

〈教育セミナー〉

(21世紀を迎えてのアンチエイジング—髪を美しく保つために)

育毛と評価法

田島 正裕*

Improvement of Androgenetic Alopecia and Methods for Evaluation of Hair Growth Ingredients

Masahiro TAJIMA*

Abstract

This review describes the overviews about how to select hair growth ingredients for androgenetic alopecia by use of some evaluation methods. I propose 3 categories in efficacies for hair growth ingredients: a stimulation of hair growth, an induction of hair re-growth and an inhibition of hair shedding. The *in vitro* and *in vivo* evaluation methods in each category are presented and are in briefly expounded. The non-invasive evaluation methods in clinical tests for hair growth ingredients are also presented in each category. As an example of *in vitro* evaluation methods and clinical tests, the proliferation of cultured epithelial cells in hair follicle and the hair growth in hair follicle organ culture and of the lotion containing *Sophora flavescens* extract on the clinical trial were shown.

Key words: androgenetic alopecia, clinical tests for hair growth ingredients, cultured cells of hair follicle, evaluation of hair growth ingredients, phototrichogram.