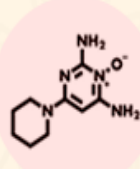


# Beneficial Properties Of Henna For Postpartum Hairfall



## Benefits of henna besides imparting color to hair



It has antioxidant and anti-inflammatory properties that may aid the healing of hair follicles.

A study found henna to be as effective as minoxidil in hair regrowth.



It is a natural conditioner and prevents split ends.

It has antibacterial and antifungal properties that may protect the scalp from infections.



## Hair packs to enhance the efficacy of henna



Henna and eggs pack makes hair glossy and well-conditioned.

Henna and amla hair pack is rich in vitamin C and vitamin E.



Henna and coffee pack provides a darker hue.

Henna and yogurt pack adds protein for stronger hair.



*Note: Postpartum hairfall is common and temporary. If it continues for too long or you notice other problems, speak to your doctor.*

## References

1. Comparison of the efficacy of topical lawsonia inermis and topical minoxidil in the treatment of telogen effluvium; Semantics Scholar
2. Ethnopharmacological survey of home remedies used for treatment of hair and scalp and their methods of preparation in the West Bank-Palestine; National Institutes of Health
3. Ayurvedic Medicinal Plant Lawsonia Inermis Linn.: A Complete Review; Research Gate
4. Functional and Nutraceutical Significance of Amla (Phyllanthus emblica L.): A Review; MDPI

