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## Clinical evaluation of hair growth supplements in the management of alopecia areata: An open clinical study

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**H**air loss is a most common problem among men and women of all age groups and it is a socially and psychologically distressing also. Its severity varies from a small bare patch to a more diffuse and obvious pattern. Alopecia areata (spot baldness) is a form of hair loss produced by the autoimmune destruction of hair follicles in localized areas of skin. There are few scientifically proven and FDA-approved treatments for hair loss. The underlying causes include treatable conditions like anemia and thyroid disease and polycystic ovary syndrome. Topical corticosteroids frequently fail to enter the skin deeply enough to affect the hair bulbs, which are the treatment target, and small lesions typically also regrow spontaneously. Oral corticosteroids may decrease the hair loss, but only for the period during which they are taken, and these drugs can cause serious side effects. Immunomodulatory drugs, specifically, Janus kinase inhibitors such as tofacitinib and ruxolitinib, are a new type of therapy being tested for alopecia areata. These medications were originally approved to treat certain blood disorders and rheumatoid arthritis. They are not approved by the FDA for alopecia areata yet, and are only available right now in the form of an oral medication. The objective of the current study is to find out which products were sub-par, which were flat-out lying about what was even in their pills, and which, if any, might actually be worth a try. An open clinical trial on phase IV post marketing surveillance study is going to conduct on female patients suffering with hair problems at different stages in mid-30s. The selected products containing hair growth supplements will be tested in patients for a minimum period of 12-15 months. The subjective parameters used for assessment were Hair Texture, Hair Density/cm sq area and Hair Loss. A good hair growth formula should contain only top quality, clinically proven ingredients, like Biotin, Tocotrienol, and Saw Palmetto Extract.