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Letter to Editor

Ellagic acid: Exploring its potential in women healthcare

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The Potential of Ellagic Acid

Dear Editor,

I have read the article titled “Investigation of effect of ellagic acid on premature ovarian insufficiency” published in your journal. I want to congratulate the authors for this successful original research article and make my contributions to it.

Ellagic acid is a polyphenolic compound; chemically, it is a dilactone of hexahydroxy diphenic acid (HHDP). It is commonly found in fruits like pomegranates, raspberries, etc.¹

Among its various properties are hypolipidemic and hypoglycemic actions. It is also found to decrease the occurrence of non-alcoholic fatty liver diseases.² Click or tap here to enter text. It also has shown an effect in preventing age-related disorders like dementia.³

Premature ovarian insufficiency or failure is a prevalent disorder in developed as well as developing nations. It is defined as non-physiological amenorrhea in females before the age of 40 but after puberty.

As rightly stated by the authors, ellagic acid has shown the potential to improve premature ovarian insufficiency. I would like to add that ellagic acid has been shown to have effects on hair follicle regeneration, as well as shown by previous studies.⁴

It is observed to show an effect on the stimulation of hair regeneration in animal models of ferroptosis. It has also shown improvement in testosterone-induced alopecia as well. Moreover, it has also shown improvement in the problem of graying of hair.⁵

Adding to the author's study, I wanted to convey that use of ellagic acid might also simultaneously aid in the hair loss associated disorders seen in patients of premature ovarian failure/insufficiency.

In conclusion, in a developing nation like ours, where healthcare is evolving at a rapid pace, having a single compound capable enough of addressing multiple associated disorders would be a boon. Premature ovarian failure itself, being a major load on women's healthcare, contributes to many associated disorders like anxiety and hair loss. In such a scenario, if proper research can be accumulated to address such issues simultaneously, it will play a major role in women's healthcare.

In the end, I would like to express my gratitude for allowing me to express my views on the related subject matter.

Conflict of Interest

None.

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