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Verilich hair serum in reducing hair shedding: A Case Report series

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ABSTRACT

Background: Hair shedding disorders, including Telogen Effluvium (TE) and Female Pattern Hair Loss (FPHL), are common dermatological concerns with limited effective treatment options. This case series evaluates the efficacy of Verilich hair serum in reducing hair shedding among female patients diagnosed with these conditions.

Methods: A clinical study was conducted on 20 female patients (aged 18–60) experiencing hair loss exceeding 80 strands per day. Patients underwent baseline assessments, including trichoscopic imaging, hair pull tests, and laboratory evaluations (thyroid profile, vitamin D, ferritin levels). Diagnoses were categorized based on hair diameter diversity, with TE defined by diversity <10% and FPHL by diversity >10%. Enrolled participants applied 1ml of Verilich serum twice daily for one month. Efficacy was measured by comparing pre- and post-treatment daily hair loss counts, with a ≥40% reduction considered a positive response.

Results: After one month of Verilich serum application, 75% of patients exhibited a significant reduction in hair shedding (≥40% reduction in daily hair count). Among TE patients, those with acute TE showed a higher response rate than those with chronic TE (CTE). Patients with FPHL also experienced substantial improvements in hair fall reduction. No adverse effects were reported during the study.

Conclusion: Verilich hair serum demonstrated significant efficacy in reducing hair shedding in both TE and FPHL patients. The formulation, containing anti-inflammatory, antioxidant, vasodilatory, and hair growth-promoting ingredients, effectively reduced active shedding and improved overall hair health. These findings support its potential as a safe and well-tolerated treatment for diffuse hair loss disorders.

CASE REPORT

2025, www.medrech.com

OBJECTIVE:

To assess the efficacy of Verilich hair serum in reducing hair shedding through a controlled clinical study.

METHODS:

The study was conducted at the Department of Dermatology, LTMMC & GH,

Sion. Female patients aged 18-60 with a complaint of hair loss were included.

Criteria for inclusion were:

1. Average hair loss exceeding 80 hairs per day.
2. Willingness for a one-month follow-up, and commitment to maintain a daily hair count for three consecutive days before and after the study.

Exclusion criteria encompassed:

1. Major medical or surgical illnesses, pregnancy or lactation,
2. clinical diagnoses of alopecia areata or scarring alopecia, and use of hair growth products within 30 days prior to the baseline visit.

PROCEDURE:

Consecutive female patients presenting with hair fall were assessed for eligibility at the baseline visit. Detailed medical histories were obtained, and patients were instructed to record daily hair counts for three consecutive days. Additionally, thyroid profile, serum Vitamin D, and serum ferritin levels were assessed. Patients meeting the inclusion and exclusion criteria were enrolled. Hair pull tests (HPT) and assessments of hair diameter diversity (HDD) were performed, and trichoscopic photographs were taken. Patients with hair diameter diversity lesser than 10% were diagnosed with telogen effluvium and more than 10% were diagnosed with Female Pattern Hair Loss (FPHL). Enrolled patients were provided with Verilich hair serum and a specific brand of shampoo, with instructions to apply the serum 1ml twice daily for one month. Patients were advised not to use any other hair products during this period. After one month, patients returned with three consecutive hair count recordings. Percentage reduction in hair fall was calculated, with a reduction of 40% or more considered as an efficacious response. Hair pull tests and trichoscopic photos were repeated at the end of the one-month period.

RESULTS:

Twenty female patients with hair fall were enrolled, with a mean age of 29.1 years. Nine patients were diagnosed with female pattern hair loss (FPHL), with hair loss duration more than 6 months, while 11 patients were diagnosed with telogen effluvium with hair loss duration lesser than 6 months. Among the latter, five presented with acute telogen effluvium and six with chronic telogen effluvium (CTE). None of the chronic telogen effluvium cases exhibited abnormal blood investigation results and were classified as primary CTE. The efficacy of the product was determined based on the percentage reduction in daily hair count.

Overall, an effective reduction in hair fall of 40% or more was observed in 75% of patients, including those with FPHL, acute telogenic effluvium, and CTE. No patients reported side effects during the study period.

