

Natural Treatment For Hair Loss

Hair loss is a disorder that not only affects your appearance but also has psychological effects like lowered sense of self-worth. Many take a long time to adapt to their changed visage. However, the individuals traumatized by their hair loss troubles would do well to stop worrying and start taking positive actions instead, in order to prevent further hair loss. Worry and anxiety do nothing but add to your emotional stress and worsen the hair problems. There are a plenty of natural cures available that can effectively reduce your hair loss and restore your crowning glory to its former splendor in time. The natural treatment of hair loss through the use of herbs has several benefits. The herbs are not as expensive as most of the restorative chemicals marketed for curing hair loss. Moreover, the natural herbs are devoid of side effects that the harsh chemicals inevitably leave behind. The herbs can either be taken orally or applied directly on the scalp, depending upon the type of the herb being used. Here are some of the herbs that are meant for external application: Carthamus Tinctorius or Safflower oil is very effective in revitalizing the hair follicles by giving a boost to the blood circulation in the scalp. The follicles are provided with the essential and healthful nutrients and are thus invigorated. Onion pulp is a time-tested remedy for hair loss. A paste of onion applied regularly for several months on the patches on the scalp where hair has thinned out will effectively help the hair to grow again. The sulfur content of onion makes this possible. Henna is a very popular natural medicine for hair loss. This is a natural conditioner of the scalp and regular use regenerates the hair follicles. Red Pepper: is also very useful in treating hair loss naturally but it should be applied sparingly. Rosemary, lemongrass and capsicum are also very useful remedial herbs used traditionally as natural treatment for hair loss. The hormone dihydrotestosterone when over-activated causes uncontrolled hair loss. Herbs like Dong Quai, which is Chinese origin, efficiently inhibits the action of this hormone and prevents hair loss. One point however needs to be borne in mind and that is none of these herbs can act overnight, continued use is necessary for natural treatment or hair loss to be successful.

About the Author

Searchable database of citations on natural populations of animals, plants, and microbes.

Source: <http://www.productsherbal.com>