

SOME HOME REMEDIES FOR HAIR LOSS

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Abstract: Finding out methods or ways to improve people's health is always focused. How to have beautiful hair is what both men and women want. In order to achieve that, people used natural ingredients to nourish their hair in addition to modern Western medical therapies. The paper was based on sources of journals, documents as well as the survey results completed by patients and foreigners living in Ho Chi Minh city, Vietnam. The research paper once again determines the importance of folk therapies as well as some great herbs in this country.

Index Terms: Folk therapies; hair loss; health, herbs.

1 INTRODUCTION

Healthy people own a thick, soft, shiny hair. When there is a health problem, the hair will be thin and scaly. A change in hair is a sign that reflects the health condition that hair loss is a common symptom. Hair loss is one of the different things. Depending on the cause, this condition may be temporary or may last. Hair loss can be stressful, but it can also be a sign of an underlying disease [1]. Hair has a horn structure, long fibers, is a derivative of the scalp covered the scalp with the main components are keratin, more biotin, zinc, sulfur and nitrogen. The color and shape of the hair is an important anthropological sign. Hair can be black, blonde, brown, hung, platinum, red, etc. and can be straight, curly or wavy. Normally at birth, each person has from 100,000 to 200,000 hair follicles. Hair growth is a three-stage cycle including growth from 2 to 6 years (average of 2-4 years in men, 4-6 years in women), progress from 2-3 weeks, and lasts 2-3 month. At the same time, 90 - 95% of hair follicles grow while less than 1% are progressing and 5-10% are maintaining survival. At the end of the life cycle, hair begins to fall out and the next cycle begins, a new hair growth will replace the old hair. All cases of hair loss have an effect or interruption in one of these stages. Hair grows from 0.3 to 0.4mm / day, up to 1 - 1.2cm in a month, the growth rate slows down with age. Over time, hair can also get sick or grow old and this process will accelerate with the participation of many external factors such as chemicals, sunlight, diet, medical conditions. Normally, every day there are 30-60 hairs at the end of the regression phase, losing some hair follicles and the beginning of the growth phase. The rate of hair loss is similar to the rate of hair growth, so the amount of hair is almost maintained intact. When the number of hair loss per day exceeds 100 fibers, hair loss can be caused by many different causes [1-4].

2 CAUSES AND SYMPTOMS OF HAIR LOSS

There are many causes of hair loss. The first is Stress, which disrupts the functioning of the nervous system and immune system, leading to a series of changes in the body's activities, one of the worrying effects of stress is hair loss. Immune system dysfunction is also considered to be another cause. Besides, diseases including syphilis, scalp fungus, folliculitis, seborrheic dermatitis, for example, are also a factor. Sometimes, after surgery, major trauma, loss of blood also causes hair loss. Subjects who are poisoned or take many drugs have the potential to cause hair loss. For women, during

childbirth, hormonal imbalance during pregnancy and lactation affects the life cycle of hair. The growth phase is shortened, moving quickly to the existing stage, causing a lot of hair loss [3-5].

Other causes include excessive use of hair products or frequent perm, hair extension, dyeing, drying, and pulling. Hair loss can also be inherited, also called androgen-related hair loss or baldness, which usually occurs between 30 and 40 years of age, more men than women. Recent studies by scientists show that the climate of the seasons also significantly affects hair loss [6]. Hair loss may be a normal sign, but at the same time, the symptom of a variety of serious pathology. Common types of alopecia are including natural hair loss, hair loss related to Androgen hormones and Alopecia areata. First, natural hair loss is that hair gets thinner as our age increases is a fact. This is because the hair follicles enter the longer resting period, resulting in fewer new hairs. Second, hair loss related to Androgen hormones means this is a genetic condition that can be found in both men and women. For men, hair loss occurs more commonly. It is known as male-pattern baldness, making male hair begin its falling at the age of twenty years old or so. However, this condition is only really noticed in women when they enter the age of forty and mainly the hair lost occurs at the crown of their heads. Third, alopecia areata means that it occurs in children and adolescents with the characteristic symptom of sudden hair loss in patches on human scalp [5].

