25. The use of any one of claims 1 to 12, or method of any one of claims 13 to 18, or kit of any one of claims 19 to 24 wherein the dosage form completely dissolves once placed in the oral cavity in a time period selected from the group consisting of: less than 50 seconds; less than 40 seconds; less than 30 seconds; less than 20 seconds; less than 15 seconds; less than 10 seconds; less than 7.5 seconds; less than 5 seconds; less than 4 seconds; less than 3 seconds; and less than 2 seconds after administration of the dosage form.

26. A cosmetic method for delivering an effective plasma concentration of an active material for treating or preventing hair loss, wherein the method provides a C_{max} concentration that is lower than that reached by the equivalent intravenous administration of the same active and a t_{max} comparable to intravenous administration, wherein the method comprises the step of:

i. administering a fast disintegrating and dissolving solid freeze dried wafer dosage form for the release of a biologically active material in the oral cavity for sublingual administration, wherein the dosage form comprises:

a) at least one biologically active material from 1 to 45% by dry weight of the dosage form, comprising an active material that binds to one or more adrenergic receptors at a concentration, or is a cyclic guanosine monophosphate (cGMP) phosphodiesterase type 5 (PDE5) inhibitor, or is an N-methyl-D-aspartate receptor antagonist; and

b) a matrix forming agent comprising amylopectin at a concentration from 2% to 17% by dry weight of the dosage form,

wherein the dosage form substantially dissolves in the oral cavity without leaving a residue of said dosage form in the oral cavity that is detectable by a subject, thereby avoiding the urge for the subject to swallow the dosage form;

wherein said dosage form disintegrates in the oral cavity in a time of less than 15 seconds and dissolves in the oral cavity in a time of less than 60 seconds.

27. The method of claim 26, wherein an effective plasma concentration is achieved within 120 minutes, within 30 minutes, or within 20 minutes or within 5 minutes.

28. A cosmetic method for delivering an effective plasma concentration of an active material for treating or preventing hair loss, wherein the method provides a C_{max} concentration that is lower than that reached by the equivalent intravenous administration of the same active and a t_{max} comparable to intravenous administration of at least one cyclic guanosine monophosphate (cGMP) phosphodiesterase type 5 (PDE5) inhibitor, wherein the method comprises the step of:

i. administering a fast disintegrating and dissolving solid freeze dried wafer dosage form for the release of a biologically active material in the oral cavity for sublingual administration, wherein the dosage form comprises:

a) at least one biologically active material comprising at least one cyclic guanosine monophosphate (cGMP) phosphodiesterase type 5 (PDE5) inhibitor from 1 to 45% by dry weight of the dosage form,; and

b) a matrix forming agent comprising amylopectin at a concentration from 2% to 17% by dry weight of the dosage form,

wherein the dosage form substantially dissolves in the oral cavity without leaving a residue of said dosage form in the oral cavity that is detectable by a subject, thereby avoiding the urge for the subject to swallow the dosage form;

wherein said dosage form disintegrates in the oral cavity in a time of less than 15 seconds and dissolves in the oral cavity in a time of less than 60 seconds.

29. The method of claim 28, wherein an effective plasma concentration is achieved within 120 minutes, within 30 minutes, or within 20 minutes.