

HAIR CARE

A Complete Solution to Your Hair Problems



Shiv Dua

HAIR CARE

A COMPLETE SOLUTION TO YOUR

H A I R P R O B L E M S

includes

- *Hairfall* • *Dandruff*
- *Graying of Hair* • *Head Lice* • *Unwanted Hair*
- *Dying & Coloring of Hairs* • *Herbs for Hairs*
- *Homeopathy* • *Ayurveda*

Dr. Shiv Dua

HEALTH  HARMONY

B. Jain Publishers (P)Ltd.

An ISO 9001 : 2000 Certified Company
USA—EUROPE—INDIA

Note from the Publishers

Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with condition requiring medical attention should consult a qualified practitioner or therapist.

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A COMPLETE SOLUTION TO YOUR

HAIR PROBLEMS

First Edition: 2006

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Price: Rs. 99.00

Published by **Kuldeep Jain** for

HEALTH  HARMONY

an imprint of **B. Jain Publishers (P) Ltd.**

An ISO 9001 : 2000 Certified Company

1921, Street No. 10, Chuna Mandi,

Paharganj, New Delhi-110 055 (INDIA)

Phones: 91-11-4567 1000

Fax: 91-11-4567 1010; Email: info@bjain.com

Website: www.bjain.com

Printed in India by

J. J. Offset Printers

522, FIE, Patpar Ganj, Delhi-110 092

Phones: 91-11-2216 9633, 2215 6128

ISBN: 81-8056-652-8

BOOK CODE: BD-5890

CONTENTS

— Book Owes its Gratitude to	v
— Dedication	vii
— Important Note	ix
— Thanks	xi
— Do You . . . ?	xiii
— Some Facts	xv
Preface	01
Chapter - 1 All About Hair	05
Chapter - 2 Diseases of Hair	31
Chapter - 3 Graying of Hair (Canities)	93
Chapter - 4 Dyeing and Coloring of Hair	101
Chapter - 5 Herbs and Foods for Health of Hair	125
Chapter - 6 Care of Hair	143
Chapter - 7 Styles of Hair	169
Chapter - 8 Homeopathy in Treatment of Hair Problems	181
Bibliography	197

Book Owes Its Gratitude To

Almighty, whose blessings have always been with me inspiring me to learn, grasp, cultivate and express through creative writing including fictions and poetry. He has been kind and gracious enough to make me understand Homeopathy according to my little caliber. Human being is a tiny creature with negligible existence. No birth or death can take place without God's will. This means that our knowledge about health is through His gift of natural food and natural environment. Homeopathy is a therapy that has natural powers due to their 'atom-like' contents of drugs. Homeopathy heals spiritually first and hence very near to God. Homeopathy and its amazing cures are due to His grace.

Dedication

I express my respects to late Shri Moti Lal Ailwadi who had ample of forbearance and expertise of rise from a petty bookseller and guide his sons in the right direction. A qualified engineer by profession, he was compelled to sell books after he lost everything during partition of India. His tireless hard work and knowledge about worldly affairs remain an example as to how a man can feel elevated without riches.

I also remember his son late Shri Narinder Kumar Ailawadi who dedicated his life to the service of 'Sai Baba, Shirdi Wale' and always helped the poor in need.

Important Note

Information and advice on general medicines and prescriptions on homebased methods (desi) are not intended as replacement of medical advice. The book is not a medical manual but a general reference manual. It is not a substitute for any treatment that may have been suggested by your doctor.

If any reader has a suspicion that he or she has some medical problem, it is suggested that a competent medical help should be sought.

Thanks

To my daughter, Nilima Rawal and daughter-in-law Anuradha Dua for their efforts to find out material for this book. I also thank my wife Uma Dua who gave me many hints about home made remedies on care of hair and nails. The subject is nearer to women and many of my patients in Arya Samaj Dharmarth Hospital, Sector 19, Faridabad and Swami Sarvdanand Dharmarth Hospital, Gopi Colony, Faridabad made me rich in my experiments to arrive at certain tested formulas to avoid hair loss. I thank all them.

To Shri Tara Chand Sachdeva, Rajhans Refractories, Dhanbad for his support to me and my wife Uma during the times when I was posted in GSI camp Isri Bazar and Girdih of Bihar and lived in jungle/tents (during 1966-68) where no amenities like telephones, electricity, etc. existed. He used to send message of my family at Delhi to me through his car driver and take me to Dhanbad for telephone talks.

To Mrs. Leela Ailawadi, Shri Surinder Ailawadi and Shri Ravinder Ailawadi for their co-operation in all respects to write this book.

To Shri Lakshmi Chand, Pardhan and Shri Ashok Arya, Mantri, of Arya Samaj, Sector -19, Faridabad for showing their confidence in me to give my independent charge of charitable homeopathic dispensary and support my experiments for better healing of the poor. It is this dispensary and its six to seven hundred patients a month that enabled me write and publish tens of articles and four books on homeopathy.

