

## **ALOPAECIA AREATA (Hair loss / Baldness)**

Condition appears as well defined non inflamed bald patches, usually on scalp. This condition may affect eyebrows, eyelashes, and beard.

### **Causes**

1) Hereditary 2) Severe illness 3) High fever 4) Nutritional deficiencies 5) Scalp infections 6) Stress 7) Certain drugs like cytotoxic anti-cancer drugs and strong anti-biotics 8) Hormonal changes esp. during pregnancy and also after leaving the contraceptive pill. 9) Certain chemicals, like those used to purify swimming pools.  
10) Wear and tear of over-grooming, 11) Bleaching Repeated bleaching with hydrogen peroxide can cause split ends. Perming and dyeing. Temporary dyes are not as harmful as permanent dyes which can damage the hair shaft.

### **Symptoms**

Falling hairs in handfuls.

Sudden or gradual change in Density, texture, pattern and colour of hairs

Broken hair or split ends.

### **Do's and Dont's**

1) Your diet should be balanced in vitamins, minerals and proteins. 2) Avoid using dyes, bleaching hair.3) Avoid washing your hair too frequently. 4) Do not use heated, spiked rollers frequently and never hold the hair dryer too close to the scalp 5) never use sharp combs or brushes. 6) Never brush or comb when the hair is wet and always use a towel to dry it gently.7) Remove stress.

**Treatment:** [www.dratanpure.com](http://www.dratanpure.com)