



**Dr. Bakshi's Healthcare**  
Transforming Health

# Skin, Hair and Nails

Our skin, hair and nails have many important functions, including creating a protective barrier, acting as an active sensory system and regulating body temperature.

Our dietary habits and lifestyle pattern are majorly responsible for the good health and nourishment of our skin, hair and nails. If the health of these areas is compromised, simple alterations in the way we live and consume food can bring about radical improvement in time.

## *Holistic Approach*

### For Skin

Our skin is the largest organ that helps in detoxification of the body through sweat. Gut dysfunction can reflect as skin disorder or ailment. We aim to get to the root cause of this imbalance and try to reverse these effects through a holistic approach.

### For Hair

The microbiome of the gut consists of several bacteria that exist symbiotically to break food we ingest into micronutrient like biotin. Lack of biotin can cause hair fall and other related issues. We aim to increase the biotin level in your body through a benign intervention of dietary and lifestyle changes.

### For Nails

Keratin is the protein that makes our nails strong and resilient. Lack of keratin causes nails to become brittle or lose their shine. Our holistic way of treatment digs deep into finding the root cause of this deficiency and with the help of functional medicine, we try to reverse the effects.



*Our units, Holistic and Kaleidoscope, work in collaboration to offer comprehensive programs and customized interventions for chronic lifestyle disorders and emotional wellbeing disruptions.*



Centre Address:  
32-B, Upper Ground Floor,  
Main Pusa Road, Old Rajendra Nagar,  
New Delhi-110005

✉ info@dbhc.in  
🌐 drbakshishhealthcare.com  
☎ 011-43635555



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### Health Conditions

#### Skin

- **Abscess:** Areas over the skin that are tender to touch and filled with pus in the deeper tissue.
- **Boils:** Small bumps over the skin that are filled with pus.
- **Acne:** Small raised areas of the skin that are tender to touch due to the plugging of hair follicles caused by dead skin or oil.
- **Irregular Pigmentation:** Small or large areas of skin that are darker or lighter than the rest of the body are indicative of irregular pigmentation.
- **Body odour:** Presence of unwanted bacteria on the skin can break down protein molecules in the sweat, which causes body odour.
- **Eczema:** Patches over the skin that are itchy and inflamed.
- **Urticaria:** Small areas of skin with rashes and itchy welts are called urticaria or hives.
- **Rosacea:** Small bumps on the face that is marked by redness and filled with pus.
- **Athlete's foot:** Areas between the toes afflicted by itchiness and rashes due to fungal infection.

#### Hair

- **Dandruff:** Flaking of the skin from the scalp with falling of white flakes.
- **Thinning hair:** Excessive hair fall along with lack of new growth of hair.

#### Nails

- **Fungal nail infection:** Nails turning whitish, brown, yellow or green due to fungal infection. It starts from the rim of the nail and is highly contagious.
- **Ingrowing nails:** Nails that grow into the adjacent skin that results in tenderness, redness and sometimes bleeding of the skin.

*Start your journey towards a healthy life*

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