

The secret beauty of the beard: Between the insight of God and the insight of a dermatologist

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The beard is not a temporary adornment on a man's face, nor merely a social or religious identity. Fairly, it is a precise godly creation, harboring within its roots a scientific wisdom, which only now starts to recall. Since earliest times, the masculine beard has stood as a symbol of manhood and prestige, and it conveys massive arrays of social and sexual messages. The facial hair acts as an indicator of masculinity and its probable participation in aggressive show behavior similar to the lion's mane. Furthermore, a lack of beard growth might negatively impact self-esteem and body image in these individuals.^{1,2} Modern medicine has not intensely realized the significant role of the beard in skin and health until its concealed secret issues emerged from the shadows.

During adolescence, under the influence of testosterone and dihydrotestosterone, there is a marked enlargement in size of hair follicles in androgen-dependent areas such as the beard.¹ Moreover, men have systemic

androgens and an androgen-sensitive beard, were keeps hair follicles healthier and more supportive over the years.² Throughout daily dermatological practice, we see hundreds of males and females of comparable ages, and when looking at their faces, a very interesting and important feature was observed: males look younger, they have more tight skin, less wrinkling, and shinier skin than females.

When searching for this observation, a dense growth of coarse hair was observed filling the beard region, mimicking the hair of the scalp, that are implanted deep in the fatty layer. These when going into imaginations, resample concrete ground pillars (CGP) or even metal nails (**Figure 1**). A striking another finding, is the presence of erector pili muscle to keep these nails fixed in place, acts as silk building. Consequently, they act as a definite supporting element for the skin layers, helping prevent gravitational skin drooping, folding and maintaining skin tension. In addition, hair of beard facilitates new skin formation quickly after sun-damaged, injury, or surgery. Interestingly, throughout deep heat dermabrasion for facial scar, the epidermis and dermis will regrow again through these CGP or metal nails-like hair follicles and eccrine glands.^{3,4}

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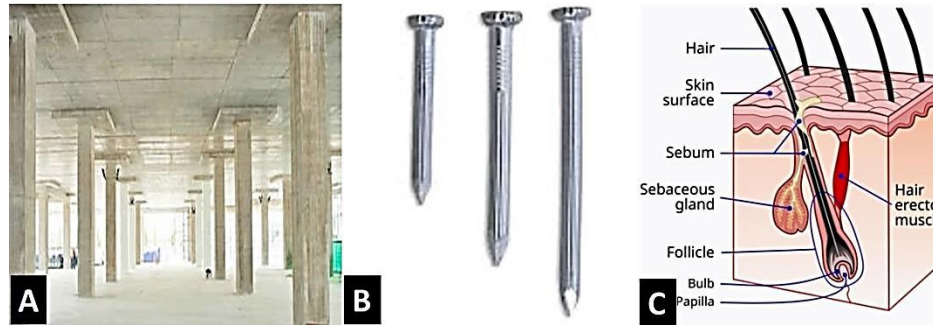


Figure 1 Three closely similar photos, showing concrete ground pillars which were used in building (A); metal nails (B) and naturally implanted deep coarse hair (C) [modified; medical and engineering videos].

A close clinical monitoring for both adult males and females, as they grow older, their limbs hair density becomes scanty and sometimes completely disappears, while the hair of the face will remain intact, coarser, thicker, and larger.⁵ Moreover, patients with a long-standing history of alopecia universalis become older than their healthy counterparts. Over time, this causes alterations in skin texture, and resulting in a wrinkled appearance.⁶

Generally, women often appear to age faster than similar ages men, so in our community, older men get married to younger women to appear of comparable age, and this is accepted by both social and religious insights.⁷ Thus, godly wisdom is manifested in the balance between beauty and function, between overall look and wisdom, as God made the beard a crown of dignity that preserves the health of the face as well as its masculine symbolism.

Between science and philosophy, the beard remains a distinctive mark of humanity. On the surface, it is hair on skin; in its spirit, it is a divine design that protects beauty from decay. Glory be to Him, who made a tiny hair a great secret of beauty and eternity.

In conclusion, this precise scientific observation was not mentioned in previous medical sources. Hair of beard in males is not only part of beauty structure, but it is a supporting, concrete ground pillars or metal nails like, that keeps men more youthful than women of comparable ages. Hence every structure in human

beings from skin, body and scalp hair, eyes, brain get older overtime while beard is excluded from this rule. An essential understanding of the hair follicle's biological assisting function, particularly in the beard are needed. Further studies are recommended regarding the anatomic variations and regeneration of facial skin in both males and females.

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