

Relief from Hair Loss



Courtesy of : Wikipedia Commons - Welshsk

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Beneficiary endorsement

❖ I have found your advice regarding my hair falling problem very effective. Now the problem is totally under control. According to your advice I have been doing the following:

- ✓ Use of shampoo has been totally stopped.
- ✓ During shower I massage my scalp with firm fingers for 4 - 5 minutes.
- ✓ I use the comb for massaging the scalp also.
- ✓ I apply oil at the roots of the hair once or twice a week.
- ✓ I use glycerin soap 2 or 3 times a month to clean the scalp.

- A.G., aged 25 years

HAIR - 1

Causes of hair loss

Medical science

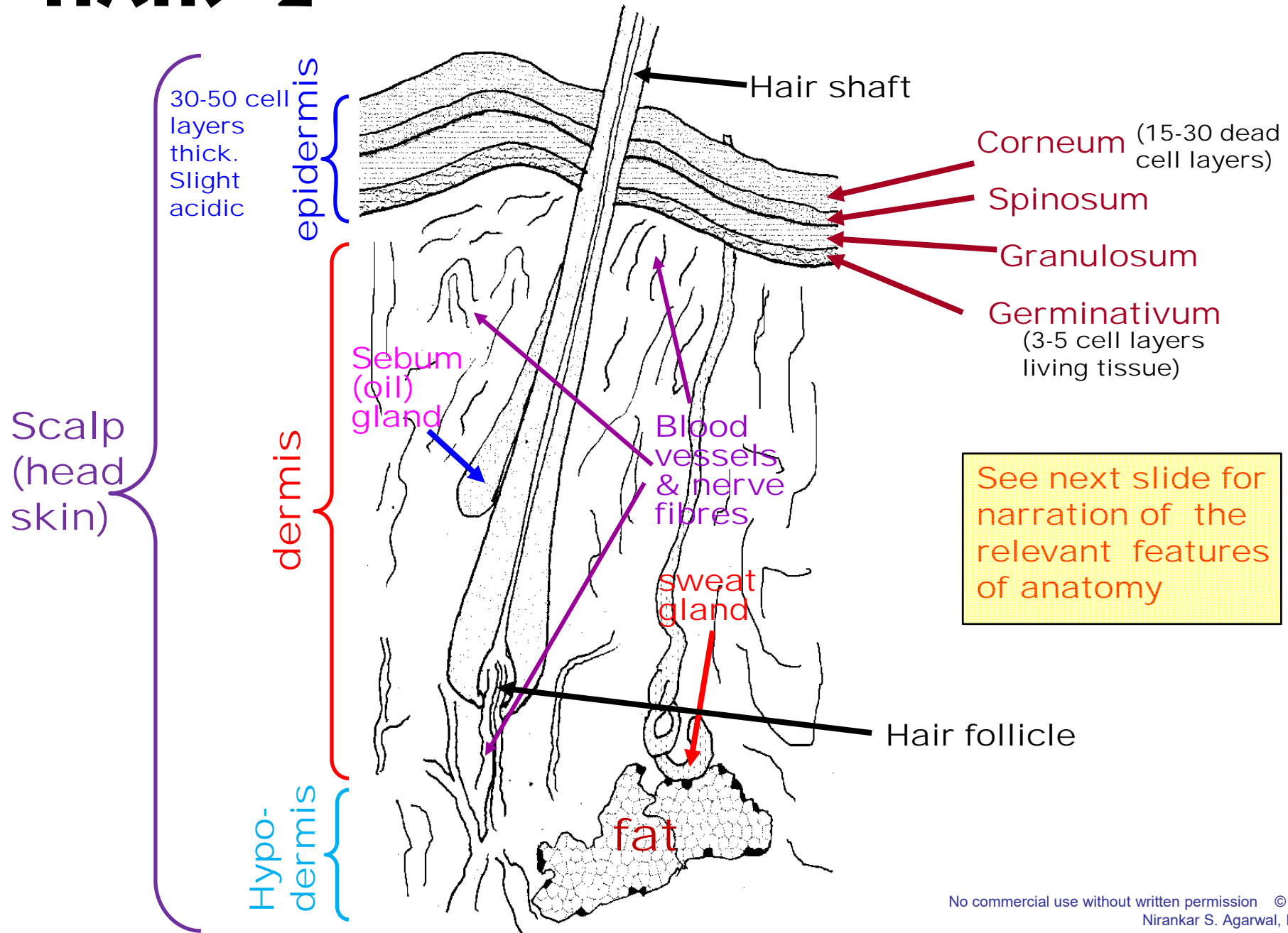
- Family history of balding
- Age
- Significant weight loss
- Certain medical conditions, such as diabetes and lupus
- Stress, emotional trauma, hormonal changes

Our perspective – Weak & brittle hair

First & foremost

- Poor blood circulation affects health of hair bulb, sebaceous glands, pigment cells, sweat glands.
- Brittle dry scalp fosters dandruff. Skin peels off faster. Increased cell division. Less nutrition to hair bulb
- Brittle hair break off easily as twigs do.

