香粧品の評価法標準化に向けての序論

田上 八朗*

An Approach to the Development of Standardized Evaluation Methods for Cosmetics and Skin Care Products

—Introduction—

Hachiro TAGAMI*

Abstract

The skin diseases have never ceased to expand in the field of dermatology, because there are many skin conditions such as portwine stain, nevus of Ota, acne, male pattern baldness and even wrinkles and aged spots that do not cause any harm if they developed in the internal organs, in addition to the fact that there still continue appearing the groups of invisible dermatoses such as atopic xerosis and senile xerosis whose skin lesions are sometimes hard to detect clinically. With the advent of the aging society, particularly after the demonstration of the efficacy of topical tretinoin on photoaged skin, the part of its field has totally emerged with that of cosmetology. Recently in the field of clinical medicine, the evaluation of effectiveness of various drugs has been performed in an evidence-based fashion. For this purpose, the evaluation of the symptoms and signs should be performed in a reproducible way, enabling to analyze the obtained data statistically. For the skin conditions that constitutes a target of various skin care products and cosmetics, delicate changes occurring in the skin with the treatment should be evaluated by the use of various bioengineering methods that have recently greatly advanced. In Europe, the establishment of the European group for efficacy measurements on cosmetics and typical product (EEMCO) has enabled the introduction of various guidelines required for the substantiation of effectiveness of cosmetics. In other areas of the world, especially in Japan, the establishment of such a system is eagerly required for consumers, who at present, can assess possible efficacy of such skin agents only from various advertisements without knowing if they might be exaggerated praise. as well as for cosmetic scientists who are conscientiously and hard working to develop as effective products as possible.

Key words: bioengineering, EEMCO, efficacy, evidence-based medicine, guideline.

1. はじめに

皮膚病のない正常人は存在しないといえるように、これまで皮膚科学は皮膚に生じたあらゆる変化に対処してきた。そのため、他の分野にみられない膨大な数の疾患をかかえる医学の分野として皮膚科学は発展してきた。このなかには、内臓に生じていたならば、けっして問題にならないようなく、顔に赤紫の斑を生じる単純性血管腫（portwine stain）や青褐色斑を目の周囲に生じる太田母斑を筆頭に、銀白色の厚い鱗屑に覆われた紅斑を体中に生じる乾癬などを多くの免疫反応に基づく炎症性皮膚疾患、さらには円形脱毛症、ニキビなど皮膚の附属器の疾患も入ってくる。当然、香粧品がそれをよくするあるいは、それをカバーする皮膚の異常状態もそのなかには含まれる。

この四半世紀を振り返ってみると、これら疾患の原因、病態、治療の研究を中心に発展してきた皮膚科学はさらにその治療門の枠を拡大し、皮膚の外用剤開発を中心に発展してきた香粧品科学と、だいにそのカバーする分野をオーバーラップし始めた時代ともいえる。たとえば、顔に生じるニキビは「ふきでものを

* 東北大学大学院医学系研究科内科学講座皮膚科学分野
〒980-8574 仙台市青葉区呈陵町1-1
* Tohoku University School of Medicine (1-1, Seiryo-machi, Aoba-ku, Sendai 980-8574, Japan)