

CBD For Hair Loss

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CBD for hair loss? Hair loss (or alopecia) affects millions of people worldwide. Both men and women can experience hair loss. Genetics, stress, and hormonal imbalances contribute to hair loss, and no one-size-fits-all remedy exists.

But what about CBD? [A recent study](#) reviewed data and found “a scientific basis for CBD use in alopecia.” Of course, this study was far from comprehensive. But it provides a good starting point.

CBD for hair loss? Can it help, or is this all hype?

What Causes Hair Loss?



Because delving into how CBD for hair loss works, we should ask: what causes hair loss?

As mentioned, common factors can result in hair loss. These include genetics, hormonal changes, aging, stress, poor nutrition, and certain medical conditions. Sometimes hair loss can be a combined number of these factors.

The most common factor is hereditary androgenetic alopecia, also known as male or female pattern baldness. This is characterized by a gradual thinning of hair, typically starting at the temples or crown of the head and progressing over time.

But hormonal changes (Such as lower testosterone in older males, menopause in females) can cause hair loss. Some people may have a medical condition where the immune system attacks hair follicles.

Others may simply lack zinc, iron, and biotin from their diet. Without adequate vitamins and minerals, your body breaks down. And that can include hair loss.

Excessive tension and chemicals on your hair can eventually lead to hair loss. This is particularly concerning for women who regularly braid or use ponytails in their hair. Even more reason to try hair-safe CBD alternatives.



CBD Shampoo

So is CBD for hair loss a viable option? According to the study, “Due to the presence of the endocannabinoid system (ECS) in the body, which naturally targets [CB1](#) and [CB2](#) receptors, the control of hair fall is possible.”

So why would this be? The ECS is a complex network of receptors responsible for maintaining balance and homeostasis. The ECS has receptors in the skin, including the scalp, which is vital for hair health.

We can see how CBD could work:

Anti-inflammatory Properties

Inflammation plays a significant role in hair loss. Especially in conditions like androgenetic alopecia. CBD is renowned for its anti-inflammatory properties. This means CBD can lower inflammation on the scalp and create a more favourable environment for hair follicles to grow.

Stress Reduction

Stress is a well-known trigger for hair loss, and the calming properties of CBD can help manage stress and anxiety levels. By reducing stress, CBD may indirectly contribute to minimizing hair loss caused by this factor.

Enhanced Blood Circulation

Proper blood circulation to the scalp is crucial for delivering essential nutrients and oxygen to hair follicles. [Studies suggest CBD](#) can dilate blood vessels and improve blood flow, promoting healthier hair growth.

Regulation of Sebum Production

An oily scalp can lead to clogged hair follicles and subsequent hair loss. CBD's balancing effect on the sebaceous glands may help regulate sebum production, maintaining a healthy environment for hair growth.

Antioxidant Properties

CBD is a powerful antioxidant, combating free radicals that can damage hair follicles and contribute to hair loss. By neutralizing these harmful compounds, CBD may protect the scalp and promote a conducive environment for hair growth.

Potential Effect on Hormonal Imbalances

While research on CBD's direct impact on hormones is limited, [some studies suggest](#) that it may influence hormonal pathways and potentially inhibit the production of dihydrotestosterone (DHT), a leading cause of hair loss.



Research into CBD for hair loss is still in its early stages. As the authors admit, a more comprehensive study “carried out at the pre-clinical and clinical levels” needs to happen.

Otherwise, we can't say conclusively that CBD for hair loss is a viable option. Addressing hair loss requires a holistic approach that includes a balanced diet, stress management, and proper hair care practices.

CBD has the potential to stop and maybe even reverse hair loss. But it's not the only solution.

Footnote(s)

<https://europepmc.org/article/med/37475557>

<https://www.ucl.ac.uk/news/2020/aug/cannabidiol-improves-blood-flow-brains-hippocampus>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6813821/>