

中医治疗脱发

TCM Alternatives to treating Hair Loss

王葆方医师 Dr Ong Poh Hong

Translated by Physician Tjioe Yan Yin

头发的保养与护理

Proper hair care and maintenance

- 正常成年人的头发约10万~15万根
An average adult has about 100,000-150,000 hair
- 头发每天平均长0.32~0.35mm
Our hair grows about 0.32-0.35mm daily
- 夜间比白天、夏天比冬天长得快些
Hair tend to grow faster at night as compared to day and during summer as compared to winter
- 每天脱发几十根至上百根是正常的
It is normal to lose about ten to hundred strands of hair a day

健康头发的标志

What determines healthy hair?

- 清洁、整齐，没有头垢、头屑
Clean, tidy, no dandruff
- 有自然的光泽，弹性和韧性，不易折断
Natural shine, soft and strong with no breakage
- 不粗不硬，不分叉，不打结
Not rough and brittle, no split ends, no tangles
- 疏密适中
Dense
- 不因外物（阳光、烫发、染发）影响而变化
Resistant to changes due to sunlight, perming or dying

头发的保护

How to look after your hair

- 保持饮食营养均衡
Maintain a balanced diet
- 定时洗发
Wash your hair regularly
- 正确地梳头
Proper technique of combing
- 坚持按摩头皮
Massage your scalp
- 防止暴晒
Avoid sun exposure
- 避免烫发损伤
Avoid damage due to perming of hair

经常梳头的好处

Benefits of combing the hair

- 刺激头皮神经末梢
Stimulate peripheral nerves of the scalp
- 疏通经络，行气活血
Unblock the meridian channels and improve blood circulation
- 防动脉硬化、高血压、失眠、神经衰弱
Prevent arteriosclerosis, high blood pressure and insomnia
- 防止脑疲劳
Prevent mental fatigue
- 要求：每天早、午、晚各一次，每次梳理30~40下
Best to comb hair 30-40 times thrice a day

头皮屑和油垢的防治

Prevention of dandruff and greasy filth

- 饮食宜忌：多蔬菜，少脂肪、甜食
Take in more vegetables, Avoid fatty and sweet food
- 洗头次数与用品
Note the number of times you wash your hair in a day and the hair products used
- 辅助药物：Vit.B₂、B₆、B Complex

头皮屑和油垢的防治

Prevention of dandruff and greasy filth

- 中药：桑白皮、地骨皮、厚朴

TCM herbs: White Mulberry Root-bark, Chinese Wolfberry Root-bark, Official Magnolia Bark



脂溢性脱发

Hair loss due to oily scalp

- 少油腻、糖、酒、辣椒，多蔬果

Take in more vegetables, avoid oily, sweet, spicy food and cut down on alcoholic drinks

- 重视头部清洁

Ensure head cleanliness

- 可口服维生素B6或B2

Take in Vit B2 or B6

- 中药：内服+外洗

TCM: Medication and herbal wash

- 梅花针叩打

Soft pricking of the scalp



斑秃 Balding

- 精神紧张、忧郁、生活不规律、内分泌障碍、微生物感染、药物等

Stress, depression, unhealthy lifestyle, metabolic diseases, infection, medication

- 严重疾病、身体虚弱

Serious illness, weak constitution



斑秃的治疗 Treatment for balding

- 调整好神经系统

Nerve system

- 合理营养，充足睡眠

Balanced diet, plenty of rest

- 中药：二至丸、桑麻丸、八珍丸

TCM herbs: Er Zhi Wan, Sang Ma Wan, Ba Zhen Wan

- 生发酒、生姜外擦

External medication: Hair tonic or fresh ginger

- 梅花针叩打

Soft pricking of the scalp



酒剂治疗脱发

Hair tonic to treat hair loss



- 当归侧柏酒（外用）
Chinese Angelica-Chinese Arborvitae Twig rice wine
- 当归Chinese Angelica 100g、侧柏叶
Chinese Arborvitae Twig 100g、白米酒Rice wine加至
1000ml.
- 浸泡一周后，涂于脱发区，一天1~2次
Soak the herbs with rice wine for a week and apply on area
of hair loss, once or twice daily

人参首乌酒

Ginseng-Shouwu rice wine

- 制人参一支 Processed Ginseng (约50~60g)、制首乌 Shouwu 60g、大枸杞Wolfberry 60g
- 用上方加黄酒至1000ml，浸泡一周。每天临睡前喝一小杯 (约20~30ml)

Soak herbs with 1000ml shaoxing wine for a week. Sip a small cup 20-30ml before sleep daily.



谢谢！

Thank You!