
Subject: @Tino - Studie zu B5 gesucht
Posted by [Shady](#) on Mon, 13 Feb 2006 13:04:49 GMT
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Hallo Tino,

sag mal, hast du zufällig eine Studie zum Thema B5-Therapie und Haarausfall vorliegen?

Falls ja, könntest du sie mal reinstellen? Ich beschäftige mich gerade mit dem Thema. In den verschiedensten Foren stolpert man immer wieder mal über Beiträge, in denen Leute eine Besserung nach Bepanthen-Spritzen hatten - sowohl bei HA als auch bei Akne.

Gruß,
Shady

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [tino](#) on Mon, 13 Feb 2006 13:35:01 GMT
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Hallo Shady

Vitamin B-5?

Gruss Tino

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [Shady](#) on Mon, 13 Feb 2006 13:37:19 GMT
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genau!

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [Shady](#) on Mon, 13 Feb 2006 13:45:14 GMT
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<http://www.hautarzt-kempen.de/behandl/effluvi.php>

Schau mal hier ganz unten: 60% Erfolge bei Panthenol-Injektion

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [Shady](#) on Mon, 13 Feb 2006 13:47:56 GMT

Und nochmal:
<http://www.hautarzt-duesseldorf.de/praxis/therapie.html>

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [tino](#) on Mon, 13 Feb 2006 14:17:44 GMT
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So,..hab mal recherchiert.

Aber vorab muss ich mal ganz kurz den Arzt kritisieren:-)

Zitat:Im Vordergrund steht eine innere Behandlung mit Biotin und Vitaminen der B-Gruppe sowie eine äußere Behandlung mit 17 a-Estradiol (Eil-Cranell®).

Bei nahezu völligem Haarverlust rezeptiere ich Minoxidil 2%, Minoxidil 5% oder Minoxidil 2 % in Kombination mit Vitamin A Säure 0,025%.

Das mit der Retinol/Minoxidil Kombination ist ja ok,..aber 17-a-Eil Cranell ist so wirkungslos wie Wasser!!Nur 17-β Estradiol hat Rezeptorenaffinität und wirkt.

Tja die meissten Artikel sind steinalt,und ich kann sie im Volltext nicht einsehen.Ist allgemein sehr sehr spärlich die Literatur zu B Vitaminen und HA.

Hab alle Journale durch,..mehr gibt es da nicht.Kann sein das eine gewisse Wirkung vorhanden ist(ich glaube es),..wobei ich noch nicht weiss wie es wirkt

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&am=mp;am=mp;db=pubmed&dopt=Abstract&list_uids=11344694&query_hl=75&itool=pubmed_docsum

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&am=mp;am=mp;db=pubmed&dopt=Abstract&list_uids=14888872&query_hl=85&itool=pubmed_docsum

Evaluation of vitamin B6 and calcium pantothenate effectiveness on hair growth from clinical and trichographic aspects for treatment of diffuse alopecia in women]

[Article in Polish]

Brzezinska-Wcislo L.

Katedry i Kliniki Dermatologii Slaskiej Akademii Medycznej w Katowicach.

The aim of the study was the clinical and trichological examination (trichogram and hair loss evaluation) conducted comparatively before and after the treatment in 46 women between pubescence and 30 years of age who had symptoms of diffuse alopecia. Calcium pantothenate was administered twice a day orally in doses 100 mg for 4-5 months. Vitamin B6 was injected every day (i ampoule intramuscularly) for the period of 20 to 30 days and repeated again after 6 month. On the basis of clinical and trichological studies it was revealed that vitamin B6 administered parenterally for a period of several weeks induces improvement in the hair condition in a number of women and it reduces the hair loss especially in alopecia of telogenic patomechanism. Whereas calcium pantothenate in feminine diffuse alopecia did not show clearly the positive effect.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&am=pubmed&db=pubmed&dopt=Abstract&list_uids=6414981&query_hl=75&itool=pubmed_docsum

B Vitamine allgemein

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&am=pubmed&db=pubmed&dopt=Abstract&list_uids=7687592&query_hl=75&itool=pubmed_docsum

[Systemic therapy of diffuse effluvium and hair structure damage]

[Article in German]

Budde J, Tronnier H, Rahlfs VW, Frei-Kleiner S.

