HAIR DISORDERS

HERBAL EXTRACT COMBINATIONS (BIOCHANIN A, ACETYL TETRAPEPTIDE-3, AND GINSENG EXTRACTS) VERSUS 3% MINOXIDIL SOLUTION FOR TREATMENT OF ANDROGENETIC ALOPECIA: A PROSPECTIVE, RANDOMIZED, CONTROLLED TRIAL

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Introduction: Due to limitations on efficacy and side effects of the standard treatment, herbal extract combinations including biochanin A, acetyl tetrapeptide-3, and Ginseng extracts could be an alternative efficacious treatment of androgenetic alopecia (AGA).

Objective: To evaluate the safety and efficacy of herbal extract combinations compared to 3% minoxidil solution for AGA treatment.

Materials and Methods: A 24-week, triple-blinded, randomized controlled trial was conducted in 32 subjects with mild to moderate AGA in both male and female. All were randomized to receive herbal extract combinations or 3% topical minoxidil solution of 1 ml twice daily. Clinical efficacy from photographic assessment by panel experts and adverse reactions were evaluated.

Results: Thirty-two subjects (16 males) with mean age of 41.3 years, onset and duration of AGA was 35.5 ± 13.6 and 6.5 ± 5.1 years, respectively were included. After 24 weeks of treatment, the herbal extract combinations demonstrated significant efficacies for treatment of mild to moderate AGA, thoroughly evaluated by macrographic expert panel global assessment, target area hair count, hair mass index, and patient self-assessment. Interestingly, the herbal extract combinations also revealed the comparable efficacy to the 3% minoxidil solution. The expert panel photographic assessment on the vertex scalp at week 24 showed 100 % response in both treatments. The herbal extract and 3% treated groups showed a significant increase of terminal hair counts for 8.3% (P=0.009) and 8.7% (P=0.002) at 24 weeks respectively, without statistically difference. No local adverse reactions from herbal extracts were noted, but one subject developed scalp eczema after using 3% minoxidil solution.
Conclusion: Herbal extract combinations could be an alternative treatment for mild and moderate AGA with significantly comparable efficacy to 3% minoxidil solution and no adverse reactions.