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Research Article

Real-world Experience to Understand the Use and Efficacy of Sebamed® Anti-Hair-Loss Shampoo in Managing Hair Fall

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Abstract

Objective: The present questionnaire-based study aimed to investigate the clinical experience and treatment patterns of Sebamed® anti-hair-loss shampoo usage among patients with complaints of hair loss in real-world Indian settings.

Materials and methods: An observational real-world, case- and questionnaire-based survey was conducted at 47 sites in Indian healthcare centres having medical records of patients with hair loss who had received Sebamed® anti-hair-loss shampoo therapy.

Results: Emotional stress (38.4%), pollution (34.2%) and dietary insufficiency (33.7%) were common risk factors associated with hair fall, followed by sunlight exposure (26.7%), recent childbirth (12.2%), seasonal variations (11.5%) and high fever (6.6%). The patients with complaints of hairfall, majority of them had anti-hypertensive (32.3%) and hormonal therapy (28.5%) as concomitant medications. The majority of patients had excessive hair shedding. Hair-shedding score: (66.9%), while the remaining patients had normal hair shedding Hair-shedding score (33.1%) [1-9]. A total of 146 patients had other anti-hair loss therapy before the initiation of Sebamed® anti-hair loss shampoo. The majority of Healthcare Professionals (HCPs) expressed strong agreement that using Sebamed® anti-hair loss shampoo for 16 weeks led to improved hair growth, thickness, hair fall count and density in patients experiencing normal hair shedding and excessive hair shedding. The overall global assessment for tolerability was good to excellent for a majority of the patients (96.4%).

Conclusion: The Sebamed® anti-hair fall shampoo presents a viable and secure option for managing hair thinning and promoting hair growth.

Keywords: Emotional Stress; Hair Thinning; Shedding Score; Tolerability

Introduction

Hair loss is a widespread biological problem that affects people all over the globe, including India [1]. It is a common dermatological condition that can be caused by various factors, including genetic predisposition, pharmacotherapy, pathological state, nutritional deficiencies and environmental conditions [2-5]. Clinically imperceptible hair loss can impact one's appearance, attractiveness and personal image, especially in women [6]. It is a traumatic experience correlated with a decreased quality of life [7,8].

Androgenic Alopecia (AGA) or male-pattern baldness, is the main cause of hair loss in both men and women. In contrast, a history of medical conditions such as hypothyroidism and nutritional deficiency and oral contraceptive usage are more common

causes of hair loss in women [1,9]. The AGA affects approximately 80% of men with hair loss and 40% of women patients aged below 70 years [11-13]. The incidence of female AGA is gradually rising among young women, which can lead to major physiological consequences. Women may experience a loss of hair density, thinning and broadening of the scalp, particularly in the central region of the scalp [14]. In men with AGA, the hair follicles' stem cells are retained, but the number of more actively growing progenitor cells decreases [15].

Various treatment strategies with different pharmacological effects to render hair-loss rescue includes topical corticosteroids, immunotherapeutic agents, minoxidil, cyclosporine-A, systemic or local phototherapy, anthralin, interferon-α, photodynamic therapy and acupuncture [16-18]. As per the National Center for Complementary and Integrative Health survey report, more than 30% of adults use non-conventional treatments for hair loss [19]. Hair loss has long been treated with both topical and oral treatments, including vitamins, amino acids and minerals based on natural ingredients.

With the advancement in research approaches, several new aetiologies of hair loss are being discovered. The proper combination of topical cosmetics with a multi-targeted approach could be a potential therapeutic strategy to improve hair regrowth. Moreover, the use of herbal extracts and supplements has increased tremendously because of their fewer adverse effects with better patient compliance [20].

Sebamed® anti-hair loss shampoo is an alkali and soap-free anti hair fall shampoo that contains caffeine and ginkgo biloba extract. It stimulates the blood circulation of the scalp for the optimal nourishment of the hair root to strengthen the hair and its growth. The key features include regeneration of dry, dull and lifeless hair, relieving dry scalp and supporting healthy scalp; regenerating and revitalising hair follicles; relieving scalp tension; repairing cuticles and hair follicles, thus regulating hair loss; relieving itchy scalp; restoring hair, leaving it smooth, silky and healthy; restoring hair elasticity; making hair shiny and lustrous; and increasing hair thickness and volume [21].

