

white hairs

i have developed a lot of white hairs & they r continuously getting grey.almost half of my hairs have turned grey. please help me.iam extremely worried.

help me plzzzzzzzz!am in urgent need of a help regarding my hairs.wat if even the left black one's wud turn grey?: (if u guys know any desi totka 4 this please post hereor if u know any beautician or any doctor who can help me out with my problem,please post ur suggestions here.i'll be obliged

well, if its genetical then i am afraind, none can be of help

however try these simple things:

1. always keep your hair covered when in sun... you can use umbrella
2. soak the MAASH DAAL overnight, in the morning use its water to wash hair

i will try to get more tips for you!

best oil/combination for dry hair

plz help me wid best hair oil/combination for dry hair. similarly, best conditioner for dry hair n shampoo too.

use kalakola hair tonic after every hair wash wash your hair only twice a week..... not more with a good shampoo.....rinse with tape water dailybest shampoo is bioamla... check this out for better and rich black hair....

well, the best oil combination is hard to define, however you can try this tip:

- 2 Tbsp Olive Oil
- 2 Tbsp Mustard Oil
- 1/2 tsp Castor Oil

mix and then heat so that they are a bit warm. Apply and leave for 1/2 hour, wash away with any egg shampoo.

Hope it works for you!

Sun Burn

here are some TRIED remedies, and so they are effective

1. Ingredients: lotion with NO sent added and NO color added) Aloe Vera gel.
Instructions: After a cool bath apply lotion to burned areas. Then apply aloe vera gel. reapply as often as needed (approximatly every 5-7 hours)(depending on severness of burn)
2. Ingredients: vinager
Try using vinager. it really works. just put it on a cotton ball and rub on the burnned area. You may stink for awhile, but the burn goes away. after it does, wash and lotion up to help with the pealling. also if you get a minor burn, put mustard on it!
3. Ingredients: Cucumbers
Instructions: Rub slices of fresh cold cucumber gently over burns... this may take a long time

too

4. Ingredients: stalk of LIVE Aloe Vera

Instructions: open the stalk with a knife, scrape out inside content with pulp into a small glass bowl. Mash pulp if needed. Spread over sunburned area for relief of pain and to heal sunburned area

5. Ingredients: ICE

TOMATOES

WATER

Instructions: MASH UP TOMATOES, CRUSH A LITTLE ICE, ADD A LITTLE COLD WATER AND APPLY TO AFFECTED AREA. INSTANT RELIEF

6. Ingredients: Tea of any kind. Tetley will do.

Instructions: Take about 10 to 15 tea bags and run them under warm water into a bathtub. Submerge the effected area. It has works every time.

7. Use 3 Cups of powdered milk & 1 Cup of ground oatmeal to a cool, (not cold or hot!) bath. Just soak, using no soaps which can dry & irritate for 15 minutes, pat, or better yet air dry, but don't rub! Follow with a little extra virgin olive oil. This remedy will take out the heat, sooth any itching & prevent blisters in all but the worst sunburn.

8. ingredients = -olive oil

After you get burned, take some olive oil and put it on the burnt area. This helps stop the burn from blistering or bubbling.

other than this

whenever u leave house do cover up ur face, and where ever the burn is.

use sun block.

use face powder as well.

i saw these on the net, and i am sharing here

Homemade Sunburn Relief Recipes

Sun Burn Lotion

8 ounces non-medicated lotion

5 drops clove oil

5 drops peppermint oil

2-4 teaspoons powdered Comfrey Root

2-4 tablespoons Aloe Vera gel

Mix together thoroughly in a bowl. Chill, if desired.

HINT: Amounts of Comfrey Root or Aloe Vera gel may be increased, but do not increase the amounts of clove or peppermint oils, as they may cause skin irritation.

Cucumber Sunburn Lotion

1 cucumber - chopped

1/4 cup Glycerin

1/4/ cup Rose-water

Squeeze juice out of the cucumber with a lemon-squeezer, and mix with Glycerin and Rose-water.

Sunburn Soothing Bath

2-4 cups *Colloidal (not regular) oatmeal
1/2 to 1 cup baking soda
1-2 cups powdered Chamomile flowers
1 cup buttermilk, optional

Add all ingredients to bath water, or wrap in cheesecloth and tie to the faucet for adding aroma.

