Benefits of Neem Oil for Hair

Neem oil is a multi-purpose natural product originating in India. Neem oil has antifungal, antiviral, antiseptic and antibacterial properties. It is said to promote hair growth by moisturizing and conditioning, while nourishing and treating your hair and scalp. It prevents premature graying, excess shedding and hair loss. You should discuss use of any herbal product with a health-care provider. Women who are pregnant or planning to get pregnant should not use neem oil.

Origin

Neem oil comes from the seed of the evergreen neem tree growing in the tropics of India. The oil can be extracted from the seeds by way of cold pressing, or a process integrating temperature control. Extraction processes involving heat deplete much of the active ingredients of neem oil, so cold pressed neem oil is recommended for therapeutic use, as it’s more potent in quality. Neem oil contains vitamin E and essential fatty acids to condition and moisturize your hair and scalp to aid hair growth.

Healthy Scalp

A healthy scalp is an important element for hair growth and your scalp should be free of lesions, fungal infections and irritation. Neem oil is useful in treating a variety of scalp conditions, including psoriasis and dandruff. Mix neem oil with olive or coconut oil and apply to your scalp and hair for a hot oil treatment. You can also use neem shampoo to eliminate dryness and improve the condition of your scalp and hair.

Scalp Psoriasis

According to a 2009 article on the Mayo Clinic website scalp psoriasis, sometimes mistaken for seborrheic dermatitis, is a challenge to treat. Neem oil soothes irritation and eliminates scaling associated with psoriasis. Antibacterial agents in the oil can help to clear and prevent infections. Neem oil has, in fact, been so successful in treating psoriasis that in 2007 the Discover Neem website published a disclaimer to address whether neem oil cures psoriasis. The article emphasized that neem oil was not always successful in treating psoriasis, and that flare-ups could still occur even after conditions had improved.

Seborrheic Dermatitis

Seborrheic dermatitis, or dandruff, is a skin inflammation occurring with an over-production of oil and irritating yeast or malassezia. It can be triggered by stress, extreme weather, inadequate hygiene, cosmetics, obesity, neurological disorders or heredity. A 2004 report on the American Hair Loss website categorized it as being a skin condition affecting the scalp that can cause infection and lead to temporary hair loss. Neem oil is useful in treating seborrheic dermatitis. Its antifungal properties control yeast production, while antibacterial and antiseptic agents clear, heal and soothe infections and abrasions.

Eliminates Head Lice

According to a 2000 article on the Hair Loss Expert website, parasitic infection can result in hair loss. Head lice are common, especially among children. Lice survive by feeding on blood from your scalp, an important source of nutrition for your hair. They also release a chemical to keep lesions open on your scalp, enabling them to feed continuously. This is an irritant and can lead to hair loss. Neem oil treats parasitic infection, providing a natural alternative to chemical treatments. Discover Neem, in a 2007 article, highlighted two studies carried out in 2006 and 2007, where neem shampoo was proved
effective in treating all stages of head lice. Undiluted applications of neem oil is also said to be effective in eliminating head lice.

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