Real-world experience to understand the efficacy of Sebamed® anti-hair-loss shampoo in restoring hair loss is required to establish the efficiency of the product. Therefore, the present questionnaire-based study aimed to investigate the clinical experience and treatment pattern of Sebamed® anti-hair-loss shampoo usage in patients with a complaint of hair loss in real-world Indian settings.

Methods and Materials

Study Design

An observational real-world case and the questionnaire-based survey was conducted at 47 sites in Indian healthcare centres (between March 2022 and February 2023) having medical records of patients with hair loss who had received therapy with Sebamed® anti-hair loss shampoo. A standard questionnaire about the usage of Sebamed® anti-hair loss shampoo in patients with a complaint of hair fall in Indian settings was prepared, discussed and validated by the experts.

Inclusion Criteria

Patients of either sex, age above 18 years, who were in general good health and complaining of hair fall and damage, with no known allergies as established by medical history or who do not smoke or consume alcohol were included in this study.

Exclusion Criteria

Patients participating in similar therapeutic trials within the last three months from the commencement of treatment were also excluded from this study.

Data Collection

This study collected patient data from 47 Healthcare Professionals (HCPs) prescribing Sebamed® anti-hair loss shampoo to their patients with hair loss. The objective of this study was to evaluate the demographics of patients receiving Sebamed® anti-hair loss shampoo, risk factors, history, hair-shedding score, standardised hair loss count, hair pull test, management and assessment rating, improvement in hair growth, density, thickness, hair fall count, hair loss and hair structure. Physician global evaluation of efficacy and tolerability were also assessed.

Statistical Analysis

Statistical testing used Statistical Package for the Social Sciences (SPSS) version 23.0. Descriptive statistics were used to describe categorical variables (frequency and percentages) and continuous variables (mean and Standard Deviation [SD] or median and range [depending on the normality of data]). A comparison of qualitative variables between the groups was done using the chi-square test. A $P<0.05$ was considered statistically significant.

Results

The demographic and clinical characteristics are listed in Table 1. The median age of the patients was 32.0 years (range: 10.0 to 65.0). Emotional stress (38.4%), pollution (34.2%) and dietary insufficiency (33.7%) were common risk factors associated with hair fall, followed by sunlight exposure (26.7%), recent childbirth (12.2%), seasonal variations (11.5%) and high fever (6.6%). Around 36.5% of patients had iron deficiency anaemia, 26.6% of patients were known to have hypertension and 26.6% of patients had a history of diabetes. Other common medical conditions among patients included thyroid disorder (18.9%), postpartum (9.9%), contact allergic dermatitis (7.7%), metabolic disturbance (6.0%) and haemorrhage (1.7%) (Fig. 1). The majority of patients had anti-hypertensive (32.3%) and hormonal therapy (28.5%) as concomitant medications (Fig. 2). The majority of patients had excessive hair shedding [Hair-shedding score: 5-9] (66.9%), while the remaining patients had normal hair shedding [Hair-shedding score: [1-4] (33.1%). A total of 57.4% lose more than 100 strands of hair a day, while 30.4% and 12.1% of patients lose less than 100 and more than 200 strands of hair a day, respectively.

Management and assessment ratings are listed in Table 2. A total of 146 patients were on other anti-hair loss treatments before the initiation of Sebamed® anti-hair loss shampoo. Of these, the majority of patients (68.5%) were treated with minoxidil, 38.4% were given finasteride, 8.9% had spironolactone, 4.8% received corticosteroid injections, 1.4% had peptide treatments and only 0.7% were treated with platelet-rich plasma therapy.

