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DOCTOR'S SECRET

Guide to Hair Regrowth

Agar Isse Bhi Aapke Baal Girna Na Roke, Toh Phir Kuch Bhi Nahi Rokega.

(Hinglish Version)



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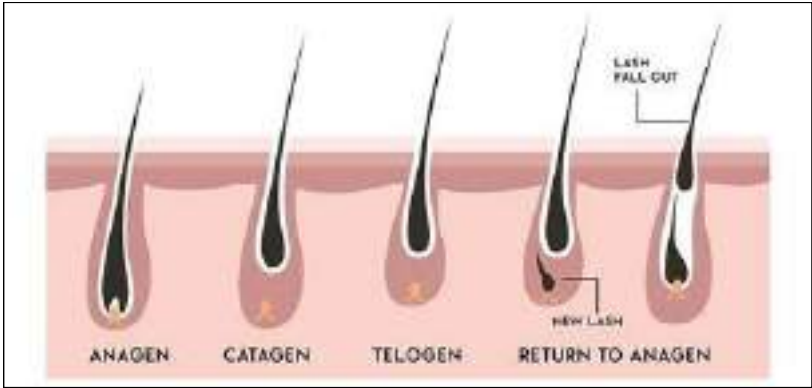
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Hair growth ko samajhte hai :



1. Anagen

Isse growth phase bhi kehte hai, yeh hair growth cycle ka **sabse lamba aur active stage** hota hai. Is dauraan, baal lagbhag 1-2 centimeter har mahine badhte hai.

2. Catagen

Catagen phase ek chhota 1-2 hafte ka transition stage hota hai jahan baalon ka badhna ruk jaata hai aur follicle apni blood supply se alag ho jaata hai, jisse **shedding phase ki tayyari** hoti hai.

3. Telogen

Yeh hair growth cycle ka sabse chhota aur kam active stage hota hai. Telogen phase mein **baal jhadte hai**. Jab zyada baal is resting phase mein chale jaate hai, toh shedding badh jaati hai, jise **telogen effluvium (TE)** kehte hai.

4. Exogen

Yeh hair growth cycle ka final stage hota hai, jab purane **baal gir jaate hai** aur naye baal unki jagah lete hai. Yeh phase aam taur par **6-12 mahine** tak chalta hai.

Kya **Masturbation** se Hair Loss hota hai?



Nahi, masturbation se hair loss nahi hota. Yeh sirf ek myth hai jiska koi scientific proof nahi hai. Hair loss, khaaskar male pattern baldness (androgenetic alopecia) jaise cases mein, in factors par depend karta hai:

- **Genetics:** Parivaarik itihās hair loss ka sabse bada reason hota hai.
- **Hormones:** Testosterone se banne wala ek hormone DHT (dihydrotestosterone) ke prati badhi sensitivity baalon ke patle hone aur girne ka ek bada kaaran hota hai.
- **Age:** Jaise-jaise umar badhti hai, baal naturally patle hone lagte hai.
- **Health Conditions:** Jaise alopecia areata, scalp infections, ya iron aur vitamin D jaise nutrients ki kami bhi hair loss ka kaaran ban sakti hai.

Yeh Myth Kyun Hai? :

- Masturbation se temporarily testosterone levels badhte hai, lekin **yeh changes thode samay ke liye hote hai aur iska baal growth ya loss par koi long-term effect nahi padta.**
- Yeh myth shayad testosterone ke baare mein galat samajh se shuru hua hoga, jo DHT sensitivity ke cases mein hair loss se indirectly juda hota hai.

Key Takeaway:

Masturbation ek normal activity hai aur jab moderation mein kiya jaata hai, toh yeh hair loss ya kisi aur significant health issue ka kaaran nahi banta.

Lekin iska matlab yeh nahi ki aap yeh PDF band karke abhi se masturbate karna shuru kar dein.

Root bulb ke saath baal jhadna normal hai ya chinta ki baat?



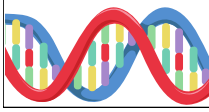
Jo root bulb aap dekh rahe ho woh **healthy shedding** ka sign hai—bilkul normal! Yeh actually achhi baat hai, kyunki root bulb ke saath baal girna ek natural cycle ka hissa hota hai, na ki breakage. Agar bulb na ho, toh iska matlab ho sakta hai ki baal toot rahe hai, jo ideal nahi hai.

Hair shedding ek **natural hair growth** cycle ka part hai. Har strand ek time ke baad apna **growth phase band karta hai**, girta hai, aur agle mahino mein naye baalon ke liye jagah banata hai. Yeh sab baalon ke saath hota hai, kyunki har strand ka ek terminal length hota hai jiske baad woh girta hai aur replace hota hai.

Rozana baal jhadna? Koi tension nahi—yeh bilkul normal hai. Agar kuch mahino tak zyada quantity mein shedding ho rahi hai, toh woh bhi thik ho sakti hai, jise Telogen Effluvium kehte hai. Yeh aksar **stress, illness, hormonal changes** ya **weight mein badlav** se trigger hoti hai. Achhi baat yeh hai ki yeh temporary hoti hai, aur baal jaldi wapas mote hokar ugte hai!

Lekin agar aapko bald spots dikhne lage, tab aapko thoda seriously dekhna chahiye ki asli problem kya hai.

Hairfall hone ke peeche kya **kaaran** hote hai?



Genetics

Inherited factors can predispose individuals to chronic alopecia conditions, contributing to hair loss.



Autoimmune



Family History



DHT Receptors



Genetic hair loss, jise androgenetic alopecia bhi kehte hai, ek hereditary condition hoti hai jo testosterone ke byproduct DHT ke prati sensitivity ki wajah se hoti hai. Yeh sensitivity dheere-dheere hair follicles ko shrink kar deti hai, jisse baal patle aur kamzor hote jaate hai. Aadmi mein yeh usually hairline ke peeche hatne aur crown pe thinning ke roop mein dikhta hai (male pattern baldness). Aurat mein yeh poore scalp par diffuse thinning ke roop mein hota hai (female pattern hair loss). Iska progression genetics, hormonal changes aur age par depend karta hai.

Alopecia areata :

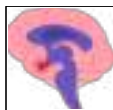
Alopecia areata ek autoimmune disease hai. Yeh tab hoti hai jab kisi vyakti ka immune system uske khud ke hair follicles par attack karta hai, jisse baal jhadte hai. Alopecia areata mein baal chhote-chhote patches mein girte hai.



Treatment : Rx:

1. Injection: Triamcinolone Acetonide
2. Concentration: 2.5–10 mg/ml
 - Inject 0.1 mL per site intradermally.
 - Total volume: Up to 3 mL (15 mg) per session.
3. Frequency: Every 4–6 weeks.

Hairfall hone ke peeche kya **kaaran** hote hai?



Hormones

Harmonal imbalances like those during puberty or pregnancy, can worsen dandruff & lead to hair loss



High
Testosterone



Thyroid
Dysfunction



Post
Pregnancy

Hormones ka hair growth se gehra connection hota hai; isliye yeh hair cycle aur hair follicle ke structure par bada asar daalte hai. Kai hormones hair growth, cycle aur density ko control karte hai.

Androgens, Oestrogen, Cortisol, aur Thyroid jaise hormones baalon ki health aur growth par major impact daalte hai.

1. Androgens - Androgens ek group hote hai sex hormones ka jo puberty start karne aur physical maturity mein help karte hai. Testosterone sabse common androgen hai. Jab androgens high hote hai toh face, axilla, pubis aur chest jaise body parts ke hair follicles zyada mote hote hai, lekin scalp par yehi androgens hair follicles ko shrink ya weak kar dete hai.

Anil Kapoor ke chest mein zyada baal hai phir bhi woh ganje kyun nahi hai?

Clearly, Anil Kapoor ke chest mein androgen receptors ki matra bahut zyada hoti hai, lekin unke scalp mein yeh receptors kaafi kam hote hai, is wajah se unhe baldness ka issue nahi hota. Stress hone par body mein zyada androgen receptors activate hote hai, jo hair follicles ko weak bana dete hai. Isliye jitna kam stress hoga, utne zyada baal healthy rahenge aur hair loss ka risk bhi kam ho jaata hai.

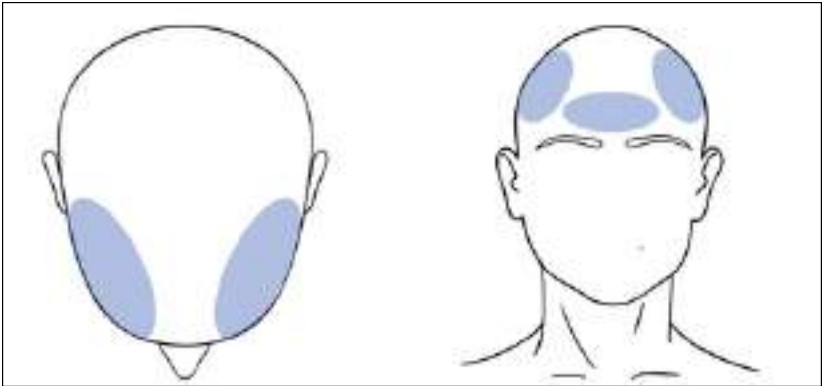


Chalo main tumhara **concept** build karta hoon Yeh baat tumhe **koi nahi** batayega

Kuch aadmiyon mein DHT level high hota hai fir bhi unke sar ke baal nahi girte. Jaise actor Anil Kapoor ko hi le lo, unke chest pe itne zyada baal hai (jo high DHT ka sign hai), phir bhi unke head ke baal bilkul safe hai.

