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Dandruff is the flaking of dead skin cells from the scalp. Naturally, the skin on the head sheds once in every 24 days for everybody. The severity of dandruff may vary depending on its root cause. In some cases, dandruff is accompanied by itching and irritation on the scalp.

Mild cases of dandruff can be treated with medicated shampoo and gentle cleanser. However, if the condition of dandruff is too severe, then there could be shedding of the flakes very frequently. This is more likely to be followed up by redness and pain on the scalp.

Causes of Dandruff

Excess heat, dryness, oily skin, infections, chemicals can all lead to the formation of dandruff on the scalp. Ultimately these factors cause the dead skin cells to get accumulated on the scalp which in turn triggers the formation of dandruff. Moreover, there is a micro-organism called pityrosporum-ovle which is generally present on the scalp for everybody. Once the dandruff starts to accumulate, then this micro-organism will start multiplying heavily all over the scalp. For women, hormonal changes can also cause dandruff.

It's not that dandruff will target only people of certain skin types. It can be formed on all skin types - be it oily or dry. In case of oily skin, the excess secretion of oil on the scalp binds the dandruff together making them stick hard on the scalp. In case of dry skin, dandruff occurs mainly because of the lack of moisture on the scalp. Lack of moisture leads to extreme dryness and this can also lead to the formation of dandruff.

Home remedies for dandruff

Treating dandruff with Fenugreek seeds

Take two tablespoons of fenugreek soaked overnight in water. Make it into a fine paste and apply the same all over your scalp. Leave it on the scalp for about half an hour and wash it with soap-nut (ritha) solution or acacia concinna. Fenugreek has high medicinal properties and is very good for treating dandruff, especially those occurring on dry skin types. The fenugreek-soaked water can be used as an after-shower hair lotion. Just dab some cotton on the liquid and apply it on your scalp gently. This will help to get rid of the dandruff within a few weeks.

Treating dandruff with Lemon

Add a couple of teaspoons of lemon juice to the water while washing your hair. The lemon juice gets rid of the stickiness besides giving a natural shine to the hair. This kind of home remedy is ideal for people who have oily skin type. Alternatively, you can also use a combination of lemon juice and fuller's earth and apply it on the scalp once or twice a week, depending on the condition of the dandruff. It helps in deep cleansing of the scalp and prevents the accumulation of dirt and bacteria on the scalp. The main purpose of the above-mentioned combination is that the lemon juice will control the excess oil secreted by the sebum while the fuller's earth will help to clear the dead skin cells from the scalp. As an alternative, you may also try using green gram powder as a home remedy to treat dandruff. All you need to do is just wash the hair with a mixture of two tablespoons of green gram powder and a cup of thick curd. Apply this paste twice a week on your scalp. This will also help in the removal of dandruff.

A nutritious diet is also very important to prevent the formation of dandruff. Make sure that your diet is rich in proteins, iron, and essential vitamins. For more information on food and health, you may watch health-related programs on your cable connection service offered by any of the popular services such as the FiOS TV.

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Cody is a freelance writer and a blogger. He writes on all categories including entertainment, technology, environment, health and fitness. He likes developing tips-based contents for the benefit of the readers. He enjoys watching health-related programs on his cable connection powered by a [FiOS TV](#).

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