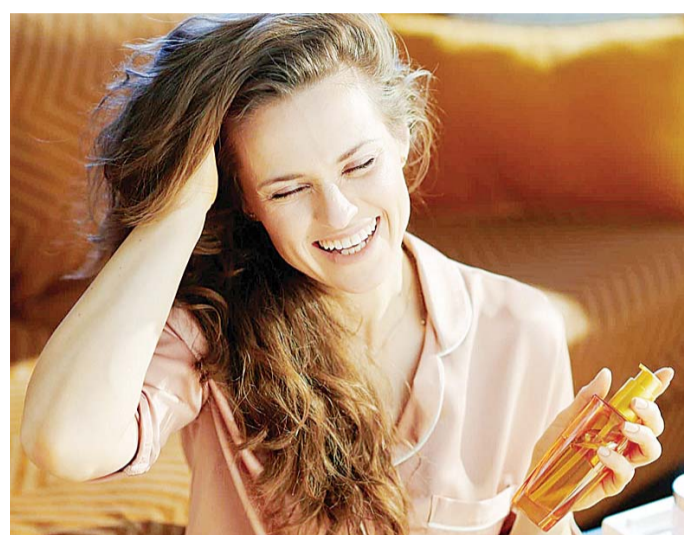


## #HAIR-CARE

### Ayurvedic Remedies

A head full of shiny, dark hair can turn heads while head with dry, lifeless, damaged hair has lesser appeal.



**W**arm humid weather, sunshine, and unruly, frizzed locks? Yes, you are not alone. This common mane mishap can be very annoying, especially when nothing seems to tame it. Fortunately, just like how there are hacks to detangle curly hair, we have got some tips and tricks to help fight the frizz.

Hair is one of the most attractive aspects of a person. A head full of shiny, dark hair can turn heads while head with dry, lifeless, damaged hair has lesser appeal. There are definitely simple, but effective ways of inducing life back into the hair.

Read to know some of the most common ayurvedic remedies and medicines for different causes of dry, frizzy damaged hair and how it can be reversed to enjoy healthy, shiny hair using ayurvedic treatment.

But, before learning tips to manage frizzy hair and switching up your hair care routine, it is vital to understand what frizzy hair is and why it happens in the first place.

#### What is Frizzy Hair?

When different individual hair fibres run in multiple directions, your hair looks untidy, fluffy, frizzed, fuzzy, damaged, or anything in between. Frizz occurs when a hair strand becomes completely worn out and loses its smoothness, suppleness, and natural pattern, making hair unpredictable to manage and style.

#### Causes of Dry and Fizzy Hair

- Nutritional deficiencies
  - Excessive exposure to the sun
  - Air-conditioned environments
  - Excessive use of hairdryers
  - Unhealthy hair products, can all affect the hair, making it dry and dull.
- Hair is so affected that can be lifeless, break easily, have split ends, and fall easily. The shine and texture are affected and the scalp also lacks moisture and feels dry.

#### Ayurvedic Home Remedies

Lifeless, dull, and dry hair need not be a reason to lose sleep. There are simple ayurvedic remedies that would be readily available in the most homes to try dry hair problems and these ayurvedic remedies are used for ages and have proven beneficial beyond doubts. We created a list of ayurvedic home remedies for dry and frizzy hair, some are given below:

**1. Eggs:** This food item not only rich in proteins but



also one of the healthiest products for hair care. In Ayurveda treatment for dry hair, an egg can play an important role as they promote the growth of keratin which is essential for hair growth.

**2. Lime:** Lime has antibacterial properties and is rich in vitamin C. This helps clear the scalp infections and promotes hair growth, which is healthier.

**3. Olive oil:** It reduces dandruff, treats split ends, and restores the shine and smoothness of the hair.

**4. Coconut oil:** One of the most commonly used hair oils in ayurvedic treatment, it moisturizes the hair and reduces dandruff and restores shine in the hair.