Jo aadmi ganje hote hai ya jinke baal jhad rahe hote hai, unke hair follicles mein androgen receptors zyada hote hai. Yeh receptors DHT ko attract karte hai, jisse hair follicles dheere-dheere shrink hone lagte hai.

Is concept ko samajhne se hum male baldness ka better treatment aur solution dhoondh sakte hai. **DHT hair loss mein role zarur play karta hai, lekin hair follicles mein androgen receptors ki quantity decide karti hai ki koi aadmi ganja hoga ya nahi.** Yeh process **miniaturization** kehlati hai, jisme baal patle aur chhote hote jaate hai. Aakhir mein follicles baal banana bandh kar dete hai.



Higher Density Area of Androgen Receptors

Chalo main tumhara **concept** build karta hoon Yeh baat tumhe **koi nahi** batayega



Metabolism

Metabolic disorder such as insulin resistance or thyroid issues, can disturb scalp health, leading to hairfall



Nutrition

Nutritional Deficiencies like iron, vitamins (such as vit D, B12 & Biotin), and minerals can disturb hair growth



High Stress



Chronic Diabetes



Disturbed Sleep



Multivitamin Deficiencies



Bad Eating Habits



Cigarette Smoking

2. Oestrogen – High levels of oestrogen se Gynacomastia (Man Boobs), Infertility (sperm production kam hona), Erectile dysfunction, Decreased muscle mass aur increased fat deposition ho sakta hai. Ab se hormonal profile mein oestrogen bhi test karna hai.

3. Thyroid – Thyroid hormone ka hair follicles ke development aur maintenance mein important role hota hai. Agar body mein thyroid hormone zyada ya kam ho, toh yeh system ko shock de sakta hai aur "**Telogen Effluvium**" hair loss ho sakta hai jab thyroid gland properly kaam nahi karta. Yeh hypothyroidism ya hyperthyroidism ka sign ho sakta hai.

4. Cortisol - When cortisol levels are elevated due to chronic stress, it can lead to hairfall. Cortisol can also disrupt the balance or other hormones in the body, including **testosterone & estrogen**.

Salman Alopecia Areata kaise treat karta hai?



Aisa mana jaata hai ki Salman Alopecia Areata ke treatment ke liye ye ingredients ka use karta hai:

- Phenol
- DPCP (Diphencyprone)
- DNCP (Dinitrochlorobenzene)
- Sat-be (this seems to be a proprietary or regional formulation)
- Croton Oil

"Free me dvai lage gi mere bhai 15 min me dho lena"

Yeh kaise kaam karta hai?? Aur woh 15 minute mein dho lene ko kyun kehta hai?

Phenol, DPCP, DNCP, Satbe aur **Croton oil** ka combination alopecia areata ke treatment ke liye use kiya jaata hai:

1. Phenol – Phenol scalp ko irritate karke hair regrowth promote kar sakta hai, lekin agar sahi tarike se use na kiya jaye toh yeh jalan, irritation ya daag bhi kar sakta hai.

2. DPCP (Diphencyprone) – DPCP ko contact immunotherapy mein alopecia areata ke liye commonly use kiya jaata hai aur jab doctor ke dwara lagaya jaaye toh yeh generally safe mana jaata hai. Yeh **allergic reaction** ya **skin irritation** bhi kar sakta hai.

3. DNCP (Dinitrochlorobenzene) – DPCP ki tarah, DNCP bhi contact immunotherapy ke liye use hota hai aur effective ho sakta hai. Lekin isme bhi **allergic reaction ya irritation ka risk** hota hai, aur iski **safety use kiye gaye ingredients** aur unki concentration par depend karti hai.

4. Croton Oil – Croton oil ek strong irritant hai jo galat tareeke se use karne par skin burns ya severe irritation kar sakta hai. Iska use bahut hi savdhani se aur doctor ki guidance mein hi karna chahiye taaki scalp ko damage hone se bachaaya ja sake.

5. Safety ke liye yeh advice di jaati hai ki in chemicals ko apply karne ke 10-15 minute ke andar dhoyaa jaaye taaki side effects se bacha ja sake.

Kya yeh Male Pattern Baldness ko treat kar sakta hai?

Nahi, yeh ingredients alopecia areata ke liye helpful ho sakte hai, par male pattern baldness ke liye effective nahi hai.

Kya Salman logon ko scam karne ki koshish kar raha hai?

Mujhe nahi lagta, woh ek unique solution lana chahte hain. Unki niyat achhi hai, lekin unke methods aur safety standards kaafi harmful ho sakte hain.

Micro-Needling ke baare mein sab kuch

Dermastamp ek device hai jo kaam karta hai is tarike se :

- **Stimulates Hair Follicles:** Scalp mein chhoti-chhoti choton ke zariye wound-healing process activate hota hai jo dormant hair follicles ko jagata hai.
- **Increases Collagen Production:** Collagen synthesis ko promote karta hai jisse scalp healthy banta hai aur hair growth ke liye accha environment milta hai.
- **Enhances Topical Absorption:** Minoxidil, peptides ya growth factors jaise serums ki absorption aur effectiveness ko improve karta hai.
- **Promotes Blood Circulation:** Hair follicles tak khoon ka flow badhata hai, jisse essential nutrients aur oxygen milta hai.



Kab nahi karna chahiye Micro-Needle?

1. **Active Infections ya Inflammation:** Agar scalp mein fungal ya bacterial infection ho to avoid karo.
2. **Skin Conditions:** Psoriasis, eczema ya severe dandruff hone par use mat karo.
3. **Blood Disorders:** Clotting disorder wale ya blood thinner lene wale patients avoid karein.
4. **Pregnancy ya Breastfeeding:** Is period mein safety clearly proven nahi hai.
5. **Recent Surgery ya Scalp Injury:** Scalp fully heal hone tak wait karo.
6. **Severe Hair Loss:** Jahan follicles completely destroy ho chuke ho, wahan ye effective nahi hota.

Micro-Needling ke baare mein kuch myths :

1. **Dermastamp raat bhar kaam karta hai:** Baal ugne mein samay lagta hai, aam taur par 3–6 mahine lagte hain lagatar istemal se.
2. **Yeh permanent scalp damage kar sakta hai:** Sahi tarike se istemal karne par, yeh scalp ko nuqsan nahi pahuchata.
3. **Dermastamp akela kaafi hai:** Parinaam tabhi behtar hote hain jab ise Redensyl, Capixyl, ya Procapil jaise treatments ke saath istemal kiya jaye.
4. **Yeh baal girane ka kaaran hai:** Temporary shedding (shock loss) ho sakta hai, par yeh regrowth process ka hissa hai.
5. **Dermastamp sirf mardon ke liye kaam karta hai:** Yeh auraton ke liye bhi utna hi prabhavi hai jo kuch hair loss ke types ka samna kar rahi hain.

Chalo baat karte hain **Dandruff** ke baare mein

A-z about Dandruff

Q) Dandruff kya hai?

Ye ek fungus hoti hai jo sabke scalp par hoti hai jiska naam hai **Malassezia**. Jab ye fungus control se bahar **badhne lagti hai** tabhi dandruff ke symptoms dikhte hain. Kuch log naturally dandruff ke liye zyada sensitive hote hain. Lekin **stress, age, hormones aur hygiene** jaise factors is fungus ko zyada badhne mein madad karte hain, jiski wajah se dandruff aur bhi worsen ho jata hai.

Q) Dandruff ke types kya hai?

Dandruff ko dermatology ke hisaab se do categories me divide kiya gaya hai: Dry dandruff aur Oily dandruff (seborrheic dermatitis).

- **Dry Dandruff:** Ye dry scalp ki wajah se hota hai jisme skin cells jaldi shed hone lagte hai. Isme **chhoti, safed flakes** dikhai deti hai bina kisi sujan ya irritation ke.
- **Oily Dandruff:** Ye excessive sebum production aur Malassezia fungus ke karan hota hai. Bade **chipchipe flakes, zyada itching**, redness, oily scalp hota hai, aur dandruff hair wash ke kuch din baad wapas aa jata hai.

Dono types mein skin shedding tez hoti hai, lekin oily dandruff mein fungal growth ke karan inflammation bhi hota hai, jabki dry dandruff aam taur par halka hota hai aur irritation nahi hoti.

Q) Mujhe lagta hai mere scalp par pimples hain. Yeh asal mein kya hote hain?

Scalp Folliculitis ke Lakshan: Laal daane, jalan, pus se bhare phode, scalp mein dard, jhilsa hui twacha, aur kabhi kabhi baalon ka jhadna.

Kaaran: Bacterial ya fungal infection, andar ghuse hue baal, zyada pasina, tight hairstyles, aur kharab safai.

Rx: Doxycycline ek hafte ke liye diya jata hai – sirf doctor ke prescription ke baad lena chahiye.

Dandruff ke liye **Treatments** :

For Any Sort of Dandruff ; 100% resultts



ANTI DANDRUFF SHAMPOO

Piroctone + Zpto + Salicyclic + PC
P5 Days a Week ; 8-10 mins
application time (Works Best)



TEA TREE OIL+ ALOE V

Coconut oil + Tea Tree Oil: Thoda tea tree oil, coconut oil mein mila kar, shampoo karne se 1-2 ghante pehle scalp lagaayein.



APPLE CIDER VINEGAR SOLUTION

Barabar matra mein apple cider vinegar aur paani milaakar scalp par 15-20 minute tak lagaayein, phir dhoyein.



FOR OILY/GREASY DANDRUFF

Antifungals
Antibacterials (Amoxi-clav 625mg)
Anti-allergic

Khud se dawa na lein, apne doctor se consult karein.



Par sirf Anti Dandruff Shampoo hi kyu?

Isme Piroctone Olamine, Salicylic Acid, ZPTO aur plant extracts hote hain. Ek safer aur fast kaam karne wali alternative choose karna hi best choice hoti hai.