Table 1: Demographic profile of the patients

Patient No.	Age (years)	Duration of Hair Fall	Clinical Diagnosis
1	29	3 months	Acute Telogen Effluvium
2	45	6 months	Female Pattern Hair Loss (FPHL) - Type I
3	25	4 years	Female Pattern Hair Loss (FPHL) - Type II
4	23	1 year	Primary Chronic Telogen Effluvium
5	25	6 months	Female Pattern Hair Loss (FPHL) - Type I
6	18	1 year	Female Pattern Hair Loss (FPHL) - Type I
7	23	20 days	Acute Telogen Effluvium
8	30	8 months	Female Pattern Hair Loss (FPHL) - Type II

9	18	2 months	Acute Telogen Effluvium
10	41	1 year	Primary Chronic Telogen Effluvium
11	28	6 months	Primary Chronic Telogen Effluvium
12	34	8 months	Female Pattern Hair Loss (FPHL) - Type II
13	32	10 months	Female Pattern Hair Loss (FPHL) - Type I
14	40	2 years	Female Pattern Hair Loss (FPHL) - Type II
15	29	1 year	Female Pattern Hair Loss (FPHL) - Type II
16	30	9 months	Primary Chronic Telogen Effluvium
17	28	7 months	Primary Chronic Telogen Effluvium
18	18	5 months	Acute Telogen Effluvium
19	38	10 months	Primary Chronic Telogen Effluvium
20	28	3 months	Acute Telogen Effluvium

Table 2: Percentage of hairfall reduction post treatment of Verilich Serum

Patient No.	**Three-day average hair count (Baseline)**	**Three-day average hair count (Post 1 month serum application)**	**% reduction in hair fall**	**Clinical diagnosis**
1.	92	34	63	Acute telogen effluvium
2.	153	100	35	FPHL I
3.	107	56	48	FPHL II
4.	120	129	0	Primary Chronic Telogen effluvium
5.	190	48	75	FPHL I
6.	128	30	77	FPHL I
7	511	31	94	Acute Telogen effluvium
8	432	202	53	FPHL II
9	150	137	9	Acute Telogen effluvium
10.	250	72	71	Primary Chronic Telogen effluvium
11.	351	125	64	Primary Chronic Telogen effluvium
12	280	190	32	FPHL II
13	116	70	40	FPHL I
14	133	73	45	FPHL II
15	148	142	4	FPHL II
16	181	91	50	Primary Chronic Telogen effluvium
17	163	55	66	Primary Chronic Telogen

				effluvium
18	343	100	71	Acute Telogen effluvium
19	244	82	66	Primary Chronic Telogen effluvium
20	217	91	58	Acute Telogen effluvium

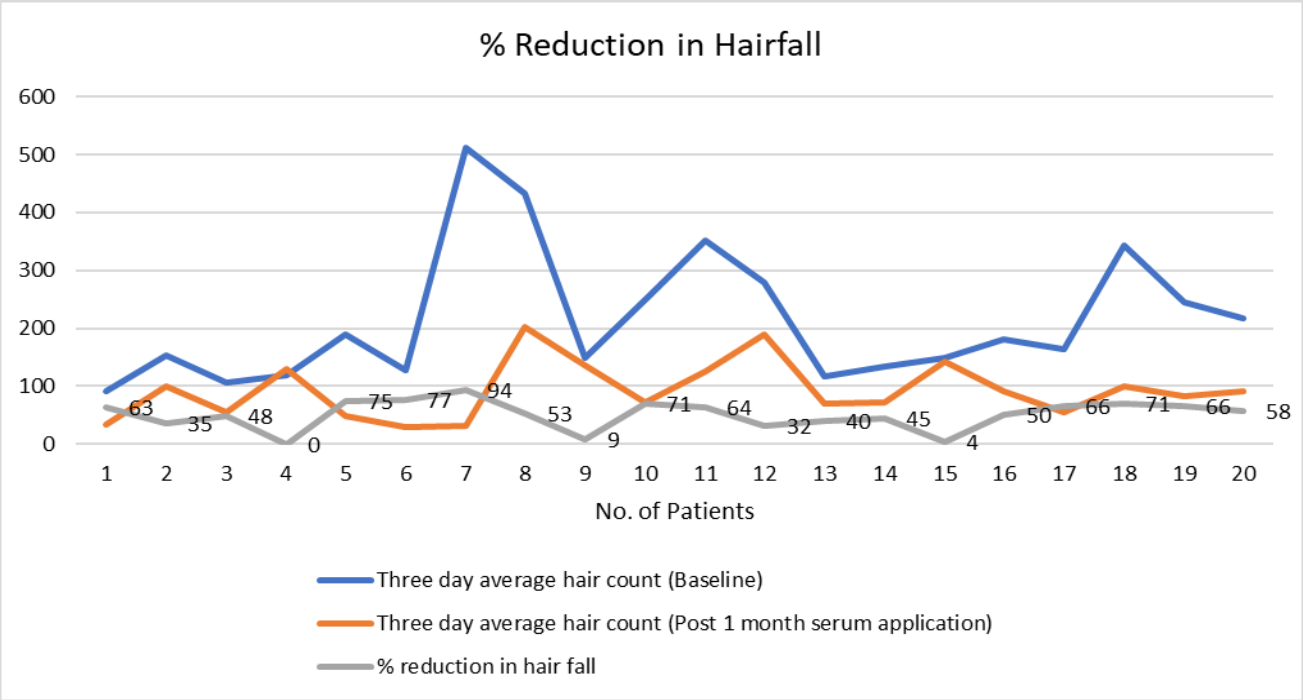

Fig : Percentage reduction in the hairfall pattern after treatment of patients with Verilich serum