HAIR - 2



HAIR - 3

Text explaining the preceding graphic of the Scalp-skin including hair

- ❖ To make you appreciate as to how simple routines (detailed later) can stop premature hair loss, an understanding of the basic features of the hair apparatus may be of significant help.
- There are roughly 100,000 hairs on the head of an adult. Average age of hair is roughly three and a half years. That is, each hair is replaced after that time. Simple calculation then shows that a daily shedding-off of 75-80 hairs in 24 hours is normal.
- Hair is embedded in the scalp, as the skin covering the head is called.
- Scalp skin has 3 sheaths: outer–epidermis; middle–dermis; inner–hypodermis.
- Hypodermis consists of fat cells.
- The middle sheath, dermis contains blood vessels, nerve fibres, sebum (oil) gland, sweat and pigment glands. It also houses the hair-follicle (hair bulb) from which hair originates.
- This means that dermis is the only pathway for nourishment of all tissues associated with the hair apparatus.
- The outer sheath, epidermis is sub-divided into 4 stacks of cell layers: Corneum, Spinosum, Granulosum, Germinativum.
- The outermost stack Corneum is 15-30 cell layers thick and is made up of totally dead protein material. In normal course, 1 – 1/2 layers of Corneum cells are shed off daily.
- The innermost stack Germinativum consists of 3-5 cell layers of living tissue. It receives nutrients from dermis to fabricate new cells and, keeps pushing these cell layers outward to keep pace with the discarded Corneum layers. As the cells are pushed out, they become progressively more lifeless until the surface stack of layers ends up as dead material.

HAIR - 4

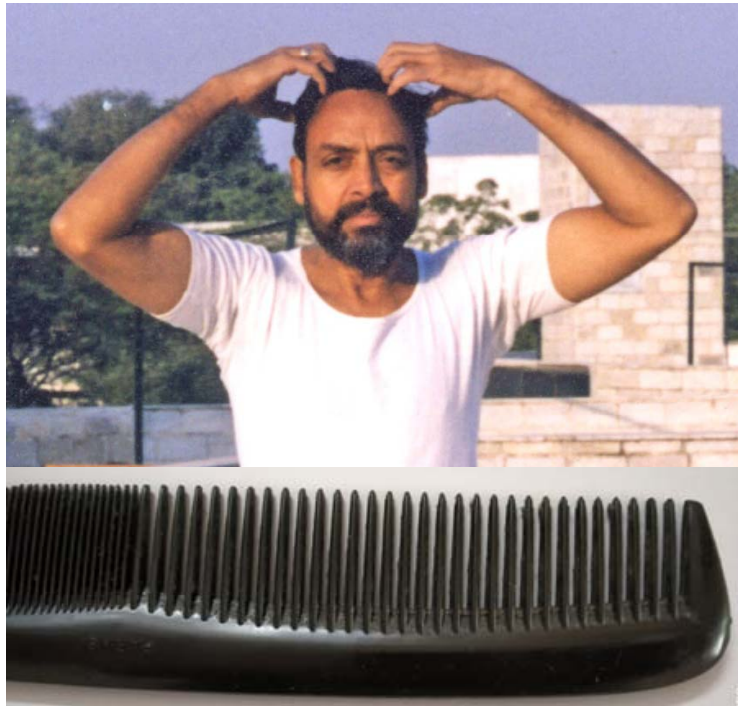
Solution : Self-Help Simple Routines

1. Massage
2. Proper Cleansing of scalp & hair
3. Maintain suppleness of hair

Solution 1

HAIR - 5

Massage



Massage Makes Hair Attachment Strong

Massage with claw-like fingers – 2-3 minute regular massage

Massage with wide-teethed comb:

Pressing firmly, thoroughly comb the entire scalp : from right to left; left to right; back to front; front to back

Many experts advise: “Treat your hair gently” so that they are not pulled out. It is an observable fact that if hairs are weak, they will shed off whether treated gently or not. It is rather difficult to pull out firmly attached hair.

Suggestion

If your hairs are weak, it is true that initially massage will cause faster shedding off of the hairs. You might get worried. You can do the following two things :

✓ Begin with gentle finger massage only. After several weeks, gradually increase pressure for a firmer massage. Generally, as weakness decreases, you will notice reduction in hair loss. Thereafter, begin the wide-teeth comb routine as well.

✓ You can also get the scalp shaved off and then begin firmer massages from the outset.

❖ Massage restores optimum blood circulation to the hair-bulb & glands in the dermis. After a time, shorter or longer depending on the condition of your hair, premature hair loss is curbed and, energized pigment cells start to bring back natural color to the hair.

HAIR - 6

Washing hair

- Cosmetic Industry uses lots of chemicals, including harmful ones. For example, a two century old formula of Pears soap was changed from 8 ingredients to 24 ingredients including sodium lauryl sulfate:
<https://www.telegraph.co.uk/technology/facebook/6940289/Pears-Traditional-Soap-abandons-new-recipe-after-Facebook-campaign.html>

Sodium lauryl sulfate, now widely used for its foam generating property in soaps, shampoos, dishwashing, Laundry & Floor cleaning detergents, is alleged to cause dandruff and hair loss.

For info about chemicals in cosmetics, go to:

- <https://www.ewg.org/skindeep/browse/shampoo/#.W7L6RfnhWmw>
- http://www.sixwise.com/newletters/05/05/03/the_most_toxic_soap_and_shampoos

Solution 2: Cleaning scalp and hair

- Good glycerin hand-made soap
- Use soap 1-2 times a week
- Rub scalp with claw-like fingers for efficient cleaning
- Avoid warm water on the head
- Do not use hot air to dry hair

HAIR - 7

Solution 3

Maintain suppleness of hair

Apply and rub Natural oil – almond, coconut etc. – massage firmly on totally dry (no moisture) scalp and hair.

You can do this before going to bed. Place a towel on the pillow.

In the morning, wash excess oil off with normal temperature water.

Aspiration

विश्वं पुष्टं ग्रामे अस्मिन्ननातुरम् । ।

– *Yajurveda* 16:48

In this village [global village], may all sentient beings be robust and healthy