

THICKENING THE HAIR– CAUSES, TIPS

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Abstract:

Every woman dreams of thick and silky hair. Shampoo manufacturers promise the fairer sex that there will be no problems with shine and hair. In fact, almost every woman faces one or the other problems related to hair, and shampoos cannot solve them effectively. What to do to make the hair thicker and more beautiful? Why don't cosmetic products help?

Hair thickening

CAUSES OF HAIR THINNING

Before dealing with the problem of thinning hair, it is advisable to know its cause. Normally, 80% of hair is in the growth phase. This phase of growth is called anagen and lasts up to 6 years. The catagen phase is a period of peace, during which hair does not grow and does not fall out, its duration is 2-3 weeks. Telogen phase - shedding of hair. About 15 percent of the hair is in this phase.

More about hair loss→

Hair loss is normal. Hair is constantly renewed, and this is impossible without shedding. However, sometimes the hair starts to fall out very quickly and it becomes sparse. What should be done to thicken the hair in this case?

CAUSES OF HAIR LOSS

1. Diet

Many girls are interested in how to restore hair thickness after a diet. Along with extra pounds, girls also lose the entire thickness of their hair. Malnutrition and stress affect not only the waist, but also the hair. If you decide to become a vegetarian, the thickness of your hair will suffer even more. Hair needs protein and its deficiency causes hair root dystrophy. Hair becomes thinner and stops growing. If you follow a low-calorie diet, you can take vitamin complexes to thicken hair.

2. Stress

Intense mental work, lack of sleep and nervous tension are the most common causes of thinning hair. Hair falls out not immediately, but over several months. How to



thicken hair? Avoid any irritations and keep in mind that this can lead to problems not only with hair thickness, but with the whole body.

3. Diseases

Endocrine diseases also cause hair thinning. With a decrease in the activity of the thyroid gland, the hair not only becomes dry, but also begins to fall out. Increased activity of the thyroid gland leads to premature graying and loss of hair. In this case, it is necessary to treat only with hormone preparations to make the hair thick.

4. Taking some drugs

Hair can thin from blood pressure and arthritis pills. Contraceptives and antidepressants also have a negative effect on hair. Chemotherapy can cause complete baldness, but after a while, patients' hair grows back, and it's often much thicker. Is it possible to maintain hair thickness during the period of medication? Unfortunately, in this case, you have to wait until the treatment is completed.

5. Heredity

If the reason for thin hair is heredity, then nothing can be done. Cosmetic products can maintain hair density and its external condition. If thin hair is hereditary, how can you make it thicker? Try to maintain the condition of the hair with cosmetic and medical means.

6. Seasonal hair loss

It mainly happens in winter and autumn. How to maintain hair thickness during seasonal loss? Apply hair masks and wear hats.

7. Cosmetic products

Hair may thin after using some cosmetics. The most important thing is to use only high-quality cosmetics.

How to thicken hair with niqibas? It is necessary to take time to prepare and apply special nutritional masks for hair density. The most effective for hair loss are onion, brandy and mustard masks.

The main purpose of such tools is to strengthen hair roots and stimulate growth. To make hair thicker, you need to use masks regularly and prepare a new composition every time. Wrap your hair after applying the mask for hair density. Medicinal masks are effective for hair loss. But they can be used only for a certain time and with appropriate instructions.

Masks against hair loss→



TIPS FOR MAKING HAIR THICK AND DARK

Nutrients. The best way to grow hair is to eat right! Everything we eat affects not only the skin, but also the hair. For thick hair, give preference to dairy products, nuts and meat. It is not recommended to follow long-term strict diets and avoid protein foods.

Choosing the right hair products. We all want thick and beautiful hair and buy special shampoos for it. Avoid cosmetics containing silicone and polymers. They do not help to thicken your hair, but only make it heavier. Carefully study the instructions of cosmetics and remember - hair needs keratin and proteins.

Stand up straight. What should be done to make the hair appear thicker with the help of styling? The ideal option is beautiful curls, which can be made not only with curlers, but also with curlers. Hair can also be combed to make it look thicker.

Natural pigments. Hair can be given perfect volume with the help of color. At the same time, it is necessary to use natural hair dyes for hair thickness.

Modern methods of hair restoration. What hair thickening and restoration methods are available? Any beauty salon can provide a list of hair restoration services. These include mesotherapy, ozone therapy, lamination and growth. Treatment of the scalp gives more effective results, but this procedure is quite expensive and has contraindications.

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