Case Representation:
Case Report 1: Female Patient with FPHL II and Verilich Treatment

Patient Information:
- Gender: Female
- Age: 30 years
- Diagnosis: Female Pattern Hair Loss (FPHL) Type II
- Hair Diameter Diversity: >20%

Background:

The patient presented with a diagnosis of Female Pattern Hair Loss Type II, characterized by noticeable thinning of hair in the frontal and parietal regions. Hair diameter diversity exceeded 20%, indicating a significant variation in hair strand thickness.

Pre-Treatment Data:
- **Day 1: Hair Loss** - 886 strands
- **Day 2: Hair Loss** - 217 strands
- **Day 3: Hair Loss** - 194 strands
- **Average Pre-Treatment Hair Loss:** 432 strands per day

Treatment:

The patient underwent a one-month treatment regimen with Verilich, a medication known for its effectiveness in promoting hair growth and reducing hair loss.

Post-Treatment Data (After 1 Month):
- **Day 1: Hair Loss** - 239 strands
- **Day 2: Hair Loss** - 124 strands
- **Day 3: Hair Loss** - 41 strands
- **Average Post-Treatment Hair Loss:** 202 strands per day

Graphical Representation:

Fig: Clinical representation of Female Patient with FPHL II

Fig: Trichoscopic presentation of Female Patient with FPHL II

Fig: Hairfall pattern of 3 days before starting treatment of the given patient with FPHL II

Fig: Hairfall pattern of 3 days after 1-month treatment with VERILICH of the given patient with FPHL II

Case Report 2: Female Patient with Telogen Effluvium and Verilich Treatment

Patient Information:

- **Age:** 23 years
- **Diagnosis:** Telogen Effluvium
- **Hair Diameter Diversity:** <10%

Background:

The patient was diagnosed with Telogen Effluvium, a condition characterized by excessive hair shedding due to a disruption in the hair growth cycle. Hair diameter diversity was found to be less than 10%, indicating a relatively consistent hair strand thickness.

Pre-Treatment Data:

- **Day 1: Hair Loss** - 510 strands
- **Day 2: Hair Loss** - 545 strands
- **Day 3: Hair Loss** - 480 strands
- **Average Pre-Treatment Hair Loss:** 511 strands per day

Treatment:

The patient underwent a one-month treatment regimen with Verilich Hair Serum, a medication known for its effectiveness in promoting hair growth and reducing hair loss.

Post-Treatment Data (After 1 Month):

- **Day 1: Hair Loss** - 35 strands
- **Day 2: Hair Loss** - 25 strands
- **Day 3: Hair Loss** - 33 strands
- **Average Post-Treatment Hair Loss:** 31 strands per day

Graphical Representation:

Fig: Clinical representation of Female Patient with Telogen Effluvium

Fig: Trichoscopic presentation of Female Patient with Telogen Effluvium

Fig: Hairfall pattern of 3 days before starting treatment of the given patient with Telogen Effluvium