A total of 51.7% of patients used Sebamed anti-hair loss shampoo for 8-12 weeks, while 35.6% and 12.0% of patients used Sebamed anti-hair loss shampoo for 13-16 weeks and 17-34 weeks, respectively. The majority of patients (86.7%) applied Sebamed® anti-hair loss shampoo two-to-three times weekly. Treatment with minoxidil (58.4%), micronutrient supplementation (46.9%), finasteride (25.6%), platelet-rich plasma (17.6%), hair transplant surgery (3.4%), spironolactone (2.7%), microneedling (2.3%), laser therapy (1.8%) and corticosteroids injections (0.9%) was continued with anti-hair loss shampoo. Only 2.0% of patients experienced adverse events after Sebamed® anti-hair loss shampoo treatment.

Tolerability

The overall global assessment for tolerability was rated as good to excellent for the majority of the patients (96.4%). A total of 98.5% of HCPs expressed strong agreement that using Sebamed® anti-hair loss shampoo for 16 weeks led to improved hair growth in patients (Fig. 3). The majority of HCPs expressed strong agreement that using Sebamed® anti-hair loss shampoo for 16 weeks resulted in improved hair thickness among patients (Fig. 3).

Similarly, 98.5% and 91.4% of HCPs strongly concurred that the utilisation of Sebamed® anti-hair loss shampoo resulted in improvement in hair fall count and density, respectively, among patients at week 16 (Fig. 3).

Certain HCPs agreed on the positive impact of Sebamed® anti-hair loss shampoo on hair loss reduction and improved hair structure (Fig. 3).

A total of 98.1% of HCPs agreed or strongly agreed that Sebamed® anti-hair loss shampoo is effective according to physicians' global evaluation of efficacy (Fig. 3).

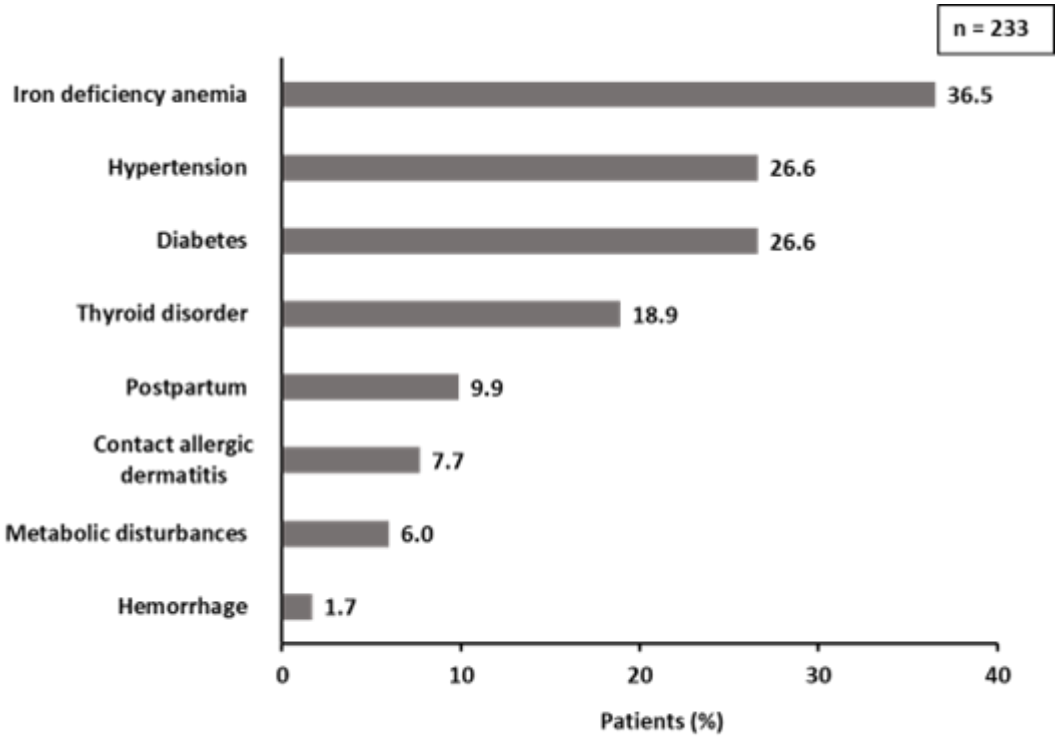

Figure 1: Medical history.

