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Dandruff Treatment using Fenugreek Seeds

The use of fenugreek seeds is one of the most important remedies in the treatment of dandruff. Two tablespoons of these seeds should be soaked overnight in water and ground into a fine paste in the morning. This paste should be applied all over the scalp and left for half an hour. The hair should then be washed thoroughly with soap-nut (aritha) solution or acacia concinna. This dandruff home remedy is especially effective for those suffering from dry dandruff. You will need to use this anti dandruff treatment at least twice a week for the first two weeks and then once a week for another two weeks. You could also use the water that you soak the seeds as an after-shower hair tonic. After you shampoo your hair, allow it to dry naturally and then soak a cotton ball in this liquid and apply it to your scalp. This is one of the simplest and most effective dandruff solutions and it can also be used as a preventative measure to make sure that you don't have to suffer from dandruff again.

Dandruff Treatment using Lime

The use of a teaspoon of fresh lime juice for the last rinse, while washing the hair, is another useful remedy. This not only leaves the hair glowing but also removes stickiness and prevents dandruff. Lime juice or lemon juice is an excellent oily dandruff home remedy and can also be used to prevent this scalp condition. You can also apply a paste made out of lemon juice and fuller's earth to your scalp once a week. This pack is one of the best dandruff home remedies as it is an effective method of deep cleansing your scalp. The lemon juice in this paste will help to break down the excessive sebum that has collected on your scalp while the Fuller's earth will help to cleanse your scalp of the excess dead skin cells.

Dandruff treatment using Green Gram Powder

A valuable prescription for removal of dandruff is the use of green gram powder. The hair should be washed twice a week with two tablespoons of this powder mixed with half a cup of curd.

Dandruff Treatment using Beet

Beets have been found useful in dandruff. Both tops and roots should be boiled in water and this water should be massaged into the scalp with the finger tips every night.

Dandruff Treatment using Snake Gourd

The juice of snake gourd has been found beneficial in the prevention and treatment of dandruff. The juice should be rubbed over the scalp for this purpose. This natural dandruff treatment can be mixed with fresh beet juice to increase its effectiveness.

Dandruff Treatment using Other Remedies

Dandruff can be removed by massaging the hair for half an hour with curd which has been kept in the open for three days, or with a few drops of lime juice mixed with indian gooseberry juice every night, before going to bed. Another measure which helps to counteract dandruff is to dilute cider vinegar with an equal quantity of water and dab this on to the hair with cotton wool inbetween shampooing. Cider vinegar added to the final rinsing water after shampooing also helps to disperse

dandruff.

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