

Hair is a significant adornment. It exudes a sense of femininity that helps us feel sexy, sensual and no less gorgeous. Loss of hair is an emotional upheaval 40 % of Indians (32-45 yr) are worried and concerned at their hair loss.



Hair loss - Myths & Facts

by Dr. Rajesh Rajput

1. Hereditary Hair loss cannot be treated.

There are so many hereditary diseases like asthma, blood pressure, diabetes, heart disease which run in families and all these can be treated. Then, why not hair loss? Hereditary hair loss can definitely be treated.

Our experience shows that hereditary hair loss can improve in just 2-4 months and continues to respond further with Cyclical Medicine Program.

Clinics where the medicines do not work are misleading the patients saying their hair loss is hereditary and therefore it cannot be treated. Surprisingly this is told to the patients after giving months or years of treatment and not before they have emptied their savings.

It is true that the number of sensitive roots that you have and you are likely to loose is determined by birth but, you can protect and strengthen these roots.

It is not necessary that you must loose all these sensitive roots and suffer baldness. The progress of grades and appearance in male pattern baldness is based on what is seen in untreated patients.

2. Medicines can only stop further hair loss but cannot grow new hair.

When you loose hair, it is result of gradual miniaturization of the follicles. The hair first becomes slow growing, thin in diameter, less pigmented, falls off and does not grow back. Some of these follicles are dead, but some are in a sleeping phase.

Medicine cannot make dead follicles alive but it can grow back the follicles in the sleeping phase. Patients can grow back 30% new hair in 2-4 months.

With proper planned Cyclical Medicine Program the progress of baldness can not only be stopped but also reversed to make it at least two stages better.

Hair oil

Advantages of Hair Oil:

1. Out of all the oils used coconut oil is best absorbed in the hairs it has a long chain polymer structure which is suitable for better uptake in to the hair shaft structure. Absorption of coconut oil is more than 80%. Next best Olive oil and Almond oil are absorbed only 56- 60%.
2. The oil absorbed in the hair prevents other harmful substances like chemicals, dust, pollution, detergents, shampoos, colors etc from going in to the hair. Therefore it indirectly protects the hair from damage done by these external factors.
3. Well oiled hair during the play of colors in Holi festival, during going out and getting wet in a monsoon picnic with friends is protective from the acidic rain water.
4. Oil acts as a conditioner it keeps the hair and skin soft. It acts as a moisturizer.

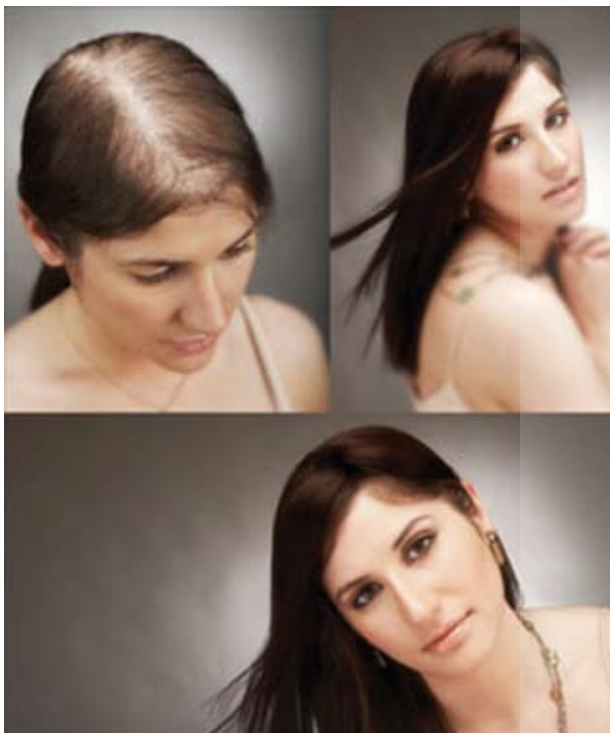


Disadvantages of Hair Oil:

1. All over the world apart from India and the sub continent or surrounding countries - no one uses hair oil.
2. Oil applied to a hair less area cannot grow hair.
3. A thick film of oil applied can allow fungus to grow under the oil layer over the skin.
4. Oil can occlude the skin pores if use in excess and prevent the skin from breathing and prevent the skin glands from releasing the secretions out of the skin pores.
5. Excess oil can attract dust, dirt, pollution to come and settle on the hair becoming a source of damage.

3. Medicines do not work after a particular age or particular grade of hair loss.

At any age as many roots as are in the resting phase and have residual capacity to grow will respond to the medicines. At any age the existing hair will become stronger and grow better with medicines. Our experience with Cyclical Medicine Program has shown that patients at any age and any grade of hair loss can benefit with proper planned medicines.



4. Oils applied to the scalp can grow hair.

All over the world apart from Indian sub continent nobody uses hair oil. There is no oil that can grow hair on a bald patch. Oil can act as a conditioner, it allows you to set your hair better, it acts as a moisturizer keeping the hair and skin soft, when soaked in the hair it occupies the space between the scales on the hair and does not allow other harmful elements to get into the hair. Thus it offers protection from damage caused by dust, pollution, dirt, chemicals, shampoos etc. The uptake of coconut oil in the hair is maximum, due to its favorable long chain polymer structure. Oil can indirectly protect the hair but it cannot grow hair.

5. You should not loose more than 20 hair in a day? You will go bald as the hair keeps falling.

Hair loss is a natural process. At any time 20% of your hair can be in a falling phase. Loosing 20-100 hair in a day in normal. You do not go bald because your hair is falling. You go bald because the fallen hair is not replaced with new hair. Medicines can restore the natural cycle of hair formation, growth, fall and formation again. But no medicine can make your hair loss zero, as per the natural cycle some hair loss will always continue, however your total hair number and volume will improve.



Dr. Rajesh Rajput

M.S., M.Ch. Plastic Surgery, First Member of International Society for Hair Restoration Surgery, USA, Aesthetic and Hair Transplant Surgeon, Dr L H Hiranandani Hospital, Powai