**The effect of an oral product containing Amla fruit** **(*Phyllanthus emblica* L*.*) on female androgenetic alopecia: a randomized controlled trial**

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**‌ Statement of Problem:** Androgenetic alopecia is one of the most common causes of non-scarring hair loss in women. Amla (*Phyllanthus emblica*) fruit is a remedy that has been emphasized as a hair strengthener in traditional Persian medicine (TPM) and recommended for hair loss.

**Research Purpose:** The aim of this study was to investigate the effect of an oral product containing Amla fruit on female androgenetic alopecia (FAGA).

**Research Method:** This study was designed as a triple-blind randomized controlled clinical trial. Sixty women with FAGA were randomly assigned into two groups of thirty. The intervention group was received 10 cc Amla syrup, three times a day for 12 weeks. The control group received placebo with the same dose and duration. Hair growth parameters were analyzed using TrichoScan before and after 12 weeks of intervention. Physician and patient satisfaction were assessed using the CGI-I and PGI-I questionnaires, respectively.

**Results and Conclusion:** Twenty-seven participants in the intervention group and 25 in the control group completed the trial. Based on our findings, the anagen-to-telogen ratio increased significantly in the intervention group compared with the control group who received placebo (F=10.4, P=0.002). Physician and patient satisfaction increased in amla group compared with placebo at 12th weeks of intervention (P<0.001), (P<0.001). The formula had no remarkable side effect. Only one case of mild constipation was reported in one of the participants after one month of consuming Amla syrup.

**Keywords:** Gooseberry, Traditional Persian Medicine, herbal medicine, hair loss, androgenic alopecia