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Dandruff – what is it?

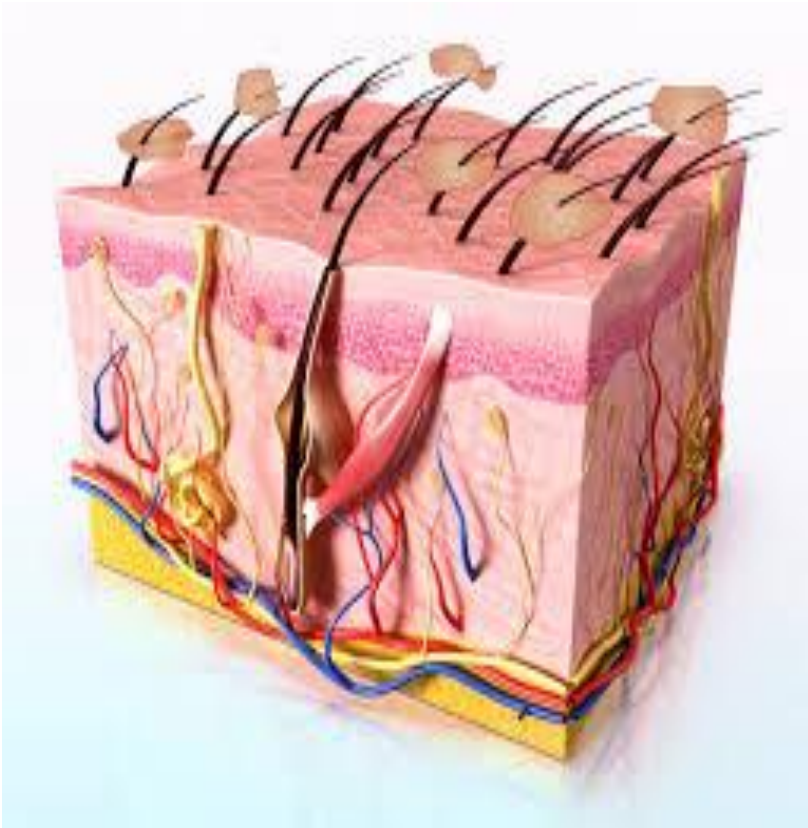
- It's a chronic scalp condition characterised by itching & flaking of skin on your scalp
- A type of skin eczema, known as Seborrhea
- Non contagious in nature
- Mainly affects hair scalp. May also develop in other body parts like ears, face , chest, folds of skin etc
- Cause of embarrassment

Symptoms & Complications

- Mostly seen as white oily looking dead skin dotted on hair
- They might drop on dresses to heighten your embarrassment often
- Possibility of itchy scalp
- Head may feel tingly
- Red, flaky, greasy patches of skin
- Condition may worsen in winter
- May also develop in babies, especially newborns causing a scaly, crusty scalp (Seborrheic dermatitis, or cradle cap)



The big question...Why it occurs???



- Skin cells of human are always in the process of renewal...new cells make way to the scalp by pushing out old dead cells from the scalp.
- In certain cases, new cells are produced at a faster rate than they die, resulting in more skin being shed, and dandruff being visible
- If the skin is exposed to extreme temperatures, the risk of developing dandruff is greater.
- Excessive flaking may be caused by an underlying illness or condition, such as psoriasis, a fungal infection (Malassezia), seborrheic dermatitis, or even head lice
- Uncleanliness of head scalp
- May be chronic, but controllable

Ways of recovery



Home remedies

- Wash your hair often to keep it free from dust, dirt & oil
- Massage few drops of lemon juice onto your scalp , keep for sometime and rinse off
- Soak some methi (fenugreek) seeds and make a fine paste of it. Apply it on hair scalp, keep for 25-30 mins, then rinse off
- Heat some virgin olive oil, gently massage it to your scalp & wrap it in a towel for about 30 mins. Later brush your hair thoroughly to remove the dry flakes and rinse off.

Contd...

Ways of recovery

- Daily shampooing may help reduce the intensity of dandruff on your scalp.
- Washing your hair using shampoo enriched with Zinc Pyrithone, Ketoconazole & Selenium Sulphide, coal tar, & salicylic acid which fights fungus & bacteria & also helps in loosening flakes so that they may be washed off



Live Healthy...!!!