To Dr. Bhim Sen Chowdhry and Shri Om Prakash Wadhwa for continuous encouragement to me to write this book.

To all my colleagues who devote their services to Mahrishi Dayanand Dharmarth Aushdhalya, Sector-19, Faridabad. In their own modernst way, they help the poor: Dr. R.C. Aggrawal, Dr. Protima Arora, Dr. Narender Kumar Vivek, Dr. Mukesh Goswami, Vaid Sant Ram Goyal, Dr. Sanjeev Kumar, Shri Krishan Kumar Bhatia, Shri Ram Ji Dubey, Shri Uma Shankar,

Shri Pawan Kumar, Shri Gopi Chand, Pandit Suresh Shastri, Shri Ram Chand Arora, Mrs. Parbha, Mrs. Santosh, Mrs. Suman, Shri Om Parkash, Shri Bihari Lal, Shri Gaya Baksh, Shri Dhani Ram, Mrs. Kamla and Mrs. Sudha.

To respected Sai Ji (Sant Kishore Ji), the great saint and head of Prem Parkash Ashram, Gopi Colony, Faridabad for his kind blessings to write this book.

Dr. Shiv Dua

M. A., D. I. Hom., HMD (London)

OTHER BOOKS BY THE AUTHOR

1. Practioner's Guide to Gall Bladder and Kidney Stones.
2. Oral Diseases.
3. Neck pain—Cervical Spondylosis.
4. Know and Solve your Thyroid Problems.
5. Nail care—A Complete Solution to your Nail Problems.

Do You . . . ?

Ever think as to why should you dye your gray hair?

Want to turn premature gray hair black, the natural way?

Want to know reasons and treatment of gray hair in children?

Want to colour hair with henna in suitable method?

Want to apply henna on the hair even when the hairs are not gray?

Want to know correct method of treatment of dandruff?

Want to remove dandruff quickly?

Want to kill head-lice without use of branded chemicals?

Want to know how women can eliminate unwanted hair on chin, face, above lips?

Want to know about falling of hair, bald spots and treatment?

Test whether you are having disease of falling of hair (alopecia)?

Want to know correct method of combing, brushing and select hair oils and shampoos?

Have no time to wash your hair today still want to have looks of hair as if washed?

Want to know that after effects of haircuts can be cured by homeopathy?

Want to know what is barber's itch?

Want to prevent allergy of hair dye or hair color?

Read on . . .

Some Facts

- The best care of hair is done with the help of home remedies.
- Rinsing hair with sour curd brings shine to hair and avoids hair falling.
- Eat those food which are rich in protein, carotenes, have essential iron, silica, zinc, vitamin B, C, E and fatty acids.
- Do not take excessive cold drinks (carbonated). These acidify the blood and starve hair of minerals.
- A cold bath stimulates the circulation of blood and aids in the in the head strengthens the hair. Water is a valuable health promoter.
- Do not tie hair-bunches too tight as done in making ponytails. Extreme tightening of hair may result in hair loss.
- Good sleep, gentle brushing and gentle combing make the hair live longer.
- Keep the hair brush and combs clean. Wash them with warm water and clean them with small steel brushes available in the market.
- Do not use combs and brushes of others and do not allow others to use your combs and brushes.
- Massaging of hairs with oil should be done regularly after or before washing the hair. It should not be with full palm-pressure but by tips of the fingers, separating the hairs at places turn-by-turn and applying oil.
- Tension makes the scalp muscles tense and prevents sufficient nutrient-blood to reach hair follicles. Starved hair roots shrink and fall out.
- Oils, shampoos, hair colors/dyes and conditioners should be selected after verifying their results from colleagues.
- Select matching products for your hair type: dry or oily.

- After washing the hair, allow them dry up naturally. Too long use of hair dryer and blowing hot air near your hair is harmful for health of hair.
- Better not to try bleaching, perm, curling, waving, use of heated rollers and winding etc. at home. Help of expert professionals should be taken for these jobs.
- In case of hair-coloring at home, follow the instructions given by manufactures. In case of dying/coloring of hairs at parlors, choose herbal products with contents like henna and other vegetable dyes.
- Dandruff or hair loss may be due to body illness, harsh cosmetics, stress, incorrect nutrition and effects of some medicines.
- Temporary hair thinning may be due to stress, shocks, childbirth, illness and ill effects of medicines.
- Hair loss at patches may be due to fungal infection like ringworm etc.
- Excessive greasiness of hair can be removed easily by rinsing hair with distilled water and lemon juice.
- Head lice can be easily removed by using wet ‘nit-comb’ (lice comb).
- A long with hair problems, if you have symptoms like weight loss or weariness or fatigue, better consult the doctor.

