

Yoga for Hair Loss Prevention

If you are suffering from hair loss and you don't want to go under the knife, then yoga could be the answer. According to some yoga gurus, there is little solution for hair loss problems in western medicine. Hair loss in men & women is a universal phenomena caused by hereditary problems, poor diets, stress etc. Only one western prescription product minoxidil has some acceptance as a cure of hair loss. However minoxidil has little or no effect when there is actual baldness rather than thinning.

Yoga postures can help you overcome stress, anxiety, and indigestion, poor blood circulation in head, which are considered as main causes of hair loss. Headstand yoga pose can be very helpful as it contributes blood circulation in head as well as relieves tension.

Following are some of the of yogas which can help you to remove stress and improve blood circulation in head.

Downward facing dog

Standing forward bend

Camel pose

Shoulder stand

The Knee to Chest (Pawanmuktasana)

Vajrasana

Apart from practicing these yogas, one can try massage therapy for hair loss problems. You can take 3-5 minutes of gentle head massage by using your fingertips, which will improve blood flow to hair follicles and help hair growth.

Divya Kesh Tail (Hair Oil for Hair Loss, Dandruff and Headache), which is produced by Swami Ramdev's Divya pharmacy, can be a great cure for hair loss problems. This oil has ingredients like Bhringa-raj, Brahmi, Amalaki (Amala), Shweta Chandana & other constituents.

You can also try Reflexology by buffing of your fingernails of one hand against the other on a regular basis preferably daily twice or thrice for 5 minutes.

Meditation is another way to overcome hair loss problem as it can control stress. Sit in proper pose and observe your breathing.

About the Author

Donna Summer is a renowned Hair Specialist and focuses on [Natural hair care solutions](#) and [Ayurvedic treatment for hair loss](#)

Source: <http://www.tntarticles.com>