

Bakuchiol



Bakuchiol is a monoterpene obtained from natural sources that is used as a functional analog of retinol. Its use is recommended as an ingredient with antioxidant, antimicrobial and antifungal properties, among others. In addition, it can act as an emollient. Today, Bakuchiol is widely used as a component of cosmetic formulations that have anti-aging effects and it is slowly replacing retinol from this role.

A natural alternative to retinol

Not only is it a natural alternative to retinol, but also has fewer side effects. Products with retinol and its derivatives, the so-called retinoids, when applied directly to the skin, they may have unwanted effects such as redness or a burning sensation.

Promueve la formación de colágeno

Dermal fibroblasts synthesize the main components of the skin's extracellular matrix (type I and type III collagens) and of the basal membrane (type IV collagen). In aged and photodamaged skin, the collagen content is significantly reduced. In a study carried out in 2013, the amount of collagen synthesized by fibroblasts after being treated with Bakuchiol and retinol was measured using an ELISA test. The results (figure 1) showed a great functional similarity between both compounds.

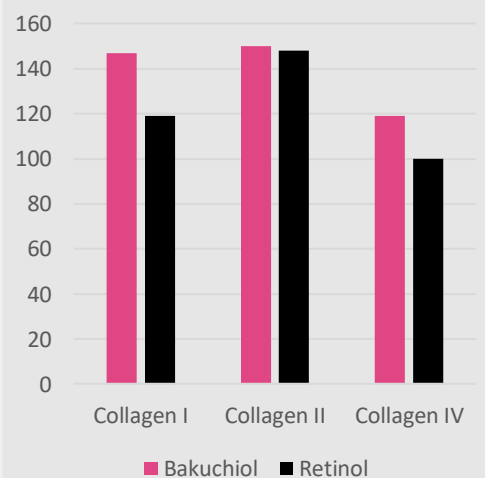


Figure 1. Percentage of collagen formation in dermal fibroblasts after being treated with retinol or bakuchiol.

In a clinical study conducted in 2019, they carried out a comparative evaluation of retinol and Bakuchiol in terms of their influence on skin photoaging processes. The study lasted 12 weeks, it was randomized, and included double-blind trials with 44 patients who were asked to use a cream containing 0.5% Bakuchiol twice a day, or a cream with 0.5% retinol once a day. Both preparations were found to significantly reduce the number of wrinkles (Figure 2).

In this same study, the adverse effects of the participants were measured, and Bakuchiol showed clear advantages over retinol (Figure 3).

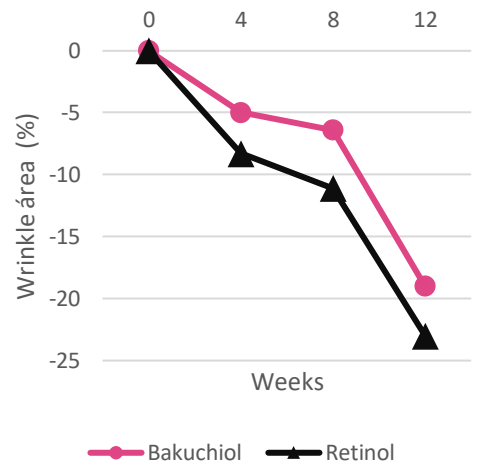


Figure 2. Percentage of reduction in wrinkle area.

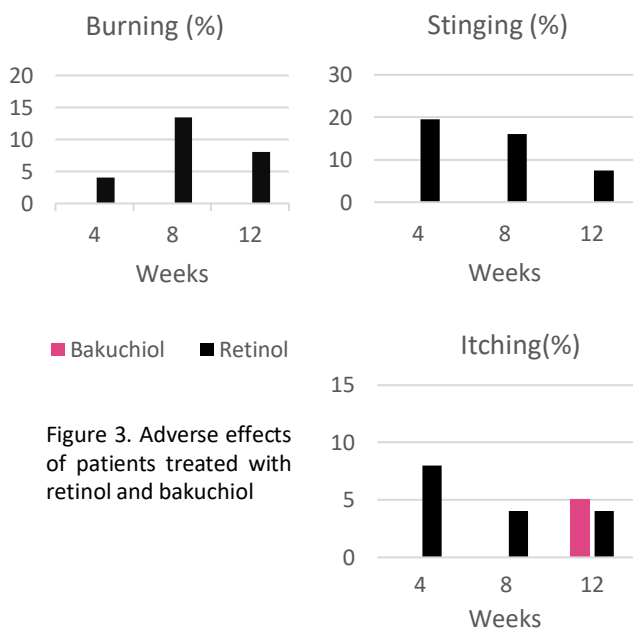


Figure 3. Adverse effects of patients treated with retinol and bakuchiol

Dosage

Topical: 0,5 - 2 %.

Uses:

- Photoaging
- Acne
- Rosacea
- Dermatitis
- Hyperpigmentation

Bibliografía

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- 2.- Chaudhuri, R. K., & Bojanowski, K. (2014). Bakuchiol: a retinol-like functional compound revealed by gene expression profiling and clinically proven to have anti-aging effects. *International journal of cosmetic science*, 36(3), 221-230.
- 3.- Dhaliwal, S., Rybak, I., Ellis, S. R., Notay, M., Trivedi, M., Burney, W., ... & Sivamani, R. K. (2019). Prospective, randomized, double-blind assessment of topical bakuchiol and retinol for facial photoaging. *British Journal of Dermatology*, 180(2), 289-296.

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