



Book Review

‘Hair problems: The reasons and how to overcome them’ *Petaling Jaya: Pusat Penjagaan Kesihatan dan Rambut Visalam, 1980. 250 pp. ISBN: 967-9988-01-5*

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Written by V.M. Palaniappan, the emergence of a guide on human hair problems, especially the emphasis on how to overcome it is a reasonable and timely effort. People are very concerned about its beauty. Based on this, various hair care solutions have been created which are now available in the market. But the problem still cannot be overcome. Any publications aimed at assisting public affairs are considered a contribution to them. Therefore the publication of this book is timely. Usually the general public cannot understand the scientific terms used in medical literature. However the author has managed to overcome it with easy-to-understand processing. Medical books on some diseases that cause miscarriage and similar problems are welcome. He has managed to gather all the information about it that is best suited to every member of the medical profession. This book is definitely receiving attention because of its easy presentation and description of concepts, terms and so on.

As an ecologist, the author is very aware of the environmental threats to humanity. Ayurvedic ancient writings and Siddha Vaithya such as Madhava Nithanam, Sarangathara Samhitha, Theraiyar Varggam and others show that hair problems have been in existence for about 2000 years. The author of this great research has identified hair loss as Inthira-lupatham, and hair as Palitham. This term comes from Sanskrit. However there is no record of haircuts and hair splitting at the tip, but it is a disaster in this modern age. The author of this book has used his ecological knowledge to analyze in detail the environmental degradation of various hair problems today. It seems that every reason and its ways are easy to understand and practiced by the public. Hence, any suggestion, referral and delivery of such a kind of hair problem are highly appreciated. The author has also analyzed in detail hair etiology. It was found that the term Angkuh Angkutan Pengubanan was appropriate. It is found that the results of the analysis and the ways to overcome it are in accordance with the philosophy recorded in Ayurvedic and Siddha. Discussions on the effects of heat and cold air on body metabolism, the use of oil and shampoo from plants, the benefits gained from the use of herbal products are fully following the philosophy. Every human being wants to be healthy and smart. There is a close association between healthy and tasty. We cannot be smart if we are not healthy.

The book reinforces the statements and evidence that one's hair cannot be as beautiful or beautiful if it is not in a clean state. In an effort to beautify, people generally forget about cleanliness that is the primary basis of health. For those charming tools that make them look attractive, and thus they become blind to the various harms that may be inflicted by the peripheral tools available on the market. This written book alerts us to the fact that the beauty of our hair can be maintained for longer if we take care of it neatly and prioritize hygiene. Everyone who reads this book will benefit from it. Even though there are plenty of reading material on the structure and function of the skin, scalp and hair, it has not yet been found to be the best way to handle hair problems. A century ago, this problem was not very alarming. Now it is getting worse due to current progress. Those living in the city are more vulnerable than those living in the village. In essence the authors are so convinced that those who live in this city regardless of whether men or women are at risk. The causes described in this book as the enemy of hair problems are the authors' genuine discovery, obtained through small experiments but have enough evidence from interviews conducted in Malaysia, India, Thailand, the Philippines and England for the past seven years.

CONFLICT OF INTEREST

The author has not declared any conflict of interest

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