**5. Curry leaves:** Adding curry leaves to coconut oil and warming it to apply on the scalp helps immensely in restoring life to hair. A warm towel can be used to wrap the hair when the oil is left in place for about 15 to 30 minutes.

**6. Henna:** Rosemary or henna as it is commonly called is another way to condition hair and restore the shine and luster back. It strengthens the hair cuticles and makes it less prone to breakage.

**7. Aloe vera:** Gel collected from a freshly cut aloe vera plant has antibacterial and antifungal properties and used to treated frizzy and dry hair as an ayurvedic treatment. Aloe vera helps in restore life back in damaged hair. It also reduces itching.

**8. Avocado:** This fruit has amazing benefits on hair care. Avocado helps in preventing hair damage and also reduces hair loss and improves hair health.

**9. Olive oil:** Common ayurvedic home remedies for frizzy hair, use of olive oil. This remedy helps in reducing dandruff, and so improves infections which could be affecting hair health.

**10. Hibiscus:** If you're facing damaged hair issues then try out ayurvedic medicine to repair damaged hair and improves the volume of hair. Hibiscus also helps in effective in hairfall problem too. The leaves and the flower of hibiscus used as a paste that is left for about an hour and rinsed off.

In addition to all these ayurvedic remedies mentioned for frizzy hair, gentle brushing, not brushing wet hair, proper diet, and good sleep are equally important for shiny and healthy hair.

One evening, over a few pegs of rum and limited paani, Balbir enlightened us that the reason we did not have enough water for our "shampoo", was that we had not utilized the "flying saucers". According to him, we were living in water scarcity, even though there was an abundance of water all around us. Deepak, on his second rum paani, pooh-pooled this theory and countered that there was a water shortage only due to insufficient rainfall over the Thar.

# The Flying Saucers of the Thar



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The author is a retired IAF fighter pilot.

## #LITTLE MOUTHS

**I**t was in the late 1970s. The Generals on the other side of the border were badly hung-over, possibly due to a plentiful supply of American bourbon. Whenever such an event took place, the alert status of the Indian Hunter Strike Squadron was moved up a few notches, so as to deter any of the Generals from contemplating any misadventure when in delirium tremens.

This time we were moved to Nal Airbase, just outside Bikaner. Six Hunter aircrafts, with full weapon load, pilots, technicians and the works. And of course, Balbir. Whenever we would move on any operational exercise, Balbir - our Major Domo - was an essential part of the strike detachment. With his flowing Rajasthani turban and ear to ear moustache, he would impart profound words of wisdom to us all the while ensuring we were given also parathas and plenty of chai.

This particular move was in the month of May - the summer heat was at it's peak, and for some reason known (or otherwise) to the Military Engineering Services (also referred to as the MES or Money Earning Service), the taps in the Officers' Mess went dry. A water bowser was arranged and water was rationed out - we had enough water apiece for a shit and

a shave, but not enough for a shampoo. There was enough water for chai during the day, and Rum paani in the evenings, so life was not too bad. The only chaps who faced any issues were the married officers - when they finally they returned home they were greeted not with a smooch befitting an air warrior, but with a towel and a bar of soap at the front door with the stern injunction - "Do not come in till your \*\* smells like roses".

It was during this period of water deprivation that Balbir told us to look out for "inverted tea cups" or "udan khatolas" when flying over the Thar. We had noticed them earlier - smooth undulations over the desert landscape - but a look from lower altitudes showed that they startlingly resembled flying saucers that had landed over the Thar Desert.

One evening, over a few pegs of rum and limited paani, Balbir enlightened us that the reason we did not have enough water for our "shampoo", was that we had not utilized the "flying saucers". According to him, we were living in water scarcity, even though there was an abundance of water all around us. Deepak, on his second rum paani, pooh-pooled this theory and countered that there was a water shortage only due to insufficient rainfall over the Thar.

