

Hair loss: Causes & Treatment

Seeing several strands of hair in your brush after washing or combing your hair can be a frightening sight, but needn't be a bad sign. We all lose between 50 to 100 hairs a day due to the natural growth cycle of our hair. Each strand of hair on our head passes through various growth stages before falling out and making place for a new strand of hair. Since the many thousands of hairs on our head all have different growth phases, even as several handfuls of hair fall out, you can be sure there are just as many that are on their way to replace them.

However, if you are starting to notice visible thinning of your hair or bald spots on your scalp, your hair loss is likely to be out of the ordinary and due to a different cause.

Forms of Hair Fall

If you are experiencing extraordinary amounts of hair fall, this can be affecting several parts of your head. It is quite common for women to experience a general thinning of their hair at least once during their lifetime. The direct reason for this thinning of the hair is a lack of nutrients in your diet and care regime. Improper hair care will cause an early end to the growth cycle of your hair, eventually causing it to fall out. Eventually, new hairs will similarly not receive enough nutrients, growing out of your scalp in a weak state and with split ends. This is a problem that 40 % of women may suffer from.

In addition to an imbalanced diet, there are several other ailments that can cause hair loss:

1. Diseases that generally cause a weakening of the body, such as thyroid, anemia, fever, acute influenza and heavy loss of blood from injuries, can result in hair loss.
2. Some medication, such as anti-depression medication or large amounts of vitamin can cause hair loss.
3. Malnutrition or certain aggressive diets that cut out sources of protein, such as eggs, cheese, milk or fish. Protein is a crucial nutrient in the hair-production process.
4. Emotional and psychological stress can cause you to lose hair temporarily.
5. General fatigue

6. Hormonal changes (e.g. accompanying lactation period and after labor) can have an impact on your hair production. Hormonal and dietary changes during pregnancy can speed up our hair growth and shedding cycles. Contraception pills can also affect our hair production.

In addition to a general thinning of the hair, it is also possible that you experience hair fall from a certain part of your scalp only. This will mostly be caused by external factors that harm the hair bulbs, such as:

- *Mechanical factors*: putting too much stress on your hair by pulling too hard, or wearing your hair in a direction opposite to its growth direction for a long time.
- *Chemical factors*: using aggressive hair dyes that harm the scalp.
- *Heat factors*: such as the constant use of a blow-dryer or exposure to direct sun heat for long stretches of time. Over exposure to heat can cause split hair, faded color, and a loss of flexibility and shine, making your hair hard to comb.

How to treat Hair Fall?

Depending on the state of your hair and the specific cause for your hair fall, there are several ways to treat hair loss:

- If you think your contraception pill might have caused your hair loss, you should ask your doctor for a different pill
- If you are currently breast-feeding, it is important that you take extra nutrients and vitamins for your general health and hair. Taking extra vitamins, such as those mentioned earlier, should immediately stop the hair loss.
- If you are suffering from hair-loss and dandruff, the best way to treat your hair is to use a special anti-dandruff shampoo.
- If your hair is extremely dry and brittle, in addition to falling out, it is advisable to not use any hair dyes, whether henna, or chemical treatments, as this will only weaken your hair.
- If you are taking certain medication, then the hair-fall will stop as soon as you stop taking this particular medicine. Consult your doctor for advice.
- In general, it is recommended to take extra vitamins to strengthen your hair, such as Hairtone capsules and Nitora. These will help strengthen your hair from the root up, providing it with the nutrients it needs to restore its vitality.
- An additional treatment that you can use is the application of Hairgew lotion. Hairgew is a topical formula that nourishes the hair and increases the blood supply to the scalp of the head.