

Hair Regrowth

How Korean Red Ginseng treats alopecia areata



Background



Theory

The effect of Korean red ginseng (KRG) on alopecia areata (AA):

AA is an autoimmune disease that can affect any hair-bearing area. Though many therapeutic modalities have been used to treat AA, none of these agents is definitely curative or preventive alone. In Korea, KRG is well known to effective for prevention of hair loss and growth of hair. However, there are still no reports of the efficacy of KRG in AA using medical engineering techniques. Thus, the authors studied hair growth efficacy and safety of KRG in AA.



Method

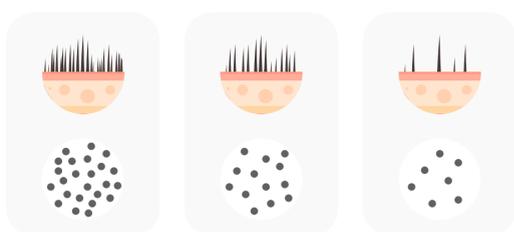
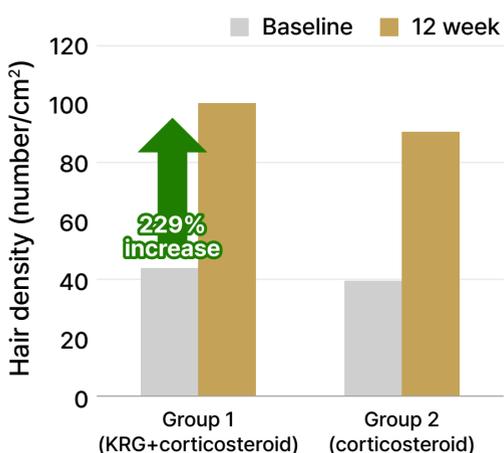
50 patients diagnosed with AA were divided into 2 groups (group 1: treated with corticosteroid ILI + KRG, group 2: corticosteroid ILI alone). We studied hair growth efficacy and safety of KRG in AA using Folliscope 2.5 (scalp photography and phototricogram) for 12 weeks.



Outcome

With 50 AA patients (25 taking corticosteroid ILI + KRG, 25 taking corticosteroid ILI alone) for 12 weeks

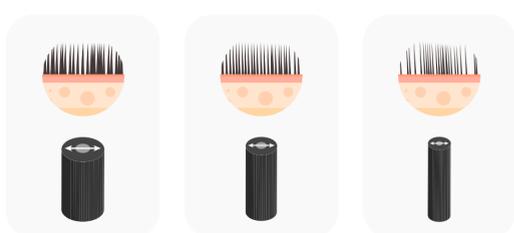
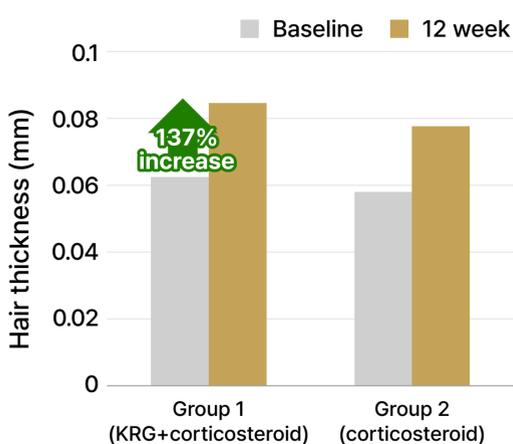
Hair Density



After 12 weeks, the hair density increased to 101.39/cm² in group 1 (KRG + corticosteroid ILI), and the increase of hair density in the group 1 was relatively more than group 2.

Hair density is the number of hair follicle units located per square centimetre on the scalp. Each follicular unit is composed of up to five hair roots.

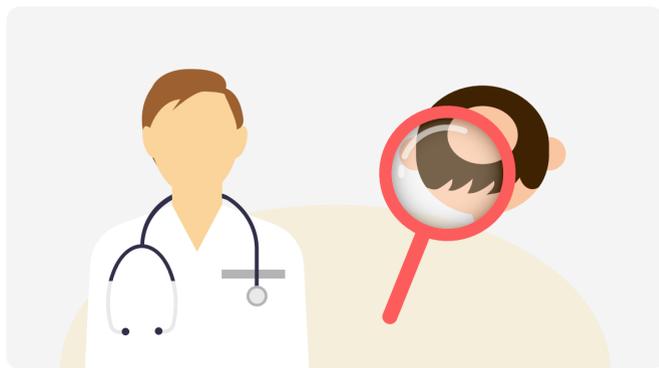
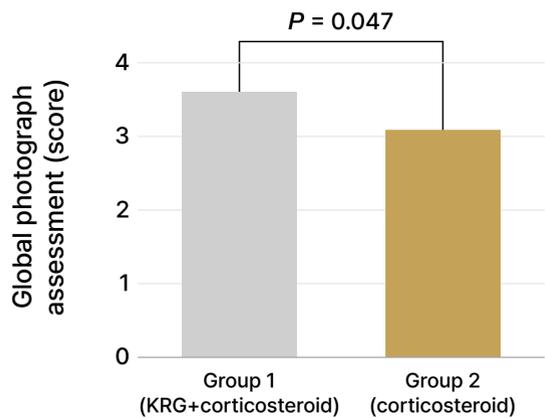
Hair thickness



The hair thickness increased from 0.062 mm to 0.085 mm after 12 week of therapy in group 1.

Hair thickness: Hair with a small diameter or fine hair has a typical diameter of about 0.05 mm; Hair with a larger diameter or coarse hair, has a typical diameter of about 0.12 mm

Photograph assessment



The average score of group 1 (3.6) was significantly higher than that of group 2 (3.1) via expert panel assessment of global photographs after 12 weeks, showing statistically significant improvement by KRG.

Global photographs were reviewed in a blinded manner by an expert panel of three dermatologists at the end of the trial using a 4-point scale (measuring hair regrowth: 1 – no recovery that includes deterioration as well as no change; 4 – marked recovery, cosmetically satisfied status or over 60% of regrowth on the lesion).

Impact

Improvement of hair regrowth in alopecia areata patients

This study results suggest that treatment with KRG can result in improved hair regrowth in AA patients.

Conclusion

The benefit of Korean Red Ginseng on alopecia areata treatment

This study proved the efficacy of KRG in the treatment of AA, recommending KRG as a useful complementary food for management of AA.