Hautarztliche Praxis, Marl.

A controlled randomized double-blind study was carried out in 72 female patients to compare tolerance and efficacy of two therapeutic agents containing vitamins of the B-group and L-cystine in different compositions versus a placebo in diffuse effluvia and hair structure lesions. Hair swelling as a criterion of hair quality and frontal and parietal anagen rates in trichograms as criteria of hair growth were determined before and after 4 months of therapy. Treatment with active medication 1 was statistically significantly superior to treatment with the placebo according to these criteria. Treatment with active medication 2 was superior to treatment with the placebo but inferior to treatment with active medication 1. The overall evaluation of efficacy by investigator and patient was in good agreement with these results. The additional active ingredients contained in active medication 1 but not contained in active medication 2 contribute to the efficacy of the medication. They cannot be compensated by the higher amounts of L-cystine contained in active medication 2. Given their good tolerance, no adverse effects were observed with the two active medications.

Vitn B(auch B5) Gehalt der Haare...untersucht mit dem Gedanken an Ausmass der Höhe und protectiver Effekt.

http://www.ajcn.org/cgi/reprint/9/6/746?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=1&andorexacttitle=and&andorexacttitleabs=and&fulltext=pantothenic+acid+hair&andorexactfulltext=and&searchid=1139839116769_1108&FIRSTINDEX=0&sortspec=relevance&tdate=2/28/2006

In einem Artikel über Biotin war diese Bemerkung:

It is well documented that biotin deficiencies in humans cause pathologic changes in the skin and its appendages such as desquamative dermatitis and alopecia (Miller, 1989;Mock, 1991). Biotin therapy rapidly reverses the skin and hair abnormalities in the human congenital disorders and in exogenous biotin deficiency in humans (Gulati et al, 2000;Tsao and Kien, 2002). In addition, pharmacologic doses of biotin have been shown to improve the quality of nails and hair in humans in the absence of apparent biotin deficiency. Likewise, pantothenic acid and its derivatives are beneficial in the maintenance of healthy skin and for cellular wound healing processes (Weimann and Hermann, 1999;Ebner et al, 2002).

...unter verweiss auf folgende Literatur:http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?holding=npg&cmd=Retrieve&db=PubMed&list_uids=10218148&dopt=Abstract

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?holding=npg&cmd=Retrieve&db=PubMed&list_uids=12113650&dopt=Abstract

Geht aber um die gesamte Hautfunktion.

gruss Tino

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [Shady](#) on Mon, 13 Feb 2006 14:31:43 GMT
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Ich hab halt nur gedacht, daß es da gewisse Übereinstimmungen geben könnte. Der neueste Hype in der Aknetherapie ist ja die hochdosierte B5-Einnahme, mit der nach ein paar Wochen bis Monaten die Pickel weggehen und die Haut aufhört zu fetten. Daher könnte es

beim HA ja auch ähnlich anschlagen, oder?

Irgendwo hab ich noch was über die Beeinflussung des Coenzym-A gelesen durch B5. Find es aber leider nicht mehr. Hat das Coenzym-A auch was mit dem Haarwuchs zu tun?

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [tristan](#) on Mon, 13 Feb 2006 14:33:45 GMT
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Also ich hatte da mal drüber gelesen, und glaube auch dass es einen Zusammenhang gibt zu Haarausfall, aber mir ist die Rolle nicht klar von B5. Es gibt da wenig Material zu. Es beeinflusst wohl die Nebennieren und die Cortisolproduktion, von daher wäre ich da vorsichtig.

Zu den meisten gibt es keine Abstracts, leider.

