

STUDY OF LOMASHATHANA YOGAS IN THE MANAGEMENT OF HIRSUTISM - A CRITICAL REVIEW

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ABSTRACT

Though beauty conscious exist in human beings since Vedic period, it is increasing day-by-day in the recent past. It seems to be smooth and unblemished skin and hair boosts the confidence and self-esteem of an individual. Due to change in the life style, many a number of IT professionals and others are facing hair problems particularly either loss of hair or growing of unwanted hair. Hirsutism is defined as the presence of terminal coarse hair in females in a male-like distribution at sides of the face, upper lip, chin, upper back, shoulders, sternum, and upper abdomen. It affects around 5-10% of women and is a common presenting complaint in the dermatological outpatient department (OPD) for cosmetic reasons. Currently many a number of epilation methods are available such as plucking, shaving, threading, waxing, electrolysis, laser therapy etc. These hair removal methods may cause complications like skin inflammation, minor burns, lesions, scarring etc. and some are highly expensive. Keeping this in view a critical study has been carried out to explore the treasure of ancient epilation methods and formulations mentioned in the Ayurvedic literature for the benefit of ailing patients. The study also will be useful for the practitioners as well as research scholars to come out with a safe and cost effective solution for the management of Hirsutism with simple and easily adopting ancient techniques.

Keywords: *Lomasatana Yoga, Hair removal methods, Ayurvedic Management, Hirsutism*

INTRODUCTION: Ayurveda is the most ancient traditional system of medicine that consummates with the magnitude of “*Swasthasya Swaastha Rakshanam Athurasya Vikara Prashamanam*”^[1]. It has given importance to both *Antahparimarjana Chikitsa* (Internal medication) and *Bahirparimarjana Chikitsa* (External or Topical Application), not only concerned with diseases that hamper the systemic and local functions of the body but also to the Aesthetic need.

Loma is considered as *Anga Avayava* developing from *Pitruja Bhava*^[2]. It is *Parthiva dravya*. According to Vaghbata *Loma* develops during 6th month of intrauterine life^[3]. *Loma* is considered as *Mala* of *Asthidhatu* and embedded in the

6th layer of the skin^[4]. *Ati loma* and *Aloma Purusha* are considered as *Nindita*^[5].

In mammals hair is an important tool as heat insulator and serves as ornamental purpose. Body hair of mammals serves biologically to protect important organs such as head, chest and feet, beyond it has no vital function in humans. Hair typically grows all over the human body. Hair can become more visible during and after puberty. All females produce androgens but due to higher than normal levels leads to Hirsutism.

Hirsutism is defined as the presence of terminal coarse hair in females in a male-like distribution at sides of the face, upper lip, chin, upper back, shoulders, sternum, and upper abdomen^[6]. It affects around 5-10% of women and is a common

presenting complaint in the dermatological outpatient department (OPD) for cosmetic reasons. Currently many a number of epilation methods are available such as plucking, shaving, threading, waxing, electrolysis, laser therapy etc. These hair removal methods may cause complications like skin inflammation, minor burns, lesions, scarring etc. and some are highly expensive. It is the need of the hour to come out with a safe and cost effective solution for the present problem. Critical review of Ayurvedic literature reveals plenty of *Lomasatana Yoga* for the management of Hirsutism.

AIMS AND OBJECTIVES:

1. To carry out a critical study on Hirsutism in Ayurvedic literature and explore its management methods.
2. To document various *Lomasatana Yoga* and make them available for the general practitioners and research workers to revalidate their efficacy.

MATERIALS & METHODS:

Popular Ayurvedic works such as *Charaka Samhita*, *Susruta Samhita*, *Sarangadhara Samhita*, *Chakradatta*, *Gadanigraha* and *Bhaishajyaratnavali* etc. were taken as material and a thorough study has been carried out to fulfill the objectives of the study.

Observations:

After a critical study of various Ayurvedic works, the following depilatory formulations are found and which are useful for the management of Hirsutism.

Charaka Samhita: In *Phala varga Sami Phala* is quoted as *Keshaghna*^[7].