Symptoms Check:

1. Naakhunon mein chipakne wala oily substance jab sar ko khujlate ho
2. Baal dhone ke 2 din baad phir se dandruff aajata hai
3. Scalp hamesha oily rehta hai, lekin baal dry lagte hai
4. Baal girte hai aur unke end mein safed bulb jaisa hota hai
5. 8 mahino se kabhi kabhi dandruff ho raha hai

Agar aapko ye symptoms dikh rahe hai, toh sirf dandruff nahi hai, ye **Dermatitis** ho sakta hai. Iske liye sirf shampoo kaafi nahi, shayad aapko oral antifungal ya antibacterial **dawa** bhi **leni padegi** taaki dandruff ko puri tarah se khatam kiya ja sake.

5 common cheezein jo mere sabhi **successful** patients ne follow ki:

1. Apne baalon ke liye sahi khana khao:

- Nutrient-rich foods jaise leafy greens, eggs, nuts, aur salmon essential vitamins (A, C, D, E) aur minerals (iron, zinc) provide karte hain jo hair health ko support karte hain.

2. Stress ko harao:

- Relax & Unwind: Zyada stress baalon ke growth ko disrupt kar sakta hai. Meditation aur deep breathing try karo.
- Get Moving: Exercise sirf mood hi nahi, blood flow bhi improve karta hai, jo hair follicles ke liye beneficial hai.

3. Apni Neend Ko Prathmikta Do:

- Apni Khoobsurti Bhari Neend Lo: Achhi neend (har raat 7-9 ghante) sharir ki marammat aur baalon ke vikas mein madad karti hai.
- Silk ke Pillowcase: Silk ke pillowcase istemal karne se ghaav kam hote hain aur baalon ka tootna bhi kam hota hai, ya fir lambi baalon ko sone se pehle halka sa guth lein.

4. Apne Scalp ka Dhyan Rakho:

- Scalp Massages: Rozana thoda sa scalp massage karne se khoon ka daura badhta hai aur follicles tak poshan pahuchta hai.

5. Limit Heat and Chemicals:

- Protect from Heat: Apply a heat protectant before styling and embrace air drying when you can.
- Go Natural: Try natural, low-stress hairstyles to give hair a break from harsh treatments

Agar woh kar sakte hain, **toh aap kyun nahi?**

Mere sabse consistent patient ka portfolio:



Yeh saare patients bina minoxidil, finasteride, ya PRP ke successfully treat kiye gaye hain. Hum believe karte hain ki hair restoration ke liye safer, natural, aur effective solutions diye jaye. Hamara approach root cause pe focus karta hai aur holistic treatments provide karta hai, jisse long-term results milte hain bina kisi harsh chemicals ya procedures ke. Hum yeh common treatments recommend nahi karte, kyunki unke side effects ho sakte hain aur yeh underlying issues ko address nahi karte.

Chalo, ek **test** saath mein karte hain.

Doxab jab bhi balon pe hath marta hun 3-4 to aise hi aajate hain

Hair pull test ek simple clinical diagnostic procedure hai jo active hair loss ko assess karne ke liye use hota hai. Yeh hair shedding ke severity aur type ko determine karne mein madad karta hai aur further evaluation ya treatment ko guide kar sakta hai.

Kaise Kiya Jata Hai:

Examiner scalp ke kareeb 40-60 baal ka chhota section pakadta hai.

Baalon par halki kheench lagai jati hai.

Jo baal asani se nikal jate hain, unhe count kiya jata hai.

Interpretation:

Normal Result: Agar 5-10 baal se kam gir rahe hain, toh ise aam tor par normal mana jata hai.

Abnormal Result:

Agar 10 se zyada baal gir rahe hain, toh yeh active hair shedding ko indicate kar sakta hai, jo ki in conditions se judi ho sakti hai:

- Telogen Effluvium (stress, bimari, ya hormonal changes ke baad temporary shedding)
- Alopecia Areata (autoimmune hair loss)
- Androgenetic Alopecia (pattern hair loss)

Limitations:

Yeh hair loss ke underlying cause ko pinpoint nahi karta.

False positives ho sakte hain agar baal recently wash ya comb nahi kiye gaye ho, kyunki isse naturally shed hone wale baal nikal sakte hain.

Additional Evaluation:

Agar hair pull test abnormal hai, toh aage ki investigation jaise trichoscopy, scalp biopsy, ya blood tests (jaise iron, zinc, biotin ki kami ke liye) ki zarurat ho sakti hai, taaki cause identify kiya ja sake.

2 TAB A DAY, KEEPS THE **DERMATOLOGIST** AWAY

Permanent results ke liye kam se kam 2-4 mahine lein.

Advance Molecules:

- Japanese Tech Biotin – 8000 mcg
- Keratin Builder – 20 mg
- Bhringraj – 40 mg
- Ginkgo Biloba – 15 mg
- Asparagus Extract – 10 mg
- Ashwagandha KSM-66 – 600 mg
- Ferratin – 16 mg
- Shatavari – 10 mg

DHT Blocker:

- Curry Leaf – 40 mg
- Saw Palmetto – 300 mg
- Pine Bark Extract – 50 mg
- Pumpkin Seed Extract – 50 mg
- Grape Seed Extract – 100 mg
- Stinging Nettle Extract – 200 mg
- Green Tea – 50 mg
- Beta-Sitosterol – 120 mg

Omega:

- Omega 3 – 100 mg

Vitamins and Other Nutrients:

- Vitamin A – 600 mcg
- Vitamin B1 – 1.4 mg
- Vitamin B2 – 1.6 mg
- Vitamin B3 – 18 mg
- Vitamin B5 – 5 mg
- Vitamin B6 – 2 mg
- Vitamin B12 – 2.4 mcg
- Vitamin B9 – 47.2 mcg
- Vitamin C – 40 mg
- Vitamin D (600 IU) – 15 mcg
- Vitamin E – 10 mg
- Iron – 9.93 mg
- Zinc – 7.66 mg
- Selenium – 40 mcg
- Calcium (Ca) – 70 mg
- Phytosterol – 90 mg
- Lycopene – 5 mg
- Folic Acid – 300 mcg
- N-Acetyl Cysteine – 50 mg
- L-Lysine – 50 mg



Agar aap **yeh miss** karte ho, toh aapke **baal patle** reh jaayenge.

- **Biotin:** Eggs, nuts (almonds, walnuts), and legumes (lentils, chickpeas)
- **Vitamin B12:** Dairy products (milk, yogurt), eggs, and fortified cereals
- **Vitamin C:** Citrus fruits (oranges, lemons), guavas, and amla
- **Vitamin E:** Nuts (especially almonds), seeds (sunflower), and spinach
- **Vitamin B1 (Thiamine):** Whole grains (brown rice, oats), pulses, and nuts
- **Vitamin B2 (Riboflavin):** Dairy products, eggs, and leafy green vegetables
- **Vitamin B3 (Niacin):** Chicken, fish, and legumes
- **Vitamin B5 (Pantothenic Acid):** Avocados, mushrooms, and whole grains
- **Vitamin B6 (Pyridoxine):** Bananas, chickpeas, and potatoes
- **Keratin:** Meat, eggs, and dairy products (rich in protein)
- **DHT Blockers:** Saw palmetto, pumpkin seeds, and green tea
- **Zinc:** Pumpkin seeds, chickpeas, and lentils

A Nutritionist Never Wants you to **know this.**

Step 1:

Is link par jao: [Calorie Calculator](#)

Apne details bhar ke apna Daily Calorie Intake nikalo.

Step 2:

Jo result page aayega uska screenshot le lo.

Step 3:

ChatGPT kholo, screenshot upload karo aur neeche wala prompt copy-paste karo:

Prompt 1:

Hi ChatGPT, yeh mera daily calorie intake hai. Mera goal hai (Hair Growth / Hair Growth & Body Building).

Mere food preferences hain (North Indian Veg / South Indian Non-Veg).

Mera monthly budget hai (₹5000 / ₹6000).

Main rehta hoon (Delhi / Madhya Pradesh).

Meri meal timings hain (3 meals per day / Snacks / Intermittent Fasting).

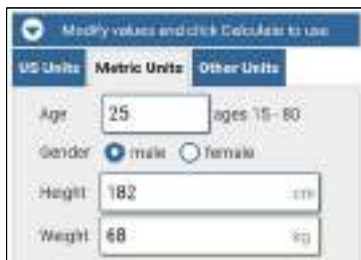
Mujhe ek weekly diet plan do table format mein.

Prompt 2:

Please is diet plan ko ek PDF format mein convert karo.

Final Notes:

- Aapka free diet plan tayar hai—enjoy karo
- Har 3 mahine baad plan ko body ke changes ke hisaab se update karte raho.



