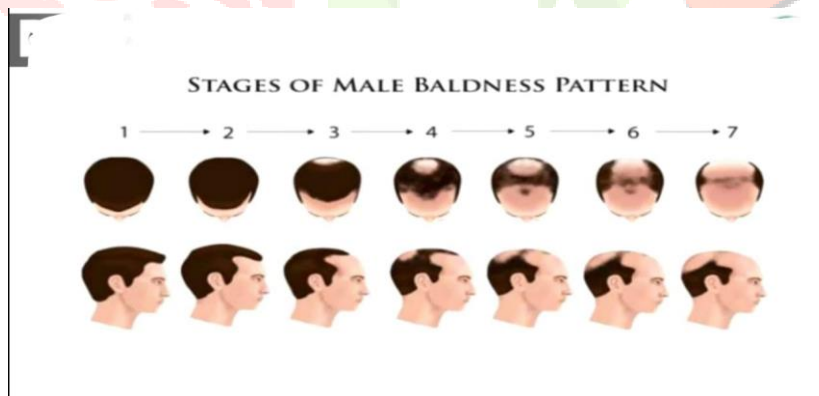


1. Androgenic alopecia –

It is a most common type of hair loss. Androgenic alopecia is due to genetic factor, In the united state more than 50 million male and 30 million female can be affected.

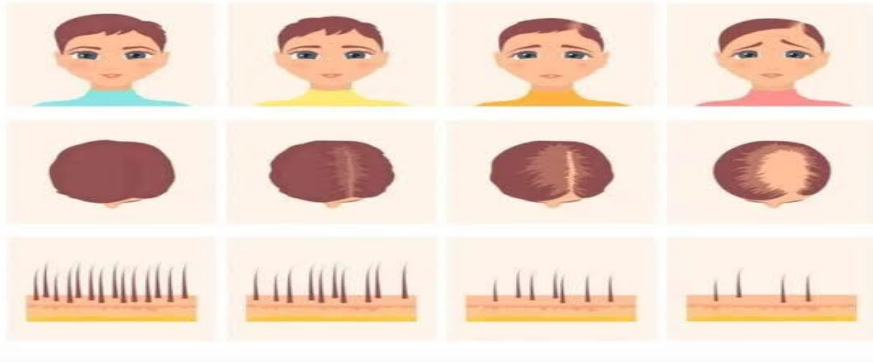
It is also known as male pattern loss of hair and female pattern loss of hair

A) Male pattern



b) female pattern

FEMALE-PATTERN HAIR LOSS



2. Telogen Effluvium

In the telogen effluvium hair are loss and no new hair can be growth. In that stage no complete baldness found but 300 to 500 hair loss in per day. Hair become thinner and hair are loss in crown shape. Imbalance of hormone, childhood surgery and medical condition increases hair loss.



Causes -

Genetic factor

Genetic hair loss with the age is the most common reason for baldness in that hair loss pattern is M shape is a genetic male pattern hair loss. For understanding we see our family person (grandfather , father)

Hair treatment -

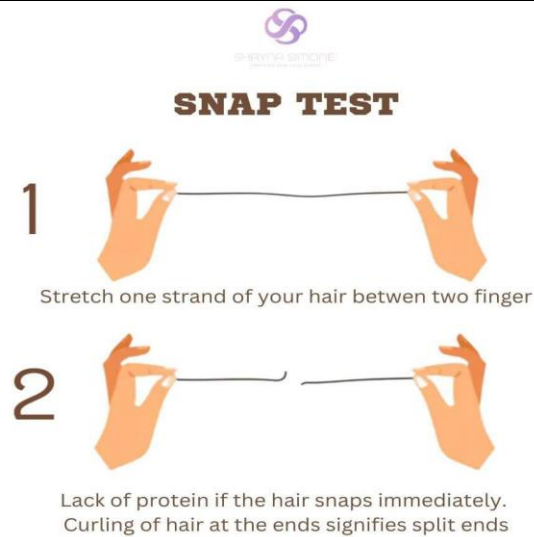
Today's youth are doing a lot of hair treatment like a using of hair straightener , waxes and chemical hair dyes is a cause of hair loss. Taking a lots of hairstyles and excessive uses of hair dryer also reason for hair loss.

- Medication-

Taking different medicines can cause hair loss. Taking a chemotherapy and doing surgery also affect. Today's youth are taking a steroid they can destroy your body inside and that is main reason of your hair loss.

- Deficiency of vitamin-

Lack of hemoglobin, iron, zinc, calcium, vitamins causes hair loss .



