Selenium Causes Hair Loss

Why in News?

ICMR interim report links high levels of selenium in wheat to hair loss.

- **Issue** – High levels of selenium in *wheat from Punjab and Haryana* have caused sudden hair loss in individuals.
- **Impacted people** - Between end-December 2024 and January, 2025, *over 300 cases of sudden hair loss* were reported in people living in 18 villages in Shegaon taluka in Maharashtra.
- **Diagnosis** – The amount of selenium detected in the blood of affected individuals was *about 31 times higher than controls*.
- The selenium content was also high in wheat samples collected from 2 ration shops and a few households of affected people.
- **Selenosis** – It is condition characterised by *sudden hair loss,* due to intake of excessive selenium.

Selenium and Health
• It is a *trace mineral*, which means that the body only needs a small amount of it. • It is found naturally in foods or as a supplement. • **Selenoproteins** - It is an essential component of various *enzymes and proteins*. • **Storage** - Most selenium in the body is *stored in muscle tissue*. • The *thyroid gland holds the highest concentration* of selenium due to various selenoproteins that assist with thyroid function. • **Importance** – It helps to *make DNA* and protect against cell damage and infections • It involves in *reproduction and the metabolism of thyroid* hormones.

> *The **Recommended Dietary Allowance (RDA) of Selenium** for adult men and women 19+ years of age is 55 micrograms daily. Women who are pregnant and lactating need about 60 and 70 micrograms daily, respectively.*

Reference

1. The Hindu| High level of selenium cause Hair Loss
2. Nutrition Source| Selenium and Health



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