Modify values and click Calculate to use

US Units	Metric Units	Other Units
Age	<input type="text" value="25"/>	ages 15-80
Gender	<input checked="" type="radio"/> male <input type="radio"/> female	
Height	<input type="text" value="182"/>	cm
Weight	<input type="text" value="68"/>	kg

Maintain weight	2,037	100%
	Calories/day	
Mild weight loss	1,787	88%
0.25 kg/week	Calories/day	
Weight loss	1,537	76%
0.5 kg/week	Calories/day	
Extreme weight loss	1,037	51%
1 kg/week	Calories/day	

Baal ki Growth aur Thickness ke liye **Super Diet Plans** :

Meal	Food	Nutrients for Hair Health
Breakfast	Moong Dal Chilla (Lentil Pancake)	Moong dal (protein, iron), adds hair-strengthening nutrients
	Optional A glass of buttermilk	Buttermilk (probiotics, calcium)
Mid-Morning Snack	Roasted Peanuts & Chana (Chickpeas)	Peanuts and chickpeas (protein, biotin, healthy fath)
Lunch	Rajma (Kidney Bean) Curry with Rice	Rajma protein, iron, zinc, rice for energy
	Side Mixed vegetable sabai	Adds vitamins (A and antioxidants)
Evening Snack	Sprouts Sallad	Moong sprouts (protein, folate), mixed with onion, tomato, lemon
Dinner	Besan (Gram Flour) Roti with Dal	Besan roti (high protein), dal protein, fiber)
	Side Spinach or Methe (Fenugreek) Sabot	Leafy greens run, folate, vitamin C

Adon for Non-Vegiterians

Ab Protein intake bhi pura and Diet bhi

Meal	Food	Nutrients for Hair Health
Breakfast	Egg Bhurji with Whole Wheat Toast	Eggs (protein, biotin), whole wheat (fiber, B vitamins)
	Optional: Fresh fruit, like an orange	Adds vitamin C to boost collagen and scalp health
Lunch	Chicken Curry with Brown Rice	Chicken (protein, zinc), brown rice (fiber, magnesium)
	Side: Cucumber & Carrot Salad	Adds vitamin A and hydration
Dinner	Grilled Fish with Roti	Fish (high-quality protein, omega-3 fatty acids), roti (fiber)
	Side: Stir-fried vegetables like spinach	Provides vitamins A, C, iron, and folate for hair growth

Nakhre-so-fy Diet:

Nakhre wale Patients ke liye, jo chahte hain Tasty Diet Plans

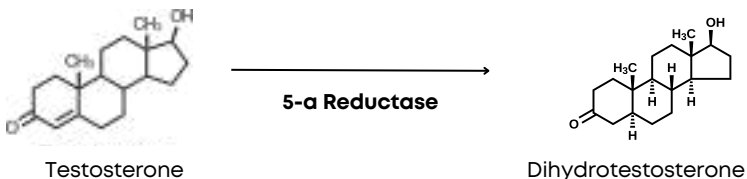
Meal	Food	Nutrients for Hair Health
Breakfast	Paneer & Veggie Stuffed Paratha	Paneer (protein, calcium), whole wheat (fiber, B vitamins)
	Serve with mint-coriander chutney	Adds flavor and antioxidants
Mid-Morning Snack	Fruit & Nut Greek Yogurt Bowl	Greek yogurt (protein, probiotics), nuts (biotin, healthy fats), berries
Lunch	Chole (Chickpea Curry) with Jeera Rice	Chickpeas (high protein, zinc), rice (energy)
	Side: Onion-tomato-cucumber salad with lemon	Adds vitamin C and antioxidants
Evening Snack	Masala Moong Sprouts Chaat	Sprouted moong beans (protein, folate), with tomatoes, onions, and lemon
Dinner	Palak Paneer with Roti	Spinach (iron, folate, vitamin C), paneer (protein, calcium)
	Side: Mixed vegetable sabzi (carrot, beans)	Extra fiber, vitamins, and minerals

Androgenetic Alopecia:

Male pattern baldness , Female Pattern Baldness , Common Balding

AGA sabse common type ki non-scarring alopecia hai, jo zyadaatar patients ko hoti hai.

Kaam karne ka tareeka



DHT ek metabolite hai jo Pattern Baldness ka kaaran banta hai. Scalp ka sabse sensitive hissa DHT ke prati hota hai:

1) Crown Area 2) Frontotemporal Area, jo Androgen ke exposure par miniaturization (size aur area mein kami) dikhata hai.

Kya body ke sabhi parts Androgen ke exposure par miniaturization dikhate hain? **NAHI**, puberty ke baad Androgen ka effect body aur facial hair ke development mein hota hai, males mein awaaz patli hone ke bajay heavy hoti hai aur Adam's Apple zyada thick ho jaata hai.

How Does the Patient Presents:

Males usually present with:

- 1. Androgen-sensitive areas (Crown & Hairline) mein hair growth ka decline**
- 2. Hair ka terminal end hypopigmented, thin, short aur vellus hair ban jata hai**

Females usually show:

- 1. Crown area ka thinning aur parting ka widen hona, lekin hairline usually intact rehti hai.**

Kuch kam sankhya mein purushon mein frontal hairline bani rehti hai, lekin crown (yaani vertex area) mein thinning dekhne ko milti hai.

Jin purushon mein AGA (Androgenetic Alopecia) jaldi shuru hoti hai, unmein hair loss bhi jaldi aur tezi se badhta hai.



Hair fall ki stages?



Androgenetic Alopecia ko kaise confirm karein?

Ek normal male mein Terminal Hair aur Vellus hair ka ratio 7:1 hota hai, lekin AGA mein yeh ratio 4:1 ho jata hai, jo Trichogram par confirm kiya ja sakta hai.

AGA ko kis se confuse ho sakte hein ; Differential Diagnosis

Telogen Effluvium: Hair shedding hi main complaint hoti hai, hair thinning nahi. Shedding sirf crown aur hair-line (frontotemporal area) tak simit nahi hoti. Hair pull test positive (+) hota hai.

Diffuse Alopecia Areata: Sudden diffuse hair shedding hota hai, jo patchy form mein dikhta hai. Eyebrows aur eyelashes ka hair loss bhi ho sakta hai.

Exclamation Hair Sign: Trichoscopy par dekha jata hai.

Swarm of Bees Sign: Scalp biopsy mein dikhta hai, jab lymphocyte cells hair bulb ke aas paas jama ho jate hain.



Alopecia Areata ka Case, Microscopy par '**Swarm of Bees**' dikh raha hai



Exclamation hair sign, jaise Trichoscopy mein dikhai deta hai

Treatment for AGA:

AGA ka ilaaj kaafi personal hota hai. Jo aadmi apne baldness ko apni social, psychological aur personal life par badi problem maante hain, unhe proper counselling ke saath treat kiya jaana chahiye—taaki unki hair regrowth aur improvement ko leke realistic expectations ban sakein.

AGA ka ilaaj alag-alag categories mein divide hota hai:

- 1) Drug Treatment
- 2) Surgical Treatment
- 3) Cosmetic Caouflage

Drug Treatment:

1. Redensyl Capixil Procapil Aminexil: RCP combo ek emerging treatment hai AGA ke liye. Peptide based treatment ka sabse bada fayda hai ki side effects na ke barabar hote hain, isliye patients isse easily accept kar lete hain. Research ke mutabik, RCP aur minoxidil groups ka compare karne par pata chala ki RCP wale patients ne better results diye: (minoxidil group 25.5% vs. RCP group 64.7%), higher photo score (minoxidil: 60% vs. RCP: 88.9%), aur self-score bhi zyada mila RCP group ko.

Topical minoxidil (2,5,10%): Kya lagta hai aapko minoxidil sirf blood flow badhata? Minoxidil ka kaam kuch is tarah se hota hai - a) Vasodilation se follicle ko zyada blood milta hai. b) Angiogenic aur mitogenic effect se stem cell active. c) Iska immunosuppressive aur procollagenic role bhi hai.

Q) Minoxidil lagate hi hair fall kyun hota hai? A: Minoxidil hair cycle fast karta hai, jisse baal telogen (rest) se anagen (growth) phase mein chalte hain. Is se purane baal girte hain aur naye strong baal ugte hain. Yeh shedding temporary hoti hai – kuch hafte ya mahine tak – aur iska matlab hai ki treatment kaam kar raha hai.

Oral Finasteride: Finasteride AGA ka ilaaj hai – yeh 5 α -reductase II enzyme ko rokta hai jo testosterone ko DHT banata hai. DHT hi follicles ke shrink hone ka reason hai. Finasteride DHT ko 60-70% tak kam karta hai, jisse baal motay hote hain. 1 mg daily diya jata hai – par agar aap band karte ho, toh DHT phir se badhne lagta hai aur hair fall shuru hota hai.

Treatment for AGA:

Surgical Treatment

Platelet Rich Plasma: Yeh ek minimally invasive technique hai jisme patient ke body se venous blood liya jaata hai, fir usse centrifuge karke Platelet Rich Plasma nikala jaata hai jisme kai growth factors hote hain jaise Vascular Endothelial Growth Factor, Fibroblast Growth Factor, Platelet Derived Growth Factor jo hair growth ko promote karte hain.

Q) PRP ke kitne sessions chahiye hote hain?

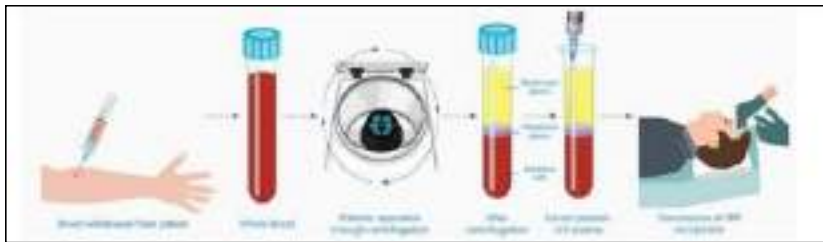
A) Generally, 3-4 initial sessions 4-6 weeks ke gap me kiye jaate hain, uske baad maintenance har 3-6 mahine me hota hai.

Q) Kya PRP therapy painful hoti hai?

A) Injections ke wajah se thoda discomfort ho sakta hai, lekin pain kam karne ke liye numbing agent use kiya jaata hai.

Q) PRP ke results kitne time tak tikte hain?

A) Results ek saal ya usse zyada tak tik sakte hain, aur hair growth maintain karne ke liye maintenance sessions zaroori hote hain.



