


[Forum](#)
[Hair Loss News](#)
[Hair Transplant](#)
[Hair Replacement](#)
[Topical](#)
[All Natural](#)
[Drugs](#)

Free Hair Transplant Consultation
click here to start
 Strip, FUE, Body Hair Transplant, Repair,
 Eyebrow & Eyelash Restoration

Money Back
 Guarantee
[click here](#)


[Hair Multiplication](#)
[Gallery & Blogs](#)
[4 Women](#)

 [Printer-friendly copy](#)  [Email this topic to a friend](#)

[Top](#) ► [Surgical Hair Transplantation](#) ► [Hair Transplant Open Forum](#) ► [topic #52071](#)

[View in linear mode](#)

Subject: "Body Hair transplants - a discussion"

[Previous topic](#) | [Next topic](#)

[Dr. Arvind](#)

Tue Feb-20-07 09:47 AM

Member since Jun 23rd 2004

1288 posts



"Body Hair transplants - a discussion"

Tue Feb-20-07 09:48 AM by Dr. Arvind

Dear forum readers and fellow HT doctors,

Body hair transplants have evoked widespread interest and fascination in the minds of hairloss sufferers as well as the hair transplant doctors.

We try to share our observations and conclusions from time to time, hoping that the collective experiences will help advance the field more rapidly and with the minimum pitfalls.

This post is a continuation of the same practice.

We found that the studies conducted till 5 years ago on body hair were not sufficient to answer many questions pertaining to Body hair transplants.

The studies documenting,

- Hair growth cycles,
- Anagen telogen catagen durations were compiled in a very generalized manner.

I think it was not the fault of the past researchers. I feel that the simple reason was that the scope and purpose of their studies never included the prospect of these hair getting transplanted.

Therefore, the conclusions provided by these studies do not give all the answers BHT doctors and patients have been searching for.

Nonetheless, what data was available is not entirely without worth. It forms the basic knowledge base, on the ramparts of which we stand to try to look further.

Over the past few years, we have reached some conclusions that, I feel, would be worthwhile to share with you.

We have reached these conclusions based on -

1. Our patients,
2. Observations voiced by other doctors from time to time on the forums.

Regards,
Dr. A

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

▼ Replies to this topic

Subject

- ☐ [The Scientific method](#)
- └─☐ [The Scientific method & BHT - one line of thought](#)
- └─☐ [The second hypothesis](#)
- └─☐ [The individual characteristics](#)
- ☐ [Hair cycles](#)
- └─☐ [An exercise](#)
- └─☐ [Ways to use body hair](#)

Author	Message Date	ID
Dr. Arvind	Feb 20th 2007	1
Dr. Arvind	Feb 20th 2007	2
Dr. Arvind	Feb 20th 2007	3
Dr. Arvind	Feb 20th 2007	4
Dr. Arvind	Feb 21st 2007	5
Dr. Arvind	Feb 21st 2007	6
Dr. Arvind	Feb 22nd 2007	7

[Dr. Arvind](#)

Member since Jun 23rd 2004
1288 posts

Tue Feb-20-07 09:56 AM



#1. "The Scientific method"
In response to [Reply # 0](#)

Before I proceed further, I would like to highlight the basics of the scientific method used by researchers.

Please bear with me. I feel it is important that the reader be well versed with the nuances of this method at the outset.

The Scientific method

In our work, we have always tried to apply the scientific method for analysis.

The modern scientific method is based on

1. Observation as the first step.
2. A hypothesis is formulated to explain the observation.
3. Testing the hypothesis to explain the observation.
4. Repetition of the procedure by several independent individuals in a proper fashion to see whether the hypothesis holds. That is, whether the observation is made repeatedly as predicted by the hypothesis.

http://en.wikipedia.org/wiki/Scientific_method

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Member since Jun 23rd 2004
1288 posts

Tue Feb-20-07 10:26 AM



#2. "The Scientific method & BHT - one line of thought"

In response to [Reply # 1](#)

Tue Feb-20-07 10:28 AM by Dr. Arvind

Let us re examine the Body hair transplant issue at length in the light of the scientific method.

This time, first, let us focus our attention on "What will happen to the intact, correctly transplanted body hair on the scalp".

One avenue of thinking is best summarized by the following phrase.

"Body hair takes on scalp hair characteristics".

Perhaps, the reason this line of thinking picked up was because some patients observed improved length (& sometimes calibre) after

the body hair were transplanted to their scalp.

I have, on numerous occasions, stated that it is wrong to assume that the body hair, after transplant, will take on scalp hair characteristics, based on a small number of anecdotal patient results. We have also impressed on the patients to assume that the body hair will grow, after transplant, just the way they grew in their original location.

However, for sake of balance and fair argument, let us assume that it is possible for the transplanted body hair to take on the scalp hair characteristics and analyze the observations from that viewpoint.

In that case, the following should occur :

1. ANY body hair transplanted to the scalp, (not just the robust ones), should take on scalp hair characteristics.
2. The scalp donor hair, too, should change their characteristics after transplant.
3. The thick facial hair should take on softer scalp hair like characteristics.
4. The change, that is, body hair taking on scalp hair characteristics, should happen in a large %age of cases , if not always.

