

EDITORIAL

An alternative approach to chronic telogen effluvium

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Chronic telogen effluvium is a primary, idiopathic disease affecting middle-aged persons. This condition lasts for more than six months without widening the central part of hair or follicular miniaturization. This condition is usually caused by emotional and physical stress. In telogen effluvium, according to dermoscopy, the anagen/telogen ratio is significantly reduced and more than 25% of the hair is in the telogen phase.

The most important aspect of the treatment of telogen effluvium is to educate the patient and eliminate the causative factors. No specific treatment for this disorder is available. Because of the fact that the standard drugs (minoxidil and finasteride) are not effective catagen inhibitors and anagen inducers, it clearly points to the need for alternative treatment options. Phytopharmaceutical extracts (Biochanin-A and Acetyl tetrapeptide-3) are considered to be effective and well-tolerated alternative treatments for hair loss. These extracts can be beneficial for conditions like telogen



effluvium because they stimulate anagen hair and inhibit telogen hair growth along with inhibition of 5- α reductase activity, reduction of inflammatory responses, and stimulation of extracellular matrix (ECM) protein synthesis near hair follicles.