You can check this in **snap test**

- Physical and emotional stress
Biological mechanism by which chronic stress impair hair follicles stem cells, conforming long standing observation that stress might lead to hair loss

Treatment -

1. Addition of nutrition on regular diet

Lack of nutrition may impact both hair structure and hair growth using of a nutritional supplement can help for re growth of hair and prevention of hair loss

2. Maintaining minerals such as iron, calcium, zinc, fatty acid, niacin, for the growth of the hair
3. In Hair loss treatment **VITAMIN** also used

- a) Vitamin A Consumption - Vitamin A can be maintain to hair health also called as retinol

Vitamin A Help the secretion of Sebum which is a substance that prevent hair loss

- **Source of Vitamin A** - leafy green vegetable, Tomatos, liver fish, milk, Eggs, Red bell paper

- b) Vitamin D- deficiency of vitamin D impact on hair health.

- **Source of Vitamin** - Morning Sunlight, Fish (Salmon / Sward Fish) Mushroom, Egg.

- c) Vitamin B -

Vitamin B such as vitamin B12 help to maintain condition of hair

- **Vitamin B Complex**

Vitamin B1 - Thiamine

Vitamin B2 - Riboflavin

Vitamin B3 - Niacin

Vitamin B5- Pantothenic acid

Vitamin B6 - Pyridoxine

Vitamin B7 - Biotin

Vitamin B9 - Folic acid

Vitamin B12- Cyanocobalamin

- **Sources of Vitamin B-** whole grain , vegetables, meet, fish, egg, nuts , avocado
- **Vitamin B12** - B12 play an important role in hair health they prevent the loss of hair. Taking of vitamin B12 is good for all over body health.

- **Vitamin B7**- lack of Biotin can cause hair loss.
 - In hair growth **PROTEIN** is important factor.
 - a) Deficiency of protein can affect to hair fragility.
 - b) It also cause the hair loss.
 - c) Cysteine- is a amino acid important for making protein and important for hair growth.
- Sources of protein**-Fish, soya, peas, Pumpkin seeds, sunflower seeds, grain product, brown rice
- **Different types of oils (For hair care and Treatment)**

A)Sea buckthorn oil- is an essential oil extracted from berries and seeds of sea buckthorn.

B)Essential oil use for support to hair growth

c)Peppermint oil – was effective to hair health

d) Lavender oil can improve hair quality.

e) Onion oil – help to re-growth of hair.

- **Have a scalp massage**

- Scalp massage can decreases a stress and help to growth of new hair
- They also help to improve the thickness of hair
- In everyday 4 minute scalp massage improve the quality of hair
- Recent research in 2019- 68.9% of 340 participant report hair loss is prevented and re –growth of new hair after the performing scalp massage on daily basis on twice.

- **Tips for avoid hair loss**

- Use a only one shampoo and it should be chemical free
- Avoid uses of hair straightener , wax , dryer, hair dye
- Don't be rub a towel on wet hair and use different towel for hair.
- Avoid a pulling and tightening of hair due to hair styles.

- **Summary**

-The speed of loss of hair depend on genetic sex, age , hormone.

-it also depend on a person how he takes care of his hair

- Due to nutrient , and healthful diet person see a improved hair loss/ fall in a control.

-home remedies can enhance thickness and growth of hair.

- A person can also maintain health and their growth by using nutritional support and also vitamin.

Reference-

- <https://nyulangone.org/conditions/hair-loss/types>
- Yip L, Rufaut N, Sinclair R. Role of genetics and sex steroid hormones in male androgenetic alopecia and female pattern hair loss: an update of what we now know. *Australas J Dermatol* 2011; 52(2):81–88. doi:10.1111/j.1440-0960.2011.00745.xCrossRefPubMedGoogle Scholar
- Sawaya ME, Price VH. Different levels of 5alpha-reductase type I and II, aromatase, and androgen receptor in hair follicles of women and men with androgenetic alopecia. *J Invest Dermatol* 1997; 109(3):296–300. doi:10.1111/1523-1747.ep12335779CrossRefPubMedGoogle Scholar
- Mubki T, Rudnicka L, Olszewska M, Shapiro J. Evaluation and diagnosis of the hair loss patient: part I. History and clinical examination. *J Am Acad Dermatol*. 2014;71(3):415.e1–e415.e15
- Spivak JL, Jackson DL. Pellagra: an analysis of 18 patients and a review of the literature. 1977;140(6):295–309
- Goldberg LJ, Lenzy Y. Nutrition and hair. *Clin Dermatol*. 2010;28(4):412–419.

Medically reviewed by Jillian Kubala, MS, RD, Nutrition — By Zohra Ashpari — Updated on September 30, 2020