Microneedling: Ye technique chhoti-chhoti micro-injuries create karke hair growth promote karti hai, jo growth factors (PDGF, EGF, VEGF) ko activate karti hai, blood flow badhati hai, aur Wnt/ β -catenin pathway ko activate karti hai—ye sab milkar hair follicle ki health aur growth ko support karte hain. Isse topical treatments jaise Redensyl ya peptides ki absorption bhi improve hoti hai, jo unki effectiveness badhata hai.

Low Level Light Therapy: Kuch LLLT devices ko FDA ne kuch alopecia ke treatment ke liye approve kiya hai. Ye red ya near-infrared light ka use karke hair follicles ko stimulate karta hai, circulation improve karta hai aur hair regrowth promote karta hai. Ye non-invasive, safe aur effective treatment hai androgenetic alopecia ke liye. Laser combs ya helmets jaise devices ka regular use kuch mahino mein baalon ko zyada thick aur strong bana sakta hai.

Case Study -1 (Genetic Hairloss)

Chalo Diagnose karein aur Treat karein ek Genetic Hair Loss ka Case:

Ek **26 saal ka ladka** aaya hai jise **crowns** aur **frontal scalp** mein **dheere dheere baalon ke patle** hone ki shikayat hai. Usse **oily dandruff** hai jiske saath **khujli** aur scalp ka jhadna bhi ho raha hai. Koi aur bimaari ya symptoms nahi hain. Uske father aur chacha ko bhi pattern baldness thi, matlab **family history positive** hai. Patient ka kehna hai ki hair loss uski confidence aur social life ko kaafi affect kar raha hai, jiske kaaran wo **emotional stress** mehsoos kar raha hai.



Chalo is case ko step by step solve karte hain:

1. Medical History:

Sabse pehle ek detailed medical history li jaayegi jismein include hoga:

Chief complaint, past history, drug history, family history, comorbidities, scalp health aur mental health history.

2. Scalp Analysis:

- **Frontal Recession:** Temple ke aaspaas visible deep thinning hai.
- **Intermediate Band of Hair:** Crown aur frontal bald areas ke beech ka region abhi tak intact hai, par thoda thin dikh raha hai.

Ye sab Grade 4 Male AGA + Seborrheic Dermatitis suggest karta hai.



Additional Finding:

Visible dandruff aur scalp scaling seborrheic dermatitis ko indicate karta hai, jo inflammation badhakar hair loss ko aur severe bana sakta hai.

Rx

Follow after 3 weeks

1. Humne Anti-dandruff Shampoo 3-4 baar haftay mein 2 hafte tak use kiya + oral Antifungal jo prescribe kiya gaya tha.

2. Patient ko Multi-vitamins, Multi-minerals, aur Plant-based DHT blockers diye gaye – **Japanese Biotin + Saw Palmetto & Piroctone Olamine Shampoo** is patient ke liye choose kiya gaya.

3. Serums RCP ko raat ko ek baar daily lagana tha 3 weeks ke liye, jiske baad frequency badhai ja sakti hai.

Note: Agar minoxidil شامل karna ho, toh woh sirf 3 weeks ke baad hi شامل karein kyunki alcohol scalp ko irritate karke inflammation badha sakta hai.



Progress: Dermatitis ab control mein hai aur hair quality mein **improvement dikh raha hai**, jo hair serum aur Mtv ki combination se hair fiber replenish ho raha hai.

Hum **Anti-dandruff** treatment ko 2 aur weeks ke liye **continue karenge** taaki fungal spores puri tarah se eliminate ho jayein aur recurrence kam ho.

Hum patient ko ye counseling denge ki **comb, helmet, pillow cover**, jo bhi cheezein head ke contact mein aati hain, unhe **sanitize karen**, kyunki yeh infection ke reservoirs ho sakte hain.

Hum **high protein diet** include karenge aur patient ko treatment mein motivated rakhne ki counseling bhi denge.

Disclaimer: Har treatment case se case alag hota hai aur doctor ki supervision mein kiya jata hai. Kripya ise copy ya imitate na karein. Hamesha doctor se consult karke apna custom treatment plan follow karein.

Follow after 8 weeks



- Sakaratmak response mila
- Patient motivate hua
- Hair thinning abhi bhi hai
- Hair growth achhi speed se ho rahi hai

Follow after 24 weeks



- Maximum hair growth achieve ho chuki hai
- Patient ko healthy lifestyle follow karne ki salah dein
- Uski consistency ke liye patient ko reward karein



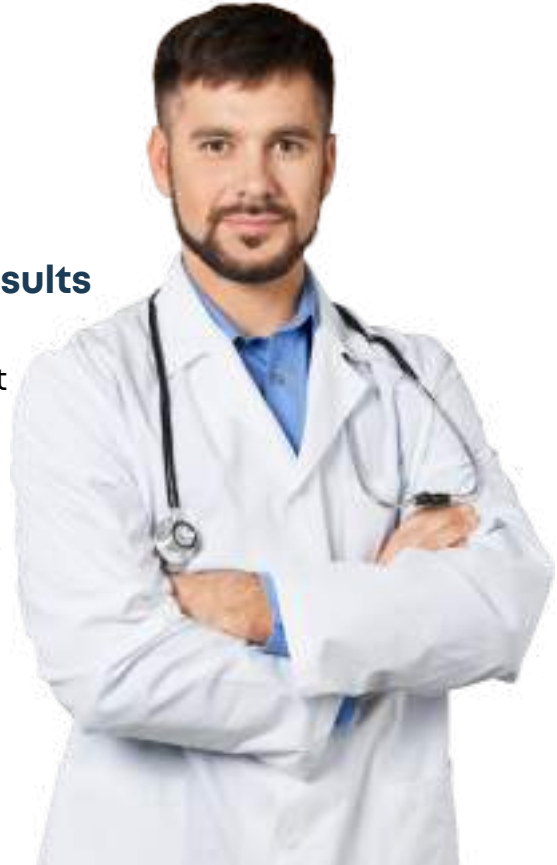


Transplant like Results

Treatment that work better than transplant

Dr. Prithish Bhardwaj

Do send Feedback of this e-book on my Mail Id



Tried & Tested



100%

Perceived an improvement in hair health and an increase in scalp coverage

95%

Agreed their hairline looked fuller & hair appeared healthier

97%

Confirmed thickness and felt their hair growing faster

Hair Transplant:

Treatment for Androgenetic Alopecia (AGA)

Hair transplant ek life-changing solution hai hair restoration ke liye! Do popular techniques hote hain—**FUE (Follicular Unit Extraction)**, jisme follicles individually extract kiye jaate hain, aur **FUT (Follicular Unit Transplantation)**, jisme scalp ka ek strip remove kiya jaata hai—inke results kaafi transformative hote hain! Procedure ke baad thoda recovery time lagta hai, lekin result hota hai ghana, healthy baal jo aapke confidence aur look dono ko upgrade kar deta hai.

WHAT IS DIRECT HAIR TRANSPLANT TECHNIQUE?

HOW ITS DONE

Direct Hair Implant pen implanter ka use karke kiya jaata hai, jisme kam bleeding hoti hai, depth control milta hai, better results aur quick recovery dekhne ko milti hai. Direct hair transplantation ek simple aur effective modification hai follicular unit extraction technique ka.

HAIRLINE RESTORATION VIA ANTHROPOMETRY - ART IN HAIR TRANSPLANT

ART WITH BOLLINI FACIAL RESTORATION

FUE HAIR EXTRACTATION & IMPLANTATION - PHYSICS OF FUE & CHALLENGES & DYNAMICS

QUALITY GRAFTS

TRANSECTION & MISTAKES

IMPLANTATION PLAN

The infographic is divided into several sections. The top left section, titled 'WHAT IS DIRECT HAIR TRANSPLANT TECHNIQUE?', features a thumbs-up icon and a diagram of a head showing the extraction of a follicular unit. The top right section, 'HOW ITS DONE', describes the use of a Direct Hair Implant pen, highlighting benefits like reduced bleeding and better control. The middle section, 'HAIRLINE RESTORATION VIA ANTHROPOMETRY - ART IN HAIR TRANSPLANT', shows a series of six male faces illustrating the process of hairline restoration using anthropometry. The bottom section, 'FUE HAIR EXTRACTATION & IMPLANTATION - PHYSICS OF FUE & CHALLENGES & DYNAMICS', is divided into three parts: 'QUALITY GRAFTS' showing healthy hair follicles, 'TRANSECTION & MISTAKES' showing damaged or incorrectly handled grafts, and 'IMPLANTATION PLAN' showing a detailed map of the scalp with numbered zones for graft placement.

Hair Transplant:

Common F&Q about Hair Transplant

Q) Procedure kitna time leta hai?

Procedure aam taur par 4 se 8 ghante tak chalta hai, ye grafts ki quantity aur technique par depend karta hai.



Q) Kya procedure painful hota hai?

Zyada tar patients ko procedure ke dauraan minimal discomfort hota hai kyunki local anesthesia diya jaata hai. Baad mein halki soreness ya swelling ho sakti hai, lekin woh OTC painkillers se manage ki ja sakti hai.

Q) Results kab tak dikhte hain?

Shuruuati results 3 se 6 mahine mein dikhne lagte hain, aur full results 9 se 12 mahine mein aate hain jab transplanted baal ugte hain aur mote hote hain.

Q) Alag-alag hair transplant techniques kya hoti hain?

FUE (Follicular Unit Extraction)

Baal ek-ek karke sir ke peeche se liye jaate hain aur ganjpan wale areas mein lagaye jaate hain.

Key Point: Bada scar nahi hota, sirf chhoti chhoti dots hoti hain; jaldi heal ho jaata hai.

FUT (Follicular Unit Transplantation)

Sir ke peeche se scalp ka ek strip nikala jaata hai, jisme se baal transplant kiye jaate hain.

