



What causes Hair Fall?



All you need to know about hair fall, hair loss & hair breakage - causes, symptoms and solutions.



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Hair loss is a common problem that causes a great deal of anxiety. Our hair enhances our looks, adds to our self-confidence and defines our personality in more ways than one. It influences the way others perceive us and can thus boost or dampen our self-esteem. So, when we see that our hair seems to be falling noticeably, we get worried.

Some Hair facts...

Hair is, to a great extent, protein. It grows about 1 centimetre a month which, compared to other tissues of the body, is very fast. Scalp hair has a life of about 4 years and grows within indentations in the skin known as hair follicles. There are about 120,000 follicles on the scalp.

The production centre for the hair is the hair bulb where cells are constantly dividing and, hence pushing the cells above in an upward direction. It is thus that the hair grows!

Below the hair bulb, is the papilla which serves as the communication link between the hair and the rest of the body. The body's blood supply circulates through the papilla and provides the nourishment necessary to keep your hair growing.

Your hair is so sensitive – due to its high rate of growth – that hair loss may be the first sign that something internal is wrong with you. It is hence we often refer to our hair as our body's barometer – it can indicate good health or the lack of it!

A hair, then, can provide clues for the diagnosis of certain internal bodily problems. It gives clues on whether the hair loss that you may be facing is normal or excessive!

The manner in which hair is lost can also give important clues as to the cause of the loss:

- From all over the scalp or from specific areas?
- From one spot or many?
- With or without sharply defined margins?
- With or without the hair follicles being destroyed?
- Quickly or slowly?

All these factors provide important information as to why the loss is occurring, is it normal or excessive, how long it will last, whether it is temporary or permanent, reversible or irreversible and what should be done about it!

These factors, and how to decipher them, are not always clear to the layman. It is scientific and needs a trained professional to read through. It takes a Trichologist to diagnose one's hair condition.

What causes hair to fall?

Our hair goes through a natural life cycle of growth and fall - proceeds through three important phases in its growth cycle, Anagen, Catagen and Telogen.

When you have a full head of hair, each scalp hair grows for about 4 years. This growing period (anagen) is followed by a short transitional phase and then a resting period (telogen) of about 2 or 3 months, after which the hair is shed from the scalp. A new hair takes its place within the same follicle. It is important to understand here that not all hair strands are going through the same phase at the same time.

Now with us, our hairs grow and fall in a random fashion. It is hence that you do not notice when which hair is in which phase of its life cycle! Your normal daily loss of hair thus goes unnoticed.

The rate of growth, compared to the rate of fall, or one's Anagen/Telogen (A/T) ratio is what helps determine if your hair loss is normal or excessive. The A/T Ratio is your clue here!

The normal percentage of hair in the falling stage is 20% and anything over this is abnormal and requires treatment. The ideal A/T Ratio is 80:20.

What is excessive hair loss?

Excessive hair loss simply means more hair than you normally lose. For some people, the daily loss is about 50 hairs whereas, for others, the daily loss may be about 100. Let us remind you that the A/T ratio varies from person to person.

Any kind of excessive hair loss stems from an internal imbalance.

The most common forms of hair loss are Diffuse Hair Loss and Telogen Effluvium where there is excessive hair loss from the entire scalp and not in any specific pattern such as with FPT or MPT.

Such hair loss is triggered as a reaction to a disturbance within the body. The disturbance may have been a temporary one to which the body quickly adjusts or it may be a more serious one which the body has quickly come to terms with. Whichever is the case, diffuse hair loss is an important sign that your body recently went out of balance and may still be out of balance.

What should you watch out for?

- 3 or 4 months after an illness or a major surgery, you may suddenly lose a large amount of hair. This hair loss is related to the stress of the illness and is temporary.
- Hormonal problems may cause hair loss. If your thyroid gland is overactive or underactive, your hair may fall out. This hair loss usually can be helped by treatment of thyroid disease.
- Hair loss may occur if male or female hormones, known as androgens and estrogens, are out of balance. Correcting the hormone imbalance may stop your hair loss.
- Many women notice hair loss about 3 months after they've had a baby, postpartum, or if they're going through menopause.
- Some medicines can cause hair loss – birth control pills and antidepressants, medicines used in chemotherapy to treat cancer, blood thinners (also called anticoagulants), medicines used for gout, Vitamin A (if too much is taken),
- Finally, hair loss may occur as part of a nutritional deficiency, or an underlying disease, such as diabetes. Since hair loss may be an early sign, it is important to find the cause to get it treated in a timely manner.

Is Hair breakage different from hair loss?

Hair's strength, elasticity, and health depend on how hydrated it is (its moisture content). When hair is hydrated well, the moisture in it allows it to swell or contract and thereby stretch plus bounce back without breaking. When your hair is dry it cannot stretch. It is then brittle and breaks off while you are brushing, styling or blow-drying, and in severe cases – just as you run your fingers through your hair!

Just like your body indicates irregular signs while experiencing Hair Loss, Hair breakage is something that's quite clearly visible. Hair Breakage is when your hair shaft breaks resulting in split ends and shorter hair strands. Basically, hair breaks off from any part of the hair shaft, and not from the root as in the case of hair loss discussed above.

The common causes of hair breakage are

- Excessive Heat Styling & Over-Styling,
- Using Wrong Hair Products
- Improper Hair Care Practices
- Not Having Regular Haircuts
- Medical Disorders

A Trichologist can identify the exact problem you have and identify the cause through clinical [diagnosis](#). Even if we are to discuss just diffuse hair loss, there are various types of it that you will not be able to decipher. There are various other concerns related to [PCOD](#), [postpartum hair loss](#), [thyroid disorder-related hair loss/thinning](#), [premature greying](#), androgenic [alopecia](#), [hair loss](#) triggered by and as a side effect to taking anti-depressant medications etc. that you may be facing and not quite felt the gravity of.

Trichologist can help clearly diagnose your condition during your [consultation](#), with a detailed analysis of your hair & scalp, your daily routine, diet, along with a discussion of your medical case history. The course of treatment may involve a topical treatment, [hair fall treatments](#), [rejuvenating therapies](#), changes to diet or routine habits, or other specific tricho treatments, depending on your hair's need.

RichFeel's TST+

TST+ is RichFeel's unique offering to combat Hair fall. It is a Patented Technique from Austria, collaboratively brought to India by RichFeel. A 360* therapy to nourish and stimulate hair.

It is an advanced treatment, designed to address the hair concerns & needs of men and women of today by disinfecting, detoxifying and rejuvenating your hair and scalp, thereby controlling hair fall.

It is unique in that it is the only such treatment that uses manual lymph drainage for detoxification and rejuvenation of hair follicles.

Benefits of TST+

- Strengthens hair follicles
- Protects hair shaft & follicles
- Disinfects, Detoxifies & Rejuvenates the scalp

It is a simple, hassle-free yet effective technique to take care of your hair on a regular basis.

360* treatment spread over 3 Months – 6 Clinic Sitzings + Home Care Kit + Hair supplements (internal + external + therapeutic treatment)

This treatment is not only curative but also preventive by nature. This helps is not just controlling the hair fall problem that you may be presently facing, but also addresses the overall health of your hair and scalp. Precisely why TST+ needs to be your go-to solution for hair fall!





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