



# Hair loss Do not worry Try Yoga

Though there may be several causes for hair loss, it is often the result of some imbalance in the body. As per Ayurveda, beautiful, shiny hair is an indication that the person is healthy from the inside. Stress, hormonal disorders, diseases, genetic problems, poor eating habits, nutritional deficiencies, diseases are often the causes for hair loss.

Yoga works on the causes of hair loss and helps maintain a balance in the body. This benefits the entire system including your hair. In addition, they also improve circulation and hence nourishment to the scalp improving hair growth.

All forward-bending asanas enhances blood circulation in the head or the crown region. This in turn nourishes the roots of the hair and as a result one can observe the changes in the hair over a period of time. Here are the few asanas one must try!

- 1. Adhomukha Svanasana** This provides good circulation to the head, is good for the sinus and treating common cold. It is also helpful for mental tiredness, depression and insomnia. Here is how you can do the downward dog or Adhomukha svanasana.
- 2. Utthanasana** Apart from improving circulation to the scalp, the standing forward pose helps in reducing fatigue and tiredness. It is also a great pose to help relieve the symptoms of menopause and improves digestion.



Here is how you can do the Utthanasana.

- 3. Vajrasana** Unlike other asanas it can be done immediately after eating your food. Being a forward bending pose, it increases circulation to the scalp. It also helps in treating urinary disorders, aids weight loss, improves digestion and also reduces gas in the stomach. Good digestion helps create balance in the body and helps in



reducing hair loss too. Here how you can do the vajrasana.

- 4. Apanasana** Apana refers to the prana or energy of your digestive tract that aids in purifying and eliminating toxins. This pose also gives clarity to the mind and relieves constipation. The balance created helps reduce hair loss. Here is how you can do the Apanasana.
- 5. Pavanmuktasana** It reduces



gas and helps digestion. The muscles of lower back are strengthened. It also reduces fat of abdomen and buttocks. Better digestion improves balance and aids hair growth.

- 6. Sarvangasana** It helps to nourish the thyroid gland, which means healthy function of respiratory, alimentary, genital and nervous system. Being a head-down position, it leads to better circulation

tion to the scalp reducing hair loss. Here's how you can do the sarvangasana.

Apart from these yoga poses you can also try some pranayam to prevent hair loss.

- 7. Kapalbhathi Pranayam** This pranayam helps your brain cells receive more oxygen, making it good for the nervous system. It also helps remove toxins from the body and beats obesity and diabetes. It restores the balance in the body leading to lesser hair loss. Here's how you can do kapalbhathi pranayam.

- 8. Bhastrika Pranayam** It helps remove excess gas, bile and phlegm in the body and purifies the nervous system. It also helps in preventing all kinds of diseases in the body. Find out more about bhastrika pranayam.

- 9. Naadi Shodhan Pranayam** It helps to treat heart problems, asthma and arthritis, depression, migraine, stress and eye and ear problems also. And better health always means better hair!

Other things to remember:  
Along with doing yoga, your diet is also important. Eating a balanced diet comprising of fresh fruits, green leafy vegetables, pulses, sprouts, cereals and dairy products gives you nutrients important for hair growth. Here are some foods which can help prevent hair loss.  
Washing hair with neem water, keeping your hair clean by washing it 2 to 3 times a week, massaging hair with coconut oil, brushing hair regularly is very good for your hair growth.  
Avoid using harsh chemicals.

## The South Indian Hub - Purohit Cafe!



If you ask any citizen what they can associate with a south Indian dish, Masala Dosa in particular, awww, the only name that will pop up instantly is Purohit Cafe. Started years ago as a small venture in the Ashok Nagar of Udaipur, Purohit Cafe has a bigger and better setup in the Anand Plaza now. For many, the Purohit Cafe is the first restaurant where they ever ate outside home. One quite interesting fact about this small but highly popular restaurant is its commitment

for food lovers. This is the only restaurant that remains close when the owner is not there. Apart from mouth watering Dosas and Sambhar, the two-feet long Dosas are very famous here. Nand Kishore Purohit, the owner of the cafe has been with this profession for more than 4 decades and that is good enough duration to be dedicated to food lovers. He has been working since the tender age of 14. Mr. Chef prepares more than a dozen types of delicacies with same dedica-

tion and produces amazing and signature taste. The restaurant, being of different kind, remains closed on Friday. when he was asked, if he is devotee of goddess Santoshi, he smiled and said, "I am Bhakt of Shrinath ji." As he has served in dubai is the past, the Friday off comes from there. The restaurant remains closed in his absence and even when he is here and if some customer registers a complaint, the restaurant does not charge from that customer.