Susruta Samhita: The following 4 hair depilatory recipes are mentioned by Susruta in Chikitsa Sthana 1st chapter.

1. *Sankha BhasmadiYoga:* Application of the paste prepared by pounding two parts *Sankha Bhasma* and one part *Haritala*

with *Sukta*(vinegar) acts as hair depilatory^[8].

2. *Samibijadi Yoga:* *Bhasma* of *Kadali*(banana), *Syonaka*(oroxylum indicum), *Haratala*(orpiment), *Saindhava lavana*(rock salt) and seeds of *Sami*(Prosopis spicigera) are pounded with cold water and apply the paste at the desired area to act a good depilatory recipe^[9].

3. *Bhallatakadi Yoga:* External application of the mixture of *BhallatakaTaila* and *SnuhiKsheera* also useful for the management of removal of hair^[10].

4. *Aagara Godhikadi Yoga:* *Gruha Godhika Puccha* (Tail of house lizard), *Rambha* (banana), *Haritala*(orpiment), seeds of *Ingudi*(Balanites aegyptiaca) are burnt and collect the ash. Then it is mixed with *Bhallataka* oil and water and then baked in the sun. Application of such paste is useful to remove hair^[11].

Sarangadhara Samhita:

1. *Haritaladi Yoga:* 2 parts of *Sankha*, 1 part of *Haritala*, $\frac{1}{2}$ part *Manahshila* and 1 part *Sarjika kshara* made into paste with water. Within 7 applications makes the part resembles the head of a monk^[12].

2. *Haritaladi Yoga:* 2 parts of *Haritala*, 6 parts of *Sankha Bhasma*, 2 parts of *Palasa Kshara* made into paste with juice of *banana stem* and leaves of *Arka*. If applied externally it acts as good depilatory within 7 applications^[13].

Chakradatta:

1. *Romasatana Yoga:* *Sankha* after burning dipped in the juice of *Kadali*. Then it is rubbed with equal quantity of *Haritala*(orpiment) and applies to private parts to remove hairs^[14].

2. *Romasatana Yoga:* Powdered *tail* of *Raktanjani*(bird) dipped in mustard oil for a week is applied and followed by massage

of *Kusumbha Taila* also acts as depilatory^[15].

3. *Aragwadhadi Taila*^[16]:

<i>Kalka Dravya:</i>	<i>Aragwadha moola</i>	-	1 <i>Pala</i>
<i>Drava Dravya:</i>	<i>Sankha Bhasma</i>	-	2 <i>Karsha</i>
<i>Haritala</i>		-	2 <i>Karsha</i>

Sneha Dravya:

(mustard oil)

Drava Dravya:

(ass's urine) - 1 *Prastha*

Mode of Administration: After *Taila* is prepared add *Sankha Bhasma* and *Haritala* and apply the paste.

Actions: *Romasatana*

4. *Karpuradi Taila*: Initially take the powder of *Karpura*, *Bhallataka*, *Sankha*, *Yavakshara* and *Manahshila* and cook with *Katu Taila* (mustard oil) and then add *Haritala*. External application of such paste removes unwanted hair quickly^[17].

5. *Kshara Taila*^[18]:

- Initially take *Sukti*, *Sambooka*, *Sankha*, *Deerghavrinta* (*Aralu*) and *Mushkaka* and burnt into ash.
- The ash thus collected should be decanted with *Khara mutra* (ass's urine) and prepare *Kshara*.
- With 1/8 part of *Kshara* add *Sarshapa Taila* (mustard oil) and cook well.
- This recipe was initially formulated by *Aswin* twins and recognized by *Atreya*.
- Wherever the drop of this oil falls, it eradicates the hair and growth of hair never takes place.

Bhaishajyaratnavali:

1. Take equal parts of *Sankha Bhasma* and *Haritala* and prepare paste by mixing with hot water. External application of such paste acts as an excellent depilatory recipe^[19].

2. Initially take *Sankha Bhasma* and triturate with *Kadali Swarasa* (juice of banana stem) and then mix with equal

<i>Katu Taila</i>	<i>Aragwadha moola</i>	-	1 <i>Pala</i>
	<i>Sankha Bhasma</i>	-	2 <i>Karsha</i>
	<i>Haritala</i>	-	2 <i>Karsha</i>

quantity of *Haritala*. External application of the paste removes unwanted hair^[20].

