

Panoromic View of Loma Sathana Yogas in Ayurvedic Classics

K.S.S. Siva Krishna*, D. Sreeteja**, P.V.N.R. Prasad***

Abstract

Hair is simple in structure, but has important function. Throughout history hair has been an important symbol as indicator of gender, social, religious and professional status.. Even today hair continues to be an important part of self expression and self identity and it is also a universals symbol of youth. As according to the day old adage: *Too much of anything is fit for nothing*. Unwanted hair growth (facial and body hair) can cause embarrassment, and it is a biggest problem for the women in the present day society. Most of the women are suffering with this problem due to trending reasons. The present life style of the people is effecting to its maximum on the health of the people. Women develop excessive body (or) facial hair due to higher than normal levels of male hormones. Certain medical conditions cause women to produce too many androgens, causing male pattern hair growth and unwanted male characteristics such as deep voice. Though this doesn't cause any problem to the person but it effects the social moving, so most of the women are more worried about it and rush to Doctors, beauty parlors and other cosmetic and skin specialists. In view of the growing incidene of clinical conditions contributing to Hirsutism especially among younger generation girls and also feared side effects of the currently available depilatory agents in the market an attempt has been made in this article to enumerate lomasathana yogas described in Ayurvedic classics.

Keywords: Hormones; Cosmetics; Lomasathana Yogas.

Introduction

Unwanted hair growth (facial and body hair) can cause embarrassment, and it is a bigger problem for women. The medical term for excessive hair growth is Hyper-trichosis. This is called *Hirsutism* or *frazonism*, which is the excessive hairiness on women in those parts of the body where terminal hair does not normally occur or is minimal – for example, a beard or chest hair.

This refers to a male pattern of body hair (androgenic hair) and it is therefore primarily of cosmetic and psychological concern. Hirsutism is a

symptom rather than a disease and may be a sign of a more serious medical condition, especially if it develops well after puberty.

Hirsutism can be caused by an increased level of androgens, the male hormones or an oversensitivity of hair follicles to androgens. Male hormones such as testosterone stimulate hair growth, increase size and intensity of the growth and pigmentation of hair.

Hirsutism affects between 5-15% of all women across all ethnic backgrounds-Depending on the definition and the underlying data, estimates indicate that approximately 40% of women have some degree of unwanted facial hair.

The following may be some of the conditions that may increase a woman's normally low level of male hormones [6]:

- Adrenal gland cancer, Von Hippel-Lindau disease.
- Congenital adrenal hyperplasia, in turn mostly caused by 21-hydroxylase deficiency.
- Cushing's disease.
- Growth hormone excess (acromegaly).
- Insulin resistance.

Author's Affiliation: *Final year P.G. Scholar ***Associate Professor P.G., Dept. of RS&BK, Dr. N.R.S. Govt. Ayurvedic College, Vijayawada, Andhra Pradesh, India. **Final year P.G. Scholar, Dept. of Panchakarma, Dr.B.R.K.R. Govt Ayurvedic College, Hyderabad, Andhra Pradesh, India.

Reprint's Request: K. Siva Krishna, Final year P.G. Scholar, Dept. of RS&BK, Dr. NRS Government Ayurvedic College, Near Vijaya Krishna Super Bazar, MG. Road, Vijayawada-520002 Andhra Pradesh, India.
E-mail: srivatsa.sivakrishna@gmail.com

Received on | 18.03.2017, Accepted on | 31.03.2017

- Obesity: As there is peripheral conversion of androgens to estrogen in these patients, this is the same mechanism as polycystic ovary syndrome, PCOS.
- Polycystic ovary syndrome (PCOS), the most common cause in women.
- Porphyria cutanea tarda.
- Stromal hyperthecosis (SH) - in postmenopausal women.
- Transsexualism (male birth sex)
- Tumors in the ovaries .
- Use of certain medications such as tetrahydrogestrinone, phenytoin, or minoxidil.

Medication [7]

Many women with unwanted hair seek methods of hair removal. However, the causes of the hair growth should be evaluated by a physician, who can conduct blood tests, pinpoint the specific origin of the abnormal hair growth, and advise on the treatment.

