

# Studies

[Australas J Dermatol](#). 2016 Aug;57(3):e76-82. doi: 10.1111/ajd.12352. Epub 2015 May 25.

## **Treatment of male androgenetic alopecia with topical products containing *Serenoa repens* extract.**

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### Author information

#### **Abstract**

**BACKGROUND/OBJECTIVES:** Male androgenetic alopecia (AGA) is a common hair problem. *Serenoa repens* extract has been shown to inhibit both types of 5- $\alpha$  reductase and, when taken orally, has been shown to increase hair growth in AGA patients. The aim of this study was to assess the efficacy of topical products containing *S. repens* extract for the treatment of male AGA.

**METHODS:** This was a pilot, prospective, open, within-subject comparison limited to 24 weeks using no placebo controls. In all, 50 male volunteers aged between 20 and 50 years received topical *S. repens* products for 24 weeks. The primary end-point was a hair count in an area of 2.54 cm<sup>2</sup> at week 24. Secondary end-points included hair restoration, investigators' photographic assessment, patients' evaluation and discovering adverse events.

**RESULTS:** The average hair count and terminal hair count increased at weeks 12 and 24 compared to baseline. Some of these positive results levelled off at week 24, presumably because the concentrated topical product containing *S. repens* extract was stopped after 4 weeks. The patients were satisfied with the products and the side-effects were limited.

**CONCLUSIONS:** The topical application of *S. repens* extract could be an alternative treatment in male pattern baldness in male patients who do not want or cannot tolerate the side-effects of standard medications, but the use of a concentrated *S. repens* product beyond 4 weeks may be necessary for sustained efficacy.

# Studies

Yakugaku Zasshi. 1993 Oct;113(10):718-24.

## **[Effect of leaves of Ginkgo biloba on hair regrowth in C3H strain mice].**

[Article in Japanese]

Kobayashi N<sup>1</sup>, Suzuki R, Koide C, Suzuki T, Matsuda H, Kubo M.

### **Author information**

#### **Abstract**

Effects of 70% ethanolic extract from leaves of Ginkgo biloba (GBE) on the hair regrowth in normal and high butter diet-pretreated C3H strain mice which posterior hair we shaved were investigated. GBE showed a promoting effect on the hair regrowth. GBE had the inhibitory effects on blood platelet aggregation, thrombin activity and fibrinolysis. GBE inhibited the increase of serum the triglyceride level in high cholesterol diet-treated rats. These results suggested that GBE promotes the hair regrowth and could be used as a hair tonic.