3 FOLK TREATMENTS

Home hair loss treatment is a method many people choose when having this symptom, especially for middle-aged or postpartum women. Not only convenient and simple, natural hair loss treatments are also quite effective and cost-effective. Therefore, we can absolutely use natural ingredients at home to treat hair loss in the following ways [7-9]. Most oils including coconut oil, olive oil, jojoba oil, etc. all work very well with hair. Oil has a lubricating effect, preventing the dry scalp layer from being damaged by external influences. When using oil for scalp massage, it will help warm up, increase blood circulation under the scalp, stimulate hair follicles, and make hair grow more and faster. In addition, oils also help hair fibers become healthier and smoother. We can choose olive oil, coconut oil, almond oil, castor oil, argan oil, etc. [10]. The way to combine this mixture is not complicated. First, we need to heat the oil but not to boil it since boiling may lose the nutrients of this oil. Then, let the oil cool down; do not apply it directly to the hair. We can moisten our hair, apply it to your hair and massage gently for 10 minutes, then wrap our head around with a towel. Finally, we can wash our hair with cool water in the next morning. By

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applying weekly 2-3 times, we will see thicker hair growth and reduce the breakage completely. How to treat hair loss from green tea is another interesting way. It is no coincidence that herbal shampoos contain green tea. Scientifically proven, green tea contains many antioxidants that can prevent hair loss and stimulate hair growth. In addition, it also helps reduce scalp infections effectively. There are 2 ways to treat hair loss from tea that is to use fresh tea leaves or discarded tea bags. First, we just soak tea in boiling water, then, cool it down, gently rub tea on our scalp and massage gently. Finally, by incubating our hair for about 1 hour and rinsing it with cool water, we will see the effectiveness after repeat 1-2 times a week.

4 METHODOLOGY AND DISCUSSION

A survey has been done on 80 patients with hair loss or baldness in the provinces of Vietnam by both completing survey thanks to the survey method of Anderson. In parallel, the combination with the method of interviewing patients is to find out the reactions and how they treat the disease. Through survey results from previous studies and survey results, the paper once again affirm some appropriate traditional methods as well as herbs in order to treat hair loss [11]. The first question showed the severity of hair loss: "Do you often have hair loss?" 26 respondents (32, 5%) chose "Very often", 46 (57,5%) chose "Often" while only a few chose "Sometimes". This suggests that most patients experience hair loss symptoms very often and, of course, are more or less disturbing to their health and life. They care for the causes of hair loss and, of course they are very interested in and want to know the solutions to have their hair much better (Fig. 1).

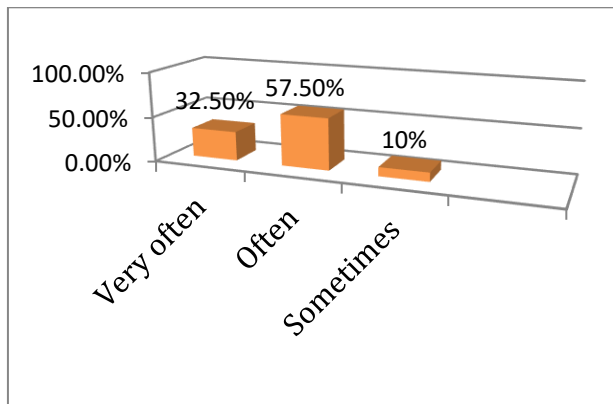


Figure 1. The severity of hair loss

Because there are many causes of disease, the treatment of hair loss is not simple. To determine the cause of hair loss and choose the right treatment, a rather important question was asked to find out the causes of hair loss that patients often suffer: "Do you often suffer?". For hair loss due to a number of common causes, it can be treated by adding a full range of micronutrients (6%) and changing hair harmful habits such as excessive use of pharmaceuticals (13.75%). A major cause of hair loss is noted for scalp disease (36.25%), which affects the health and psychology of patients quite large (Fig 2).

