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Use of Vitamin D in the Treatment of Diffuse Alopecia in Women

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Relevance

In diffuse alopecia, hair loss occurs evenly across the entire scalp due to a disruption in the normal hair growth cycle. Hair falls out intensively every day, but usually, it does not lead to complete baldness. Vitamin D deficiency is associated with a decrease in immune system functionality and supports autoimmune inflammation in diffuse alopecia.

Aim of the study

To evaluate the clinical efficacy of vitamin D in combination therapy for women with diffuse alopecia and its impact on their immune system.

Materials and Methods

The study involved 95 women aged 17-45 with diffuse alopecia. In the main group (50 patients), a complex therapy including D3 capsules was used, while the control group (45 patients) received traditional therapy. Serum levels of vitamin D were measured using immunochemiluminescent analysis.

Results

In the main group of 60 patients:

- ✓ Severe vitamin D deficiency was identified in 28 (48%) patients.
- ✓ Deficiency in 16 (32%).
- ✓ Insufficiency in 9 (18%).

In the control group of 48 patients:

- ✓ Severe deficiency in 22 (42.2%).
- ✓ Deficiency in 13 (31.1%).
- ✓ Insufficiency in 12 (26.7%).

After 8 weeks of therapy, levels were restored in 37 (74%) patients from the main group and 24 (53.4%) patients from the control group. Clinical recovery was observed in 35 (70%) patients

from the main group and 21 (46.6%) in the control group.

Conclusions

The use of vitamin D led to immune system recovery in 75% of cases and improved therapy outcomes for diffuse alopecia in 80% of patients.

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