We examined the transplanted body hair for the following features, after they were transplanted to the scalp

- The length of the hair if left uncut,
- The caliber of the hair,
- The color and predeliction to greying,
- The speed of growth,
- The hair growth cycles.

What we have witnessed till now, makes me state with greater degree of confidence that **the transplanted body hair does not take on scalp hair characteristics.**

A qualification/caveat: Please remember, when analyzing, the larger the database, the more accurate, representative and correct the findings are going to be.

We have analyzed the available data/observations for reaching our present conclusions. However, this is not necessarily the endpoint of observations.

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),

New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Tue Feb-20-07 10:52 AM



Member since Jun 23rd 2004
1288 posts

#3. "The second hypothesis"
In response to [Reply # 1](#)

Now, let us look at everything with an unbiased view.

Let us, for the time being, forget that the body hair will take on the scalp hair characteristics.

Let us, on the other hand, think that each hair is endowed with its unique characteristics.

Seen in that context, most of the observations fall in place.

However, for ease of understanding, let us compare the terminal hair to plants. Trees, shrubs and bushes.

The scalp donor hair is like the evergreen tall trees.

The body hair can be compared to the deciduous shrubs and bushes. The more robust ones being the shrubs and the less robust ones being the bushes.

Now, if a bush is planted in a more fertile soil and additives are supplied to it to speed up its growth, it will become a bigger bush. However, **bushes will not become trees**, no matter what the amount of fertilizers.

A tall shrub, given a better soil and more fertile conditions, may almost give the impression of a tree.

Looked from this perspective, the body hair after transplant seem to get a boost for various reasons. But they do not change their own unique characteristics.

Now, the next logical question that arises is, how does this hypothesis explain that some people get better results than others after a BHT.

That has to do with what that person's body hair's original characteristics were.

These characteristics include the length, calibre, color, speed of growth and the hair growth cycles.

It is here that I find the studies carried out >5 years ago to be less than sufficient.

However, more about that later.

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

Alert

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Tue Feb-20-07 11:10 AM

Member since Jun 23rd 2004
1288 posts



#4. "The individual characteristics"
In response to [Reply # 3](#)

Now, let us examine the individual hair characteristics based on the observations.

1. Length – the length of the transplanted body hair may increase in its new location. What eventual length it will grow to will depend on its own initial length as well as the difference in the better nutrition it receives in its new location.

In this context, I think it would be informative for the readers to read up this link too.

<http://pub83.ezboard.com/fjeffsbeardboardfrm9.showMessage?topicID=99.topic>

2. Calibre- I have yet to see any change in caliber of the transplanted body hair except in 2 patients. However, it would be safe to assume that there may be minimal change in caliber to the positive side over the years. I say this because that is what happens, often, to the body hair in their original location. With age, in many people, the body hair does grow thicker.

3. Colour and predeliction to graying – In our experience, there is no change in this aspect. Therefore, while performing body hair transplants its very important to keep this factor in mind. Some areas have predeliction to early greying compared to others. One wouldn't want an island of dark hair growing in a sea of white hair or vice versa.

4. The speed of growth – The speed of growth will remain same. If boosters like Minoxidil are applied, there is possibility of some improvement in the speed of growth. However, that is not a universal thing. It may or may not happen.

5. The hair growth cycles – This is the single most important factor that must be kept in mind. The hair growth cycles do not change to a significant extent.

The hair growth cycles is a very important topic that has the single most important bearing on body hair transplants and I will like to discuss it at length later. For the present, going back to the example of plants, let me say that if the scalp donor hair be an evergreen tree, then the robust body hair can at best be a deciduous shrub. No amount of supplementation/fertilizers is going to change the deciduous to evergreen.

I shall talk more on this topic tomorrow.

Meantime, please do contribute with your experiences and queries.

Regards,
Dr. A

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Member since Jun 23rd 2004
1288 posts

#5. "Hair cycles"

In response to [Reply # 0](#)

Wed Feb-21-07 10:29 AM by Dr. Arvind

Wed Feb-21-07 10:00 AM



How does the hair growth cycles effect the planning and the outcome of the BHT procedures?

Dear forum readers,

Let me begin by saying that I disagree with some of the published studies about hair growth cycles.

Number 1

The duration of non growth phase, for example, has not been documented in detail.

The %age of hair that will be in anagen at any one time has also been mentioned in a very generalized manner.

The studies till 5 years back were looking at the body hair, much as we would at the scalp hair.

Therefore, different areas were categorized.

For the purposes of BHT, however, these categorisations are less than ideal.

The chest, for example, can not be considered one single area for purposes of studying the hair cycles.

The hair near the nipple and the hair near the periphery of the chest vary widely in many attributes.

Similarly, the chest hair will differ widely from one person to another. Much more widely than the scalp hair will.

The only sure thing that we can assume is that hair growth cycles will differ for each hair.