Read much more in the book . . .

Graying of Hair (Canities)

INTRODUCTION

In Ayurveda, the ancient therapy of India, there is a reason given for premature graying of hair. It is in Sanskrit ‘shaloka’ as follows:

*“Krodh, shok, sharam krita shariroshma shirogat,
Pitam ch keshan pachtī palitam ten jayte”*

The meaning of above ‘shalok’ states that excessive anger, grief and exertions make the body hot and the heat of body goes up towards head. There in the head, the heat pollutes the ‘Pitta’ (Bhrajak) and it results in graying of hair.

Graying of hair is a sign of old age which is easily accepted by most of people. Being a natural phenomenon, people make no comment over it. When it occurs before the age of, say, thirty-five years, it is considered premature grayness. Those who get early or premature gray hair are the most disturbed people and it is they who resort to coloring or dying. Graying

of hair is an atrophic affection of the hair, characterized by circumscribed or general loss or lack of normal pigments.

Graying of hair is actually determined by the hereditary influence (genetically) and it can start at any age. Graying of hair has been seen in the age group of twenty and thirty and this has to be familial. There is also a difference noted in many families where genetic effect of gray hair is not found in all the members of the family. Males mostly resemble the maternal parents in hair pattern and retain the normal color of hair years longer than those bearing the stronger paternal likeness and less frequently vice-versa.

In some cases, it is due to sun-exposures, defects in bones of scalp and short stature (Rothmund and Thomson Syndrome) or Werner's syndrome in which the person has frequent skin changes, of short stature, is prone to cataract and with small bones of hands. As a matter of fact, the melanogenic contents of the skin are less or decreased. Once the melanin is reduced, the hair become gray.

Chronic sinusitis and chronic cold are also stated to be reasons for early graying. People who wash their hair with warm water frequently also get gray hair but this is not the confirmed opinion of doctors. Graying of hair can also be symptomatic of diseases like syphilis, alopecia areata, peripheral neuroses or leucoderma but it often occurs without any definite relation to any other disease.

In some cases, the grayness of hair appears suddenly while in other cases, it is gradual. Either it affects a small part or become more or less general. The change noted is progressive and permanent. Mostly it starts from the head, the temples and then the beard. It is rare that the beard show grayness earlier to graying of head hair. Other regions of the body hair follow later.

Some times there is sudden graying of hair noted and this may be due to severe mental shocks, fright and grief. A similar

temporary condition of gray hair arises from disorders of nervous system or organic brain disease.

You must have seen many characters in films and TV serials wherein there are few patches of hair shown as gray. This condition is called 'Ringed hair'. It is a rare peculiar alternate whitening of short sections of the hair growth while the color of the remaining hair is normal. You must have seen on the screen, a giant popular film personality having 'white' French cut beard and 'black' head hair. If it is real, this is either a rare 'ringed' condition (natural) or coloring of head / beard hair or wearing of wig. In some cases, chemicals used in a number of occupations may cause hair color changes.

Etio-Pathology

Premature greying of hair may be congenital or acquired. Congenital graying of hair is very rare and may be seen as a part of the general absence of pigment in the tissues, a condition known as 'albinism'.

According to Ayurveda, the condition of gray hair is called 'Pilitya' that has psychological reasons like excitement, anger, passion and mental strain. Persons having premature gray hair belong to 'Pitta prakriti.'

Heredity may be a cause in premature graying. We have already given specific causes due to diseases and this need not be repeated here. In natural gray hair, age is the chief cause. In premature graying, the causes may be different but triggering factors may be worry, excessive disappointment, trauma, overwork, and general disturbances of nutrition.

The pathological process is in the nature of a tropho-neurosis and lack of pigment produced in the hair or even due

to presence of air in the cortex of the hair. These are causal factors.

Prognosis and Treatment

The graying in patches after the age of thirty-five or forty is a condition that can be called progressive and permanent although a few cases may have return of color. The premature graying of hair can be controlled by homeopathic medicines provided the cause is not congenital. In other cases of premature graying of hair, there is no treatment found except dying of the hair although it is improper to do so. Dyeing is never recommended because continuous coloring or dyeing damage the health of hair.

Gray Hair in Children

Parents get worried when they see one or two hair of their child turn gray. Generally it happens at the age between seven and ten years. One or two gray hair in whole of head is not to be bothered about. If there is continuous turning of black hair into gray, the treatment is essential. The cause is related to either malnutrition, some long -standing fevers or boils, imbalance of hormones, diseased scalp and of course some heredity trait.

Child should be under strict vigilance on nature of oil and shampoo being used. If some hard chemical based shampoo is being used, it should be discarded and herbal shampoo should be used. Similarly, scented oils should be restricted and coconut oil should be used.

I have been treating children on this account and found one prescription very useful for gray hair of children. Along with proper homeopathic remedy, following should be