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## A comparative study on the action of homoeopathic medicine oleum jecoris aselli for treating unwanted facial hair growth in females: Internal vs. external application

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### Abstract

Statistical observation of American Laser center states that females on an average spend over \$10,207 in their lifetime to remove unwanted hairs. This study was aimed to evaluate the action of homoeopathic medicine Oleum jecoris aselli as a homoeopathic internal (3X and 30C) and external medicine (Q, 6C and 30C) in treatment of abnormal upper lip hair growth. The whole study was conducted on female volunteers eventually determining the efficacy of external application over administration of internal medicine in treatment of abnormal hair growth or Hirsutism.

**Keywords:** hirsutism, oleum jecoris aselli Q, 3X, 6C, 30C potencies, pharmacology

### 1. Introduction

Over the years, clinical cosmetology has been established as a popularly acclaimed art form and a promising career becoming one of the fastest growing areas in the healthcare industry. Homoeopathy has placed itself as a potential opponent in the field of cosmetic dermatology with least side effects and efficient cure. Looking at the growing cosmetic consciousness of people, homoeopathic medicines and adjuvant therapies can be utilized to ensure a quick and lasting reprieve to cosmetic disorders<sup>[1]</sup>. Cosmetology is the study and application of beauty treatment with a wide range of specialty including hairstyling, skin care, manicures or pedicures, non-permanent hair removal such as waxing and sugaring and permanent hair removal processes such as electrolysis and intense pulsed light (IPL)<sup>[2]</sup>. In fact cosmetic dermatology can be defined as that aspect of practice of dermatology that emphasizes in looking good and presentable<sup>[1]</sup>. The extensive practice and holistic approach of homoeopathy has earned itself an irreplaceable place in the medical world as a leading therapeutic contender. Moreover, the demand for non-surgical treatments especially in the area of cosmetology has grown considerably in the recent years mainly because of the recurring expenditure and side effects of existing methods<sup>[2]</sup>.

Throughout history, men and women have endured unpleasant hair removal techniques to uphold aesthetic ideals and maintain good hygiene<sup>[3]</sup>. The need for constant removal of unwanted body hair due to the medical condition hirsutism has become a common cosmetic inconvenience in today's lifestyle. Hirsutism is the extensive hair growth in men and women on parts of body where hair is normally absent or minimal or may refer to a male pattern of hair growth in women that may be the sign of a more serious medical condition mainly caused by genetic and hormonal imbalance<sup>[4]</sup>. For instance, in females it includes abnormal hair growth in upper lip, back, chin, chest etc. Cultural stigma against this medical condition can cause psychological distress especially in cases of facial hirsutism often leading to avoidance of social situations eventually ending up in anxiety and depression<sup>[2]</sup>. "Its prevalence is 5-10% in women of childbearing age, and an Indian study states that the prevalence is influenced by genetic and racial factors"<sup>[5]</sup>.

Oleum jecoris aselli is a homoeopathic medicine for hirsutism, when symptoms indicated are growth of short thick hair on chin and upper lip in women as on Concise Materia Medica of Homoeopathic remedies by SR Phatak, vaguely without clear instruction on the pharmacology or posology.

So authors had set to investigate the action of the medicine in both on external and internal based on common clinically used potencies by local practitioners.

**2. Methodology**

**2.1 Outline**

The study on was conducted in 2 sets separately.

**Set: 1 [Oral administration]**

Volunteers were grouped into 3 groups A, B and C with 5 individuals per group.

Group A: Control group (Placebo group),

Group B: Oleum jecoris aselli 3X potency and

Group C: Oleum jecoris aselli 30C potency.

Dosage: medicine was distributed in pills form and advised to consume as 3-3-3.

**Set: 2 [External application]**

Volunteers were randomly grouped into 4 groups A, B, C, and D with 8 individuals per group

Group A: Control group (Ethyl alcohol),

Group B: Oleum jecoris aselli mother tincture,

Group C: Oleum jecoris aselli 6<sup>th</sup> potency

Group D: Oleum jecoris aselli 30<sup>th</sup> potency.

**Dosage:** given in liquid form and applied externally twice daily.

In both the sets follow up was taken on every 7<sup>th</sup> day for 3 consecutive months and observations were recorded.

The growth of hair in comparison to the initial hair subjectively and objectively was analyzed based on length, density and color of hair. The data thus collected was analyzed statistically using descriptive analysis.

**2.2 Inclusion criteria**

- Females with unwanted facial hair growth
- Age group between 19-26 years.

**2.3 Exclusion criteria**

- Females having skin conditions for instance eczema, psoriasis etc. and co-morbidities.

**3. Result and Discussion**

**3.1. Set 1**

**Table 1:** Set 1 results

	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
Case 1	Not improved	Improved - 50%	Not improved
Case 2	Not improved	Not improved	Improved - 10%
Case 3	Not improved	Not improved	Not improved
Case 4	Not improved	Not improved	Improved - 50%
Case 5	Not improved	Improved - 40%	Not improved

Control group showed no improvement in any of the cases. In case of group B & C only 2 cases showed partial

improvement which accounts to 33.3%.

**3.2. Set 2**

**Table 2:** Set 2 results

<b>Group 'A'</b>	<b>Group 'B'</b>	<b>Group 'C'</b>	<b>Group 'D'</b>
Improved (10%)	Improved (60%)	Improved (20%)	Not improved
Not improved	Improved (40%)	Improved (10%)	Not improved
Not improved	Improved (20%)	Not improved	Not improved
Not improved	Improved (10%)	Not improved	Not improved
Not improved	Improved (20%)	Not improved	Improved (20%)
Not improved	Not improved	Not improved	Not improved
Not improved	Not improved	Not improved	Not improved
Not improved	Aggravated (10%)	Not improved	Not improved



**Image 1:** Set 2 - Group B - Before treatment



**Image 2:** Set 2 - Group B - A treatment

The control group showed partial improvement in a case. In group B, five cases showed partial improvement i.e., 62.5% but one case presented with slight aggravation. In Group C only two cases (25%) showed partial improvement whereas in group D only one case (12%) showed the same.

#### 4. Conclusion

The results were analyzed in terms of reduction in thickness as well as in visibility of the unwanted facial hair growth. Least improvement was observed in internal administration of Oleum jecoris aselli with specified potencies in cases of abnormal upper lip hair growth while Oleum jecoris aselli mother tincture in external application was found way more effective in treating abnormal facial hair growth in females in comparison to other potencies of the same in external and internal medication.

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