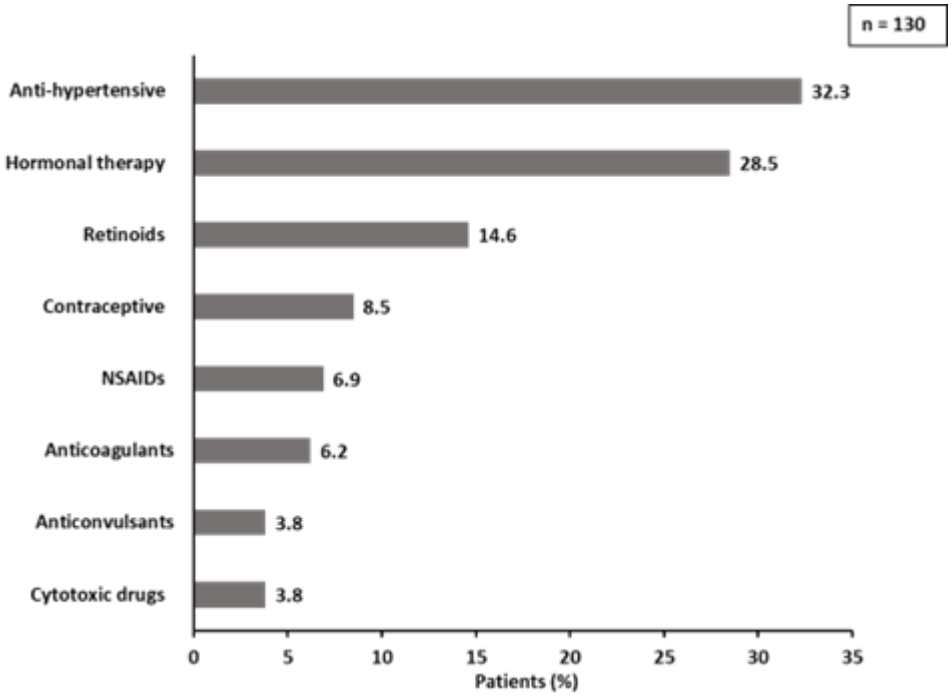

Figure 2: Concomitant medications.

