

# Herbs Prevent Hair Loss: Lavender, Ginseng, Aloe Vera, Dong Quai

By Melanie Grimes, Natural News – May 6, 2010

Many herbs have been shown to prevent hair loss and enable hair to grow. Thinning hair, or alopecia, is a condition that is caused by aging and also genetics. Nutritional deficiencies can also cause hair loss. Herbs have been used for thousands of years to help regrow hair. Taken internally or applied to the scalp, herbs are a gentle natural way to prevent hair loss and stimulate hair growth.

## **Polygonum Multiflorum is Used to Recolor and Regrow Hair**

Polygonum is known in Chinese medicine as He Shou Wu. For centuries this herb has been used to treat hair loss. Recently, the American Botanical Council reported that this herb may be useful to restore color to graying hair, as well as stimulating hair growth.

## **Ginseng Stimulates Hair Growth**

Ginseng is another herb long used in Chinese medicine. The herb is an adaptogen, helping the body adapt to stress, which is known to be a cause of hair loss. Ginseng is found in shampoos as well as tinctures that can be taken internally.

## **Lavender Stimulates the Scalp**

Lavender oils can be applied to the hair and massaged into the scalp. The herb draws the blood to the scalp, which helps prevent hair loss.

## **Thorn Apple Prevents Hair Loss**

Thorn Apple, also known as Jimsonweed, is a toxic herb that has been shown to help regrow hair. Used in Chinese herbal medicine for thousands of years to treat digestive disorders and even tuberculosis, Thorn Apple contains toxins known as scopolamine and hyoscyamine. The toxic alkaloids are also used in medicine as a gastric antispasmodic. The dried leaves are used to treat cough. Drinking fruit from the juice staves off hair loss, but high doses can cause irregular heartbeat and even coma.

## **Dong Quai Restores Hormonal Balance and Grows Hair**

Known as Dong Quai in Chinese medicine, the herb Angelica is used to stop hair loss. The active ingredient is an herbal form of a testosterone stimulant, called a phytotestosterone.

## **Aloe Vera Gel Soothes the Scalp**

The gel from the Aloe Vera plant soothes skin and acts as an anti-inflammatory when applied externally. By massaging the gel into the scalp, the pH balance of the scalp is restored and this helps regrow hair. Aloe also helps the hair retain water, and since one quarter of the hair is made up of water, this important function of Aloe Vera enables hair to remain nourished.

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<http://www.herbsforhairloss.com/>

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