

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-hereditary hair loss occurs for many reasons, such as hormonal imbalance, scalp injury, stress, illness, or the use of certain medications. It is often reversible.