Balbir, of course, knew everything and had an answer to everything. He proceeded to remind us of the time when we were part of the Eastern Air Force and had

**These groundwater recharge points were the original "kunds" of Rajasthan. These "kunds" were actually extremely clever water harvesting structures with an artificial catchment.**

gone on a short holiday to Cherapunji in Assam. Balbir was with us during our short holiday, when we stayed in the Government Guest House. This guest house had a framed notice: "Water is precious - please use it carefully".

Cherapunji is notorious in Government school textbooks as the place in India that receives maximum rainfall. In a place with 14,000 mm of rainfall - enough to fill a high ceiling stadium - we were aghast to even think they could face a water shortage! Balbir then pointed out the stark contrast with Jodhpur - a city that had built a flourishing civilization and a stunning fort of yellow sandstone, despite receiving only 50 to 100 mm of rain!

"How" we asked, unable to anticipate the lesson in history and humility that we were about



Rain water Harvesting In Rajasthan.

to receive. The answer to this, spoke the wise and all-knowing Balbir, twirling his proud moustache, lay in the secrets his ancestors had buried in the sands of the great Thar. Through meticulous foresight and planning, they had, hundreds of years ago, done rain water harvesting. From roof tops to tanks - they had worked to build a resourceful and sustainable water-secure future.

He gave the example of Jodhpur. Once upon a time, Jodhpur had the extraordinary Padamsar and the Ranisar lakes. The Ranisar was inside the Jodhpur Fort. The hills behind the fort were the rain water catchment area, which first brought water to the Ranisar. This would get filled and then the overflow would go to the Padamsar, the lake of the people. The overflow of that would go to all the stepwells, which were the groundwater recharge points across the city of Jodhpur.

These groundwater recharge points were the original "kunds" of Rajasthan. These "kunds" or "upside down cups" or "upside

**The ecological rationality of these ancient Indian systems must be understood and blended with the challenges of today. The biggest challenge (this was Balbir, back in 1970s) was climate change.**

down flying saucers", or as Balbir called them, "udan khatolas", were actually extremely clever water harvesting structures with an artificial catchment. Whatever water fell as rain, was harvested and stored in an underground well.

The science behind them is incredible - one hectare of land would harvest around one million litres of water, even in a place like Jaisalmer, which has one of the driest conditions in the country. The city itself had flourished despite receiving just 50 millimetres of rain in a year, thanks to harvesting every drop. This water harvest was stored in the kund system of Rajasthan. The kund works by paving the ground with lime, making it drain to the middle. When it rained, all the water got channelled into a well, which

was kept covered to keep the water clean.

Balbir felt that there has always been enough water in Rajasthan. It is only after the British (or "gori shakal" according to Balbir) came to India, that this system fell apart and Rajasthan started being called a dry state. The "gori shakal" did not understand scientific diversity or community-based water management. The British replaced this indigenous and ingenious system with their own so called "modern" canals and diversion systems. Water was taken out of the hands of communities and given to bureaucrats to manage.

The wisdom of Balbir's ancestors was soon to get lost.

Independent India replicated this. The first stepdown was when the state took control from the local community of all the households as the provider and supplier of water. This meant that harvesting rain was no longer a priority. Local groundwater, which was recharged using rainwater was replaced by surface water brought from long distances in canals. Which begs the question that Balbir posed to us, "If cities and even villages get piped water from distant sources, who will harvest rain and why should they?" The next, haunting question, "What happens when the pipes go dry?"

Circling back to Jodhpur: A century ago, it was a classic example of beautiful water harvesting. Now the catchment areas of Jodhpur have been destroyed for mining and quarrying. So, the water harvesting potential has shrunk and Jodhpur depends

today on water from the Rajasthan Canal which is very expensive because it has to be pumped over a great distance. This has deepened the cost, the unsustainability and the crisis.

