

Neem Oil, Hair Growth And Hair Loss.

Does Neem Hair Oil Work?

Yes, apparently neem oil works. Neem hair oil regularly receives rave reviews from customers.

The benefits from using neem oil on hair can be impressive. which uses neem leaf extract rather than neem oil, gives the same results as using straight neem oil on your hair and scalp. **Neem oil can** relieve dry and itchy scalp, dandruff, the symptoms of scalp psoriasis, as well as giving you silky, shiny, stronger hair and encourage growth. It really makes a big difference, and it does so seemingly over night.

How Does Neem Hair Oil Work?

Healthy hair is the result of a healthy scalp, and your scalp is part of your skin. Everything that's been said about the use of neem oil for skin care is also relevant to using neem oil for your hair. But don't focus only on the neem oil.

Traditional Indian hair beauty treatments use neem leaf.

A watery extract, basically a tea made from neem leaves, is used as a rinse to prevent hair loss, and neem leaf pastes are used like conditioning packs. Those neem hair treatments soothe any irritations, prevent dryness and flaking, nourish the scalp and improve its general immunity and health. Exactly as they do for the skin on the rest of your body.

So where does neem oil come into it?

All parts of the neem plant have the same ingredients, but in different amounts. The oil has the highest concentration of Azadirachtin, the substance that's responsible for the effect of neem oil on insects and other parasites (like mites).

Problems with hair lice? Neem oil is what you need. And as you solve the hair lice problem you notice that the neem treatment also leaves your hair shiny and silky, soft but strong. Neem oil does have the same effect that the leaf extract

has, but it is less pleasant to use. It stinks. On the other hand it is certainly easier to get hold of for most people than fresh neem leaves.

Most people's skin/scalp is dry from too much exposure to harsh chemicals, environmental toxins, not to forget the stuff in your average shampoo... Oil is good. Oil is a rich, nourishing treatment. Regular warm oil treatments, say with for example olive oil or coconut oil, are beneficial for your hair in any way.

How To Use Neem Oil On Hair

A neem hair oil based on other oils and enriched with neem leaf extract is probably the ideal way to use neem on hair. You have the benefit of an oil treatment and the benefits of neem, combined with ease of use and a beautiful scent.

But if you already use neem oil in your household or garden, then you can also use just that. (I'm talking about pure, organic, raw neem oil). Add some of it to your shampoo to make your own neem shampoo, or dilute it in a light carrier oil to make your own neem hair oil. (Olive, almond, coconut or jojoba all make great hair oils.)

For an intensive treatment massage neem hair oil into your hair and scalp, leave it for 30 minutes at least, up to over night, and then wash your hair with neem shampoo. **You'll love the difference.**

Skin care

Virgin cold-pressed neem oil is the skin care secret, the key to the flawless, dewy skin of Indian beauties.

Neem oil is the cocoa butter or shea butter of the east, **an excellent moisturizer**, high in Vitamin E, rich in emollients and fatty acids, soothing dry, cracked or otherwise stressed and damaged skin. Unlike petroleum based moisturizers, neem oil actually restores the skin's natural elasticity.

Now combine that with the **medicinal properties** we know from herbs like aloe vera and tea tree: antibacterial properties combat zits, anti-inflammatory properties reduce the swelling and redness of conditions like acne, the general support for your immune system

promotes a healthy skin and an even skin tone... Can you understand why so many feel neem is a miracle plant?

Neem oil is perfect for dry skin, but oily skin can benefit, too. The biggest problem of oily skin are clogged up pores that become infected and turn into whiteheads (or big red lumps if the infection is deeper).

Good neem oil products promote healthy skin. Because of neem's antibacterial properties harmful bacteria don't stand a chance. No infectious bacteria, no zits.

However, you do need to make sure that you select high quality products, and that you don't strip all the natural oils in the cleaning step. That would make your skin produce more oil, which I am sure is not what you want.

How To Select The Right Neem Products For Your Skin

Don't be fooled by the advertising industry. Not every skin product that has a bit of neem oil in it is good for your skin.

Many skin care and cosmetic products are full of harmful petrochemicals, solvents, preservatives and other nasties that your skin absorbs. Adding a bit of neem oil doesn't make them natural.

Read the label! A good neem product will use only natural ingredients. Also have a good look around the manufacturer's website. A company that takes pride in the quality of their products will tell you exactly what's in them, where their neem oil comes from, how it was processed (organic? cold pressed? anhydrous extract?).

Neem is a natural product and batches vary. A good manufacturer will make sure all batches are tested for their concentration of active ingredients. (Look for an Azadirachtin content >1500 ppm in their pure neem oil. That's a sign that their raw product is of high quality.)

Pay attention to the amount of neem oil in your skin cream or lotion. There are extra strength formulations available, and also formulations that are strong but gentle, specifically designed for dry and damaged skin (as for example in eczema or psoriasis).

