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Psoriasis and hair care

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Psoriasis is a common life long, genetic, autoimmune skin disease characterized by well circumscribed areas of thick, red, scaly skin and From the Greek “psoros” meaning “rough, scabby, itch. In Siddha System of medicine Psoriasis is termed as Kalanchakapadai Psoriasis is very well treated in Siddha System of Medicine for so many years and found patient is very much relieved from the thick, red, scaly skin and the recurrence is very much postponed and the patient may also have normal skin for many years. Vetpali Thailam (777 Oil) is a boon to treat psoriasis Patients for getting relief from the unexplained sufferings of the disease.

Hair Care:

Human beings are very much fond of having more hair on head and particularly females.

Hair follicles are the anatomic factories that have as their principle function the production of hair, Hair follicle neogenesis occurs in the embryo by invagination of the epidermal placode into the surrounding dermis. postnatal cycle goes in 3 phases

1. Anagen (Growth)
2. Catagen (Regression)
3. Telogen (Resting)

Hair forms the major cosmetic apparatus of man. Hair care has been in practice since antiquity. Even in 14-16th century literature, the importance of the hair care in cosmetic of men has been well documented. (Queen Elizabeth- W. Shakespeare).

Similarly the ancient Tamil Literature too contains several mention on hair care.

Hair losses and premature graying of hair especially in the early and mid-age group are the major cosmetic concerns that plague mankind all over the world.

In Siddha literature Siddhars have told many precautions and to make healthy hair care for mankind. Siddhars told to use coconut oil on hair daily and comb.

We should not use other's comb for combing our hair. Also he advised not to use any kind of soap or shampoo for keeping good hair growth. Also we should take more greens and vegetables in our daily food.

Biography

Dr. K. Ravi did Post graduate in Siddha system of Medicine in The Tamil Nadu Dr. MGR Medical University, Chennai, India and he has been selected by the union public service commission and appointed as a Medical officer in the Central Government Dispensary and promoted to Chief Medical officer and served 20 years and now working as Joint Adviser (Siddha) in the Ministry of AYUSH, Government of India, New Delhi. He has published and presented 11 papers in reputed journals and conferences.

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