Simple Difference:

FUE: Bada scar nahi, chhoti bald spots ke liye achha.

FUT: Scar rehta hai, bade bald spots ke liye behtar.

Dono techniques acche results de sakti hain—ye aapki requirement par depend karta hai!

Hair Transplant:

Treatment for Androgenetic Alopecia (AGA)

Q) Kya results permanent hote hain?

Zyada cases mein aap achhe results expect kar sakte ho, agar aapne transplant kisi Board Certified Dermatologist ya hair transplant surgeon se karwaya ho.

Q) Recovery time kitna hota hai?

Recovery usually 7 se 10 din leti hai. Zyada patients ek hafte ke andar kaam par laut sakte hain, lekin strenuous activities se kuch hafton tak bachna chahiye.

Q) Kya koi risks ya side effects hote hain?

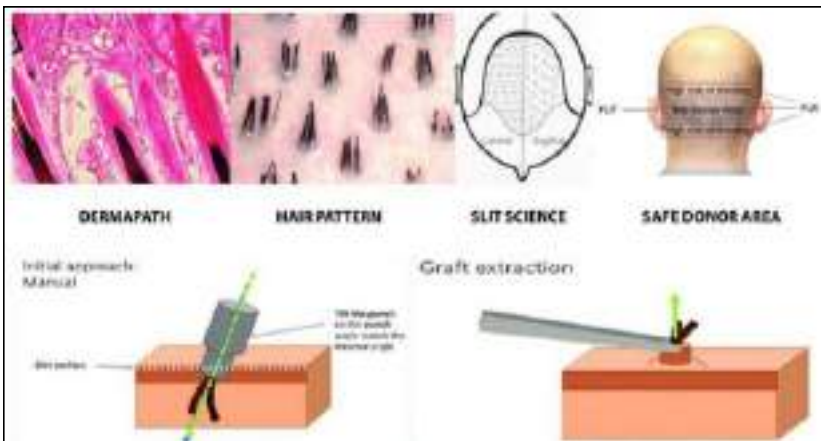
Hair transplant aam taur par safe hota hai, lekin infection, scarring, ya unnatural-looking results jaise risks ho sakte hain. Ek experienced surgeon chunein, taaki ye risks kam ho jaayein.

Q) Hair transplant ka cost kitna hota hai?

Cost location, surgeon aur technique par depend karta hai, lekin aam taur par ₹50,000 se ₹2,00,000 ya usse zyada ho sakta hai. Cost grafts ke number par depend karti hai—jaise ₹10 se ₹35 per graft tak.

Q) Hair transplant ke liye kaun achha candidate hota hai?

Woh log jinke hair loss stable ho, donor area mein achhe baal ho, aur jo realistic expectations rakhte ho. Age, general health aur hair type bhi eligibility mein role play karte hain.



Telogen Effluvium:

Stress Hair-Loss, Temporary Hair Loss , Postpartum Hair Loss

Manav scalp mein 100,000 se zyada hair follicles hote hain, jismein se 90% growth (anagen) phase mein aur 10% resting (telogen) phase mein hote hain. Rozana 100 se kam baal jhadna normal hai; agar isse zyada ho to telogen effluvium (TE) ho sakta hai.

TE ek common, non-scarring hair loss hai jo **stress, bimari (Covid, Typhoid, Dengue, Accidents)** ya **dawaon ke kaaran** hota hai. Yeh zyada baalon ke jhadne aur volume kam hone ka sabab banta hai. Acute TE 6 mahine se kam rehta hai, jabki chronic TE zyada samay tak chalta hai.

Clinical Features: Telogen Effluvium ko Kaise Pehchaanein Excessive Hair Shedding

TE wale patients aksar achanak aur **zyada baal jhadne** ki shikayat karte hain, kuch log shed hue baal jama karke (jise "Bag Sign" kehte hain) doctor ko dikhte hain. Severe cases mein 25% se zyada baal chhant jaate hain, jisse noticeable thinning hoti hai, jaise ponytail ka patla hona. Zyadaatar baal hair bulb ke sath girte hain. Acute TE mein trigger (jaise stress ya illness) ke 2-3 mahine baad symptoms dikhte hain, jabki chronic TE (CTE) lambe samay tak chalta hai aur underlying issues jaise nutritional deficiency ya comorbidities ke kaaran ho sakta hai.

Examination Finding: Hair analysis mein baal patle, kamzor dikhte hain aur kai baal telogen phase mein hote hain, jinmein safed roots hoti hain.

Key Triggers

Common karan hain: stress, bimari, nutritional kami, thyroid dysfunction, aur dawaon ke side effects.

Acute TE: Hair fall trigger ke 2-3 mahine baad shuru hota hai aur 4-8 hafte tak rehta hai. Regrowth aur hair fall rukna 4-6 mahine mein shuru hota hai, aur poori recovery mein 12 mahine tak lag sakte hain.

Chronic TE: CTE 6 mahine se zyada rehta hai aur zyadatar 30-60 saal ki mahilaon ko prabhavit karta hai. Hair loss achanak hota hai lekin poori baldness nahi hoti. Hair fall ka pattern fluctuate karta hai aur triggers ko treat karne par sudhar aata hai.



Investigations: Telogen Effluvium ko Diagnose karne ke liye

Clinical Tests

Hair Pull Test: Scalp ke alag-alag areas, khas kar vertex par positive hota hai. Agar baal recently dhoye gaye ho ya comb kiya ho to false negative aa sakta hai.

Trichogram: 25% se zyada telogen hair dikhte hain, jinme club-shaped, non-pigmented roots hote hain.

Trichoscopy: Androgenetic alopecia jaise dusre conditions ko rule out karne mein madad karta hai; follicular miniaturization jaise signs dikhaata hai.

Blood Tests:

- Thyroid function (TSH, T3, T4)
- Nutritional deficiency jaise Iron, Zinc, Vitamin D
- Hormonal imbalance, especially in women

Other Tests:

- Scalp biopsy (rarely needed)
- CBC & organ function tests for systemic causes

Treatment: Telogen Effluvium ka Management

Cause ko Address karo

- Stress, illness ya nutrition deficiency jaise triggers identify karke door karo
- Ferritin <70 mg/ml ho to iron supplement do
- Thyroid dysfunction ho to thyroid hormone therapy

Medications:

- Minoxidil (2%-5%): Topical solution, din mein 2 baar apply karte hain. Chronic ya drug-induced TE mein use hota hai.

Supportive Care:

- Balanced diet aur stress control recovery mein help karte hain
- Regular monitoring se treatment modify kiya ja sakta hai

Differential Diagnosis:

- Androgenetic Alopecia: Dheere dheere hair thinning, TE ke abrupt shedding se alag
- Diffuse Alopecia Areata: Autoimmune cause, patchy hair loss
- Anagen Effluvium: Growth phase mein achanak hair loss, jaise chemotherapy ke baad

Triggers identify karke timely intervention se TE usually reversible hota hai, aur hair volume aur confidence dono wapas milta hai.

Blood Work For Hair-fall

Doxab, Hair Fall ke liye kaun se Test karwane chahiye?

1. Complete Blood Count (CBC):

- Hemoglobin: <12 g/dL (women), <13 g/dL (men) **suggests anemia.**
- MCV: <80 fL (iron deficiency), >100 fL (B12/folate deficiency).

1a) Liver Function Tests (LFT) for Hair Fall

- ALT/AST: >40 IU/L suggests liver dysfunction, potentially affecting hair metabolism.
- Albumin: <3.5 g/dL may indicate **nutritional deficiencies linked to hair loss.**
- Bilirubin (Total): >1.2 mg/dL could signal underlying systemic issues.

2. Thyroid Function Tests:

- TSH: >4.5 μ IU/mL (hypothyroidism), <0.5 μ IU/mL (hyperthyroidism).
- Free T4: <0.9 ng/dL (hypothyroidism), >2.5 ng/dL (hyperthyroidism).

3. Iron Studies:

- Ferritin: <30 ng/mL indicates iron deficiency.
- TIBC: >450 μ g/dL suggests low iron stores.

4. Vitamin Levels:

- Vitamin D: <20 ng/mL (deficient).
- Vitamin B12: <200 pg/mL (deficient).
- Zinc: <70 μ g/dL affects hair health.

5. Hormonal Tests:

- DHEA-S: Elevated (>430 μ g/dL in women) suggests **PCOS.**
- Testosterone (Total): >70 ng/dL in women indicates **androgen excess.**
- Cortisol: >23 μ g/dL indicates **stress-induced hair loss.**

6. Liver & Kidney Function:

- Liver Enzymes (AST/ALT): >40 IU/L suggests dysfunction.
- Creatinine: >1.2 mg/dL indicates kidney issues.

7. Autoimmune Markers:

- ANA (Titer): >1:40 indicates autoimmune causes like **alopecia areata.**

Meri Secret Power **CBC Report** mein Diagnosis karne ki

Kuch hi Seconds mein Deficiency ka Pata Lagana (Dr. Prithish Bhardwaj)

Step 1: Mentzer Index kya hota hai?

Mentzer Index ek calculation hai jo Iron Deficiency Anemia aur Thalassemia Trait mein farq karne ke kaam aata hai. Formula:

$$\text{Mentzer Index} = \frac{\text{RBC Count (Red Blood Cell Count)}}{\text{MCV (Mean Corpuscular Volume)}} = +13$$

- MCV (Mean Corpuscular Volume): RBC ka average size dikhata hai (Normal: 80–100 fL)
- RBC Count: Blood mein RBC ki sankhya (million/ μ L)

Step 2: Mentzer Index ko kaise interpret karein?