The same is true for neem soap. Different soaps contain different amounts of neem oil. The more neem, the stronger the antibacterial and anti-inflammatory properties. Again, a few drops of neem oil in an otherwise cheap and inferior, maybe even toxic, product will not perform miracles...

Not only the neem oil is used in skin care, the neem leaf is just as effective. Neem lotions and creams may contain neem leaf extract rather than oil. Neem leaf is just as effective in skin care. In Ayurvedic tradition it's actually the leaf that is used when treating skin disorders.

Different skin types need different products, so look for a neem cream that is as light or as rich as your skin requires. While neem oil alone will do a lot of good, it never comes just by itself. Make sure the other ingredients are the right ones for your skin.

Do you already use a really good lotion or cream, one that is just right for your skin? In that case you could also buy some 100% pure organic neem oil and add it to your high quality product as needed. Voila, your own homemade neem oil skin lotion.

General:

Neem which belongs to family Meliaceae , has a botanical name Azadirachta Indica. It grows in tropical and semi tropical regions and is widely found in Burma, India and Pakistan. This is a very fast growing, ever green tree which reaches the height of 15 to 20 meters.

Neem is known for its immeasurable medicinal properties and is used as a main ingredient in many home remedies. Commending the medicinal properties of neem, numerous sanskrit names have been coined by our ayurveda acharyas . Few of them are mentioned below.

- It is known as Nimba as it boosts health
- It is praised as Pichumarda as it destroys skin diseases.
- As it is used to ward off evil powers that harm our body , it is known as Arishta

Chemical composition of neem:

Neem tree has numerous medicinal properties by virtue of its chemical compounds. Seeds of the Neem tree contain the highest concentration of Azadirachtin. Apart from Azadirachtin , salannin, gedunin, azadirone, nimbin, nimbidine, nimbicidine, nimbinol, etc are other important liminoids of neem.

Uses of neem in horticulture:

Neem has been the most traditionally used plant in India , Pakistan and Africa to protect grains and cereals from pests. Fresh neem leaves are mixed with grains and cereals before storing. A paste of fresh neem leaves is rubbed against the wall of large mud bins or

gunny bags in which the grains and cereals are stored. Some times a thick layer of dry neem leaves are spread over grains. Neem oil extracted from seeds acts as best biopesticide. Jute sacks treated with neem oil or extracts of neem are used to store food grains. Neem oil is a very cheap and effective house hold pesticide to protect grains and legumes from pests. Neem is being used to protect stored roots and tubers from potato moth.

Azadirachtin is available in high concentration in neem seeds. It is used as “botanical pesticide” which is environmentally friendly. It prevents insects from feeding on plants and regulates the growth of insects. Neem extracts do not harm the insects like bees, spiders and butterflies which help in pollination.

Medicinal properties of Neem:

The Neem tree has many medicinal uses. The chemical compounds present in neem have anti-inflammatory , antiarthritic ,antipyretic ,hypoglycaemic , Antifungal, spermicidal, antimalarial, antibacterial and Diuretic properties. Flower, leaves, bark and seeds of neem are used in home remedies and in preparation of medicines. Bark of neem acts as antipyretic and helps to reduce fever. Flowers are used in intestinal disorders. Juice from fresh leaves is very helpful in treating skin diseases, wounds and obesity. Oil from neem seeds is used in arthritis, skin diseases and muscular sprains. Neem is very effective in treating gum diseases.

The neem is proved to be beneficial in treating skin diseases because of its antibiotic, antifungal and blood purifying properties. According to ayurveda principles vitiated Kapha and pitta cause skin diseases. Neem pacifies vitiated kapha and pitta, thus helps to cure skin ailments. It promotes wound healing as it is antibacterial and astringent. In psoriasis it reduces itching, irritation, roughness of skin and heals the psoriatic patches. In same way it heals eczema too. It reduces infection and inflammation of acne. Neem helps to maintain the health of scalp skin and prevents dandruff.

Due to its detoxifying properties it helps to keep organ systems healthy, especially circulatory, digestive, respiratory and urinary systems.

Scientific studies have revealed that neem reduces blood sugar level. Hence its usage supports diabetic patients to keep their blood sugar level in control. Diabetes impairs blood circulation and causes gangrene in lower extremities. Numerous scientific researches have high lightened the role of neem in keeping circulatory system healthy, thus reducing the chances of gangrene. Recent studies have shown that neem reduces blood cholesterol level and keeps the heart healthy.

Home remedies with neem

- Apply Crushed fresh leaves of neem on acne. In case of body acne mix fine paste of fresh neem leaves in little water and smear this mixture on back, chest and shoulders.