3. *Palasa Kshara*, *Kadali kanda Kshara*, *Haritala* in equal quantity is triturated with *Kadalikanda Swarasa* is also useful for the removal of hair^[21].

4. *Haritala* 1 part, *Sankha Bhasma* 5 parts, *Palasa Kshara* 6 parts are taken and triturated with *Kadali kanda Swarasa*. Application of the paste is useful as a good depilatory agent. In *Gadanigraha* it is mentioned as the above drugs are triturated with water instead of *Kadali kanda Swarasa*^[22].

5. *Sankha Bhasma* triturated with *Kadalikanda Swarasa* and mixed with equal quantity of *Haritala* is also serves the same purpose^[23]

6. External application of *Kusumbha Taila* alone also removes the unwanted hair^[24].

7. *Aragwadhadi Taila*^[25]

8. *Karpuradi Taila*^[26]

These 2 recipes are taken from *Chakradatta*.

Gadanigraha [Yoni Nirlohimikarana Adhikara]:

1. *Koshamra Taila*: *Koshamra* (seed of mango) *Taila* is mixed with *Yavakshara* in a copper vessel and kept in sun. External application of such paste acts as a good depilatory agent^[27].

2. *Haritaladi Yoga*: External application of the paste of 5 parts of *Haritala*, one part of *Palasa Kshara*, 1 part of *Yavakshara* is an excellent recipe for the removal of unwanted hair^[28]. The same formulation is also explained in *Rajamartanda*.

3. *Koshataki Bija Taila*: It is also one of the best *Lomasatana* recipes and also explained in Rajamartanda^[29].

4. *Halahal Pushpa Sadhita Taila*: *Halahal Pushpa* (*Vatsanabha*) *churna* mixed with *Sarshapa Taila* and apply externally 7 days for the removal of unwanted hair^[30].

5. External application of the paste of *Sankha churna*, *Haritala*, *Kakamachi*, *Triku Churna* prepared by pounding with *Arka* and *Snuhi Ksheera* acts as the best *Romasatana* recipe^[31].

DISCUSSION:

Almost all depilatory formulations documented in the literature of Ayurveda are external applications only. According to *Dalhana*, internal administration of the paste of *Sami Phala* also acts as a depilatory agent. On a critical study it is observed that *Haritala*, *Manahshila*, *Sarjakshara*, *Sankha Bhasma* are the main ingredients present in different *Romasatana Yogas*. Most of these drugs possess *Katu Rasa*; *Sukshma*, *Tikshna*, *Laghu Guna*; *Ushna Virya* and *Katu Vipaka* and having *Lekhana* and *Kesaghna* property. Due to the *Rasa Panchaka* these drugs increases *Bhrajaka Pitta*; and penetrates into the skin through *Lomakupa* results in *Sweda Kshaya* and ultimately acts as *Romasatana*.

Research Profile:

The following research work has been carried out so far by different scholars at different centers and presenting here for the benefit of the readers.

1. Pharmaceutico Analytical Study of *Lomasatana Lepa* by Dinesh Gupta et al^[32].

2. A Conceptual and Clinical Study on *Lepa Kalpana* w.s.r. to *Lomasatana Lepa* in *Hirsutism* by Dr. H. Pamanna Gouda^[33].

3. Study on *Kusumba Taila* (*Arthamus tinctoria*) w.s.r. to *Lomasatana Lakshana*^[34]

4. A comparative study on *Lomashatana Lepa* on facial *Hirsutism* by Vasudevam^[35]

5. To study the effect of mineral compound as hair removal by Vd. Chandikar shilaja^[36]

CONCLUSION: Research work has been carried out to understand the efficacy of *Romasatana* action of *Haritaladi Yoga*, *Kusumbha Taila* etc. and concluded that they are nontoxic and efficacious. Hence the other formulations also can be tried by conducting clinical trials and make them available for the benefit of a large number of suffering population so as to provide safe and cost effective solution.

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