Today, the many drains that channelized the rain to the "kunds", have been built upon or destroyed. This is why it is so very difficult in Rajasthan these days to harvest rain. Balbir felt that the wisdom of his ancestors was ignored, been allowed to die, and that is why we are doomed to an eternal cycle of drought and flood.

The ecological rationality of these ancient Indian systems must be understood and blended with the challenges of today. The biggest challenge (this was Balbir, back in 1970s) was climate change. This would give more rainfall in a few number of rainy days. This means more flooding in cities - a phenomenon which is unfortunately all too common these days. We must go back to the catchment areas, the "kunds" of Balbir's ancestors, be conscious of the local environment and involve full community participation. We must rebuild our relationship with water. We can do this by respecting ancient India's wisdom.

By respecting the wisdom of Balbir's forefathers.

*(Author's Note: All the factual data in this article is from a paper submitted by Dr. Sunita Narain, Director General, Centre for Science and Environment (CSE), Govt. of India.)*

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Ranisar Lake, Jodhpur.

## #BOTANY

### World's Largest Known Plant

Researchers happened across the plant when they took genetic samples of what they thought were two different plants over 180km apart.



**R**esearchers have discovered what is now believed to be the largest plant in the world. The single plant of *Posidonia australis* was discovered in the shallow waters of the World Heritage Area of Shark Bay in Western Australia. The ancient specimen of an incredibly resilient seagrass stretches across 180km. It is estimated to be at least 4,500 years old.

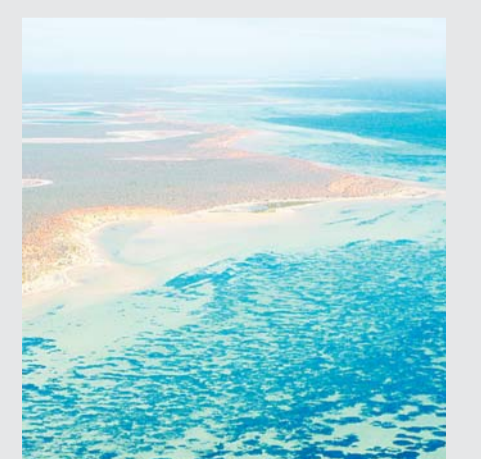
Researchers from The University of Western Australia (UWA) and Flinders University were taking samples of seagrass shoots from Shark Bay to generate "fingerprints" that used over 18,000 genetic markers. But they were stunned by the results when they did so. What they thought were different plants more than 180 kms apart turned out to be the exact same plant with the same genetic fingerprint.

Evolutionary biologist Elizabeth Sinclair from UWA, who is a senior author of the study said that the research project began when researchers wanted to understand how genetically diverse the seagrass meadows in Shark Bay were. They also wanted to know which plants should be collected for seagrass restoration.

"The answer blew us away - there was just one! That's it, just one plant has expanded over 180km in Shark Bay, making it the largest known plant on earth. The existing 200 square kilometres of ribbon weed meadows appear to be expanded from a single, colonising seedling," said UWA student researcher and lead author of the study, Jane Edgelo.

Its enormous size is not the only thing that sets it apart: the plant also has twice as many chromosomes as its oceanic relatives; making it a "polyploid." "Whole-genome duplication through polyploidy - doubling the number of chromosomes - occurs when diploid 'parent' plants hybridise. The new seedling contains 100 per cent of the genome from each parent, rather than sharing the usual 50 per cent," said Sinclair.

The plant appears to be extremely resilient without successful flowering and seed production. It experiences a wide range of temperatures and salinities and also extremely high light conditions. Usually, this would be highly stressful for most plants, but the giant plant seems to thrive in these conditions.



## #TRENDS&GADGETS

### Transparent and Wireless



The Nothing phone (1) will feature a transparent back, according to the company, and it will come with wireless charging support as well.

**N**othing-the London-based phone start up by former OnePlus founder Carl Pei - has revealed some key details about its upcoming and much hyped phone (1). The Nothing phone (1) will feature a transparent back, according to the company, and it will come with wireless charging support as well.