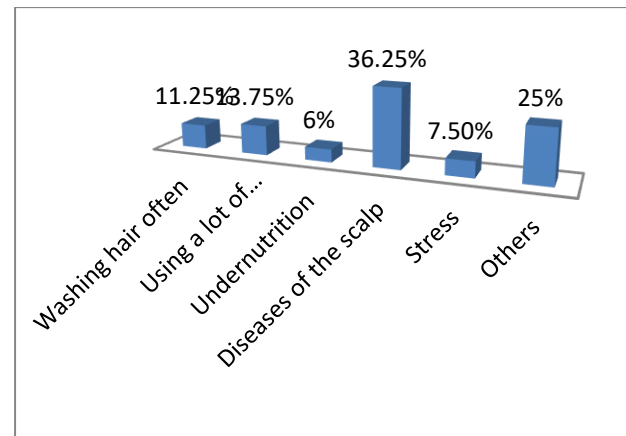


Figure 2. The common causes of hair loss

Usually, when a hair loss occurs, each patient will have his or her own options depending on the financial situation, time or other conditions. In fact, there are many treatments available for hair loss today. In addition to advanced, modern or drug-based treatments that Rogers & Avram (2008) mentioned in their paper, patients can also use a number of natural tips to treat hair loss effectively and safely without worrying about side effects. To make this clear, the next question is probably quite important to determine their options: "What do you do when you have hair loss?" There are quite a few patients (41.25%) who choose a traditional method of curing a disease. In face-to-face interviews, they also show an interest in the importance of herbs [12-14].

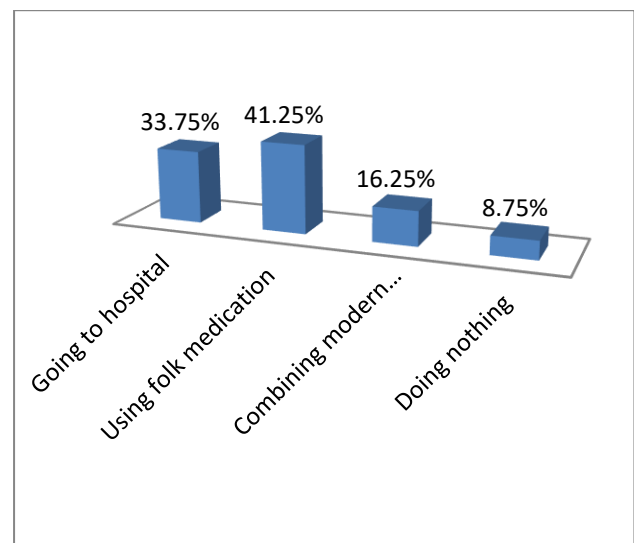


Figure 3. The most popular methods to treat hair loss

The fact that there are many patients who choose home treatment and this shows the importance of folk methods for Vietnamese people with certain values (Fig. 3). On the contrary, very few people (8.75%) do not care about their health because they think that hair affects their appearance and spirit, especially in life and work. People don't care much about hair loss because they are too busy or do not have time to take care of themselves.

5 SOME RECOMMENDATIONS

We don't have to worry too much about the hair loss condition and what we have to do is to look for ways to help our hair recover faster such as scalp massage, using hair conditioner shampoo and supplement herbal products. We can combine modern and folk therapy to get the best hair. If the Western medicine therapy brings instant agility, then the folk method is quite time consuming. Hair transplantation is a modern western medicine method. Cosmetology centers say that the method of hair transplantation does not harm the health, short implementation time and high efficiency. However, it is not very effective because it does not solve the condition of hair loss. Moreover, when performing hair transplant method with only 1/10 implanted hair follicles capable of survival, the cost is extremely expensive. Besides, hair transplantation also left many disadvantages such as risk of infection, pain after surgery, allergic reactions, etc. Referring to products that treat this disease with Western medicine, we will find there are many different forms. It is functional food, hair growth pills, topical medicines, most of the items in Western medicine are imported. It is possible to include common products for hair loss such as minoxidil, spironolactone, finasteride, etc [6]. These products have the effect of supplementing vitamins, hair nourishing minerals, thereby stimulating hair growth, improving hair follicles and scalp. In fact, we cannot deny the effective effect of Western medicine in certain cases, especially in mild cases of hair loss. However, when using Western Medicine solution we need to note the side effects of the drug, in fact during use, there are many people encounter unwanted side effects such as itching, blistering, peeling skin, etc. Even some types of pills that stimulate hair growth can cause vision loss, dizziness, dizziness, visual disturbances, impaired ovarian function, etc. Moreover, Western medicines Medical treatment often costs very high. Not only that, patients also face the risk of buying stimulant drugs to grow wigs, not ensuring quality. Especially when online advertising information is booming, just type the search keyword has resulted in hundreds of different results about Western medicine but it is very difficult to verify its origin.

