

Effectiveness of *Serenoa repens* on androgenetic alopecia

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Background. Androgenetic alopecia is the most frequent hair disease affecting preeminently men but rapidly increasing in women. It can affect any body region, preferring, however, the scalp and beard area.

Aim. The aim of this double blind study was to evaluate the activity performed by 3 different cosmetic formulations especially enriched with *Serenoa repens* extract with a known quantity of total sterols on the hair growth and sebum secretion.

Methods. Voluntary subjects, 34 men and 28 women, aged between 18 and 48 years were divided into 3 groups using the products for 3 months. The first group used all 3 products enriched with *Serenoa repens* extract; the second of all 3 products (placebo free of *Serenoa repens* extract); and the third group used shampoo and lotion enriched with *Serenoa repens* extract, but dietary supplement placebo. Trichogram, phototrichogram and computerized analysis of the scalp (sebumetry, pH-metry, hydration) as well as macroscopic photos, have been practiced on each subject of the 3 groups before, during and after the 3 month treatment.

Results. The results, evaluated clinically and by laboratory tests, showed a significant ($p < 0.05$) 35% hair increase both on number and mass, and a contemporary 67% decrease of ($p < 0.05$) superficial sebum in the first group. Group 3 revealed a hair increase of 20% ($p < 0.05$) with a contemporary decrease of seborrhea (35% $p < 0.05$). Group 2 had no results.

Conclusion. In accordance also with other authors, this study confirms the effectiveness of *Serenoa repens* extract on hair baldness such as androgenetic alopecia, especially when connected with 5- α reductase activity.

Figure 1. *Serenoa repens*.