Sunburn Mist

2 fluid ounces of distilled water
9 drops of lavender
2 drops of peppermint
1 drop of spearmint

Mix all, then mist lightly over sun-burned skin

rosy pink lips!!

i have a major problem...i used have to rosy pink lips but now they r not...is it due to excessive use of lipstick or lip gloss??...i have stopped using them now...but m lips r not turning back to their original color. they r of sum purplish red brown color...plz tell me if sumthin can be done...

well, it is sure due to excessive use of lipstick

~!nw a days beet roo (chuqander) is available, add it to you meal, take 1/4 daily.

~!take a pinch of safron and mix in 1 t sp of fresh cream (balai) and then rub over your lips and leave for 15 minutes. wash and apply lotion. it really works wonders

cheers

u can also apply this.

add few drops of lemon juice in olive oil n apply it on ur lips at night.this willl work

thunkooo u soo much u ppl...i have tried both of them n they r really working..!!!!

thanks

i tried the saffron and malai thing..works grt! thanks

hey! can i mix saffron with milk and apply it all the night on my lips b cause they r not pink not even red....my upper lip is dark and lower is little bit pink ..but out line is dark. looks dirty...

i guess you need to look into your diet also, and do this:

after you brush your teeth, gently rub the light colored lip with your tooth brush, be careful not to crack your lip's skin. then apply a good lip balm.

cares

safron aur milk ke illawa koi aur tip hai kia...i've heard abt lemon drops with milk.....is it adviseable to apply on lips whole night.....

you have to use the drops with milk and olive oil, otherwise the acid content of lemon drops will not only burn your lips but will turn them black too

Caution about lipstick

Lipsctick is made from fat. This fat base is not manufactured in Pakistan. It is imported from western countries. Most part of this base is made from pig's fat.

Please do not use any lipstick unless you find HALAL clearly written on it. I am yet to see any brand having HALAL written on it. We are Muslims and need to be very careful in this context.

How to make the FEET and FACE fair?

hey...its pretty ez..but ul hav to hav LOADS of patience...if u wanna use herbals...im not into chemicals,,so tellin u wht I use..yea im kinda dark too...so jahan tuk main ker sakti hoon i care for me..anyway here it is...

everynite b4 goin to bed apply THIS as a cream..over ur hands feet n face...n where ever u want to get a fairer n a glowin skin....here is the portion..

1 whole small lemon ka juice+3 tbsp of milk+1 tbsp of oil(olive or almond)+a pinch of haldi...n thats it!...if ur skin burns a bit..wash off IMMEDIATELY n increase the amount of milk or add rose water 1 tsp!k?

anymore questionz..do hit bak!

hey...squeeze potato juice in jucier apply it on face feet n hand wen it get dried up wash it up kasam ull find result in 7 dayz

miracle ubtan for glowing skin

ingredients:

indian ubtanvicco....1 jar

husn-e-yusaf...1 tola ..buy it and add it in vicco ubtan in ubtan's jar

sandal powder.... 1 tola add it in ubtan

now how to prepare ubtan.....

vicco ubtan mixed with sandal powder and husna-e-yusaf.....3 table spoons

basan...1 table spoon

badam ki khulli.....2 table spoons

huldi..... 1 tea spoon

juice of 1 lemon

milk cream...(balayi)...1 tea spoon

now add rose water and make a paste of it.....

apply it on face and keep on massaging gently...dont wait for it to get dried just keep on massaging gently.....

after sumtimes it will start getting dried

after that rinse ur face with cold water

and u will see the difference just in 1 week

i ve been using it for the last so many

well cream is added in lil amount and also just to make it bit sticky and lemon juice reduces its harmful effects:) but trust me its the best receipe i ve been using for the last 10 years and i

tried many things but ended up in this recipe:) i got another recipe of jow ka aata to whiten the complexion will post it later but this ubtan is too good

hey pal will post jow ka aata wali recipe in few days now always working on something so don't find much time to post exact and proportionate recipe but u try this ubtan its as wonderful as jow aka aata

height

i want 2 increase my height yar...
all these yogo pogo dont works..
coz my bro tried it...
im 19 years old...
wase mera 5.4 hai
but i want more...
help me plz

apart if this is not hereditary then you should get a steel rod and fix it between two walls at a height of 6 feet. then all you have to do is daily grab it and swing your body in air and hang out there for 2-3 minutes. do this 4-5 times a day! this will definitely help.

