

## 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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