Let us take these studies as offering a very basic outline. Not to be relied upon when one goes down to the individual patient.

However, the documented hair growth cycles give, atleast, a basic idea of the differences between the scalp and the body hair. For that, let us be thankful.

Number 2.

It is too often assumed that the body hair will necessarily shed in the telogen phase.

If that were so, then we would never need to perform preshaving to get rid of the non growing hair.

Going into the non growth phase does not necessarily mean that the hair will be shed

It may or it may not.

Till it sheds, the nongrowing hair will provide coverage.

Number 3.

The %age of body hair that will go into telogen!

Is that determined by the area in which they are located (or, the recipient area, in bht)?

Is there a signalling system that tells the body hair to grow only in a certain %age at a time?

Again, based on our experiences, I tend to disagree.

Rather, it is more likely that each hair has its own hair cycle that it follows. The hair cycles of body hair located closely, for example, near the wrist v/s near the elbow, are still going to be slightly different.

As a result, when body hair are transplanted after preshaving

- the initial growth tends to be slightly earlier than for the scalp hair,
- the initial first few cycles, the cycles are more closely synchronised. But with time the synchronicity disintegrates. That is why there may be a noticeable cyclical variation in the coverage following BHT, which gradually evens out.

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Member since Jun 23rd 2004
1288 posts

Wed Feb-21-07 10:22 AM



#6. "An exercise"

In response to [Reply # 5](#)

Wed Feb-21-07 10:24 AM by Dr. Arvind

Body hair transplants have to be individualised to a much greater extent than the scalp HT.

Also, the after care of the BHT has to be more intensive than the scalp HT alone.

One has to really know how to use the transplanted body hair to get the maximum benefit from them.
However, more about that later.

For now, a simple exercise may throw more light than any amount of words.

Wet shave a hair bearing body area. Take pictures of this area with a good digital camera and save these pictures on your computer.
Take and save pictures every 4-5 days till you notice all the non growing hairs start to grow.

You will be able to get

- a rough estimate of the %age of hair in the non growth phase for you, for that area,
- the duration of the non growing phase.

These estimates will be rough because they will not include the non growing body hair that have shed.

While you are at it, choose another comparable hair bearing body area. Briskly massage it for 5-10 minutes before you wetshave and repeat the above exercise.

A comparison of the two areas will give further insights about body hair and its correct usage.

A word of caution - It would be pointless to shave an area subjected to high friction, like the sides of the knee. These area keep rubbing against the clothes and, as a result, all the non growing hair and even some of the growing hair would have shed.

Regards,
Dr. A

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Dr. Arvind](#)

Member since Jun 23rd 2004
1288 posts

Thu Feb-22-07 10:19 AM



#7. "Ways to use body hair"
In response to [Reply # 6](#)

There are various ways to use body hair.

The use of body hair depends on -

1. The body donor hair characteristics,
2. The requirement (repair, standalone, as a filler or grafting into scar),
3. The concurrent availability of scalp donor hair,

4. The aware patient's personal choice.

Different patients have followed different approaches while using their body hair.

MCH, Topshiny and Sphinx are 3 examples of strikingly different uses of body hair. However, there are as many other ways to incorporate the benefits of the body hair as there are people. There are others like Scientist, Newmane, Optimist, finallyfree, A1, Schmoe, Schiller, Boomboom, Unfortunatelybald, Hairytale, fueoptions, fuebeliever etc., who each used their own customized approach to BHT.

It will be helpful for people contemplating BHT to read up the accounts of these 3 very different approaches.

Sphinx (hardly any scalp hair, fine calibre average body hair and extensive hair loss)

http://www.hairsite4.com/dc/dcboard.php?az=show_topic&forum=12&topic_id=52052&mode=full

MCH (used body hair as a filler)

<http://www.fusehair.com/Gallery/G2%20details/G2g4detail.htm>

Topshiny (robust body hair but an extensive NW 6 hairloss. Wants to use body hair before using scalp hair for finetuning the end results of a full restoration).

http://www.hairsite4.com/dc/dcboard.php?az=show_topic&forum=12&topic_id=50530&mode=full

Regards,
Dr. A

Dr.(Capt) Arvind Poswal
Dr. A's Clinic,
A-9,First Floor,
C.R. Park, (Near Nehru Place),
New Delhi-110019, India. www.fusehair.com
e-mail: poswalarvind@yahoo.co.in
Ph- 91-011-26274368,91-098-101-78062
Timings-10a.m.to 5p.m
Scalp & Body hair transplants.

[Alert](#)

[Printer-friendly copy](#) | [Reply](#) | [Reply with quote](#) | [Top](#)

[Top](#) ► [Surgical Hair Transplantation](#) ► [Hair Transplant Open Forum](#) ► [topic #52071](#)

[Previous topic](#) | [Next topic](#)

Jump to another forum



Powered by DCFForum+ Version 1.27
Copyright 1997-2003 DCScripts.com

HairSite © Copyright 1997 - 2006
HairSite@aol.com

[Web Hosting By RealWebHost](#)