ABSTRACT

The invention relates to a novel pharmaceutical composition and to the method of producing same from the fruits of the royal palm (Roystonea regia) in order to prevent and/or treat benign prostatic hyperplasia (BPH) and prostatitis as well as alopecia and hirsutism. The inventive composition comprises a mixture of free fatty acids and/or the esters thereof, within a range of between 8 and 28 carbon atoms, in particular between 8 and 18 carbon atoms, and, more specifically, saturated straight-chain free fatty acids with 8, 10, 12, 14, 16 and 18 carbon atoms and mono-unsaturated free fatty acids with 16:1 and 18:1 carbon atoms. The inventive method of producing the aforementioned composition comprises the drying and crushing of the fruits, with optional basic hydrolysis, and, subsequently, selective extraction in organic solvents.