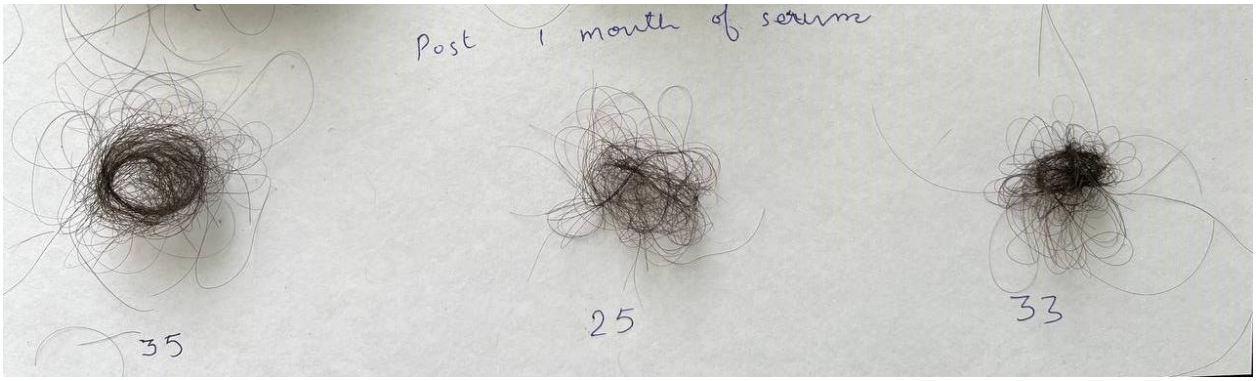

Fig: Hairfall pattern of 3 days after 1-month treatment with VERILICH of the given patient with Telogen Effluvium

DISCUSSION:

The post-treatment data of case 1 shows a notable reduction in daily hair loss, with the average dropping from 432 strands to 202 strands per day after one month of Verilich treatment. This represents a 53% reduction in hair loss. The patient also reported improved hair thickness and volume. In case 2 there was a substantial reduction in daily hair loss, from an average of 511 strands to just 31 strands per day after one month of Verilich treatment. There was a remarkable 94% decrease in hair shedding. Alongside this, the patient noted enhancements in hair density and a reduction in shedding.

Diffuse hair loss is a common presentation in hair OPD. The common reasons for diffuse hair loss are acute telogen effluvium(ATE), chronic telogen effluvium (CTE) or female pattern hair loss (FPHL). In Female Pattern Hair Loss (FPHL) or androgenic alopecia, there is a disturbance of hair cycling, which causes shortening of anagen phase and increase in number of follicles in telogen phase. This results into an increased telogen shedding. Acute telogen effluvium is a self-limiting condition which usually resolves by 4-6 months, however patients usually get anxious and are not ready to wait for 4-6 months without treatment. CTE is characterized by increased telogen shedding which lasts for more than 6 months, it can further have classified as primary (with no underlying medical condition) and secondary (some underlying medical cause). There is no recommended treatment for primary CTE, the aim of the therapy is to reduce shedding of hair. Thus irrespective of the cause whenever a patient of diffuse hair loss presents to us expectations of a patient is a treatment modality that will help in reducing active shedding first followed by improvement of hair density.

Verilich serum can help in reducing active shedding of hair by following mechanisms

Anti-inflammatory property - Various ingredients have anti-inflammatory properties like copper tripeptide and camellia sinensis (green tea extracts) This is crucial as inflammation disrupts the natural hair growth cycle, contributing to hair loss. By mitigating inflammation, Verilich fosters a healthier environment for hair growth.

Anti-oxidant property - The anti-oxidant property is exhibited by components such as sugarcane extract, camellia sinensis (green tea extracts) and lemon fruit extract which help in protecting hair by damage cause by free radicles.

Improvement of blood circulation - An enhanced blood circulation ensures adequate delivery of nutrients, metabolic substrates and oxygen to the hair follicles. This is required to maintain the anagen phase of hair cycle which is the active growing phase and has a higher metabolic demand. Verilich aids in extending the active growth phase (anagen) of the hair cycle. This means that more hairs stay in the growth phase for a longer period, resulting in increased hair density. The components like sugar cane extract and camellia sinensis (green tea extracts) have vasodilatory properties.

Stimulating hair regrowth and maintaining scalp health - Lindera strychnifolia (a component of Verilich) is known to act on key hair cycle regulatory pathway (WNT- beta catenin pathway) and stimulate hair regrowth. It also helps in restoration of normal scalp microbiota. Sugar cane extracts are packed with nutrients which can help in promoting hair regrowth. They are also a natural source of alpha hydroxy acids which act as natural exfoliant helping in reducing excess sebum and removal of dead cells. Green tea extracts can help in maintaining scalp pH thus promoting healthier scalp. Lemon fruit extracts soothes irritated scalp helps in reducing dandruff and its astringent property helps tighten the hair follicles reducing hair shedding.

Preventing conversion of testosterone to dihydrotestosterone - Elevated DHT levels are

known to cause hair follicle miniaturization, resulting in weaker and thinner hair. Components such as copper tripeptide and green tea extracts have natural anti androgen properties which may be useful in treatment of AGA.

CONCLUSION

Verilich is an effective intervention for reducing excessive hair shedding and promoting overall hair health. It addresses the disruption in the hair growth cycle by stimulating follicles, providing vital nutrients, and potentially mitigating inflammation, leading to significant improvements in hair density and reduced shedding. It also acts as natural anti androgen, improves circulation and is relatively safe and well tolerated.

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