Tino, sehe gerade dass du auch was hast, kannst du hier nochmal schauen ob man drankommt?
Besonders der hier:

Effects Of Pantothenate Deficiency On Steroid Hormone Secretion In Rats I. Assessment Of The State Of Function Of The Adrenal Cortex

Remer T; Pietrzik K

Institut Fuer Ernaehrungswissenschaft, Abt.

Pathophysiologie Der Ernawhrung, Universitaet Bonn, Endenicher Allee 11-13, 5300 Bonn 1, West Germany.

J Clin Biochem Nutr 6 (1). 1989. 1-14.

<http://www.pubmedcentral.gov/picrender.fcgi?artid=442097&blobtype=pdf>

Vitam Horm. 1953;11:133-58. Related Articles, Links

Relation of pantothenic acid to adrenal cortical function.

RALLI EP, DUMM ME.

PMID: 13147059 [PubMed - OLDMEDLINE for Pre1966]

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=13147059&query_hl=5&itool=pubmed_docsum

Int J Vitam Nutr Res Suppl. 1983;24:53-67. Related Articles, Links

Therapeutic action of pantothenic acid.

Fidanza A.

PMID: 6414981 [PubMed - indexed for MEDLINE]

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=6414981&query_hl=7&itool=pubmed_docsum

Boll Soc Ital Biol Sper. 1978 Nov 30;54(22):2248-50. Related Articles, Links

[Effect of high doses of sodium pantothenate on the production of corticosteroids]

[Article in Italian]

Fidanza A, Bruno C, De Cicco A, Floridi S, Martinoli L.

PMID: 754721 [PubMed - indexed for MEDLINE]

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=754721&query_hl=7&itool=pubmed_docsum

Horumon To Rinsho. 1973 May;21(5):517-25. Related Articles, Links

[Action of pantethine on the adrenal cortex of hypophysectomized rats]

[Article in Japanese]

Kosaka C, Okida M, Kaneyuki T, Miyoshi K, Kimoto T.

PMID: 4354183 [PubMed - indexed for MEDLINE]

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=4354183&query_hl=7&itool=pubmed_docsum

Boll Soc Ital Biol Sper. 1967 Dec 31;43(24):1915-7. Related Articles, Links

[Effects of pantothenic acid and of the combination of pantothenic acid and thyroxine on the development of adrenal gland. Research in the chick embryo]

[Article in Italian]

Rascio L.

PMID: 5601986 [PubMed - indexed for MEDLINE]

Vopr Pitan. 1985 Jul-Aug;(4):51-4. Related Articles, Links

[Adrenal cortex functional activity in pantothenate deficiency and the administration of the vitamin or its derivatives]

[Article in Russian]

Tarasov IuA, Sheibak VM, Moiseenok AG.

Study of the corticosteroid content in the adrenals and blood of rats under pantothenate deficiency has demonstrated a decrease in adrenocortical function. A single administration of pantothenate in a dose of 3.3 mg/kg reduced the influence of hypovitaminosis on the adrenals. The pantothenate derivatives (pantethine, 4'-phosphopantothenate and CoA in particular) injected to intact animals in a single dose equimolar to 3.3 mg/kg calcium pantothenate per kg bw had a marked steroidogenous effect.

Die Nebenniere braucht also B5 zum funktionieren. Die Frage ist nur inwiefern die Androgene beeinflusst werden.

Pantothenic acid derivatives: Modulators of adrenal function.

Sheibak V M; Tarasaw Yu A; Nyafyudaw L I

Inst. Biochem., Acad. Sci. Belarus, Minsk, Belarus

Vyestsi Akademii Navuk Byelarusi Syeryya Biyalahichnykh Navuk 0 (3):p48-51, 124 1993

Evidence For An Increased Secretary Capacity For Dehydroepiandrosterone Sulfate In The Pantothenic Acid-Deficient Rat Associated With An Impaired Adrenal Cholesterol Deposition
Remer T; Pietrzik K

Forschungsinstitut Kinderernaehrung, Heinstueck 11, 4600 Dortmund 50, W. Ger.

