



To study the effect of the mineral - compound as hair removal. (Romashatan)

Vd. Chondikar Shailaja, Vd. Manjusha More

MD (Bhaishajya kalpana)
Asso. Prof.-Dept of. Rasashastra
MD (Panchakarma)
HOD/Asso.Prof. –Dept.of Panchkarma

Abstract—“Romashatan lepa” is the drug selected for the study on the significance & symptom of hypertrichosis. Study drug contains shudha Hartal (Yellow arsenic), shudha Manahsheela (Red arsenic), Shankha bhasma (incinerated conch shell) & Sudha (chalk-calcium carbonate) with media of lime juice.

For hair removal two main therapies are in practice 1) Depilation & 2) Epilation. Depilation includes Shaving, use of chemicals for hair removal. Epilation therapy is of two types permanent & temporary, this mainly include electrolysis, laser hair removal etc.

Drug therapy was given to patients of hypertrichosis for 10min. On each visit having follow up of 30days interval.

The result shows that satisfactory hair removal property of test drug and its effect on hair growth.

Introduction—

Charakacharya described in Sutrasthana ‘‘ Ashtaninditiya ‘‘ that is atisthula, atikrisha, atiloma, aloma, atidirgha, atirhaswa.....

Atiloma is one of the condition that has been described by Acharya which is ninditiya. In day to day life we notice that beauty has very much importance in personal as well as the social facet. Excessive hair on the body is known as hypertrichosis.

On that point are some herbal - mineral formulation described in Ayurvedic text for hair removal. Romashatan yoga described in Bhaishajya ratnavali contain Hartal (orpiment-AS2S3), Manahsheela (realgar-AS2S2) Shankha bhasma (incinerated conch), Sudha (chalk) and Lime juice. This was the formulation chosen for the work.

A review of the literature----

Disease review—Hypertrichosis (Ambras syndrome) may cause by hereditary or PCOS, Other rare causes are Tumor or CA. Of adrenaline gland, ovary, Cushing syndrome and so on

Popular methods for hair removal are

- 1) DEPILATION----shaving, use of chemicals.
- 2) EPILATION-----a) permanent—laser/electrolysis
b) Temporary —plucking, waxing, chemicals.

Hirsutism it is type hypertrichosis, exclusive to women & children resulting from an overabundance of androgen, sensitive hair growth.

Pathophysiology - Mechanism involve a change in the hair cycle. In that respect are three phases of hair cycle

1. Anagen phase (hair growth)
2. Catagen phase (hair follicle death)
3. Telogen phase (hair shedding)

If anagen phase increase beyond what is normal, that region of body will experience excessive hair growth.

AIMS & OBJECTIVE—

AIM—To study the effect of Romashatan lepa on unwanted hairs.

Objective---

1. To observe the effectiveness of research drug on patient having hypertrichosis.
2. To study the duration of effect on hair growth.
3. To observe any adverse effect of drug on skin.

MATERIALS & METHODS—

MATERIALS—

Romshatan lepa (Bhishajya Ratnavali)

- Hartal - 100mg
- Manahsheela- 100mg
- Sudha 100mg
- Shakha bhasma 100mg

Triturated with lime juice. Dried and then applied with rose water.

METHOD—

Mix the Romashatan Lepa with adequate quantity of rose water. Apply it over the selected area, let it dry for 10 min., remove it with slight pressure with cotton. Lastly apply aloe vera gel to avoid adverse effect. Area of 2cmX 2cm was selected to assess the Romashatan property of research drug. Observation of no. of hair follicles, hair length, skin texture were made after every 30 days and results were noticed.



SELECTION CRITERIA OF PATIENTS.

