

Why Coal Tar Is An Effective Ingredient for Tough Dandruff

When it comes to treating persistent scalp conditions like dandruff, seborrheic dermatitis, or scalp psoriasis, coal tar is still the gold-standard ingredient. While many drugstore shampoos rely on zinc pyrithione or selenium sulfide to control symptoms, these often fall short for people dealing with chronic flaking and inflammation. Coal-Tar works differently - and more deeply, by slowing skin cell turnover and calming the itch-scratch-flake cycle at its source.

Anti-Dandruff Shampoo FAQ: Understanding Your Options

Q: What causes dandruff, and why is it so hard to treat?

A: Dandruff often stems from scalp inflammation, excess oil production, or a yeast imbalance. Many people experience temporary relief from anti-dandruff shampoos, but chronic cases often require another option to overcome resistant causes.

Q: What ingredients should I look for in a medicated shampoo?

A: Common anti-dandruff ingredients include:

- Zinc pyrithione - an antifungal that targets the yeast linked to dandruff that can affect scale production with some effects on slowing cell turnover.
- Selenium sulfide - an antifungal that slows skin cell turnover and scale production, but is more likely to cause burning or itching compared to other formulas.
- Coal tar - a time-tested treatment that reduces excess skin cell production and soothes inflammation.

Q: How is coal tar different from zinc pyrithione or selenium sulfide?

A: Unlike zinc pyrithione and selenium sulfide, which primarily focus on microbial control, coal tar focuses on slowing the rate of skin cell turnover, allowing the scalp to heal and flake less. It also has anti-inflammatory properties, which help break the itch-scratch-flake cycle that fuels chronic dandruff and seborrheic dermatitis.

Q: Is Coal-Tar shampoo safe for regular use?

A: Absolutely. Modern formulations like Seaford's Coal-Tar Shampoo use refined, USP-grade coal tar at dermatologist-recommended concentrations. It's hypoallergenic, fragrance-free, and safe for use in children over 2 when used as directed.

Q: Will Coal-Tar shampoo affect my hair texture?

A: Coal-Tar shampoo is compatible with all hair types, including thick, curly, or fine hair. Follow with a pleasant-scented conditioner to maintain softness.

