

Mechanisms of action and medical evidences of the therapeutic effect of oral gelatin on telogen effluvium and androgenetic alopecia in both men and women

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Aim: Gelatin is used in various aspects of medicine however the data regarding the use of oral gelatin for the treatment of hair loss wasn't conclusive. Therefore I have decided to collect enough clinical evidences of the use of gelatin in medical world to try to find the mechanisms of action of the effect of gelatin on hair loss, especially in telogen effluvium (TE) and androgenetic alopecia (AGA) in both men and women.

Method: I have collected and reviewed the medical literature from worldwide available public resources regarding the scientific evidences of the benefits of oral gelatin in the treatment of hair loss in both men and women. My work was conducted as part of a student research project in the department of Dermatology, Dermatocology and Venereology, at Semmelweis University, Budapest, Hungary.

Results: The therapeutic effect of gelatin treatment on female hair loss such as TE and AGA is effective possibly due to the unique high quantity of the 18 amino acids of which gelatin is composed from, mainly glycine, proline, and arginine but also some other amino acids as well. The clinical results in TE are faster than in AGA. In TE the duration of the treatment is 3-6 months while in AGA the clinical treatment is at least 12 months. In patient who has both TE and AGA the treatment time depends on clinical results. Gelatin can be used together in combination with any other systemic or topical treatments in both man and woman.

Conclusion: In conclusion, after reviewing many medical articles and journals about oral gelatin supplementation to treat hair loss, gelatin supplementation is considered as a safe and effective treatment for hair loss in both men and women.

Biography

Nadav Pam, M.D., successfully defended his thesis work titled: "Therapeutic Effect of Low Dose Gelatin as a Dietary Supplement for Female Hair Loss", April 2011 in the Department of Dermatology, Dermatocology and Venereology, Semmelweis University under the supervision of Associate Professor, Dr. Norbert Wikonkal, M.D., Ph.D. He presented his thesis work as a printed poster in the 15th meeting, EHRS Jerusalem, Israel, July 2011. He was accepted to the EADV fostering Dermatology & Venereology Training Course Hair & Nail, May 2012, in Sofia, Bulgaria. He graduated from Semmelweis University, School of Medicine, Budapest, Hungary in June 2012.

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