EXCCLUSION CRITERIA—

- Ca. of adrenal gland
- Ca. of ovary
- Cushing syndrome

INCLUSIVE CRITERIA—

- Hereditary
- PCOS patient
- Drug induced

OBSERVATIONS--

Table 1)- SEXWISE DISTRIBUTION

MALE	FEMALE
03	07

Table 2)- AGE WISE DISTRIBUTION

AGE OF PT.	No. of pt.
0-8	2
8-16	0
16-24	4
24-40	4

Table 3)-DISEASE WISE DISTRIBUTION

Name of disease	No. of pt.
PCOS	4
HERIDATORY	3

DRUG INDUCED	3

Table 4)- AREA (HYPERTRICOSIS) WISE DISTRIBUTION

BODY AREA	No. of pt.
UPPERLIP	8
CHIN	10
CHEST	6
UPPER BACK	5
LOWER BACK	3
THIGH	7
UPPER ABDOMEN	6
LOWER ABDOMEN	6
UPPER ARM	6
FOR ARM	8
LEGS	8



Area wise presentation of hypertrichosis

Table-1 Female were found more prone to hypertrichosis.

Table-2 16-40 yrs age group patients were having symptoms of hypertrichosis than age group of 0to16 yrs.

Table-3 . 4 patients of PCOS shows symptoms of hypertrichosis .3patients were reported hypertrichosis due to induced drug .3 patients were having hereditary history of hypertrichosis

Table- 4 Chin was the most prone area found with number 10 ,followed by forearm,legs,upper lip were the area where hypertrichosis were seen.

Effect of drug was observed on three parameters.

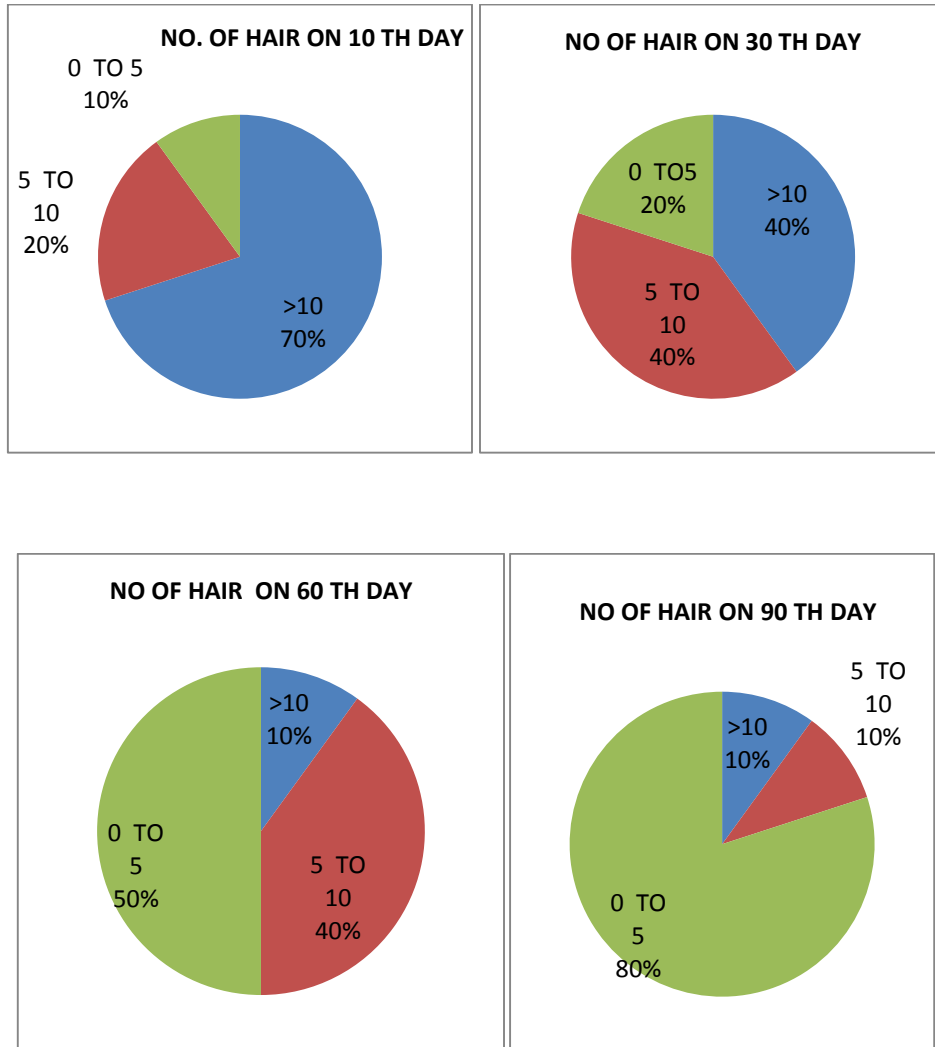
1)-Number of hair present on 2cmx2cm area.

