The Best Home **Remedies For**
Dandruff

You are dressed in a dark attire and all the attention is going towards your hair and shoulders, rather than your look.

SastaSundar.com
High Quality Healthcare at Low Cost

Dandruff: A nagging problem

You are dressed in a dark attire and all the attention is going towards your hair and shoulders, rather than your look. Wondering why? One glance and you know the reason: Those whitish or yellowish flakes appearing over your shoulders and hair.

These are dead skin cells that fall from your scalp. Most of the time, you may feel like itching your scalp as well. Dandruff can occur on other parts of your body like forehead, eyelashes, eyebrows and ears. This condition has united more than half of the world population but to succumb to it is not the only option left for you.

Let's learn the causes:

Dandruff doesn't indicate that your hair is dirty. No one is aware as to what exactly causes it. The points outlined below are based on general observations which will assist you to identify the cause in your case.

Aggravated, oily skin: This is called Seborrheic Dermatitis and is one of the major causes. If, your skin is greasy, red and covered with white or yellow scales, then you are suffering from this condition.

Not shampooing enough: If, you don't shampoo your hair regularly, it will cause dandruff.

Malassezia: It's a yeast like fungi residing on the scalp. If, you have scalp irritation, it's due to the growth of innumerable skin cells. These extra skin cells die and fall as dandruff.

Dry skin: If, you have dry skin, then small flakes of dandruff may appear.

Sensitive skin: In certain cases, sensitivity to some components of certain products may cause redness and itching.

Not brushing: If you don't brush your hair regularly, it can cause dandruff.

Skin disorders: Skin problems like psoriasis or eczema can cause dandruff.

Diseases: Parkinson's disease, HIV etc. in people can make them prone to dandruff.

Bad diet and stress: If you eat unhealthy or if you are stressed due to some reason, it might accelerate the growth of dandruff.

Let's focus on the treatments

Honestly, dandruff is embarrassing but it's harmless. That doesn't mean that you don't have to treat it. You may catch it or pass it on to someone. So roll up your sleeves and get to work on it.

While treating dandruff, keep two factors in mind: your age and the severity of the condition. You can use shampoos containing fungi fighting ingredients like salicylic acid or ketoconazole or selenium sulphide, or sulphur, or pyrithione zinc or coal tar. If, these don't help, then there are some simple home remedies to treat the problem. These remedies take time to show results.

Coconut oil and lemon juice: Apply this mixture to nourish hair and treat dandruff. Olive oil is also an option.

Curd: Apply curd on your hair and scalp, to treat dandruff.

SastaSundar.com
High Quality Healthcare at Low Cost

Fenugreek pack: Fenugreek seeds help in reducing dandruff. Applying a paste of it, will give you positive results.

Baking soda/ Apple cider vinegar: Each can be mixed with water and applied. This will help you to solve dandruff and hair fall problems.

Tea tree oil/Lemongrass shampoo: Both will help you to get rid of dandruff and fungi.

Aloe Vera: Apply it to get rid of scalp itchiness and flakiness.

Henna: Mix henna with tea liquor, curd and lemon juice and apply it, to get the desired results.

Neem: It has anti-bacterial properties and is the best remedy for dandruff treatment.

Multani mitti: Apply a paste of multani mitti, water and lemon juice, to cure dandruff.

Orange peel: Apply a mixture of orange peel powder and lemon juice for best results.

Vinegar: Treats your itchy and dry scalp to prevent dandruff formation.

Garlic: Its anti-fungal properties, accelerate the dandruff removal process.

Applying oil: If you have an oily scalp, then, there's no point adding more oil to it, but if you have a dry scalp then, you must do so, to prevent dandruff.

Aspirin: Crush 2 tablets to powder and mix it with a shampoo. Apply it to get dandruff free hair.

Healthy diet: Eat lots of vegetables, fish oils and lean proteins to reduce dandruff.

Other remedies: Spend some time in the sun. Sunlight suppresses the fungus that causes dandruff.

These remedies are reachable and effective enough to give you relief from an itchy head. Next time, you decide to treat your dandruff problem, do make a recap of these remedies. If, the problem persists, then, see a doctor, to treat the condition.

Thank You

For more health and wellness articles visit www.sastasundar.com