Claims

1. A method of growing hair comprising administering a hair growth agent externally to a subject, wherein the hair growth agent comprises D-chiro-inositol, wherein D-chiro-inositol content is 1 to 10 wt% based on a total weight of the hair growth agent, wherein the hair growth agent promotes hair shaft growth or the growth of new hair, and wherein medical practice for humans and animals is excluded.

2. The method according to Claim 1, wherein the hair growth agent increases an elongation rate of a hair shaft.

3. The method according to Claim 1, wherein the hair growth agent increases a maximum length of a hair shaft.

4. The method according to Claim 1, wherein the hair growth agent increases a hair shaft diameter.

5. The method according to Claim 1, wherein the hair growth agent increases a hair count.

6. The method according to Claim 1 or 5, wherein the hair growth agent promotes new hair growth from a pore where new hair growth has been arrested or ability of the pore to grow new hair has decreased.

7. The method according to any one of Claims 1, 5, and 6, wherein the hair growth agent shortens the telogen phase in a hair cycle.

8. The method according to any one of Claims 1, 5, and 6, wherein the hair growth agent resumes an arrested hair cycle.

9. The method according to any one of Claims 1 to 8, wherein the hair growth agent is a solution.

10. The method according to any one of Claims 1 to 9, wherein the hair is human scalp hair.