
	<b>HAIR FALLING: HOMEOPATHIC APPROACH</b>		
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## **HAIR FALLING: HOMEOPATHIC APPROACH**

Hair is an important accessory structure of the skin that protects the skin above the scalp from injury and sunlight. It also reduces heat loss from the skin above the scalp. A good nutritious diet along with exercise helps in maintaining the shine, health and strength of the hair.

Hair loss is one of the most common problems that is experienced in everyday life. However, hair loss to a certain extent is considered normal. Hair loss in general – About 70 to 100 hair losses a day is considered normal in adults and does not require any treatment. Hair loss is generally considered to be in the normal range or hair loss when it increases suddenly or when there is more than 100 hair losses per day.

There can be various reasons for hair loss such as hair loss usually increases after any serious illness. The amount of hair loss usually increases with age and the male pattern or the female pattern may get bald. The family history of baldness leads to hair loss in some individuals. Women are at an increased risk of hair loss due to various hormonal changes during puberty, after delivery and during menopause. Severe emotional stress A fast weight loss diet that severely restricts calories or protein increases hair loss. Also, nutrient deficiencies of certain nutrients such as iron and zinc can lead to an increase in hair loss.

Homeopathy for hair loss, as it is a chronic problem, requires constitutional treatment. Homeopathy focuses on the root cause such as hormonal imbalance, nutritional factor, emotional stress, the nature of the patient and other factors. Homeopathy can be a boon for people with hair loss. Homeopathy is a very safe and gentle option which helps in the case of natural hair loss. Homeopathic treatment helps prevent further hair loss, maintains the quality of the growing hair and also helps in hair growth. It is very effective for normal hair loss as well as hair loss occurring in the blisters. The best homeopathic medicine for hair growth is chosen according to the symptoms and pattern of hair loss. Homeopathic medicines are suitable for people of all age groups. According to our experience after treating thousands of cases at the Divine Homeopathic Clinic, recovery has shown improvement in 8 to 10 weeks. The amount of hair loss can be significantly reduced.

The top medicines for hair loss in homeopathy are phosphorus, fluoric acid, wisbedon aqua, phosphoric acid and thallium mat.