



Cause of Hair Fall in Girls of Patna Women's College campus and Other Girl Hostels of Patna

• Saima Firdous • Shiwani Priya • Shefa Hasrat
• Shobha Shrivastava

Received : November 2016

Accepted : March 2017

Corresponding Author : Shobha Shrivastava

Abstract : *Hair is considered as essential part of overall identity, especially for women. Hair should be nourished properly so that hair fall does not occur. There are several causes of hair fall like diet, medication, illness, stress etc. Hair fall can be experienced by any age group. The study was aimed at estimating the cause of hair fall in girls of 18-22 years of age group in Patna Women's College and other Girl hostels of Boring Road Area of Patna. It was found that many factors affect hair fall but as observed, stress is the main cause of hair fall in girls. In addition, food habits also cause poor hair growth.*

Key words: *Hair fall, stress, shampoo, dandruff, food habits.*

Saima Firdous

B.Sc. III year, Zoology (Hons.),
Session : 2014-2017, Patna Women's College,
Patna University, Patna, Bihar, India

Shiwani Priya

B.Sc. III year, Zoology (Hons.),
Session : 2014-2017, Patna Women's College,
Patna University, Patna, Bihar, India

Shefa Hasrat

B.Sc. III year, Zoology (Hons.),
Session : 2014-2017, Patna Women's College,
Patna University, Patna, Bihar, India

Shobha Shrivastava

Assistant Professor, Deptt. of Zoology,
Patna Women's College, Bailey Road,
Patna-800 001, Bihar, India
E-mail : shrivastava.shobha07@gmail.com

Introduction :

Hair fall is sudden or gradual loss of hair from the head or scalp experienced by many people. There are several causes of hair fall like diet, medication, illness and some fungal infection. Hair fall can be experienced by any age group. A human head contains about 120,000-150,000 hairs. According to American Academy of Dermatology most people normally shed 50-100 hairs a day (Rogers, 2008). This usually does not cause noticeable thinning of scalp hair because new hair is growing in at the same time which shows regeneration of hair (Myung, 2012). Some hair treatment and use of hard chemicals on hair can also cause dry hair or complete hair loss. Not taking enough protein in our diet may cause poor hair growth, our body may ration protein by shutting down hair growth. Pregnancy hormone change can cause hair loss. Overdose of Vitamin-A containing supplement or medication can trigger hair loss. Hair growth is mainly affected by many hormones. It is also affected by molecular genetics and endocrine mechanism (Alonso and Rosenfield,2003). Hair grows in three different cycles that is anagen, catagen and telogen. About 90% of the hair on the