

# Nutrition for baldness

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**Abstract.** Baldness (Greek alopecia ) is a pathology with increased focal hair loss, usually on the head, less often on the torso.

According to statistics, about 80% of men suffer from hair loss. By the age of 35, at least 60% experience this pathology, and by the age of 50, their share is already 86%. Women are also susceptible to baldness, but to a much lesser extent. Typically, men experience hair loss in the parietal and frontal regions, while women experience alopecia on the crown <sup>[3]</sup>.

Key words : area, description , causes occurrence , types and symptoms , complications , prevention , treatment, useful products , folk dangerous means \_ products

## Causes

The main reason for the development of alopecia is genetic predisposition, but there are a number of other provoking factors:

- constant emotional stress, during which most follicles enter the resting stage and as a result, much more hair falls out than grows;
- infectious diseases;
- hormonal imbalance in the body;
- long-term use of antibiotics, contraceptives and tranquilizers;
- chemotherapy, but after treatment the hair is restored;
- pregnancy, menopause;
- unhealthy lifestyle - alcohol abuse, smoking, drug use, lack of vitamins;
- some diseases can provoke hair loss - arthritis, thyroid dysfunction, hypertension;
- seborrhea;
- autoimmune pathologies <sup>[4]</sup> ;
- natural aging;
- fasting, long-term vegetarian diet [7] ;
- Regular hot hair styling.

## Symptoms

Signs of baldness may vary depending on the cause of the disease:

1. In women, hair falls out along the hairline;
2. in men, baldness begins in the forehead and eventually moves to the crown;
3. under severe stress, a person loses hair gradually;
4. With focal baldness, hair falls out quickly.

Baldness can be non-scarring or scarring, depending on the mechanism of hair growth disorders. Moreover, the first type can eventually turn into the second:

- non-scarring baldness is quite common, in turn it can be diffuse and focal;
- Scar develops due to the destruction of hair follicles, which provoke injury or inflammatory processes.

The main types of baldness, regardless of the patient's gender, are:

1. androgenetic – in women it develops slowly and is manifested by hair loss in the forehead and crown area. In men, androgenetic baldness manifests itself early, sometimes at a young age, and begins with bald patches on the forehead, which eventually spread to the crown of the head. At the same time, the hair becomes thinner and loses volume;
2. Alopecia areata is characterized by the appearance of patches on which hair does not grow. These nests or lesions can form not only on the head, but also on different parts of the body. The lesions can be of different sizes and shapes, but, as a rule, they are round, sometimes they merge with each other. The causes of alopecia areata have not yet been precisely established, but there are suggestions that it can be caused by endocrine problems, toxin poisoning and infectious pathologies;
3. Seborrheic baldness occurs against the background of seborrhea - a skin pathology in which the regulation of the function of the sebaceous glands is impaired. This type of baldness is characterized by increased sebum secretion, flaking of the skin, thinning of hair over the entire surface of the head, and oily hair;
4. symptomatic baldness is a complication of other serious pathologies, such as poisoning, radiation sickness, syphilis, and vitamin deficiency. With this type, hair falls out evenly throughout the body;
5. premature baldness is the most common type of alopecia, 90% of men go bald for this reason. As a rule, the disease begins to develop by the age of 30-35, but some men begin to lose hair at the age of 20-25. The reasons for the development of this type of baldness are at the genetic level. Hair begins to fall out in the frontal or parietal region of the head, then within a few years complete baldness occurs, hair remaining only in the outermost areas. Premature baldness in women does not lead to complete hair loss, but the hair on the head is significantly thinner;
6. Congenital baldness is extremely rare and is usually inherited. As a rule, this type of alopecia is accompanied by dystrophy of nails and teeth. With congenital baldness, children have hair on their heads, however, they are sparse, short and of unequal length;
7. Telogen effluvium is the second most common condition. This temporary disease can last 2-3 months, while the hair follicles are not damaged, they freeze for a while. This condition can be triggered by stress and trauma;
8. Mechanical baldness is hair loss, which is provoked by very tight daily hairstyles, while the hair is simply pulled out of the follicles.

## Complications

Baldness does not pose any danger to the patient's life. But this pathology can negatively affect the emotional state of the patient, especially for women:

- fear of alopecia – hair is of great importance for the fair sex;
- the reaction of others - a man starting to go bald or completely bald does not attract much attention, this is the norm, now it is even fashionable. While women suffering from alopecia invariably receive sympathetic glances;
- relationships with men - balding women become sexually uninteresting for men, against this background neuroses develop;
- low self-esteem - women are more attentive to their appearance than men, so hair loss for most becomes a real disaster, as a result of which a woman loses self-confidence;

- a vicious circle - as the woman loses her hair, she becomes more and more nervous, stress aggravates the development of alopecia, thus closing the circle of problems.

## **Forecast**

Almost all types of baldness are treatable. At the same time, patients with alopecia should know that the sooner the diagnosis is made and treatment for hair thinning is started, the less money will be spent and the better effect will be achieved.

