

Shiv Dua

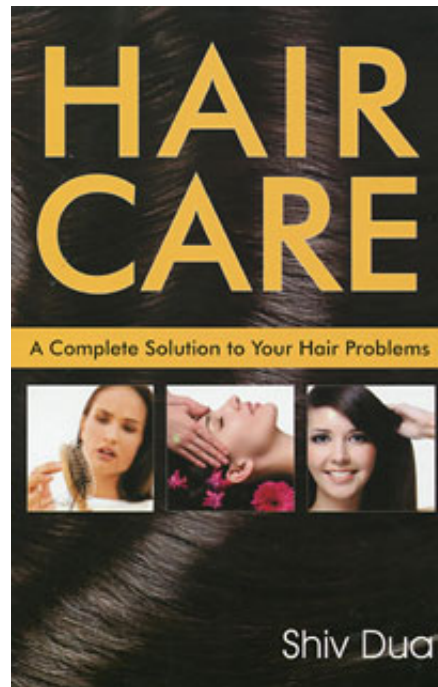
Hair Care - A Complete Solution to Your Hair Problems

Leseprobe

[Hair Care - A Complete Solution to Your Hair Problems](#)

von [Shiv Dua](#)

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Preface

Hair . . .

Since times immemorial, the care of hair, loss of hair and diseases of hair has been under strict surveillance of people of all countries and races. The concern for hair-care is much revealed in old religious books. In 'Mahabharata', when 'Dropadi's' 'sari' was unwrapped in the presence of courtesans, she vowed to rinse her hair with blood of 'Duryodhana', 'Bhim' implemented it later. In Bible, it is written, 'When a man has lost his hair and he is bald, he is clean.' There are proverbs also showing concern of hair. "Yeh Baal dhoop mien safed nahin kiye" (These hairs have not turned gray in the sun) explains experience aspect that gray hair depict. "Glory of young men is their strength, gray hair the splendor of the old." Importance of hair cannot be ignored.

Hair is most wonderful and distinctive feature of one's personality. If you had a hair-cut or coloured your hair, your friends would immediately notice and enquire you. You are noticed because of this crowning glory.

Hair and nails are specialized forms of keratin. Keratin is a protein found in all horny tissues. Skin, hair and nail are made of keratin. Hair has more than ninety percent of protein of a different kind that has chief content of sulphur. Chemically, keratin is not active and this is the reason, why it is capable of tolerating harsh winds, seasons and rough handling. Genetic factor and the cells, called melanocytes, decide the color of the

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hair. The product of melanocytes is a pigment called melanin that is found throughout the hair and skin. In judging personality of a young lad or lass, hair account for seventy percent of the total personality-count and this is the reason why people are much conscious about health of hair. Hair falling, dandruff or premature gray hair is a matter of concern for people and they start consulting elders in the home, their friends and doctors. Caring for hair is not a bad trend but the worst is to get lured to advertisements in magazines and televisions that dictate use of various brands of soaps, shampoos, oils, hair dyes and creams to erase problems of hairs. This sort of ad-invasion does more of harm than benefit. *This book guides the reader for selection of right hair-products to save your hair.*

In USA, Europe and rest of world, hair beauty is of great concern and people spend lot of money in maintaining health of hair. The emotional upset of losing hair is so much that people have organized 'Bald men' associations in order to be jovial amidst the company of fellow bald men. Use of wig is quite common in the West. If you see a lady of seventy years with shapely figure, sparkling teeth, long shining and strong hair, least wrinkled face and no spectacles, please see her in her home-privacy. Everything artificial is available, right from wigs to teeth, facial treatments to abdomen depressing gadgets and other cosmetics to suit your personality. City dwellers are much conversant with terms like threading, bleaching, facial cleaning, manicure, pedicure, head massage, leg or arm waxing and even permanent excess body hair removal by light sheer diode laser method. *Hair implantation and weaving are also common non-surgical methods for planting artificial hair on the scalp.* This book has information about these aspect as well.

In India, everyone cannot afford the cost of such beauty-luxuries but there is no dearth of money for preparing the hair on special functions like marriages and parties.

Generally, people avoid consulting a doctor in disorders like cold, cough or fever. They purchase patent medicines or cough syrups from the chemist. In the case of falling of hair or dandruff, people purchase anything on verbal advice of the chemist like cough pills, etc. In doing so, inadvertently they play havoc with the hair-health. Hair disorders are not like cold, cough or fever. *Hair relates more to diseases than disorders.* Let us understand that in some conditions, general falling of hair and dandruff can be graded as disorder due to after-effect of allergies, allopathic medicines, prolonged illness, self abuse of body (faulty diet), use of cheap cosmetics, oils and faulty care of hair. Care of hair is one aspect, which people are not fully aware of. For example, people apply oil on hair when the hair are still wet after washing or apply oil by rubbing them vigorously. Hair have to be dried properly in natural way and application of hair is gentle tapping and massaging at their roots with oiled finger-tips. Similarly frequent coloring, curling, styling and dyeing make an adverse impact on the hair. *This book has all the details about care of hair in simple language to benefit the readers.*

In some families, there is a healthy trend of well-groomed hair in all the members of family. I have enquired about this from such families and found that it is not only the hereditary blessing but the tradition of good upkeep of hair also. They thrive on habits of proper washing, drying and oiling with home made medicines. Right from the grand mothers, the proper care of hair has been given a priority. It is just like adhering to tradition of taking of 'Idli-Dosa' by South Indians, 'fish' by Bengalis and 'Rajma' by North Indians. Such life styles and food habits get developed in different regions by the climatic compulsions, local environments and agricultural produces. This also includes care of hair, diet and oil-applications. Treatment of minor diseases can be done at home

without medicines. *The book has information about kitchen foods that help to restore the health of hair.*

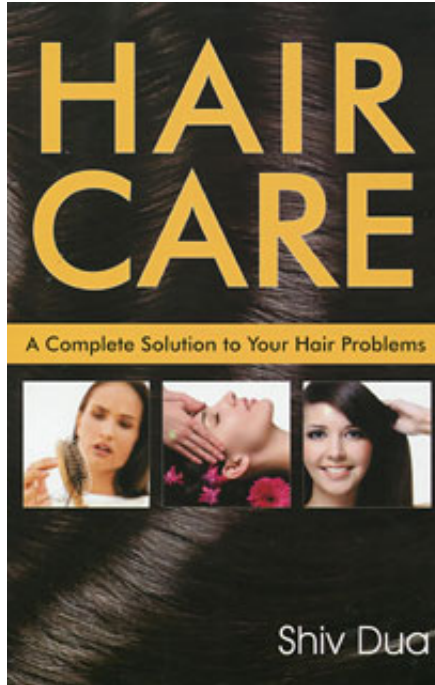
Permanent baldness is another aspect that is dealt with in this book. *Use of wigs, hair implantation (non-surgical), hair weaving and microwefting* are detailed in the book for the general knowledge of the readers.

Premature gray hair and falling of hair are most wanting subjects of the era and it has been given adequate place in this book.

Excessive hair on the chin, cheeks and upper lips is a matter of concern for women. Treatment and method of hair removal of such hair has been adequately explained in this book.

So far as homeopathic treatment is concerned, not much of it has been mentioned except main remedies for diseases of hair. It is because the problems of hair cannot be treated at home and consultation of a doctor is required. It has been seen that homeopathic medicines show more of efficacy in treatment of both hair and nails.

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