

Reasons for Hair Loss

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It is known all over the world that stress either results in the formation of a large number of diseases or increases the rate of diseases. Most of the known diseases have been regarded as a result of stressful toxins. But it is important to note that how all this happens. Stress makes the body of a human to generate toxins, the toxins which surround us via environment and are present in our food and those which we generate when we are in pressure compromise in our health. The family conflicts and the work related issues in addition to financial calamities and most of all never having sufficient time are just a few common reasons of stress which we face on a daily basis.

The natural alterations which come to pass with regard to the recognized threats are known as the stress response. The bodies of human beings can regulate for and work against the light forms of stress which we come across. As a straightforward description stress could be good if people learn to utilize it in order to make things turn out in a positive manner. Duress could make people face the challenges with exceptional fortitude and skills. On the other hand in case of tremendous, long lasting and unusual stress that is physical, chemical and emotional our ensuing control and stress response mechanisms could be quite harmful as well as overwhelming. The extra flow of stress hormones in the system of our body can result in severe damages to our mind and body along with physiology which includes our skin and hair.

When a person is under stress through the means of work or illness, then sometimes the circulation inside the scalp becomes constricted to such an extent that the follicles of hair do not receive the blood supply which makes them fall off due to atrophy. But it usually grows back at its own place once the person is out of stress. In addition if one is not able to manage the stress in his or her life then the person is making the adrenal glands to exhaust. That is the time when the hair and skin problems become constant in life because the person is continuously shutting down the blood supply to the lungs and heart, thus diverting it far from the nourishing and feeding of the hair.

The following are the causes of temporary loss of hair:

Mental illness or emotional stress due to death of a family member or loss of a relation results in hair loss for three months after the incident and then it stops.

Physical stress caused due to illness, surgery, rapid weight loss or gain and anemia can result in hair loss for three months after the illness or any other physical damage.

Hormonal reasons of stress such as birth control pills or pregnancy. Hair loss constantly takes place when the hormonal levels of the body are visibly changed.

The medications of blood pressure, gout medications and high doses of Vitamin A also result in hair loss.{mosgoogle left}