- *GNRH Agonists*
- *Spironolactone [11]:* Antialdosterone antiandrogenic compound.
- *Cyproterone Acetate [12]:* A progestin that also has strong antiandrogenic action. In addition to single form, it is also available in some formulations of combined oral contraceptives.
- *Flutamide:* Androgen receptor antagonist. The most effective treatment that was tested is the oral flutamide for one year. Seventeen of eighteen women with hirsutism treated with combination therapy of flutamide 250 mg twice daily and an oral contraceptive pill had a rapid and marked reduction in their hirsutism score. Amongst these, one woman with pattern hair loss showed remarkable improvement.
- *Bicalutamide*
- *Hormonal Contraceptives [10].*
- *Metformin:* Antihyperglycemic drug used for diabetes mellitus. However, it is also effective in treatment of hirsutism associated with insulin resistance (e.g. polycystic ovary syndrome)
- *Eflornithine:* Blocks putrescine that is necessary for the growth of hair removals.

Other Methods

- Epilation

- Waxing
- Shaving
- Laser hair removal [9].
- Electrolysis
- Lifestyle change, including reducing excessive weight and addressing insulin resistance, may be beneficial. Insulin resistance can cause excessive testosterone levels in women, resulting in Hirsutism [8].

One study reported that women who stayed on a low calorie diet for at least six months lost weight and reduced insulin resistance. Their levels of Sex hormone-binding globulin (SHBG) increased, which reduced the amount of free testosterone in their blood. As expected, the women reported a reduction in the severity of their hirsutism and acne symptoms.

Hair Removal Creams

Hair removal products work by breaking down the protein structure of the hair shaft, which dissolve the keratin protein [9]. Generally all the gels, lotions and creams of these kind contain thioglycolate salts and sulphides, some may also contain barium sulphide, strontium sulphide and potassium thioglycolates. Sulphides react more quickly than thioglycolates but they can also burn and irritates skin more quickly [5].

- One might also see sodium hydroxide or calcium hydroxide on the labels. These ingredients help to adjust p^H levels, which are critical to a hair remover's performance. Calcium hydroxide is now a popular choice because it was found to be almost as effective as sodium hydroxide but more gentle to the skin.

Diluents

Depilatories also need something to help dilute other ingredients in the products. They can be considered as bases. Base is a substance which serves the purpose of carrier or vehicle for the medicament and is considered as the integral part of the medication [4].

Emollients

They are included in hair removal creams and lotions to reduce the harshness of chemicals in the products and make them feel better on the skin. Oils, silicones, and esters are examples of emollients.

- Weird magazine reports that the number of skin repair agents in a certain hair removal products

are actually outnumbered the actually working hair removal ingredients.

Other Ingredients

To make hair removal products more appealing to use, manufacturers also include fragrances, in these formulations to overcome the offensive smells of the hair removal ingredients, emulsifiers are added to creams and lotions. Dyes are added to enhance the color. We also see the preservatives, anti oxidants, and many extracts on the label.

- *Sudha Tala Lepa [1]*: haritala and sudha are ground for preparing a paste.
- *Sankha Rambha Lepa [1]*: Sankha (burnt conch shell) and rambha-kadali juice (banana stem trunk) along with haritala are ground and made into paste.
- *Haritaladi Lepa [1]*: Powders comprising haritala (1part), Sankha bhasma (5parts) and Palasa bhasma(6parts) should be ground with juice of Kadali (stem juice) and made into paste. This paste should be continuously applied for 7days for removal of unwanted hairs.
- *Rambha- Kambudbhava Bhasma Lepa [1]*: Powder of Sankha (kambudbhava) continues to be processed with juice of Kadali kanda (rambhambha) for a week and equal amount of Haritala is added /ground for making a paste. These paste removes even minute hairs.
- *Karparadi Tailam [1]*: 1) Sasanka/ karpura (camphor). 2) Bhallataka. 3) Sankha bhasma. 4) Churna (lime). 5) Yava kshara. 6) Manahsila. 7) Haritala.

All six ingredients except camphor should be ground for making a kalka which is cooked in tila taila(4parts for making paste of raw drugs), at last karpura is dissolved in oil and used as ext.application.

- *Kshara Tailam [1]*: 1)sukthi bhasma. 2)sambuka bhasma. 3)sankha bhasma. 4)dirgha vrunta bhasma(syonaka bhasma) kshara, 5)muskaka bhasma(kshara). 6)sarsapa taila(mustard oil). 7)khara mutra(ass urine). 1 to 5 ingredients are taken in 250gms each and sarsapa taila is taken 1 litre. All the ingredients 1 to 5 are ground with khara mutra and later taila paka procedure is done.
- *Aragvadhadi Taila [1]*: Aragwadha- 1pala. Sankha bhasma-2 karsa. Haritala-2 karsa. Katu taila(mustard oil)-1 prastha. khara mutra -3 prasthas. All ingredients are ground in khara

mutra and taila paka is done later and this oil is used as external application.

