

Home Remedies for Dandruff and Hair Loss

Generally there are about 100,000-125,000 hairs on the heads of adults. We normally lose about 50 to 100 hairs a day. However, there are people who suffer from rapid hair loss making hair loss a serious problem among adults. Here are several reasons behind hair loss. One of the principal reasons is dandruff.

Dandruffs are silvery and shiny particles on the hair that are disconnected from our scalp. These are the results of malnutrition, dry, and dirty skin.

Symptoms

When we comb, brush, or scratch our hair, the small, shiny particles fall from the scalp and settle on the hair, eyes, face, and shoulders. There is generally itching and the color of scalp becomes red.

Causes

The principal reasons of dandruff are mutilation, inactive and lethargic lifestyle, increased toxins in the body, constipation, and bad eating habit. Apart from these reasons, tension, use of unhealthy shampoos, exposure to cold etc also cause dandruffs.

Natural Remedies for Dandruff

Lime

After you wash your hair, use fresh lime juice to rinse. It's very effective remedy to overcome dandruff problem. Apart from preventing dandruff, regular use of lime juice makes hair shining as well.

Green Gram Powder

Green gram powder is very useful in eliminating dandruff. Wash your hair with the mixture of two tablespoons of green gram powder and half a cup of curd twice a week and see the amazing results.

Fenugreek Seeds

For a long time people are using fenugreek seeds in order to cure dandruff. The fenugreek seeds are one of the best natural remedies to treat dandruff ailment. Soak two tablespoons of the seeds overnight in water. Next morning pound them and make a fine paste. Apply this paste on the scalp and leave for an hour. Then wash hair thoroughly with soap-nut.

Snake Gourd

Rubbing snake gourd juice over the scalp is another home remedy in prevention of dandruff. Doing it regularly is very effective in the treatment of dandruff.

Beet

Beets are also very helpful in dandruff. Boil beet tops and roots in water and massage scalp with this water every night. If you get white beet it's even better to remove dandruff.

Other Remedies

There are several other home remedies that can be applied in dandruff elimination. Massage your hair with curd with lime juice and amla (an Indian herb) every night. This is very effective in removing dandruff permanently. Similarly, add diluted cider vinegar with equal amount of water and use it in washing your hair. Using this home remedy regularly is very useful in order to remove and prevent dandruff.

Apart from these remedies, in order to prevent dandruff from occurring, you need to follow a disciplined lifestyle coupled with balanced diet and increased physical activities. Take a lot of fresh fruits and vegetables, avoid citrus fruits, pickles & bananas, take frequent meals, drink a lot of water and liquids, avoid or minimum use of tea/coffee and soft drinks, fried food, smoking, alcohol etc. This way you can prevent dandruff and treat hair loss as well.

About the Author

Get authentic information on [Acne Natural Treatment](#), quick weight loss, Anti Aging Skin Care, [Prostate Health](#). For more information on health related problems read [health articles](#) by David Clifton.

Source: <http://www.cellocity.net>