

Causes And Home Remedies For Linea Nigra Without Pregnancy



Causes of linea nigra in non-pregnant women



Hormonal changes, especially around puberty and menopause, may cause skin darkening, leading to a linea nigra (dark line).

Linea nigra may indicate hyperpigmentation from extended exposure to the sun without sunscreen.



Polycystic ovary syndrome (PCOS), characterized by enlarged ovaries, may also cause skin darkening.

Home remedies to get rid of linea nigra



Cocoa butter



Lemon juice



Folic acid from green vegetables and cereals



Coconut oil