secondly, you should drink milk (try flavored milk available)so that your bones grow and ultimately your height increases!

from medical point of view
bones stop growing after age 20 but still there is further growth in bones e.g in vertebrae n ribs till age of 25 !
so better if u r still teenager drink a lot milk for sure .. v necessary !

well u can do this exercise till the age of 22 if u r a girl and 25 if you are a boy!

although the growth in height is considerably slow, rather VERYYY SLOW but its still worth it!

ts very hurting and painful

hi every girl in this community!!!!!!
i suffer severe pains during first two days of menstrual cycle and it hurts alot and i mean alot .i take two ponston tablets every 8 hrs on first two days
plzzzzzzzz suggest me some homemade remedy as i have heard that taking medicine for such pains is not good though i consulted gynaecologist before taking ponston
waiting for ur reply girls!!!!!!

quick tips

well, warm milk is the best healer!

DO NOT TAKE MEDICINES

one more thing you can do is that take the rubber-water-bottle

and fill with warm water, place over your pain area, it helps a lot!

or u can just use a cloth pad, iron it so that it is warm and then place over the area

but!!!!!!

hamna i already start taking warm milk as soon as the periods r abt to start but that effect lasts only for some time and then again the pain starts.
sometimes back an aunty of mine made me a very good drink of milk but i have forgotten its complete ingredients

it was milk haldee and rest i have forgotten it was really good .us kay peenay say aik dam pain chale gaey thee

well don't take ponston instead u can take disprine n secondly try to avoid cold things 3 or 4 days before ur periods.

u can also do light massage of that area with luke warm olive oil it also helps alot.

well stop the usage of water for first 2 days it als help in reducing the pain.

i have heard to drink milk with khajoor to ease the pain.....and also one more thing i tell u is panjeeri...it can b made at home but i usually get it frm interior sindh frm my aunty,,,ask ur mum or grand mum.....they might b knowing abt it,,,,,it a mixture of dryfriuts and i dunt remember its other ingredients ,,,,gaon wagera main ziada banta hai....ask ur mum.....i have tried it,,,,and belive me no pain at all...

Have hot tea it will help a lot i had de same problem ...take it on de first day when u have de pain and have 1 more cup of tea after 7 to 8hr u will b fine and it will not pain any more.. try it this helped me a lot...

yar i take hot milk every 5 6 hours but not much effect.My whole body hurts and it feels as if i am going to break and my legs suffer pain waves.

I have consulted gynaecologist and she said its hereditary thats why i want ghareelu recipies

disprin

no way,its anticoagulant,dat means it increases bleeding...so it ll add to blood loss during menstraution...

i know farah disprin is used for thinning of blood or its dilution.Thats why its given to heart patients for their proper blood flow

well don't take ponston instead u can take disprine

avoid takin pain killers for menstrual cramps...

warm up some milk, put 1 and half tea spoon haldi in 1 cup milk..n drink it up...lie down n try to sleep.

OR if duznt help then ONLY do the followin:

Take a 325 gram tablet of Tylenol (pain killer for all sort of pains), it will put u to sleep so take it when u hav nothin else to do, as in no work or studies. this is a really good tablet but i hardly take tablets....as they hav side effects n harm u in da long run.

hope it helps u.

but isn't disprin much better pain killer then ponston as ponston is also used in decreasing the bleeding???

well what i think is we should avoid all type of pain killers in these days n try to use home made remedies as they don't have side effects. well one can take tea , hot milk , boiled egg, khajoor n milk ,dry fruit.

well u can also take guur n ajwain. take a little piece of guur n heat it so it becomes liquid (quantity after melting 1 tbs) add pinch of ajwain in that liquid n eat it. it helps in decreasing the pain.

