Standardization of the Method for Evaluation of the Function of Cosmetics
Suggestion from a Dermatologist

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Abstract
Many dermatologists in this country seem to reluctantly recommend their patients so-called functional cosmetics or over-the-counter drugs for skin problems such as xerosis, male-pattern baldness, and pigmented spots on the face, since there are few drugs, being covered by health insurance, available for prescription. I hope that manufacturers of these products carry out comparative, randomized clinical studies in cooperation with dermatologists and demonstrate actual efficacy of them in order to convince these dermatologists of the efficacy of such products. To achieve this goal, it is necessary to unify both terminology and definition of skin disorders or problems that appear different between dermatology and cosmetology. It is also required to develop standardized methods for better evaluation of the efficacy of products in both morphological and physiological aspects.

Key words: dermatology, cosmetology, randomized study, standardized method.

1. はじめに

美白、育毛、保湿作用などにこれまでの医薬品をしのぐ効果が期待できる機能化粧品や部外品が登場しはじめつつある。化粧品業界の基礎研究面の成果と隆盛を考えると、今後さらに効果が期待できる製品の開発が進んでいくと思われる。医薬品を使う者からの経験的常識からいうと、効果のあるものはほど無視できる副作用も生じやすい。これらの機能化粧品は望ましくない作用の有無のチェックに加え、効能に関しては使用者に過大な期待を抱かせることではなく、科学的に確実で明確な評価法を用いた基礎・臨床データの開示が望まれる。表題のテーマについて、一般臨床皮膚科医の代弁者として、同時に皮膚科診療を学んでいる皮膚科医として社会的と科学的両面の見地から私見を述べる。

2. 機能化粧品と皮膚科の実情

皮膚の老化に伴う“しわ”はともかく、老化性色素

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