J Clin Biochem Nutr 7 (2). 1989. 115-132.

The adrenal capacity to store cholesterol and to secrete corticosterone, and

dehydroepiandrosterone-sulphate (DHEA-S) was investigated following long- and short-term adrenocorticotrophic hormone (ACTH) stimulation of growing male rats kept on a pantothenic acid-deficient (PAD) diet for about two months. After chronic treatment with ACTH1-24, the pantothenic acid-deficient rats revealed a drastic impairment in adrenal cholesterol storage compared with ad libitum and pair-weight fed control groups. However, corticosteroid plasma responses to short-term as well as to prolonged ACTH stimulation were normal or in the case of DHEA-S, even significantly increased in pantothenic acid deficiency. The elevated secretory capacity for this androgen sulphate was also discernible in an exaggerated renal DHEA-S excretion in PAD rats under ACTH1-24 hyperstimulation. According to the results of a further hormonal study involving metyrapone administration, a PAD-associated increase in specific enzyme activities of the post-pregnenolone pathway of androgen synthesis was excluded as the reason of the DHEA-S hypersecretion. The experimental findings are discussed with regard to a PAD-induced tissue CoA decrease and its consequences for adrenal cholesterol metabolism and steroid hormone secretion. A concept is presented that takes into account the functional differences in the zona fasciculata and the zona reticularis of the adrenal cortex in order to explain the phenomenon of the abnormal capacity of rats to secrete DHEA-S in pantothenic acid deficiency.

Hier das wäre ziemlich interessant, denn hier wird beschrieben dass bei B5 Mangel mehr DHEA-S gebildet wird, somit könnte das ein möglicher Grund sein dass durch die B5 Spritzen weniger DHEA-S in Stresssituationen ausgeschüttet wird, was auch ein mögliche Erklärung dafür wäre dass bei manchen Akne mit B5 Megadosen verschwindet, und die Haut weniger fettig wird. Dabei spielt DHEA-S ja eine große Rolle.

Jier würde auch das interessieren:

Med Hypotheses. 1995 Jun;44(6):490-2. Related Articles, Links

Pantothenic acid deficiency as the pathogenesis of acne vulgaris.

Leung LH.

Department of General Surgery, Hong Kong Central Hospital, Hong Kong.

For years, the pathogenesis of acne vulgaris has been known to be strongly influenced by hormonal factors. However, the exact role of and the interrelationship among the various hormones in question have not been well elucidated. Here, I wish to suggest a radically different theory for its pathogenesis and relate its basic pathology to a deficiency in pantothenic acid, a vitamin hitherto not known to cause any deficiency syndrome in humans. Hence, the effect of hormonal factors in this disease entity becomes secondary to that of the availability of pantothenic acid. A complete cure of this condition is effected by a very liberal replacement therapy with the vitamin.

Hier wird auch von adrener Hypertrophie gesprochen:

Effects Of Pantothenate Deficiency On Steroid Hormone Secretion In Rats I. Assessment Of The State Of Function Of The Adrenal Cortex

Remer T; Pietrzik K

Institut Fuer Ernaehrungswissenschaft, Abt.

Pathophysiologie Der Ernaehrung, Universitaet Bonn, Endenicher Allee 11-13, 5300 Bonn 1, West Germany.

J Clin Biochem Nutr 6 (1). 1989. 1-14.