## DHONI BECOMES FATHER TO A BABY GIRL



Just a week ahead of the cricket World Cup, India skipper Mahendra Singh Dhoni on Friday became a father after his wife Sakshi gave birth to a baby girl at a private hospital here. The baby was due in

March but was born almost a month earlier. The 33-year-old cricketer became a first time father after his daughter was born at Fortis Hospital here in the evening. The baby weighs 3.7 kgs, according to the

doctors and both mother and baby are doing fine. Dhoni is currently busy preparing for India's title defence at the World Cup in Australia. Sakshi is generally seen travelling with his husband on tours but she didn't travel with Dhoni during the Australia tour. Dhoni had tied the nuptial knot with childhood friend Sakshi Singh Rawat on July 4, 2010. The delivery happened through a c-section and both the mother and child are doing fine. The couple had been consulting at Fortis Memorial Research Institute (FMRI)

## Movie Review : SHAMITABH



This week's release goes by the name of SHAMITABH, which when decoded, is the combination of Dhanu'sh' and 'Amitabh', who also happen to be the lead stars in the film, which is directed by R. Balki. Bollywood is one place which is always open to any kind of permutations and combinations. Be it the casting in the films or even the selection of the film's titles, Bollywood has seen it all happen! Does the film live up to the hype? Let's analyze.  
The film starts off with the star studded premiere of LIFEBOUY, the debut film of 'superstar' Daanish (Dhanush). And at the time of Q & A with the media persons, when a certain journalist asks him a certain question, this makes Daanish recall his journey from being a cinema-obsessed small town kid who was born dumb to what he is today, the superstar 'Shamitabh'. The journey also shows his desperate attempts to become a star, despite his handicap. As any other cinema fanatic, Daanish too seizes an opportunity to come to Mumbai to realize his dreams of being a 'star'... only to be shooed away from every studio he visits (read 'gatecrashes'). Seizing a perfect chance, he starts 'living' in an actor's vanity van! And when he gets caught by the security guards, he tries to explain his aspirations of being an actor, which makes all the security guards laugh at him. Amidst all this, the film's Assistant Director Akshara (Akshara Haasan) sees the burning passion in his eyes to become an actor, which impresses her to no extent. That's when she decides to help him realize his dreams and thus puts him through her doctor

uncle, who in turn, suggests a certain technological breakthrough in medical science through which a dumb person can actually speak! But the only condition is that the voice won't be of his own but of another person. Thus starts the search for a 'perfect voice' for Daanish begins. After many a vocal auditions, it's finally the drunkard Amitabh Sinha (Amitabh Bachchan), whose voice Akshara and Daanish choose. The deal is signed with Amitabh which states that he will have to remain silent about all this and not utter a word to anyone, against which he will be paid handsomely for being Daanish's voice. Daanish, who then, rechristens himself as Shamitabh goes on to become an overnight sensation with a voice to match. Thus starts his journey into the skies. It is during this journey, when success actually goes into his head that he starts dictating terms to Amitabh, who also starts suffering from the same ego issues as Daanish. Amidst these clashes, there arrives a journalist who gets his hand on the much guarded secret about Shamitabh's truth. Does the journalist become successful in exposing the truth behind the real 'Shamitabh', who amongst the two (Daanish and Amitabh) agree to compromise with the other, where does the duo's ego clashes leave Akshara who is working really hard on her directorial debut with Shamitabh as the lead, does the world ever get to know the decoding of Shamitabh... is what forms the rest of the film.  
As far as the performances are concerned, there are absolutely no points in guessing as to who is

the captain of this ship... it's the actor par excellence Amitabh Bachchan, who delivers yet another performance of his lifetime with SHAMITABH. With his baritone voice and a towering persona to match, he takes his character to dizzying heights. His camaraderie with Dhanush's character in the film is really something that needs to be seen to be believed. Although he has done the drunkard acts in many films before, in SHAMITABH, he plays an old frustrated alcoholic with

so much conviction. As far as Dhanush, the 'other' hero of the film, is concerned, he manages to stand his own ground despite the towering presence of Bachchan. Akshara Haasan makes an impressive debut with a stunning performance. Full credit goes to R. Balki for extracting a superlative performance out of this newcomer. Full marks to her stylist for making her look so effortlessly elegant (esp. her in a pixie cut a la international celebs like Kiera Knightley, Jennifer Lawrence

and Anne Hathaway). Even though there are many known names (Mahesh Bhatt, Karan Johar, Anurag Basu, Raj Kumar Hirani, Rohit Shetty, Ekta Kapoor, Javed Akhtar, Rakeysh Omprakash Mehra, Boney Kapoor, Gauri Shinde and even Abhishek Bachchan) who do a cameo in the film, it is Rekha's cameo that will get huge applause in the cinema halls. It is to be seen to believe.

**The Team of RH gives it 3 Stars to this movie.**

