

Hair loss is a major problem in today's life.

Previously we were seen that the people at the age 40 and above are facing these problem, but now days at the age of 15 and on words the young boys and girls are also in trap.

Reason--- sedentary life style,less exercise

Fast food, junk food ,more use of salts in diet,

Stale food etc,

Less intake of fresh fruits, milk, raw vegetables lead I

Lac of multivitamins and nutritious diet,

Irregular timing of life style, lunch and breakfast,

Insomnia, awakens,



~~Non-steroidal anti-inflammatory drugs (NSAIDs) can inhibit prostaglandin synthesis, which is essential for hair growth. NSAIDs may also affect the hair cycle by altering the duration of the anagen phase, leading to hair loss.~~