The effect of pantothenic acid (PA) deficiency on the adrenocortical function was investigated in young male rats fed a PA-deficient (PAD) diet over a period of about three months. Pair-weight (PW) and ad libitum (AL) fed rats served as controls. Basal 08.00 h (lights on) plasma levels of corticosterone were regularly found to be reduced in PAD and AL rats compared with those in PW animals. Investigation of the circadian rhythm of plasma corticosterone revealed that the elevated 08.00 h hormone concentrations of PW rats are due to a biphasic 24-h pattern of plasma corticosterone with a distinct glucocorticoid peak at lights on and another one at lights off (20.00 h), whereas PAD and AL rats only show one clear increase in plasma corticosterone levels at the beginning of the dark period. However, the evening glucocorticoid peak of the PAD rats was markedly higher than that of the PW and AL groups. Thus an adrenocortical overactivity is ascertained in PA deficiency which is presumably responsible for the adrenal hypertrophy generally observed in earlier studies on PA depletion in rats. Multiple examinations of the secretory capacity for corticosterone, each carried out half an hour after i.m. administration of 2.5 IU ACTH1-24, revealed comparable plasma responses to supraphysiological ACTH stimulation in PAD, PW, and AL rats. Therefore we concluded that corticosterone secretion is not impaired in PA deficiency, at least not that elicited for short periods by adrenocortical overstimulation. Additional measurements of the adrenal cholesterol content and the circadian plasma levels of dehydroepiandrosterone-sulphate were carried out in all three diet groups. The respective results are discussed with regard to the stress situation produced by the experimental PA deficiency.

Influence Of High Doses Of Sodium Pantothenate On The Production Of Cortico Steroids

Fidanza A; Bruno C; De Cicco A; Floridi S; Martinoli L

Ist. Fisiol. Gen., Fac. Farm., Univ. Roma, Roma, Italy.

Bollettino della Societa Italiana di Biologia Sperimentale 54 (22). 1978 (Recd. 1979). 2248-2250.

A study of the effect of a single high dose of sodium pantothenate on corticosteroid production in the adrenals of Wistar rats showed that maximum increases resulted after 6 h in the synthesis of cortisol, cortisone and corticosterone. Deoxycorticosterone showed a massive initial drop, after which it recovered but never regained the control value (adrenals of untreated rats). The procedure involved an initial stage of TLC of the lipid extracts, followed by 4 additional analytical stages, the last of which employed spectrophotometry at 510 mu.m, using the tetrazolium blue reaction.

Ich glaube also dass wenn ein Effekt mit B5 erzielt wird, dieser sich über eine Beeinflussung der NNR begründet ?

Gruß

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [tristan](#) on Mon, 13 Feb 2006 14:36:15 GMT
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Hallo,

das mit der Akne ist ein alter Hut, es gibt sowohl positive als auch negative Erfahrungen damit. Aber ich würde es nicht so hochdosiert nehmen bevor ich nicht wüßte was es genau macht.

Subject: Re: @Tino - Studie zu B5 gesucht
Posted by [tino](#) on Mon, 13 Feb 2006 14:52:40 GMT
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Hallo Tristan

Es kann nicht nur über die NNR funktionieren,weil es auch wirkt wenn man es direkt ins Gewebe(z.b Kopfhaut) spritzt.Es muss irgendwie mit Insulin oder IGFs interagieren,da es auch die Wundheilung beschleunigt?

"Effects Of Pantothenate Deficiency On Steroid Hormone Secretion In Rats I. Assessment Of The State Of Function Of The Adrenal Cortex
Remer T; Pietrzik K
Institut Fuer Ernaehrungswissenschaft, Abt.
Pathophysiologie Der Ernawhrung, Universitaet Bonn, Endenicher Allee 11-13, 5300 Bonn 1,
West Germany.
J Clin Biochem Nutr 6 (1). 1989. 1"

Ich komme auch nicht an die ollen Kamellen ran,..an keinen.Sind fast alle zu alt.

Falls du den Abstract von oben zitierter Arbeit nicht kennst,..hab ihn im Web gefunden.Pub med hatte ihn nicht.

Effects Of Pantothenate Deficiency On Steroid Hormone Secretion In Rats I. Assessment Of The State Of Function Of The Adrenal Cortex

Remer T; Pietrzik K

Institut Fuer Ernahrungswissenschaft, Abt.

Pathophysiologie Der Ernahrung, Universitaet Bonn, Endenicher Allee 11-13, 5300 Bonn 1, West Germany.

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gruss Tino
