

[Abstract]

The present specification discloses a composition for promoting hair growth or hair restoration and a composition for anti-inflammation. The composition comprises a pharmaceutical composition, a cosmetic composition or a food composition, and contains at least one selected from the group consisting of Assamsaponin B, Theasaponin E1, Theasaponin E2, Assamsaponin H, Assamsaponin D and Theasaponin C1.