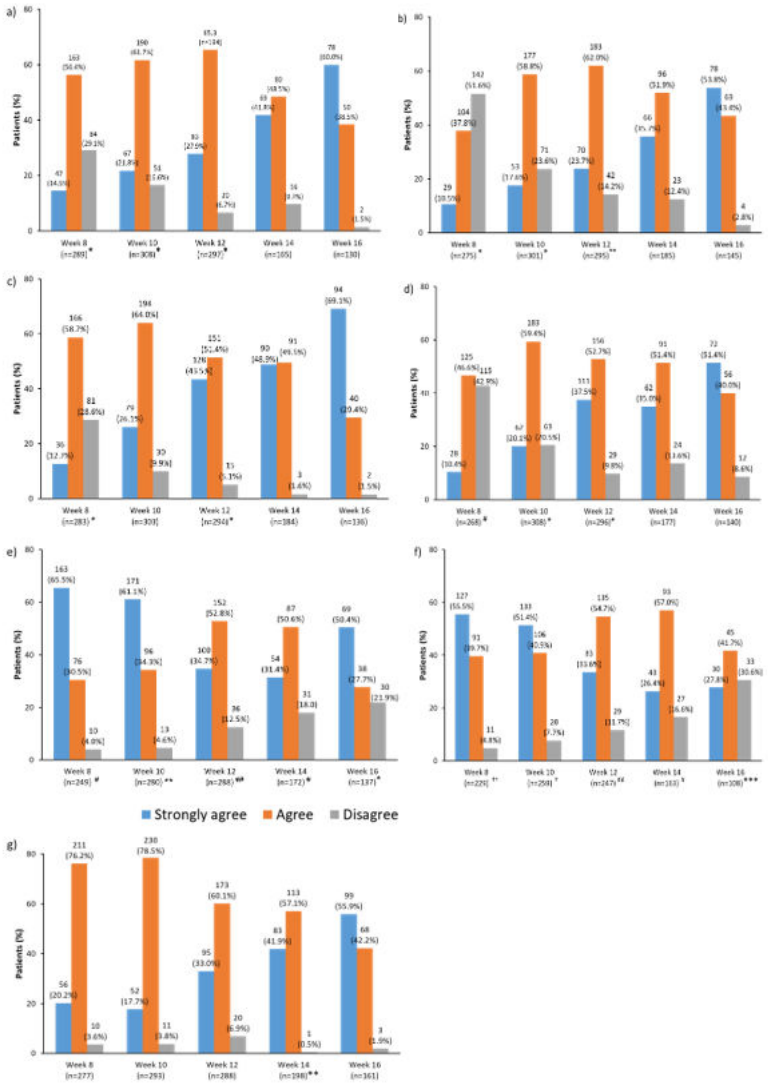

Figure 3: Outcome analysis after the initiation of Sebamed® anti-hair loss shampoo a) Improvement in hair growth; b) Improvement in hair thickness; c) Improvement in hair fall count; d) Improvement in hair density; e) Effect on hair loss; f) Effect on hair structure; g) Physician global evaluation of efficacy. Neither agree nor disagree: *n=1; **n=2; #n=3; ##n=4; ***n=12; †n=13; ††n=14; ¥n=20; ¥¥n=21.

Parameters	Number of Responses (N = 446)*
Age [years], median (range)	[n = 408] 32.0 (10.0-65.0)
Sex	[n = 443]
Men	216 (48.8)
Women	227 (51.2)
Employment	[n = 406]
Work professional	253 (62.3)
Homemaker	101 (24.9)
Student	25 (6.1)
Entrepreneur	23 (5.7)
Any other	4 (1.0)
Risk factors	[n = 409]

Parameters	Number of Responses (N = 446)*
Emotional stress	157 (38.4)
Pollution	140 (34.2)
Dietary insufficiency	138 (33.7)
Sunlight exposure	109 (26.7)
Recent childbirth	50 (12.2)
Seasonal variations	47 (11.5)
High fever	27 (6.6)
Other	8 (2.0)
Past history	[n = 79]
Hospitalization	34 (43.0)
Recent Surgery	20 (25.3)
Viral fever	2 (2.5)
Other	23 (29.1)
Photo numerical 10-point scale for hair loss hair-shedding score	[n = 444]
Normal hair shedding (1-4)	147 (33.1)
Excessive hair shedding (5-9)	297 (66.9)
Standardized hair loss count	[n = 437]
<100 hair/day	133 (30.4)
>100 hair/day	251 (57.4)
>200 hair/day	53 (12.1)
Positive hair pull test Yes No	[n=439] 308 (70.2) 131 (29.8)
Data shown as n (%), unless otherwise specified. *N = 446, unless otherwise specified.	

Table 1: Demographic and clinical characteristics.

Parameters	Number of Responses
Have you taken any other anti-hair loss treatment before initiation of anti-hair loss shampoo?	[n=436]
Yes	146 (33.5)
No	290 (66.5)
If yes, treatment before initiation of Anti-hair loss treatment	[n = 146]
Minoxidil	100 (68.5)
Finasteride	56 (38.4)
Spironolactone	13 (8.9)
Injection of Corticosteroids	7 (4.8)
Peptide	2 (1.4)
Platelet-rich plasma therapy	1 (0.7)
Other	11 (7.5)
Usage of Anti-hair loss Shampoo: Duration of use	[n = 439]
8-12 weeks	228 (51.7)
13-16 weeks	157 (35.6)

17-34 weeks	53 (12.0)
Any other	1 (0.2)
Usage of Anti-hair loss Shampoo: Frequency	[n = 361]
Once daily	26 (7.2)
Once weekly	22 (6.1)
Two-three times weekly	313 (86.7)
During management did you discontinue use of Anti-hair loss Shampoo?	12 (2.7)
Treatment continued with anti-hair loss shampoo	[n = 437]
Minoxidil	255 (58.4)
Micronutrient supplementation	205 (46.9)
Finasteride	112 (25.6)
Platelet-rich plasma	77 (17.6)
Hair transplant surgery	15 (3.4)
Spironolactone	12 (2.7)
Microneeding	10 (2.3)
Laser therapy	8 (1.8)
Injection of corticosteroids	4 (0.9)
Other	19 (4.3)
Adverse events	9 (2.0)
Physician global evaluation of tolerability	[n = 407]
Excellent	78 (19.2)
Very good	203 (49.9)
Good	111 (27.3)
Satisfactory	15 (3.7)
Data shown as n (%).	

