
	DANDRUFF: HOMEOPATHIC APPROACH		
	DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.) 9825050054 dr-ronakshah.com	It aims at treating dandruff in totality, it treats the underlying cause of dandruff and hence helps to prevent the recurrence of dandruff.	

DANDRUFF: HOMEOPATHIC APPROACH

Dandruff is one of the most common ailments affecting the scalp. Dandruff is nothing but excessive scaling of dead cells of the skin of the scalp. As you are aware, the body undergoes constant but gradual renewal every 24 hours. However, when it is a much faster renewal of the skin, it becomes visible in the form of scales, which we call dandruff.

Symptoms:

Dandruff, per se, is not a disease but a symptom. Excessive and obvious scaling of skin which is visible in the form of white (grey), the flaky substance is the most common symptom (or sign) of dandruff. It may often be associated with itching, oily skin, irritation or redness of the underlying skin. It tends to be chronic (long-lasting) as well as recurring.

Types:

1. Dry (flakes appear silvery and white)
2. Moist. (where the flakes appear pale yellowish with an unpleasant smell.)

Causes:

Dandruff results from rapid maturing (and hence shedding) of the cells every week, instead of every month.

Excessive oil (sebum) production precipitates dandruff in many people.

This overactivity could result from more than one reason. The causes, triggering factors and maintaining factors can be categorized as under:

Internal Causes: Hormonal imbalance, Poor Health Improper Nutrition, Allergic (Hypersensitive), Excessive consumption of fat, starch, sugar, junk food, Emotional Stress, Hereditary Predisposition

External Causes

Infrequent shampooing of hair or Inadequate rinsing or shampooing of hair, Cold weather, dry indoor heating, Improper use of hair: coloring products, hot iron curls, Excessive use of hair sprays, gels, Infection (Pityrosporum Ovale or Malassezia Globosa) (Debatable.), Poor Hygiene

Dandruff is often found to be is mostly seasonal. Some patients find it most severe during winter and mildest during summer.

Though Dandruff is called as *Dry Scalp*, the people with oily scalp tend to suffer the most.

Treatment of dandruff:

The challenge of treating dandruff lies in the successful control of its relapse. It is not very difficult to treat dandruff for once. However, it is not easy to treat dandruff forever!

The treatment for dandruff should aim at controlling the underlying causing factors as well as the symptoms.

Homeopathic treatment for Dandruff:

Homeopathic treatment aims at treating dandruff in totality. In other words, it treats the underlying cause of dandruff (please check the causes as described above) and hence helps to prevent the recurrence of dandruff.

The medicines used for dandruff are geared towards altering the activity of the scalp tissue and therefore slow down the multiplication of the cells of the scalp. It possibly depress the abnormal multiplication of cells of the scalp called 'stratum corneum'. Homeopathic medicines are unique in the respect that they can act as immune-modulators and address underlying immunological parameters while treating dandruff.

Some of the commonly used homeopathic medicines for dandruff are Mezerium, Thuja Occidentalis, Kali sulphuricum, Kali muriaticum, Sulphur, Psorinum, Natrum muriaticum, Graphites, Sepia and more.