Serenoa repens: does it have any role in the management of androgenetic alopecia?

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Serenoa repens is one among the many naturally occurring 5-alpha-reductase (5AR) inhibitors which has gained popularity as a magical remedy for androgenetic alopecia. It is widely advertised on the web and sold by direct marketing. Used as a self-medication, there is a risk of missing the early detection of prostate cancer. There is little evidence to support its efficacy, warranting larger clinical trials on androgenetic alopecia.

Figure 1. Serenoa repens: the plant and the berries.