

# Ginger extract as an anti-hair loss essay

[Environment](#), [Air](#)



Hair grows everywhere on the human skin except on the palms of our hands and the soles of our feet, but many hairs are so fine they're virtually invisible. Hair is made up of a protein called keratin that is produced in hair follicles in the outer layer of skin. In our society today, some of us—Filipinos, are distressing from hair loss, also called “ alopecia”. According to some researches, as people age, hair tends to gradually thin. Other causes of hair loss include hormonal factors, medications, and by stress. The most common cause of hair loss is a hereditary condition called male-pattern baldness or female-pattern baldness.

According to a blog of hair loss statistics, the number of hair loss sufferers, world-wide, seeking professional treatment more than doubled between 2004 and 2008 from 361, 077 to 811, 363. As of 2010, hair loss in women affects roughly 50%. 40% of men have noticeable hair loss by age 35, 65% by age 60, and 80% by age 80. Hormonal changes and imbalances can also cause temporary hair loss. This could be due to pregnancy, childbirth, discontinuation of birth control pills or the onset of menopause. In Medications, hair loss can be caused by drugs used to treat cancer, arthritis, depression, heart problems and high blood pressure.

Other causes of hair loss can also result from hair-pulling disorder and certain hairstyles such as pigtails or cornrows when the hair is pulled too tightly. As humans, we are obviously too conscious about our hair. We always wanted to look good and by that, we make different hairstyles add an ' attractive' look. We might not be aware of how many hairs can be lost for a day, we should now give a remedy for it. As students, we could at least help

or give a little remedy in this kind of problem. A little help from us, students can make our little remedies, extraordinary.

A treatment for anti-hair loss is an example. That is why, we have come up with a little remedy to such junctures: Feasibility of Ginger Extract as an Anti-Hair Loss. Ginger is an important spice from the East Indies that is available in many forms, including candied, fresh, powder and essential oil. In addition to culinary uses, fresh ginger has a long history of use in folk remedies. It offers a natural way to treat or prevent certain hair conditions. Traditionally, ginger has been used to protect and condition hair, speeds up hair growth, reduces dandruff and prevents hair loss.

According to naturalnews. com, the ginger root has: vitamin B6, magnesium, potassium, copper and manganese in it. According to University of Maryland Medical Centre, the herb's active components are essential oils and compounds. Incorporated into a simple homemade hair treatment, ginger oil improves circulation, leaves your head feeling tingly and smelling fresh, and may even stimulate hair growth.

Additionally, ginger oil, which contains natural anti-inflammatory properties, is an effective, natural way to control dandruff. [1] A recent study held at the Arab Institute for Food confirms that the plant "ginger" has the ability to restore lost hair and increase from its growth, and also makes it thickly. Also, the study says that when Ginger used with the sesame oil can get wonderful result.

Instead of using cooking oil, we used sesame oil because of what we read in article 2. We've done some research about this oil and these are some of the articles that made us not think twice. You can use sesame oil to massage the scalp. If applied regularly, it helps to darken hair color and reduce hair fall problems. Another benefit is that sesame oil is able to prevent dandruff by killing the bacteria that cause such hair/scalp problem.