## Ayurvedic and Spiritual remedies on Hair problems

## **Preface**

Nowadays, it is rare to find an individual without any complaints about hair. We often come across many complaints about hair, such as dandruff, premature greying of hair, hair fall or baldness. Presuming that most of these problems are physical or psychological in origin, they are treated mostly with Allopathy.

While studying complaints about hair, modern science considers only the physical and psychological reasons. However, excessive hair fall, growth of hair on the upper lip and the chin (resembling a moustache or a beard) in women is due to spiritual reasons. This Text also discusses the spiritual reasons underlying complaints about hair. Ayurvedic remedies have been provided in this Text on the various problems related to hair. Ayurvedic medicines eliminate the ailment from its root. Since they contain natural ingredients, they do not have any harmful effects.

We pray at the Holy feet of Shrī Guru that upon taking Ayurvedic treatment and performing spiritual remedies suggested, may everyone be freed from hair related problems! - **Compiler** 

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