hey i just visited a doctor regarding sum prob and i just asked bt this pain thing frm him too...he said PONSTON or PANADOL is not harmful ...it is perfectly safe to take these tablets...nd the doc is also our family one very experienced....so he cant be joking....second

abt the pain take some warm water wid honey it will do wonders for u.....u can h ave as many glasses as u want...it wont be harmful in any way.....try this out nd lemme k now

there is a medicine called MYDOL its only for the pain during PMS. it's really good. you dont need to take more than 1. pehlay din aik tablet le lein and thts it

DRINK as much water as you can while on your period and before it, though u should be drinking atleast 8, make it 10 a week before your period starts and try making it 10 while on your period...

ya mutaaaloo ka vird perhein in periods !

guyz this is nothing like beive me fr me evry month for me is like going thru hell cos i not only get pains i vomit and once i star vomiting it goes on and onand on liek try two days continusoly and yeah i have to get wo injections of buscopen and drips r necesarry after so much of vomiting,and my problemc ant be sloved with home made recepies tried them but they dont work,thats why i thik periods i s a pain in te neck and i dont like it

HEY PPL!

comon, its natural yaar

your hating it wont be of any help.

periods sign of healthiness its not any ailment

I knw how u all feel....im in UK...and doing 2 jobs...and i really struggle to go 2 work wen i have my monthly pains....in UK...i take something called doperamol....it helps pain and vomiting.....i usually take it a few days b4 i know I am to start....it is starting to help

pimples scars and burns marks

how can i red rid of them

Burn Marks and pimples:

1. mix a few drops of coconut oil and lemon. gently massage the affected areas, the treatment is long but you need to be consistent.

2. lemon juice can be applied alone and used to lighten scars, but if you apply it when the scar is still fresh it is much more effective. Apply the juice only to the scar, not to the entire face as it stings.

3. Put cucumber juice on your face and leave on overnight. Do this every night. The scars will gradually fade.

if your scars are month/s' old then squeeze around ten drops of lemon juice on a cotton ball and place this on the scar for at least ten minutes. Do this daily.

Pimples general advice:

#! the first precautionary measure is never touch your pimples.

#! As soon as a pimple bursts, gently squeeze it completely till all the pus and blood comes out - with clean hands - and then apply cotton soaked in lemon juice to the spot. Leave it on for 10 - 15 mins. You will not get a scar.

Also,

#! Avoid using oils, greasy moisturizers and cleansing creams, and other cosmetics.

#! Wash your hands before applying makeup.

#! Throw away old makeup and buy new makeup frequently.

#! Don't borrow or use somebody else's makeup.
#! Use an ordinary mild soap to keep your skin clean.
#! Eat plenty of fresh fruits and vegetables and drink a lot of water.
#! Avoid a high-calorie diet, especially fried foods and sweets.
yaar lemon does not suits on my skin it causes redness

well, then try No marks

you can use *fade away*

i m using no marks already yaar
but still thanks alot

if u're above 25 u can use vitamin E oil on ur face. just apply at night n wash off with face wash in morning. is very effective n gives quick results.
for ppl less than 25. squeeze few drops on lemon juice in milk to curdle it. the milk solids n water will separate. apply the water on face at bed time. wash off with mild face wash in morning. lemon juice can hurt some people's skin. but it loses the harsh effect when mixed in milk.

if u dont have massive pimple marks, try Neutrogena Acne Treatment Face Wash. wash ur face with it 2,3 times a day. and at bed time apply " Fair n lovely Anti Mark cream"
do it daily...it works !
and for burn marks, would u plz specify , how deep r they? and which areas r affected ?

use honey n alum

use honey n alum powder for open pores n burn marks

yaar my skin is oily but when ever i use some cream or wash with neutrogena it makes it too much dry
and pimples marks aret oo much i have tried fair and lovely antimarks cream but it didn't works even no marks didn't work
i m tired of all things now plz tell me some thing atleast to remove pimples marks except tomato pulp as it does not suits my skin gets red too much with it

i have scars and burns marks on my legs and hands can u plz tell me how 2 get rid of them????????

well yes fair n lovely anti marks do work for pimple marks but it should be used on regular basis that is everytime u wash ur face apply fair n lovely anti marks.

well a useful tip is
never drink water soon after meals
take half an hr b4 ur meal or one hr after meal

u can also use ginger water for the pimple scars ..really effective

moreover most of the women says tht after marriage pimples usually vansih :P kekeke.. n they have clear skin