**How To Combat Oily Hair Effectively**

**Introduction:**

Oily hair. How to get rid of oily hair? An absolute nightmare among all kinds of hair concerns out there. Fixing issues of oily hair may be extremely frustrating at times. Even if you find an elegant hairstyle to hide your oily scalp, not only it takes up too long, after a few hours, it often ends up looking dangling anyway. Undoubtedly, having oily/greasy hair just feels bad.

If you are among the ones who have been trying hard to get rid of oily hair and regain your lost confidence, look no further. Here, we’ve got all the answers to what causes oily hair, various ayurvedic solutions and natural ways to fight them, natural ways, and effective medical treatments to keep oily hair at bay. Let’s dig further!

**What causes oily/Greasy hair?**

Several factors can be considered that can cause oily hair. Let’s have a look at most of the crucial ones:

**The Hair Type:** The type of hair you have determines how oily your hair will be. -For fine hair, excessive oil gets secreted by your scalp and pretty less number of hair absorbs it.

-For straight hair, it tends to be oilier as the sebum flows evenly from the roots to tips without any obstruction in between.

-For curly and coily hair, the roots are very oily as compared to fine and straight hair. It is because the oil builds up in the roots and they don’t get the chance to flow down to the hair shaft.

**The Genetic Factors:** They play a crucial role in determining the type of hair you possess. There’s a huge probability of you bearing oily hair if either of your parents has oily hair.

**Climatic Condition:** The place you live has a lot to determine your hair type; if you live in a highly humid place, you will undoubtedly have not only oily hair but an oily skin too. Humid and hot temperatures increase sebum production leading to oilier skin.

**Hormonal Imbalance:** As discussed earlier, an increase in sebum production leads to the oilier scalp. Certain medications like birth control pills, instances such as puberty, pregnancy, stress, and menopause may affect hormonal balance, which often leads to a hike in the production of sebum on your scalp.

**Skin Conditions:** Chances are always high of developing oily hair and scalp dandruff if you have skin conditions like psoriasis, eczema, and seborrheic dermatitis.

**Tousling Your Hair:** It’s not uncommon that every other individual runs their hands through their hair, consciously or unconsciously. Probably, you are one of them! Know this bitter truth - while tousling your hair, you are actually transferring the oil secreted by your hands to your hair and at the same time, distributing the oil from your scalp throughout your entire hair, making it oily. Surprised? It is!

**Excessive Brushing Your Hair:** Just like tousling your hair, repeated brushing of your hair re-distributes the oil from your scalp through the length of your hair making it more aggravated.

**Too Much Use of Hair Products:** Excessive use of any hair products like shampoo, conditioner, serum, hair gel, hair wax, mousse etc. can damage your scalp and hamper the proper functioning of the sebaceous glands. It can prove fatal if these products are alcohol-based. Mixed with sebum, these hair products can considerably weigh your hair down and make it appear oily.

**Too Much Shampooing:** Are you among the ones who too feels that shampooing your hair every day is the best way to reduce the oiliness on your hair? Here’s something! Regular washing of your hair encourages your scalp for increased sebum production to compensate for the oils stripped away while shampooing. Hence, you would be complicating and not solving your hair problem by shampooing your hair every day.

**Hot Water Hair Wash:** If you use hot water to wash your hair, stop it immediately. Hot water plays a crucial role in stimulating sebaceous glands. Moreover, they encourage these glands to produce more sebum, making your hair more greasy.

**Usage Of Wrong Products:** If you already have oily hair, hair moisturizing products like moisturizing shampoos, deep fortifying shampoos, and deep conditioners can make your hair even more oilier.

**Keeping Your Hair Tied Up:** When you keep your hair tied up in a tight ponytail, the oil and sebum builds up only in one section of your scalp. It gives you uneven oily hair throughout.

**Applying Heat To Your Hair:** When you use blow dryers, curling wands, and hair straightener and apply too much heat to your hair, your hair dries out. Your sebaceous glands secrete more and produce an increased level of sebum, making your hair oily.

**Deficiency of Vitamin D:** Among others, vitamin D plays an important role in the regulation and production of sebum levels. Hence, ensure your diet has enough of this nutrient, else your hair will remain oily.

Now that you have read and understood why your hair is oily and greasy, it’s time to look into the solutions to combat this.

**Ayurvedic Solutions For Oily/Greasy Hair**

**1.Shampoo**

It is undoubtedly a cumbersome task to manage greasy hair, but frequent shampooing is not the solution. Although it helps in cleaning the hair off the oil and dandruff, going forward, it stimulates the sebaceous glands to produce more sebum. Excessive use of shampoo can dry out your scalp, causing it to produce even more oil. Try cutting back on the shampoo and add another hair wash day to your existing schedule, if you are not already washing your hair every 1-2 days. Not only this will help you to get rid of oily hair, but also help you to reduce any harmful product buildup in the process.

Alternatively, you can use Reetha and Shikakai on the scalp. Reetha acts as an excellent cleanser and can be used as a natural shampoo, whereas Shikakai works effectively on the scalp to protect against infection. A blend of these natural ingredients extracts out the excessive oil on your scalp. For best results, you can make a paste of them and apply on your scalp and hair on a regular basis. You will see unmatched results by applying this twice or thrice a week.

