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Effect of Polarized Light Therapy on Hair Regrowth in Alopecia

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Abstract : Purpose: to determine the effect of polarized light therapy on hair regrowth in alopecia. **Methods of evaluation:** Measurement of the global photographs via the 7- point assessment scale and hair counting. **Methods:**- Thirty patients (male and female) with ages ranging from 25-40 years suffering from alopecia (alopecia areata and androgenic alopecia).They were selected randomly from Cairo University hospitals, they were randomly divided into 2 equal groups in number, one study group (A) and a control one (B). the control group (B) who not received the polarized light therapy (Bioptron light therapy) or any treatment as minoxidil, finastride or corticosteroids and they were instructed about their nutrition, the study group (A) who received the polarized light therapy (Bioptron light therapy) for 10 minutes every session, application was done 3 times per week for 3 months as a total period of treatment. Measurements were conducted before starting the treatment as a first record and at the end of the third month of treatment as a second (final) record. **Results and conclusion:**-Result showed that the polarized light therapy was effective and fruitful in increasing hair regrowth in alopecia as evidenced by the highly significant increase in the 7- point assessment scale and hair counting. **Conclusion:** - polarized light therapy is beneficial in improving hair regrowth in alopecia.
Key words (polarized light therapy, Alopecia and Hair regrowth).

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