

Treatment of Hair and Scalp Hygiene

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DESCRIPTION

The word "hair care" refers to all aspects of hygiene and cosmetology that deal with body hair, facial hair, pubic hair, and other hair that develops from the human scalp. Depending on a person's culture and the physical attributes of their hair, several hair care regimens are used. Treatments including waxing, sugaring, and threading allow for the colouring, trimming, removing, shaving, plucking, and other modifications of hair. Salons, barbershops, and day spas provide hair care services, and there are also commercially available items for use at home. Electrolysis and laser hair removal are additional options, but only by qualified specialists in medical offices or specialty spas.

Biological processes and hygiene

Despite their apparent separation, hair care and scalp skin care are closely related since hair grows from beneath the skin. While the physical hair shaft that emerges lacks any living activities, the live elements of hair are located beneath the skin. Although there are many ways to manage hair and make sure the cuticle is intact, damage or alterations to the visible hair shaft cannot be healed by a biological process. To maintain a healthy body and healthy hair growth, scalp skin must be kept healthy, just like any other skin on the body.

Hair loss may occur if the scalp is frequently washed by those with coarse hair or hair-fall issues. But not all scalp conditions are brought on by bacterial infections. Some develop unexpectedly, and frequently, treating the ailment can only be done at the symptom level. Additionally, microorganisms can harm the hair itself. The most prevalent hair and scalp condition in the world is likely head lice. Studies reveal that head lice are not always related to poor cleanliness, and they can be eradicated with great care. More recent research has shown that clean hair is actually where head lice thrive. This makes the term "hair washing" a little misleading because, in many cases, what is required

for healthy hair development and maintenance is just cleaning the surface of the scalp skin, much like how the skin on the body as a whole has to be cleaned for proper hygiene.

Human skin contains sebaceous glands that secrete sebum, which is mostly made up of fatty acids. Sebum works as a barrier between the skin and hair, and it can stop bacteria from proliferating on the skin. Sebum adds to the skin's naturally slightly acidic pH, which ranges from 5 to 6.8 on the pH scale. As it naturally moves down the hair shaft, this oily substance gives hair hydration and lustre and acts as a protective layer to stop the hair from drying out or absorbing too much external material.

Sebum acts as a protective material, but an excessive amount of it can clog the area around hair follicles. This obstruction is typically caused by dead skin or even dandruff. Therefore, "blocked or obstructed hair follicles" may stop the growth of hair. Additionally, combing and brushing "mechanically" disperse sebum along the hair shaft. Overproduction of sebum can cause the hair to cling together and have roots that are oily, greasy, and darker than usual.

Hair cleaning

Hair washing removes undesirable substances from the hair and scalp in addition to extra sweat and oil. Hair is frequently cleansed with shampoo, a specific surfactant, as part of taking a shower or bathing. Shampoos function by washing the hair with shampoo and water. The shampoo causes the water's surface tension to break, allowing the hair to soak up water. The wetting action is what is meant by this. The shampoo molecule's head draws water to the hair shaft, which results in the wetting action. In contrast, the oil, grease, and grime on the hair shaft are drawn to the shampoo molecule's tail. Grease and filth are physically combined during shampooing to form an emulsion, which is subsequently washed away with water.

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