



3 EFFECTIVE HERBS TO AVOID PREMATURE HAIR LOSS



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Ayurveda asserts that hair casualty is caused due to an imbalance in pitta and Vata while inappropriate functioning of sheesha and shonita resists hair from regenerating. Ayurveda proposes diet and lifestyle changes as per seasons, oiling, deaden nasal drops, panchakarma, medicated smoke, and utilizing herbs like amla, ashwagandha, and bhringraj.

Read More: <https://vitronaturalsblog.blogspot.com/2021/11/3-effective-herbs-to-avoid-premature.html>