2)-Maximum length of hair present on drug treated area was selected& observed.

3)-skin texture.

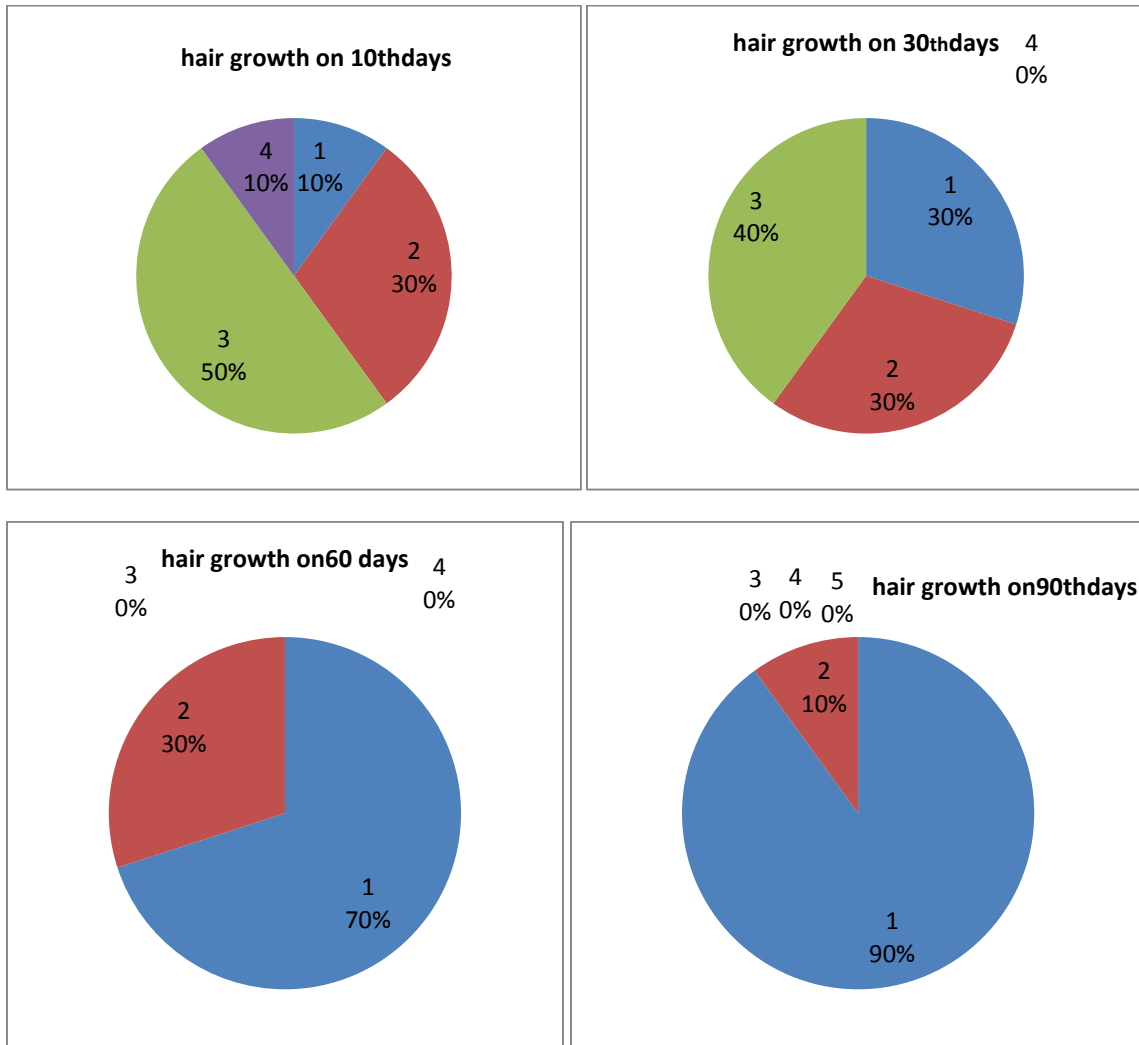
Observation 1)-Number of hair present

Days	10 th	30 th	60 th	90 th
0 to 5	1	2	5	8
5 to 10	2	4	4	1
>10	7	4	1	1



Observation no.2) Hair length observation

days	slight	0.5mm	1mm	>1mm
10th	1	3	5	1
30th	3	3	4	0
60th	7	3	0	0
90tn	9	1	0	0



RESULT—

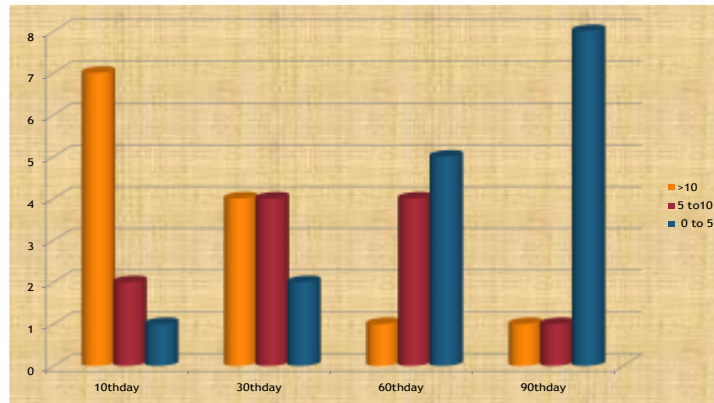


Before treatment

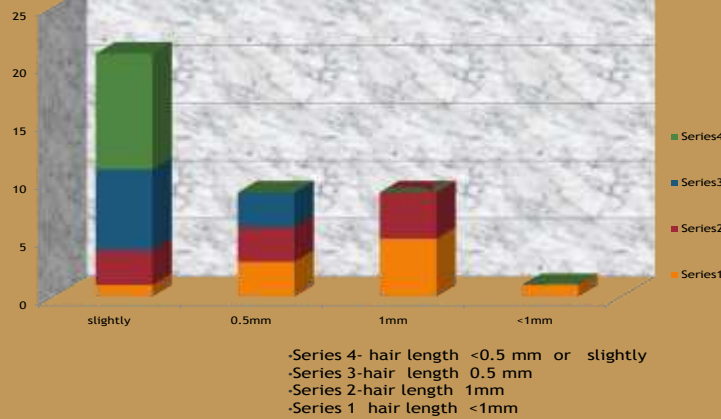
After treatment

Above observation ,it shows that Romashatan lepa contains Hartal,Manahsheela, Shudha shankha bhasma & Lime juice is having best hair removal effect.Like other formulation this lepa doesn't show any adverse effect on skin & hair texture.Also three phases of hair cycles anagen,catagen, telogen were reduced progressively on subsequent application.

OBSERVATION OF NO. OF HAIR FOLLICAL



HAIR LENGTH



CONCLUSION—

Above observation shows that female were more prone to hypertrichosis.PCOD, hereditary cause&,drug therapy were the causes of hypertrichosis . Chin was the most prone area found with number 10,followed by forearm,legs ,upper lip.

Number of hairs, & hair length was reduced satisfactorily.There was no any adverse effect on skin noticed. It was a pilot study of 10 patients with successful result.Hence further study is needed to see its exact effect on skin ,hair root,hair texture.

BIBLIOGRAPHI---

:

- Caraka Samhita : Yadavaji Trikamji Acarya : IV, Edition, Nimaya Sagar Press, Bombay.
- Bhaishajyaratnavali-
- Rasaratnasamucchaya-
- API Text Book of medicine-