

〈シンポジウム〉

(評価法の標準化は如何にあるべきか)

## 化粧品の評価法標準化に向けての序論

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### An Approach to the Development of Standardized Evaluation Methods for Cosmetics and Skin Care Products

#### —Introduction—

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#### Abstract

The skin diseases have never ceased to expand in the field of dermatology, because there are many skin conditions such as portwine stain, nevus of Ota, acne, male pattern baldness and even wrinkles and aged spots that do not cause any harm if they developed in the internal organs, in addition to the fact that there still continue appearing the groups of invisible dermatoses such as atopic xerosis and senile xerosis whose skin lesions are sometimes hard to detect clinically. With the advent of the aging society, particularly after the demonstration of the efficacy of topical tretinoin on photoaged skin, the part of its field has totally emerged with that of cosmetology. Recently in the field of clinical medicine, the evaluation of effectiveness of various drugs has been performed in an evidence-based fashion. For this purpose, the evaluation of the symptoms and signs should be performed in a reproducible way, enabling to analyze the obtained data statistically. For the skin conditions that constitutes a target of various skin care products and cosmetics, delicate changes occurring in the skin with the treatment should be evaluated by the use of various bioengineering methods that have recently greatly advanced. In Europe, the establishment of the European group for efficacy measurements on cosmetics and typical product (EEMCO) has enabled the introduction of various guidelines required for the substantiation of effectiveness of cosmetics. In other areas of the world, especially in Japan, the establishment of such a system is eagerly required for consumers, who at present, can assess possible efficacy of such skin agents only from various advertisements without knowing if they might be exaggerated praise, as well as for cosmetic scientists who are conscientiously and hard working to develop as effective products as possible.

**Key words:** bioengineering, EEMCO, efficacy, evidence-based medicine, guideline.