5.1 Hair loss treatment with yogurt and chicken egg whites

Using yogurt not only helps your skin become fresher but also works very well for your hair, helps prevent hair loss and makes your hair more smooth when combined with chicken egg whites. By using 1 egg with 40ml yogurt, mix well this mixture and rub it on hair, gently massage and leave in 20 minutes. After that, use clean water to wash. Applying 2-3 times a week will help hair smooth and reduce breakage.

5.2 Treating hair loss by using aloe vera and honey

It is no coincidence that aloe vera is considered a panacea in keeping beauty and hair care (Fig 4). Its effect is quite helpful to help us eliminate the worry of hair loss. A nutritious ingredient of aloe contains hundreds of minerals, vitamins, amino acids and sugar, etc. not only helps prevent hair loss but also helps the hair to become thicker and healthier. This is really a great formula to help patients regain their beautiful hair. By using the inner part of 2-3 aloe leaves, grind them and mix with 3 teaspoons of honey. We can use this mixture to massage hair and scalp. After applying the mixture to our hair and scalp,

keep it about 20 minutes before shampooing with cool water and a regular shampoo [12].



Fig 4. The image of aloe vera

5.3 Hair loss treatment by lavender oil

There are many people who are replacing the familiar skin and hair care products with natural products and lavender oil is a very good one. Lavender oil has been shown to reduce hair loss and make hair stronger. This oil is extracted from the flowers of lavender, it is one of the few oils rated the most favorite oils (Fig 5).



Figure 5. The image of lavender

Research of Lee et al (2016) shows that lavender oil improves hair growth and thickness. Just mix lavender essential oil into shampoo to wash hair regularly, patients will see the improvement and change of hair. To treat hair loss, before shampooing, patients can put lavender oil on the scalp and massage. They can also combine it with jojoba oil or coconut

oil in order to have a special mixture to reduce hair loss and soften hair. When these oils are combined together, the mixture is a really natural "medicine" that effectively reduces shedding [15].

5.4 Preventing stress and providing nutrients

Stress is the reason we have hair loss. To minimize this, we need to avoid stress as much as possible. We can have relaxing massages when we brush our hair or stop thinking too much, we will no longer have headaches or stresses, meaning we need to relax and reduce the intensity of our work if needed [16]. For good health, a complete, balanced diet of nutrients is of great concern to anyone. Typically, fruits and vegetables are very helpful for hair health such as mushrooms, black beans, black sesame, spinach, celery, pumpkin, bean sprouts, carrots, tomatoes, onions, watermelon, papaya, jackfruit, longan, and lychee. High-protein fish and meats are recommended including catfish, snakehead fish, eel, turtle, beef, chicken or even premium foods like bird's nest [5].

6 LIMITATIONS OF THE RESEARCH

A limitation of this study was that i could not carry out the survey much more carefully, that is, i need to interview more respondents and design my survey in detail in order to achieve my major goal. However, i strongly believe that i will contribute to the contribution of better results in the future when i have the most suitable conditions, including time and scope of research subjects.

7 CONCLUSION

In conclusion, these data and explanation in the paper indicate that folk medication plays a rather vital. Furthermore, these data also suggest that with the modern method of using the most advanced techniques, the natural method still has its great values. Although knowing that every method has its advantages and disadvantages, the application of natural and folk elements from the past, along with creativity and positivity will still bring about good results and need recommended.

8 CONFLICT OF INTEREST

There is no conflict of interest.

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