1. Mentzer Index < 13:

- Thalassemia Trait ka doubt hota hai
- RBC count normal ya zyada hota hai, lekin MCV kam hota hai

2. Mentzer Index > 13:

- Iron Deficiency Anemia ka doubt hota hai
- MCV aur RBC dono kam hote hain

Step 3: Vitamin B Deficiency ka kya?

- MCV > 100 fL (Macrocytic Anemia):
- Vitamin B12 ya Folate deficiency ka doubt hota hai

Practical Case Examples:

Case 1:

MCV: 68 fL, RBC: 5.5 million/ μ L

Mentzer Index = 12.4 → Thalassemia Trait (RBC high hoga)

Case 2:

MCV: 72 fL, RBC: 3.5 million/ μ L

Mentzer Index = 20.5 → Iron Deficiency Anemia (RBC low hoga)

Case 3:

MCV: 110 fL, RBC: 2.8 million/ μ L

→ Macrocytic Anemia, B12/Folate check karo (RBC low hoga)

Biotin - Hair Treatments ka Scam

Isko padh ke aap best biotin supplement choose kar sakte ho

What is Biotin?

Biotin, jo Vitamin B7 ke naam se bhi jaana jaata hai, ek water-soluble B-complex vitamin hai jo healthy hair, skin aur nails ke liye zaroori hai. Yeh keratin banane mein important role play karta hai, jo hair ka structural protein hai.

How Does Biotin Boost Hair Growth?

- Strengthens Hair: Biotin keratin production ko support karta hai, jo hair strength, thickness aur elasticity ko improve karta hai aur breakage ko prevent karta hai.
- Enhances Growth: Biotin hair thinning ko prevent karta hai.
- Prevents Hair Thinning: Biotin ki kami se brittle aur thinning hair ho sakti hai. Biotin supplement karne se aise cases mein hair vitality restore hoti hai.
- Biotin helps regulate the production of fatty acids, ensuring the scalp remains hydrated and healthy for optimal follicular function.

Who Benefits?

- People with Biotin Deficiency: Hair thinning, brittle nails, aur skin rashes biotin deficiency ke common symptoms hain.
- Those Experiencing Hair Loss: Particularly jab nutrition ya medical conditions ki wajah se ho.

Scientific Insight:

- Daily intake: 30 mcg/day (adults).
- Supplements: 2,500–10,000 mcg (safe aur widely used).



Apna Biotin Kaise Chunein?

Yeh padhne ke baad aap best biotin supplement choose kar sakte ho.

1. Indian Biotin:

- Usually plant-based sources se aata hai jaise ki Sesbania Agati ya Bamboo shoots.
- Vegetarian ya vegan formulations me use hota hai with added herbs like amla aur pomegranate.
- Affordable hota hai aur decent results deta hai hair, skin, aur nails ke liye.

2. Shanghai Biotin:

- Ye zyada mass-produced aur cost-effective hota hai.
- Standard formula hota hai but shayad purity ya quality control thoda kam ho higher-grade products ke comparison me.

3. Japanese Biotin : *Kyun hum Japanese Biotin prefer karte hain*

- Advanced manufacturing se banta hai, isliye zyada pure aur highly bioavailable hota hai.
- Often extra ingredients ke sath aata hai jaise keratin support karne wale compounds for better absorption.
- Japan ke strict quality controls ensure karte hain ki product safe, consistent aur effective ho long-term use ke liye.

Why Japanese Biotin is Best:

- Purity & Quality: Har batch me high standards maintain hote hain.
- Better Absorption: Slow-release technology use hoti hai jo body me achhe se absorb hoti hai.
- Complete Formulation: Antioxidants ya collagen jaise ingredients ke sath aata hai for overall hair health.

Agar aap premium quality aur proven effectiveness chahte ho, toh Japanese Biotin ek best option hai long-term hair growth ke liye.

Myth Busters

Doxab , Tel lagane se baal ajaenge ?

Cutting your hair makes it grow faster?

Hair scalp se grow karta hai, ends se nahi matlab cutting directly growth nahi badhata. Lekin regular trims split ends hata ke hair healthy aur acha dikhata hai.



Stress speeds up male pattern baldness?

Stress ya emotional trauma temporary hair fall cause kar sakta hai (Telogen Effluvium), lekin male pattern baldness ek genetic aur permanent condition hai.

Applying Hair Oil Makes Your Hair Grow Faster?

Oil scalp ko nourish karta hai, lekin growth speed nahi badhata. Zyada oil lagana pores clog karke dandruff aur fungal growth badha sakta hai.



Can a Bald Head Really Regrow Hair?

Yes, treatments jaise Redensyl aur PRP therapy se bald areas me bhi regrowth possible hai, noticeable results ke sath aur bina rebound hair loss ke.

Myth Busters

Doxab , Tel lagane se baal ajaenge ?

Split ends can be repaired with hair products?

Jab baalon ke ends split ho jaate hain, unka sirf ek hi solution hota hai—unhe trim karna. Market ke products sirf temporarily coating de kar baalon ko smooth dikhate hain, lekin actual split repair nahi karte. Prevention ke liye serums ya leave-in conditioners useful hote hain.



Wearing a hat can cause hair loss?

Bahut log sochte hain ki cap ya helmet pehne se baal girte hain, lekin ye sirf ek myth hai. Hat sirf scalp ko sweat ya oil se greasy kar sakta hai, lekin direct hair fall se iska koi lena dena nahi hota—jab tak hat bahut tight na ho jo blood flow disturb kare.

Washing your hair every day is necessary to keep it clean?

Roz baal dho dena zaroori nahi hota, especially agar aapke baal dry ya curly hain. Daily shampooing natural oils ko nikaal deta hai, jo scalp ke hydration aur hair protection ke liye important hote hain. 2-3 baar hair wash karna week me sufficient hota hai for most people.



Hair Transplant is a permanent solution for permanent results?

Hair transplant ek effective aur long-term solution hai baldness ke liye, lekin iska success depend karta hai technique, surgeon aur post-care par. Agar maintenance na ho ya transplant improper ho, toh result sirf temporary ho sakta hai aur baal fir se girne lagte hain 6-12 months me.

Hair-Fall in Diabetics

Sirf doctor's & paramedical ke liye

HbA1c <7.5% (Mild hyperglycemia): Yeh stage highly reversible hoti hai.

First-line therapy: Lifestyle changes (diet aur exercise) + Metformin.

Metformin preferred initial drug hoti hai kyunki yeh effective, safe hai aur hypoglycemia ka risk kam hota hai (Hypoglycemia matlab blood sugar ka normal se neeche gir jaana).

Follow-up: 3 mahine baad response assess karo. Agar HbA1c target se upar ho toh dual therapy shuru karni chahiye.

HbA1c 7.5%-8.9% (Moderate hyperglycemia):

Dual therapy: Metformin ke saath ek second agent, patient ke profile ke hisaab se:

- Sulfonylurea (e.g., glimepiride): Agar cost concern hai aur hypoglycemia ka risk nahi hai.
- SGLT-2 inhibitors (e.g., empagliflozin): Agar cardiovascular ya kidney benefit chahiye.
- DPP-4 inhibitors (e.g., sitagliptin): Agar weight neutral aur low hypoglycemia risk chahiye.
- GLP-1 receptor agonists (e.g., semaglutide): Agar weight loss bhi chahiye.
- **GLP-1 RA:** Yeh aapke pet mein food passage slow karta hai, dimaag ko lagta hai ki pet full hai, isliye aap kam khate ho = weight loss + sugar control (Layman explanation).

Follow-up: 3 mahine baad HbA1c dobara assess karo, zarurat ho toh therapy adjust karo.

HbA1c ≥9% (Severe hyperglycemia): Agar symptomatic ho ya ketosis ho: Insulin start karo, OHA ke saath ya bina uske.

Agar non-symptomatic hai:

Triple therapy do:

Metformin + 2 aur agents

(SGLT-2 inhibitor + DPP-4 inhibitor ya SGLT-2 inhibitor + sulfonylurea)

Agar weight loss chahiye: GLP-1 RA use kar sakte ho ek OHA ki jagah.

Monitoring and Adjustments:

HbA1c har 3-6 mahine mein monitor karo. Therapy adjust karo patient ke HbA1c targets, side effects aur preference ke according.

Special Considerations:

- **Elderly ya frail patients:** Low hypoglycemia risk wale agents use karo jaise DPP-4 inhibitors ya SGLT-2 inhibitors.
- **Obesity:** GLP-1 RA ya SGLT-2 inhibitors prefer karo weight control ke liye.

Gut Health Kaise Theek Karein?

Is page mein kuch dawaiyon ke naam aur formulations diye gaye hain – khud se use na karein. Hamesha doctor se salah lein.

Apne Stress Levels Kaise Manage Karein:

Exercise karein, poori neend lein, meditate karein, aur deep breathing karein. Sirf ye karne se aap apne stress ko kaafi had tak kam kar sakte hain.

Stress Se Hone Wale Depression aur Anxiety Ka Management:

Rx:

1. Lifestyle:

Exercise: Roz 30 minute.

Sleep: Fixed schedule rakhein, sone se pehle screens avoid karein.

2. Therapy:

Weekly Cognitive Behavioral Therapy (CBT).

Rozana 10–15 minutes mindfulness ya deep breathing ka abhyas karein.

3. Medications (Sirf doctor ke kehne par):

Escitalopram 10 mg: Roz 1 tablet (anxiety ke liye).

Sertraline 50 mg: Roz 1 tablet (depression ke liye).

Melatonin 3 mg: Raat ko sone se pehle 1 tablet (neend ke liye).

4. Supplements:

Vitamin D3 1000 IU: Roz subah nashta ke saath.

