

Home remedies for PCOS hair thinning and balding



Aloe vera juice

Helps restore the body's hormonal balance



Cinnamon oil

Applying to the scalp helps circulate blood to follicles, stimulating hair growth



Fenugreek seeds

Crushed seeds used in a hair pack help fight hair thinning and make the roots stronger



Amla

Helps remove accumulated DHT in the hair follicle, thus allowing the hair to grow



Scalp massage

Strengthens hair roots, improve blood circulation & nourishes hair follicles



Hair loss supplements

Zinc and biotin are two recommended PCOS hair loss supplements

Of Home Remedies

Dr Vasant Patil



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