Table 2: Management and assessment rating.

Discussion

The present study examined the clinical efficacy of Sebamed® anti-hair fall shampoo in patients with alopecia. The main findings of the present study were as follows: 1) Emotional stress, pollution and dietary insufficiency were common risk factors associated with hair fall; 2) Majority of patients (68.5%) were treated with minoxidil while 38.4% of patients were treated with finasteride before initiation of Sebamed® anti-hair loss shampoo; 3) The majority of HCPs expressed strong agreement that using Sebamed® anti-hair loss shampoo for 16 weeks led to significant improvement in hair growth, thickness, hair fall count and density; 4) Around 96% of the patients were satisfied with treatment of Sebamed® anti hair fall shampoo.

Hair loss is a multifactorial condition primarily influenced by nutritional factors. Among the study population, the primary reasons for hair loss were emotional stress, pollution and dietary insufficiency. A retrospective study from South India reported that water and climate change (81.8%), stress (79.5%) and dietary factors (65.9%) were the most common reasons for hair fall among the study population [22]. Similarly, other studies reported corroborating findings indicating climate change, stress and dietary factors as the most common risk factors observed in patients with hair fall [23,24]. Herbal therapies have been utilised in traditional medicinal systems for centuries to address alopecia. Over a thousand plant species have been researched for their potential benefits in hair care. Certain substances such as rosemary oil, grape seed extract, Hibiscus rosa-sinensis, sage and nettles have been shown to enhance blood flow, thereby reducing hair loss. Ginkgo biloba, emu oil and green tea extracts have been identified as inhibitors of 5-alpha reductase, leading to a decrease in dihydrotestosterone levels [25]. Caffeine acts as an inhibitor for 5-alpha-reductase activity, resulting in a reduction of DHT levels within hair follicles, ultimately lengthening the duration of the antigen phase [26]. The present novel hair fall formulation (Sebamed® anti-hair fall shampoo) includes caffeine and ginkgo biloba, which have been studied to treat alopecia to reduce hair fall and promote hair growth.

Clinical cure-assessment questionnaires have reflected that there was an improvement in hair growth, hair thickness, hair fall

count and hair density after the application of Sebamed® anti-hair fall shampoo. Another study highlighted the positive effects of a hair serum herbal formulation containing various ingredients, including freeze-dried coconut water, amla extract, selenopeptide, sandalwood odorant, peanut shell extract and tetrahydropiperine. This formulation significantly improved hair growth rate, hair density, vellus hair and terminal density. However, there was no significant change in the anagen-to-telogen ratio [27]. On a parallel line, recent studies suggest that coconut possesses beneficial qualities such as nourishing and moisturising the hair, preventing split ends, minimising frizz, managing flaky scalp and combating dandruff [28]. Similarly, most consumers using liquorice shampoo expressed satisfaction with the effectiveness, quality and safety of liquorice shampoo. The above-mentioned reports, along with the present study, indicated that utilising herbal ingredients have been shown to promote hair growth and thickness, reduce hair fall count and improve hair density.

Conclusion

This innovative anti-hair fall shampoo presents a viable and secure option for managing hair thinning and promoting hair growth. It is formulated without parabens, formaldehyde or synthetic dyes, making it a gentle and mild product for the scalp. Feedback from the HCPs strongly agreed that the Sebamed® anti-hair fall shampoo formulation was effective in reducing hair fall and improving hair thickness and hair density. The outcomes of this study support the conclusion that applying the Sebamed® anti-hair fall shampoo formulation to individuals with hair fall conditions was effective.

Conflicts of Interest

The authors declare no conflict of interest in this paper.

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None

Authors' Contributions

All authors contributed to conceptualization, treatment execution, manuscript writing and final approval.

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