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Health

A JOURNAL DEVOTED TO HEALTHFUL LIVING

Email: admin@theantiseptic.in
subscription@theantiseptic.in

www.healthjournal.in

Vol. 104 □ No. 04

APRIL 2026

Rs. 20

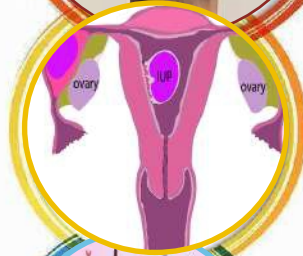
HYPERACIDITY AND BALDNESS

Page No : 11



HETEROTOPIC PREGNANCY

Page No : 17



WOMEN'S HEALTH

Page No : 13



HYPERACIDITY AND BALDNESS



Our hair is a traditional symbol of youth, health and energy for life. Hair loss occurs mainly in older men. This could be due to genetic predisposition, but how can we explain the fact that this problem is happening increasingly frequently to younger men? The consequences are not only aesthetic in nature but many men also suffer psychologically when they lose their hair, and this can even extend to depression. The scalp is a mineral store that feeds millions of hairs. There are plenty of reasons of hair loss like genetic, age related, nutritional, acidic pH, anemia, thyroid disorders, hormonal deficiency so on and so forth.

On a very grass root level, the body is an acid-producing machine. Body generates metabolic waste product in the form of an acid. The body is designed to produce and eliminate this acid on a twenty-four-hour cycle. If more acid is produced than can be eliminated. Since acid is by nature corrosive, the body must create and retain buffers to neutralize the stored acid until it can be eliminated. Kidney is one of the organs responsible for removing

acid. Actually, it removes more acid than any other buffering system of the body. However, the only way to transport excess acid to the kidney is through the bloodstream. If any of the above process gets affected body's ability to manage the accumulation of acidic waste products hampered and the body slowly begins to suffocate in its own acid waste. When our pH level is unbalanced, almost any area of our bodies can be negatively affected creating results such as cancer, heart disease, obesity, weight problems, allergies, fatigue and premature aging as well as problems with our nervous system, cardiovascular system and muscles.

One of the very important and most neglected reasons of hair loss in our community by physicians is imbalance in pH. In the last half of century, worldwide many cases have been encountered of hair loss due to alteration of pH via diet changes. An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur. An acidic balance will decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease ability to repair damaged cells,

decrease ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. In addition this environment inhibits metabolism of stored energy reserves while causing cholesterol plaque to form which can disrupt blood pressure, as well as, lipid and fatty acid metabolism. Finally, it has been associated with the inhibition of cellular regeneration, DNA and RNA synthesis, oxygenation of the tissues, and alteration of electrolyte activity which ultimately reduces blood flow to hair root area and causes hair falling. Simultaneously due to DNA damage and poor oxygen supply to that area there is reduction in hair growth and maintenance.


Elimination of Acid Waste

Initially, most buffering is performed by oxygen. The body begins this buffering process by increasing the oxygen binding capacity of the hemoglobin. This means that more oxygen is bound to the hemoglobin molecule within the red blood cells. This makes the oxygen unavailable for use on a cellular level. Initially, this has little, if any, effect on cellular buffering or energy production. However, over a long period of time, both functions are compromised. Before this compromise escalates to the point of irreversible damage, the body wisely shifts to another source of buffers. It turns next to the mineral supplies of the diet the only potential obstacle at this juncture is the availability of minerals. Here's how they translate to buffering: If the nutrients are not in the soil, they're not in the

food. If they're not in the food, they're not in the diet. If they're not in the diet, they're not in the body. If they're not in the body, then another source has to be accessed. Inevitably, this source is bone. Subsequently, calcium and phosphorous are extracted from the bone to be used as emergency buffering resources. The process of restoring pH balance begins with proper diet and nutrition.

Correction of acid environment and regain hair growth

The immediate goal of any approach employed to address an acid/alkaline imbalance is to assist the body in eliminating the excess acid stores. Secondary goals are to restore normal function and prevent the imbalance from reoccurring. This includes eating alkalizing foods, such as vegetables, low sugar fruits, etc., super hydration with alkaline water, and proper supplementation. The best solution is the more consumption of nutraceutical products i.e. minerals, vitamins and amino acids etc.

Physician should understand and give prime importance to acid neutralization as one of the important causative factors in hair loss besides all other significant causes. 

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