In an official statement, Nothing has talked about its phone (1), though the design core still scared. It also looks like the Nothing phone (1) will "celebrate the wireless charging coil". It looks like the brand is looking at different layouts which it claims will offer a different design compared to "typical Android phones." Again, what this actually means for users is a bit unclear.

In a statement, Nothing also said, "We experienced a similar challenge with finding the right suppliers daring enough to come on this journey with us. And like ear (1), our designers and engineers fought back and forth to get phone (1) just right."

Carl Pei and Nothing's head of design Thomas Howard have also given an interview to online publication Wallpaper.com about the company's upcoming phone.

"From a design perspective, we really wanted to bring the inside out, and that meant working with the engineers to start from first principles," Howard was quoted as saying. He stressed that Nothing wants to celebrate the

'good' components in a smartphone. He clarified that the idea with the transparent design is to show "components that the end-user normally never sees."

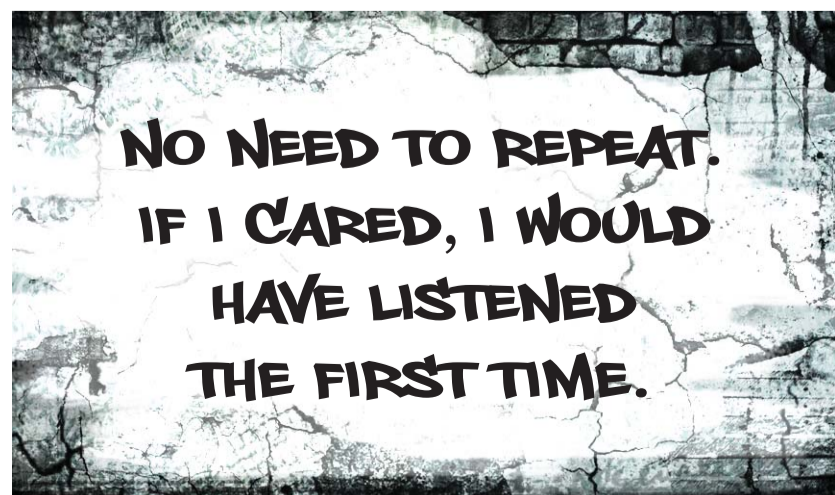
According to leaks, the new phone (1) could launch in July this year. The price is expected to be in the range of Euro 500 or nearly Rs. 41,000 on conversion. Interestingly, leaks also claim the phone will run a Snapdragon 700 series chip, like the new Snapdragon 7 Gen 1 chipset. So it would mean the Nothing phone (1) will not get the top of the line Snapdragon 8.

Nothing has also launched the launcher for its phone, where it is promising a new minimal aesthetic. There's no doubt that the Nothing phone (1) has a lot of hype around it, in part linked to Carl Pei and his OnePlus achievements. But whether it can deliver something path-breaking is what we will have to wait and see.

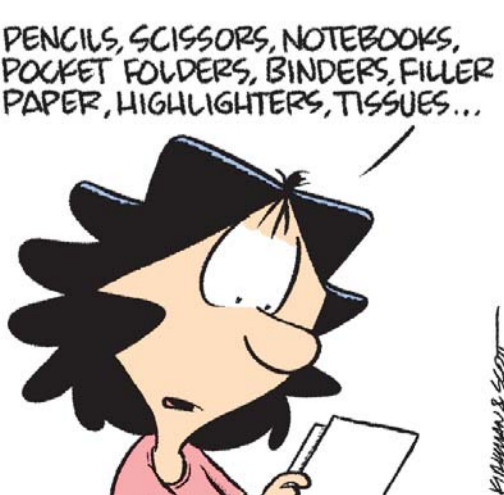


By Jerry Scott & Jim Borgman

## THE WALL



## BABY BLUES



By Rick Kirkman & Jerry Scott



## ZITS