Acarya Susrutha has also given about these techniques in the chapter Dvivraniya chikitsa under the context romapaharana for proper healing of wounds. He mentioned the following methods.

- *Sankha- Haritala Lepa [2]*: Two parts of ash of sankha nad one part of haritala macerated in vinegar and applied on the area is best to make the hairs fall off.
- *Bhallataka- Snuhi Lepa [2]*: Oil of bhallataka together with milky sap of snuhi applied is also best to ward off hairs.
- *Agaaragodhika Taila [2]*: Tail of agaaragodhika (house lizard), rambha(kadali), seeds of ingundi all are burnt together ,that ash mixed with oil and cooked in sunlight ,this applied on the area removes the hair.
- *Haritaladi Kalka Lepa [3]*: External application prepared by pounding 5 parts of haritala, 1 part of palasa kshara and ,1 part of yava kshara with water removes pubic hair.
- *Kosataki Bija Taila [3]*: External application of kosataki bija taila after shaving arrests the further growth of pubic hair.
- *Hala Hala Pucha Sodhitha Sarshapa Taila [3]*: External application of mustard oil processed with hala hala pucha (vatsanabha?) results in fall of pubic hair with in 7 days.

These day old formulations will help to reduce the side effects that are caused by the usage of following day to day hair removing methods, they are:

1. Redness and irritation – this is the most common side effect of waxing.
2. Rashes, bleeding or bruising- if you have very sensitive skin you may develop a slight . rash or notice some bruising.
3. Ingrown hairs- this is a possible side effect for many forms of hair removals as hair re grows , it can curl around and become trapped in the follicle or push sideways into the skin this is called ingrown hair, it causes, redness rashes or pain.
4. Infections at times can occur where there is a bleeding or lot of irritation, folliculitis may also occur.

Usage Method

Warming the area first with a wash cloth open pores and make the product more effective.

Some products containing calcium thioglycolates

are not intended to apply on face.

Precautions

Generally it is recommended testing a small patch of skin before each use and waiting 24 hrs before applying to a larger area.

Not to get these depilatories near or in the eyes, it causes irritation.

Discussion

By observing the formulas it can be noticed that all the modern creams formulations doesn't outshine our ancient formulas, it seems that they serve as a blue print for today's products as the interpretation of modern with ancient formulas is done as such below..

Diluents – swarasa of kadali, and other plants, mutra of different animals serve this purpose.

Sulphides- manahsila, haritala.

P^H level balancers- ksharas serve this purpose.

Calcium hydroxides- sudha, sankha.

Emollients –tila taila, sarshapa taila.

Fragrancers – karpooora.

Antioxidants – bhasmas

Conclusion

Hirsutism which turned out to be a great cosmetic and social moving problem can be cured by the external applications described in our samhithas. There is no doubt that all these act far better than

many of the available depilatories in the market with nill side effects. So we Ayurvedic fraternity can proudly present our ancient medical hair removal techniques to the present generation who are in extreme need of them.

References

1. Bhaishajya ratnavali- kshudra rogadohikara 93-99.
2. Susrutha samhitha dvivraniya chikitsaadhyaya - 1/104-108.
3. Rajamarthanda stri rogadohikara - 31/52-54.
4. P.V.N.R. Prasad Bhaisajya Kalpana vignanam. English.
5. Jan E. Wahlberg, M.D. Impairment of Skin Barrier Function By Depilatories Journal of Investigative Dermatology. 1972 Aug; 59(2):160-162.
6. Mala dharmalingam text book of endocrinology jaypee publishers.
7. Davidsons text book of Internal medicine.
8. Hunter MH, Carek PJ. Evaluation and treatment of women with hirsutism. Am Fam Physician. 2003; 67:65-72. [PubMed].
9. . Dierickx CC. Hair removal by lasers and intense pulsed light sources. Semin Cutan Med Surg. 2000; 19:267-75. [PubMed].
10. Burkman RT., Jr The role of oral contraceptives in the treatment of hyperandrogenic disorders. Am J Med. 1995; 98:130-6. [PubMed].
11. Shaw JC. Spironolactone in dermatological therapy. J Am Acad Dermatol. 1991; 24:236-43. [PubMed].
12. van der Spuy ZM, le Roux PA. Cyproterone acetate for hirsutism. Cochrane Database Syst Rev. 2003. CD001125. [PubMed].