Fenugreek- a natural beauty aid for the hair by Ajay

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Fenugreek is an herb that is commonly found in Mediterranean region. Fenugreek seeds are predominantly used as culinary spices, it is even used to treat variety of health related issues. It is considered to be good for hair growth and hair fall. Fenugreek seeds are rich in vitamin C, niacin, protein, potassium and diosgenin (a compound that has a property similar to estrogen). Fenugreek seeds are alkaloids, lysine and L-tryptophan, as well as steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin).

These tidbits provide tremendous benefits to us. Fenugreek is popularly known as methi in India. These seeds are extremely effective and powerful seeds which reduce hair fall, dandruff, and dry hair and promote long and silky, smooth and soft hair. Now, just peep into your kitchen for excellent natural beauty aid for the hair and skin. Fenugreek seeds replenish hair growth and are rich source of nicotinic acid, proteins, niacin, potassium, Vitamin C, amino acids as well as diosgenin. Scientific research and experiment spells that these small seeds acquires large amount of lecithin which is a natural cream and make hair healthy and strong. It also tones hair making them silky and shimmering. The chemical quantity of fenugreek states that it is rich in protein and amino acid thus it moisturizes the hair, reduces hair loss and dandruff.

Begin your day with fenugreek seeds. Soak a tea spoon of fenugreek seeds in boiled water overnight. Filter the water with the help of sieve and drink it empty stomach in the morning. Following the same process every night and day will hair loss. Make a paste of the seeds and apply it your scalp. Cover with a shower cap for 30 minutes and wash off with an herbal shampoo.

Apply the seeds as hair mask. Paste of the fresh leaves or fenugreek seeds with coconut milk applied over the scalp, helps prevent hair loss, promotes hair growth, reduces dandruff and makes it silky smooth.

Ayurveda recommends keeping the scalp moist and cool with oil massages of herbal oil made by infusing coconut oil or sesame oil with extracts of amla, brahmi, hibiscus, and fenugreek which cool the system and encourage growth of hair.

A paste of methi leaves or seeds mixed with apple cidervinegar, when applied to the scalp is good for treating dandruff and dry itchy scalps. Applying the seeds of fenugreek with turmeric on your face is very good for pimple and blackheads prone skin.

Make paste of fenugreek seeds or leaves and add boiled water, milk and honey. Applying this to your face delays the arrival of fine lines and wrinkles.

Fenugreek works wonder on dry hair. It moisturizes dry hair and makes them silky, shiny and smooth. It softens the ends and adds shine to dull hair. Soak the fenugreek seeds in water throughout the night. When the seeds become soft grind them to make paste. Mix the paste in half quantity of curd. Apply the paste onto your scalp for about half an hour. Wash your hair with mild shampoo and hair conditioner. Follow the same procedure twice a week to get silky, smooth and shiny hair.

Fenugreek adds volume to your hair. Do try this true treasure of beauty.

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