

## How to Get Rid of Dandruff: Effective Home Remedies

The exact cause of dandruff is unidentified. However, some of the conditions like dry skin, seborrheic dermatitis, psoriasis, cradle cap, and contact dermatitis may cause dandruff. Dry skin is the most common cause for dandruff. Dandruff is a disease that occurs when the scalp sheds its skin as flakes in hair and on clothing. Dandruff flakes grow in size with the accumulation of oil and dirt. Getting rid of dandruff with the help of home remedies is a great idea because it is easily available and safe.

**Curd:** Use of curd has also proved to be very effective home remedies for removing dandruff. 2-3 tablespoons of curd should be applied to the scalp and kept for about half an hour. Thereafter hair can be washed with a mild herbal shampoo. Washing hair with green gram powder mixed with curd twice a week is another great and effective home remedies for dandruff.

**Cider Vinegar:** Use of cider vinegar is very good remedies for dandruff. Dilute cider vinegar with an equal quantity of water and dab this on to hair with a cotton wool in between shampooing. This will help to cure dandruff naturally. Cider vinegar added to water for rinsing after shampooing works as a conditioner and keeps the scalp clean which will help to prevent dandruff.

**Diet:** Diet plays a vital role in the treatment of dandruff. If you want to get rid of dandruff, you should resort to a high intake of fruit diet for about 6-7 days. Fresh fruits such as apples, orange, grapes, pears, pineapples and grapefruits can be included in your diet. Citrus fruits and dried stewed or tinned fruits should be avoided to cure dandruff.

**De-stress:** Stress can be a major cause of dandruff. It can often be our body's way of telling us that there is stress in our life. Reduce your stress, dandruff will be cured automatically. Yoga and exercise are very good for reducing the stress.

I hope in this article you have got some useful tips and home remedies to get rid of your dandruff naturally.

**Disclaimer:** This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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### About the Author

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