## **Prevention**

It is impossible to prevent baldness, especially if there is a hereditary factor. However, to maintain the thickness and growth of healthy hair, the following recommendations should be followed:

1. adhere to a correct lifestyle - observe a rest and work schedule, eliminate bad habits, take vitamin complexes;
2. control the psycho -emotional state, since stress provokes health problems [8]. You should not immediately resort to tranquilizers; you can start with sports and meditation;
3. proper hair care [9] and scalp hygiene using professional products;
4. taking medications and foods rich in iron [10];
5. timely treatment of diseases, especially endocrine disorders;
6. minimize hair drying;
7. give up tight ponytails and braids;
8. in winter, wear a hat to protect the scalp from hypothermia;
9. Use a hat when exposed to the sun for long periods of time.

## **Treatment in official medicine**

Hair loss problems are dealt with by a trichologist, but you may need to consult an endocrinologist, andrologist, gynecologist or cosmetologist. Using a special trichoscope device The trichologist examines the scalp and prescribes a spectral examination of the hair, which shows a lack or excess of microelements. The method of therapy is determined based on the stage of the pathology and the reasons that provoked baldness:

- physiotherapeutic procedures: darsonval , electrophoresis, laser therapy, phototherapy, UHF, massage, cryotherapy, electrical stimulation of the scalp;
- Plasmolifting procedure involves taking blood from a vein from a patient, separating the platelet mass and injecting it into the scalp. In this way, the bulbs are intensively nourished due to vitamins, amino acids and microelements contained in the patient's blood platelets. This procedure, using the body's reserves, allows you to slow down the process of hair loss <sup>[5]</sup> ;
- mesotherapy – microinjections of products that contain shock doses of vitamins and amino acids. Due to this, blood circulation improves and hair growth is normalized;
- hair transplantation is a surgical treatment option in which healthy follicles from the temples or back of the head are transplanted to problem areas;
- hair growth stimulants, which are applied directly to the scalp;
- hormonal therapy <sup>[6]</sup> .

## **Useful products for baldness**

Baldness can be due to nutritional deficiencies, especially for men and women who diet frequently. In case of increased hair loss, it is recommended to include the following foods in your diet:

- avocado [11], which is rich in vitamin E [12], beneficial for the scalp;
- sweet potato containing beta-carotene, which promotes active hair growth;
- rabbit meat, liver, chicken [13] and quail eggs, seaweed, legumes, persimmon [14], pomegranate [15], as powerful sources of iron;
- beef, milk, eggplant [16], onions and green onions, beets [17], sorrel [18], radishes [19], which contain iodine [20], necessary for the normal functioning of the thyroid gland;
- nuts, kefir, lettuce, spinach [21], rye flour bread - to avoid copper deficiency [22], on which estrogen synthesis depends;
- hard cheese, seafood, pumpkin seeds, beans [23], garlic [24], containing zinc, which plays an important role in the process of skin regeneration. Zinc also takes an active part in the secretion of male hormones;
- pistachios, peas [25], wheat, corn [26], rich in selenium, which promotes hair growth;
- wheat bran, celery, carrots [27], white cabbage [28], oatmeal, pepper, millet, rhubarb as sources of silicon [29]. This microelement promotes collagen production [30] ;
- buckwheat, grapes, apples [31], gooseberries, cereals, pork - products that contain sulfur [32];
- carrots – as a powerful source of vitamin A [33];
- calcium-rich dairy products [34] ;
- soybeans and unrefined vegetable oils are sources of omega fats [35].

### **Folk remedies for the treatment of baldness**

- Rub freshly squeezed and filtered onion juice into the scalp 2 times a week;
- after washing with shampoo, rinse your hair with a decoction of onion peels;
- Once a week, make a mask on the scalp from onion and honey [36], cover with plastic and leave for up to 60 minutes <sup>[1]</sup> ;
- mix castor oil with tincture of capsicum in a 1:1 ratio, apply to hair roots, insulate, hold for half an hour;
- combine crushed garlic with a small amount of castor oil and rub into the scalp;
- chop the stems of fresh nettle leaves [37], squeeze out the juice, apply to the roots of the hair, insulate, after 20 minutes rinse with warm water;
- Massage your scalp with crystal sea salt. This natural scrub not only renews the epidermis, but also nourishes the skin with iodine. After a 5-minute massage, you should rinse your hair with chamomile decoction <sup>[2]</sup> ;
- rub castor oil into the scalp, wrap in a towel, hold for 30-40 minutes;
- Pour boiling water over rye flour bread, squeeze, rub the resulting pulp into the hair roots;
- Aloe juice is considered a natural biostimulant; it is rubbed into the hair roots as a stand-alone remedy or with the addition of honey and burdock oil.

### **Dangerous and harmful products for baldness**

If you are experiencing hair loss, you should exclude the following foods from your diet:

- carbonated drinks;
- alcohol;
- semi-finished products;
- foods with a high glycemic index - chocolate, cookies, baked goods;
- fried and fatty foods;
- products with hydrogenated oils - chips, spreads, store-bought sauces.

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**Abstract** . Alopecia (Greek: alopecia) is a pathology with increased focal hair loss, usually on the head, less often on the trunk. According to statistics, about 80% of men suffer from hair loss. By the age of 35, at least 60% face this pathology, and by the age of 50, their share is already 86%. Women are also subject to baldness, but to a much lesser extent. Typically, men experience hair loss in the parietal and frontal regions, while women suffer from alopecia areata on the top of the head.