Omega-3 (EPA/DHA) 1000 mg: Roz khane ke saath.

Ye sab sirf educational purpose ke liye hai. Kripya khud se dawai na lein, yeh aadat bana sakta hai aur nuksan pahucha sakta hai.

Apne Gut Ko Achhe Bacteria Se Feed Karein:

Pre aur Probiotics ke saath digestive enzymes include karein taaki gut health strong rahe.

Constipation:

1. Dietary Advice:

- High-fiber foods jaise fruits, vegetables, aur whole grains ka sevan karein.
- Rozana 2–3 liter paani peeyein.

2. Medications:

- Lactulose Syrup 10–20 ml: Din mein 1–2 baar.
- Psyllium Husk (Isabgol): 1–2 chammach gungune paani mein raat ko sone se pehle.

3. Probiotics:

- Lactobacillus rhamnosus: 10 billion CFU rozana.

Redensyl ya Minoxidil?

Chalo sirf research papers par hi bharosa karte hain.



The image shows a research article page from the Journal of Cosmetology & Trichology. The journal logo is on the left, and the title 'Journal of Cosmetology & Trichology' is in the center. Below the title, there are two tabs: 'Research Article' and 'Open Access'. The article title is 'A Comparative Study between Topical 5% Minoxidil and Topical "Redensyl, Capixyl, and Procapil" Combination in Men with Androgenetic Alopecia'. The authors are Naci Katozc and Naciha Deniz Algor. The article is published in February 2025. The abstract section is highlighted with a red border and contains the following text:

Abstract

Objective: Androgenetic Alopecia (AGA) is one of the three most common forms of noninflammatory alopecia characterized by hair loss in both men and women. It occurs in 50% of men above 30 and 40% of women. Currently, two effective treatments for AGA are used in men: topical minoxidil and oral finasteride. However, although clinical studies have shown that minoxidil and finasteride have positive therapeutic outcomes, their use can have certain side-effects. In this study, we aimed to compare the safety and effectiveness of an alternative treatment: Redensyl, Capixyl, and Procapil (RCP), and 5% minoxidil solution in both male patients suffering from AGA.

Methods: This randomized controlled study was conducted on patients who used either RCP or 5% minoxidil for 24 weeks. The patients applied 2 mL of each solution to their head skin twice each day, in the morning and evening.

Results: The comparison between RCP and minoxidil groups revealed that patients treated with RCP had a significantly higher restoration score (minoxidil group: 25.2%, vs. RCP group: 34.7%), higher global photographic evaluation score (minoxidil: 80% vs. RCP: 88.3%), and higher satisfaction rates.

Conclusion: The RCP group showed a significantly better clinical recovery in terms of hair growth.

Minoxidil aur Redensyl dono ka use alopecia ke treatment mein hota hai. Kis par kaunsa istemal hoga, yeh case to case aur person to person vary karta hai.

Redensyl ke saath hamesha Capixyl aur Procapil ka combined formulation use karein – sirf Redensyl se kaam nahi chalega, warna results disappoint kar sakte hain.

Achhe quality ke multivitamins ko include karein aur hair loss reverse karne ke liye combined therapy ka use karein.



Confident Now?

Scan The QR and
Diagnose the root
cause .

Dr. Prithish Bhardwaj

Do send Feedback of this e-book
on my Mail Id



Tried & Tested



100%

Perceived an improvement in
hair health and an increase in
scalp coverage

95%

Agreed their hairline looked
fuller & hair appeared
healthier

97%

Confirmed thickness and felt
their hair growing faster

Nutrition in Hair Growth

Most Important yet Underrated

list of Food Items as per Nutrition value:

DHT BLOCKER FOOD DHT Blocking Capacity

1. Turmeric (Curcumin)	Moderate
2. Pumpkin Seeds	High
3. Fenugreek Seeds	Moderate
4. Green Tea (EGCG)	High
5. Amla (Indian Gooseberry)	Moderate
6. Coconut Oil	Low to Moderate
7. Saw Palmetto	High
8. Soy Products	Moderate
9. Spinach	Low
10. Almonds	Low
11. Onion	Moderate
12. Tomatoes (Lycopene)	Moderate
13. Sesame Seeds	Low
14. Apple Cider Vinega	Low
15. Olive Oil	Low to Moderate
16. Carrots	Low
17. Avocados	Low
18. Ginseng	Moderate
19. Garlic	Low
20. Stinging nettle	Moderate to high



BIOTIN RICH FOOD

BIOTIN IN 100GM

1. Egg Yolks	53.0 mcg
2. Almonds	60.0 mcg
3. Sweet Potatoes	2.4 mcg
4. Spinach	0.5 mcg
5. Salmon	5.6 mcg
6. Avocados	3.0 mcg
7. Sunflower Seeds	66.0 mcg
8. Peanuts	17.0 mcg
9. Oats	20.0 mcg
10. Mushrooms	18.0 mcg
11. Bananas	0.2 mcg
12. Broccoli	0.4 mcg
13. Cauliflower	0.2 mcg
14. Raspberries	0.2 mcg
15. Chia Seeds	0.2 mcg
16. Dairy (Milk, Cheese)	0.1-0.2 mcg
17. Liver (Beef or Chicken)	30-35 mcg
18. Carrots	0.2 mcg
19. Whole Wheat Bread	0.4 mcg
20. Tomatoes	0.2 mcg

Nutrition in Hair Growth

Most Important yet Underrated

list of Food Items as per Nutrition value:

PROTEIN RICH FOOD

PROTEIN IN 100GMS

1. Lentils (Dal)	9g
2. Chickpeas (Chana)	19g
3. Kidney Beans (Rajma)	24g
4. Soybeans	36g
5. Paneer	18g
6. Curd (Greek Yogurt)	10g
7. Eggs	13g
8. Chicken Breast	31g
9. Fish (Rohu, Pomfret)	20g
10. Mutton (Lean Cuts)	25g
11. Peanuts	26g
12. Almonds	21g
13. Cashews	18g
14. Pumpkin Seeds	19g
15. Sunflower Seeds	21g
16. Quinoa	14g
17. Bajra (Pearl Millet)	12g
18. Brown Rice	2.7g
19. Whole Wheat Flour	12g
20. Moong Sprouts	7g



COLLAGEN RICH FOOD

COLLAGEN IN 100GMS

1. Bone Broth	Varies (up to 6-10g, depending on preparation)
2. Chicken Skin	3-5g
3. Fish Skin (e.g., Salmon)	2-4g
4. Pork Skin	5-7g
5. Beef Tendons	5-8g
6. Egg Whites	No direct collagen, but rich in proline (collagen precursor)
7. Leafy Greens (Spinach)	No direct collagen, supports synthesis with vitamins
8. Soy Products (Tofu)	No direct collagen, but contains genistein to support production
9. Citrus Fruits	No collagen; Vitamin C content supports collagen formation
10. Pumpkin Seeds	No collagen; provides zinc for synthesis

Case Study -2 (Post Transplant Hairloss)

Chalo Diagnose karein aur Treat karein ek Genetic Hair Loss ka Case:

Ek 28 saal ka purush, jiska hair transplant (**frontal aur mid-parietal grafts**) ho chuka hai, abhi **Minoxidil** aur **oral Finasteride** le raha hai. Vah **severe hair thinning** aur **hair fall** ki shikayat ke saath aaya hai. Uski transplanted area patli ho rahi hai aur har din 100 se zyada baal gir rahe hain. Hair transplant ko 1 saal 4 mahine ho chuke hain aur surgery ke turant baad koi shikayat nahi thi.



CONDITION ON PRESENTATION
POST TRANSPLANT CONDITION

Chalo is case ko step by step solve karte hain:

1. Medical History:

Sabse pehle hum ek detailed medical history lenge jo sammilit hogi:

Chief complaint , past History , Drug History , Family History , comorbidities & Scalp Health and Mental History

2) Past History - transplant History

Yeh FUE hair transplant ke turant baad ki photo hai. Grafts achhi tarah se lagaye gaye hain, aur unka distribution clean aur uniform hai – jo ek acchi surgical technique ko dikhata hai. Halka scabbing aur laalpan (erythema) normal hai aur healing process ka ek hissa hai.

Suggestive of Grade 4 male AGA + SD Additionally:

- Dikhai dene wali dandruff aur scalp par safed jhilli (scaling) **seborrheic dermatitis** ko darshata hai, jo ki inflammation badha sakta hai aur baalon ke jhadne ko aur zyada tezi se worsen kar sakta hai.



- Patient ko pehle se relapsing dermatitis ki history hai, jo flaky aur greasy nature ka tha.
- Hair transplant ke baad agar dermatitis ka proper treatment na ho, toh yeh grafts ke damage hone aur dheere-dheere baalon ke girne ka ek major reason ban sakta hai.
- Patient pehle se hi 1% Ketoconazole shampoo use kar raha tha, hafte mein 3 baar.



Kisi ki journey sirf padhne se behtar hai ki aap us journey ka hissa ban jaayein.





Confident Now?

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by Scanning the QR

Dr. Prithish Bhardwaj

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Tried & Tested



100%

Perceived an improvement in
hair health and an increase in
scalp coverage

95%

Agreed their hairline looked
fuller & hair appeared
healthier

97%

Confirmed thickness and felt
their hair growing faster

Is guide ko padhne ke liye dhanyavaad – yeh sirf ek book nahi, balki aapke hair health journey ka pehla kadam hai. Agar aap hair fall, scalp issues, ya kisi bhi confusion se jujh rahe hain, toh expert guidance lena zaroori hai.

Aaj hi apna personalized consultation Dr. Prithish Bhardwaj ke saath book karein, aur paayein apne baalon ke liye sahi diagnosis aur best treatment plan.