- In itching, application of neem oil on affected areas helps. Boil neem leaves in a big bowl of water and mix this in bathing water. This reduces body itch.
- Massaging neem oil to scalp removes head lice and prevents formation of dandruff.
- Mix dry neem powder, shikakai and amla in water and apply this as pack on head . This pack has to be kept for 45 minutes and washed off later. This prevents hair loss and dandruff. Fresh neem leaves can also be used instead of dry neem powder.
- A freshly prepared paste of turmeric, neem and sesame seeds is recommended in ayurveda for fungal infection between toes.

Fumigating the house with smoke of dried neem leaves in evenings for 1-2 minutes is an excellent ayurvedic method to keep mosquitoes away.

Neem in House hold

Neem flower pachidi is prepared from roasted neem flower and is a famous dish in South India which is prepared during ugadi. Neem flower rasam improves digestion and is very popular in Andhra and Tamilnadu.

Extract of skin friendly neem is being used in manufacturing bathing soaps, hair gels, body lotions etc. These products are gaining popularity in market.

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Herbs for

Babul (Botanical name: Acacia arabica, Indian name: Kihar). Fresh pods of babul tree are effective in sexual disorders like spermatorrhoea, frequent night discharges, loss of viscosity of the semen and premature ejaculation. In Ayurveda, the one preparation is as follows: – firstly about 1 to 1.5 metres of coarse cloth is spread evenly and its corners secured. The fresh pods are pounded and juice squeezed. This fresh juice is pasted on the cloth every morning and evening for at least 20 days until a 5-6 cm thick layer is formed on it. A small piece of this cloth weighing 5 to 9 gram is cut and boiled in a litre of cow's milk which is taken after adding brown sugar to taste.

Second preparation is the tender seedless pods are dried in shade, powdered and mixed with an equal weight of brown sugar. 6 grams of this mixture may be taken with milk in the morning. Whichever preparation using the abovementioned Ayurveda way, its help to increase the power of retention of the semen. It is believed that even extremely debilitated patients suffering from the bad consequences of masturbation are believed to get rejuvenated by its use and attain normal retentive power. It improves the viscosity of the semen and is an excellent medicine for spermatorrhoea.

Bishop's Weed (Botanical name: Trachyspermum ammi or Indian name: Ajwain or Omum). Ajwain seeds combined with the kernel of tamarind seeds are an effective aphrodisiac. These should be fried in equal quantity of pure ghee, powdered and preserved in airtight containers. A teaspoon of this powder mixed with a tablespoon of honey, taken daily with milk before retiring, makes an excellent aphrodisiac. It increases virility and cures premature ejaculation.

Cardamom (Botanical name: Elettaria Cardamomum, Indian name: Chhoti elaichi). This is a common Indian [spice/herb](#). The herb is useful in sexual dysfunction like impotency and premature ejaculation. A pinch of powdered cardamom seed boiled in milk and sweetened with honey every night would yield excellent results. Excessive use of cardamom at times may lead to impotency.

Ginger (Botanical name: Zingiber officinale, Indian name: Adrak) is another very common spice/herb. Ginger juice is aphrodisiac. Take half a teaspoon of ginger juice, honey with a half-boiled egg to be taken at night for a month. It tones up the sexual organs and cures impotency, premature ejaculation and spermatorrhoea or involuntary seminal discharge.

Nutmeg (Botanical name: Myristica fragrans, Indian name: Jaiphal) is good as a sex stimulant. When mixed with honey and a half-boiled egg it makes an excellent sex tonic. It prolongs the duration of the sexual act if taken an hour before intercourse. Nutmeg should be taken in very small doses; in appreciable doses, it excites the motor cortex and produces epileptic convulsions and lesions in the liver. Even a teaspoon of nutmeg can produce toxic symptoms such as burning in the stomach, nausea, vomiting, restlessness and giddiness with hallucinations.)

Onion (Botanical name: Allium cepa, Indian name: Piyaz) is a common spice/herb. Onion is one of the most important aphrodisiac foods, second to garlic. It increases libido and strengthens the reproductive organs. The white variety of onion should be peeled off, crushed and fried in pure butter. This mixture acts as an excellent aphrodisiac tonic if taken regularly with a spoon of honey on an empty stomach.

Wood Apple (botanical name: Feronia Limonida, Indian name: Kaith). Powder of the leaves dried in shade with an equal quantity of sugar candy is useful in spermatorrhoea or involuntary ejaculation, premature ejaculation and functional impotency. One teaspoon of this powder is taken with cold water thrice daily. About 20 grams of gum, dissolved in cow's milk and mixed with sugar is also effective in spermatorrhoea and premature ejaculation. It can be taken thrice daily.

Garlic (Botanical name: Allium Sativum, Indian name: Lahsoon). Garlic has pronounced aphrodisiac effect. It is tonic for the loss of sexual power from any cause. It also treats sexual disability and impotency caused by overindulgence in sex and nervous exhaustion from dissipating habit especially useful to old men with nervous tension and failing libido.