**2.Oil**

Over the time, a wide spectrum of influencers such as hair stylists, beauty bloggers, dermatologists, and trichologists have contributed a lot of negative press towards hair oiling as a habit. They keep on reinforcing the myth that oil tends to greasy scalp. They, in fact, advise you to dry out the greasy scalp by frequent shampooing; however, this is not ideal for treatment of oily scalp. Actually, frequent hair washing and cleansing with harsh chemical-based shampoos is detrimental to your scalp. Your hair becomes more oily, requiring you to go for more frequent washing.

Ayurvedic hair oil made from nourishing vegetable oils such as coconut oil, Amla, Bhringraj, Curry leaf, Brahmi, Neeli, Haritaki, Vibhitaki, Yasthimadhu, and Guduchi is highly effective for your hair and scalp. Yes, it will certainly solve the problem of greasiness in your hair.

**3.Diet**

Ensure you eat plenty of foods rich in vitamin B as they are a complex of vitamins that often work together and co-exist in the same foods. Appropriate intake of vitamin B2 and B6, riboflavin and pyridoxine respectively, help in combating greasy hair by regulating the production of sebum. In addition, vitamin B6 is said to be an effective element which helps in controlling sugar cravings. This element is found in a variety of foods such as meat, fish, poultry, beans, and some fruits and vegetables.

It has also been found that people who consume high amounts of dairy products develop greasy hair. Dairy’s impact on scalp and hair may result from the hormones in the milk. In many cases, cows are artificially re-inseminated almost immediately after giving birth to calves. It helps in the production of maximum milk yields. Even while being pregnant with a new calf, the cow continues to produce milk. As such, the cow keeps on producing hormones required for the calf to grow properly. The milk being yielded by the pregnant cow may break into androgens, which, if consumed regularly, can lead to increased oil in the hair.

Zinc supplementation is effective at controlling the production of sebum. You can get it from a wide range of options like oysters, red meat, poultry, nuts, legumes, and grains. Oats are a good source of zinc that you can easily find and include in your diet.

**Other Natural Methods To Consider:**

**Use Yoghurt:** You must have heard a lot about yoghurt for hair remedies. Yes, you heard that right! A yoghurt hair mask works wonders for all your hair problems. It contains probiotic bacterium which is very useful in nourishing your hair and restoring the pH level of your scalp. It also contains acids that effectively reduce fungal and bacterial growth in the scalp. Extremely hydrating, yoghurt acts as an oil emollient and has, over the time, proved to be making your scalp less oily and sticky.

**Use Egg Yolk:** The nutrients available in egg yolk effectively removes and restores your scalp’s natural production of sebum. Ideal for both oily and dry hair, egg yolk reduces the production of oil in oily hair and boosts oil production in dry hair. Moreover, it prevents the production of excess sebum and nourishes your scalp. Due to the presence of lecithin, biotin, and protein, it strengthens your hair and leaves a softer and shinier appearance.

**Use Shikakai:** Since ancient times, Shikakai has traditionally been used for hair care in India. Its medicinal properties help in scooping out all the oil from your scalp and keep it in sound health. Available in both the forms, dried powder and paste, you can apply Shikakai to your hair or can use it as a shampoo. Compared to other sulphate shampoos, Shikakai does not produce the natural amount of lather; however, it is an effective hair cleanser due to the presence of naturally low pH. While you use a Shikaki shampoo to wash your hair, you do not necessarily need to use a conditioner after hair wash as it is also a natural hair detangler.

**Medical Treatments:**

Instances may occur when regular shampooing doesn’t control oily hair. Seborrheic dermatitis, one of the malfunctions can cause oily hair due to high production of sebum. Characterized by yellow and oily patches on the scalp, the condition forces the oil to quickly travel from your scalp to the strands. Another ailment, Psoriasis, is caused by excess skin cell turnover, leading to oily hair if your sebaceous glands produce sebum to a large extent. In both the conditions, you will experience enormous dandruff at first, which remains constant despite shampooing frequently. Fortunately, many ayurvedic solutions can treat oily hair and deliver outstanding results. In extreme cases, a dermatologist will help you with prescribed medications that contain all-trans-retinoic acid, a vitamin A related substance. It regulates the sebaceous gland secretions. In most of the instances, dermatologists suggest hair care products combat oily hair problems. Unlike other harsh chemical-based hair care products, these products restore the balanced production of oily substances from the sebaceous glands. Various herbs or seaweed like rosemary, horsetail, nettles, and chamomile regulate the production of sebum and help you to get rid of oily hair.

**Conclusion**

Unlike other available medications, Ayurveda has proved to be a boon for individuals suffering from oily hair problems. However, apart from directly getting engaged in any kind of hair treatment, it is advisable to always follow a basic and healthy hygiene. A list of factors like type of hair, climatic conditions, hormonal imbalances, skin condition, use of random hair products etc. can severely alter your hair type. A balanced use of natural ingredient shampoo, oil, and intake of healthy diet can further aid the enhanced metabolism of defect-free hair.

In this article, we saw how easily available natural products like egg yolk, yoghurt, and Shikakai can be used to combat oily hair problems. Regardless of one’s gender, people can abide by the various ways listed here to keep their hair oil-free.