

Dandruff (Huzaz)- An easy solution with Unani Remedies

By

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Dandruff called Huzaz/Abria in Unani medicine is a common scalp condition marked by white flakes on the scalp and that also causes itching. This is mainly caused due to the yeast-like fungus found on the scalp which if neglected leads to a mild inflammation that produces dead skin cells. Later when we apply oil on the scalp, these dead cells mix with the oil and clump together making them appear white and flaky.

There are several factors responsible for dandruff including physical ill health, anemia, incorrect food intake, constipations, sleeplessness, usage of harsh shampoo, exposure to cold and general exhaustion, emotional tensions, over use of hair styling products and chemicals like gel, hairspray, exposure to extreme temperatures and scalp fungus infections.

Dandruff is always present with Falling of scales from the scalps, Itching on the scalp and redness and dryness

Treatment:

If you're looking for a permanent cure for dandruff, then Unani medicine is the best solution for this problem. Unani remedies have got a vast array of single drug as well as compound formulation to along with changes in diet and lifestyle to treat this condition. So, in order to get rid of dandruff once and for all, you'll have to use the right treatment along with minor adjustments in your lifestyle, diet. Below are few natural measures for dandruff treatment:

- Always keep the hair and your scalp clean to avoid accumulation of dead cells
- Brush and clean hair daily to improve blood circulation to avoid dead cells
- Usage of fenugreek seeds (Methi dana) mixed with hair oil
- Usage of lemon
- Use good quality hair oil massages
- Apple Cider Vinegar and Biotin are good home remedies for dandruff treatment

Lifestyle changes for dandruff treatments are:

- Diet plays an important role in treatment for dandruff. Include fresh juices for about five days a week and take three meals a day of juicy fruits. We should always maintain a well-balanced nutritious diet in our life style. Along with this try to avoid strong tea or coffee, pickles refined or processed food items in your diet.
- Minimum 6 to 7 hours sleep is required for healthy skin and hair.
- Hot steam bath would be a better way of treating dandruff naturally. You need to massage your hair with hot oil and then wrap a hot damp towel. While keeping for few minutes, wash them off nicely.

Home remedies:

Vinegar (Sirka): Combine two tablespoons of vinegar and six tablespoons of hot water. Take a cotton ball and apply the above made combination with it on the scalp. Keep this overnight and wash off your hair next morning.

Apple juice (Arq Seb): Another effective method to treat dandruff would be to combine 2 tablespoons of fresh apple juice with 2 tablespoons of warm water. Dab this on the hair and keep it for 10-15 minutes before rinsing. Do this for once or twice a week to cure dandruff.

Olive Oil (Zaitoon): Mix olive oil and almond oil in equal proportions. Leave it for about 5 minutes. Once a burning sensation is felt, wash the hair.

Camphor (Kafoor): Mix a small amount of camphor in coconut oil and apply it regularly. Apply the mixture every night before going to bed, if you can, for a couple of days. The mixture not just reduces dandruff effectively but also cools down your scalp.

Lemon (leemo): Try mixing lemon in warm coconut oil and apply on the scalp and leave it for at least 30 minutes before you wash it off. Follow this procedure for 2-3 weeks for effective results.

Neem leaves (Barge Neem): Make a paste of neem leaves, mix the juice of half a lemon to the paste and apply the mixture to your scalp. Leave it for at least 30 minutes before you rinse it off. For best results, use this home remedy twice a week.

Fenugreek seeds (Tukhme Hulba): Soak fenugreek seeds in water overnight and make a paste of these seeds next morning. Apply the paste to your scalp and leave it for 30-40 minutes before

rinsing off with plain water. This has proven to be highly beneficial in not only treating dandruff but also for curing other scalp and hair fall issues.

Amla Paste (Amla): Make a paste of amla powder, mix it with tulsi leaves and water, apply this mixture thoroughly on your scalp and let it remain for 30-40 minutes before rinsing off.

Curd (Dahi): Apply some curd to your hair and scalp, let it sit tight for about an hour, rinse it off with a shampoo that's mild.

Coconut oil (Nariyal Tel): Heat 300 grams of coconut oil with 3 grams of black pepper. Strain this decoction. Once cooled, apply this decoct on the hair and the scalp overnight.

Almond Oil: You may regularly apply the almond oil for scalp massage.

Hair wash: Washing the hair with green gram powder in curd twice a week would also cure a person from dandruff.

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