

Have you been struggling with dandruff for a very long time and it just does not seem to go away no matter what shampoo you try?

Dandruff is one of the most common problems everyone faces every now and then. You need to understand few facts about these annoying flakes, which ruin the appearance of your dark colored clothes.

Dandruff is medically referred as Pityriasis capitis. The more severe form of dandruff is when flakes start to appear over the eyebrows, around the nose and ears also, it's called as seborrheic dermatitis.

If you have dandruff that causes big flakes and just does not respond at any anti-dandruff shampoos, then you might be suffering from Psoriasis of the scalp. This condition needs to be checked by a good dermatologist who can differentiate and give you appropriate treatment. Psoriasis does not respond to anti-dandruff shampoos.

Dandruff can get aggravated by illness, psychological stress, fatigue, change of season and reduced general health or sometimes it's just always there. It is known to be caused by a fungus, which produces substances that irritate the skin and hence causes flakiness.

What can you do?

1. Medicated shampoos containing ketoconazole, selenium sulfide, zinc pyrithione, used thrice weekly for at least a month and if necessary, indefinitely. You can try Nizoral, 8X, Arcolane or Triatop shampoos. All these are available only in pharmacy.
2. Remember that dandruff can just be controlled and may never go away completely! You need to treat it regularly first by using medicated shampoos 3 times a week and then maintain the effect by using twice or once a week depending on the severity of your dandruff.
3. Applying oils like coconut/olive/almond oils half hour before washing your hair also helps.
4. The medicated shampoo should be used only for cleansing the scalp. If you long hair then use your regular mild shampoo for cleansing the hair and then apply the medicated shampoo for 2 mins and then rinse it off.
5. Please avoid using regular anti-dandruff shampoos (Head and Shoulder, Clean and Clear etc.) as they are too strong and will lead to hair fall if used for prolong period.