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Hirsutism: A homoeopathic Approach

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Abstract

Hirsutism is a condition in women that results in excessive growth of dark and coarse hair in a male-like pattern. This is a very common problem faced by many women in day-to-day life. Hirsutism often arises from excess male hormones, especially testosterone. Treatment for this condition includes correcting the underlying hormonal disorder. Although many people opt for harmful therapies like laser, and electrolysis which cause deterioration of health. As our master Hahnemann said treatment based on external application is called suppression. With homoeopathy, we can reduce the tendency to develop Hirsutism. Homoeopathic medicines are very effective in chronic hormonal syndrome in an individual where hormone-related treatment or surgery is otherwise advised.

Keywords: Hirsutism, homoeopathic, hormones, especially testosterone

Introduction

Hirsutism is the abnormal development of coarse, black hair in regions where hair is ordinarily absent or non-existent. It refers to male pattern hair development in women, specifically above the lip, as well as on the chin, chest, belly, and back. This growth is produced by an excess of any of the androgen hormones (Sex hormones). This condition is very common and most neglected condition among women. It can lead to psychological distress especially in cases of facial hirsutism

Clinical Features

Women suffering from the mildest form of hirsutism may notice mature hair growth on the upper lip, chin, sideburns, nipples, or lower abdomen. In more severe hirsutism, mature hair will grow on the upper back, shoulders, sternum, and upper belly. In addition to an excess of hair, other symptoms may include oily skin, acne, alopecia (hair loss), a receding hair line, and an enlarged clitoris. Hirsutism is not a disease it is a manifestation of an underlying disorder Hirsutism is frequently caused by an unknown factor.

Hirsutism can be induced by any of the following factors:

1. Polycystic ovarian syndrome (PCOS): This disorder, which frequently occurs during puberty, results in a sex hormone imbalance. Over time, PCOS can cause excessive hair growth, irregular periods, obesity, infertility, and, in some cases, numerous cysts on the ovaries.
2. Cushing syndrome: When your body is exposed to excessive levels of the hormone cortisol, this happens. It can occur as a result of your adrenal glands producing too much cortisol or by taking drugs such as prednisone for an extended period of time.
3. Congenital adrenal hyperplasia: This genetic disorder is characterized by abnormal synthesis of steroid hormones such as cortisol and androgen by adrenal gland.
4. Tumors: A rare cause of hirsutism is an androgen-secreting tumor in the ovaries or adrenal glands.
5. Medications: Some drugs are known to cause hirsutism. These include minoxidil, danazol, which is used to treat endometriosis in women; testosterone and dehydroepiandrosterone (DHEA). If your partner uses androgen-containing topical treatments, you may be affected by skin-to-skin contact.

Risk Factors

A number of factors can increase the chances of having hirsutism, including

- **Family history:** Several hirsutism-causing disorders, such as congenital adrenal

hyperplasia and polycystic ovary syndrome, run in families.

- **Hormonal:** Excess androgens, insulin.
- **Ancestry:** Women of Mediterranean, Middle Eastern, and South Asian origin are more likely than other women to have more body hair for no apparent reason.
- **Obesity:** Obesity increases testosterone production, which can aggravate hirsutism.

Ferriman-Gallwey score

This assigns a score depending on the quantity and location of hair growth in a woman, which is one way to assess hirsutism. It is a semi quantitative approach for clinically determining whether hirsutism is present in premenopausal women and how severe it is. Each of the nine body parts is given a distinct grade ranging from grade 0 (no hirsutism) through grade 1 (minimum hirsutism) to grade 3 (marked hirsutism) (grade 4). The final step is to add up all of the grades. A hirsutism score below 8 is considered normal.

Cosmetic methods

Hirsutism can be painful or embarrassing, but a number of cosmetic and medical treatments may be able to reduce androgen levels or their effect on hair follicles.

Plucking, shaving, waxing, chemical hair softeners, and depilatory lotions are among the effective therapies for mild hirsutism.

These, however, might irritate the skin. These steps must be repeated frequently to produce the desired results. To stop unwanted hair from growing back, waxing should be done every four to six weeks.

Laser hair removal procedures generate heat into hair follicles, destroying their ability to produce hair. Laser treatment is more successful for some people than others, and it does not block the production of new hair follicles. It is costly and time-consuming, and laser therapy must be performed by a competent specialist, such as a dermatologist or plastic surgeon.

Its effects, on the other hand, persist longer than creams, shaving, or waxing.

Electrolysis provides heat to limit hair growth within the follicles, however it does so with electricity rather than light. Because of its tendency to leave minor areas of scarring, electrolysis has become less popular than laser treatment.

Some medications can modify the effects of androgens on the body and skin. Combination birth control tablets, which contain both oestrogen and progesterone, can also counteract androgen effects and reduce testosterone production in the ovaries. Hirsutism may improve after 6 to 12 months of taking birth control tablets continuously. Anti-androgen medications can be used alone or in conjunction with birth control pills.

Homoeopathic Approach

Homoeopathic medicine can help to treat the underlying cause of hirsutism by restoring hormonal balance in your body.

Rubrics related to hirsutism from

- HAIR-distribution in women; masculine
- HAIR-growth of hair -Bread
- HAIR-growth of hair - Eyebrows-Between
- HAIR-growth of hair-Eyebrows – thick, bushy

- HAIR-growth of hair -women, in - chin
- HAIR- growth of hair-women, in-Lips, upper
- HAIR- growth of hair- women, in-Whiskers
- HAIR-growth of hair- women, in

Mannish- girls, mannish looking ^[8]

Virilism

- HAIR: Abnormal growth of ^[6]
- HAIR: Upper lip and chin on (women)
- LIPS-upper: Hair on (women)
- CHIN: On, in women ^[7]
- MIND: Mannish – women
- Face– hair: Growth of hair – women in
- Generals: Hirsutism

Sepia

This medicine is effective in treating hirsutism in cases of menopause. It can control the hormonal imbalance in women and control excess hair growth. It can also control mood swings, anxiety and depression.

Thyroidinum

This medicine is effective in cases of thyroid-associated hirsutism. Thyroid irregularities can produce excessive hair growth in women. Thyroidinum has the ability to control thyroid levels and hence reduce hirsutism.

Ignatia

This medicine is effective in cases of hirsutism associated with hysteria. In Ignatia patient's psychological factor is topmost and is altered. So this can b given for hysteria with hirsutism.

Corticotrophinum

This remedy is effective in cases of hirsutism. There is masculinization in women in this medicine. Absence of menses in young girls. This remedy has the ability to control hormonal imbalance and treat hirsutism.

Oophorinum

Oophorinum is a wonderful remedy for hirsutism.it is used to treat unwanted hair which is produced due to ovarian cyst. It specifically acts on female genitalia and skin. This is used in cases of hirsutism due to PCOS.

Natrum Mur

This remedy is used to trEat hirsutism.it has the ability to remove unwanted hair on upper lip. It can also remove acne. It is used specially in cases of pcos. Menses are too early, too profuse.

Oleum Jecoris Aselli

This is best remedy for cases of unwanted facial hair. This is used to treat hair on chin and upper lip. It also has specific action on female genital organs. It is used to treat0 dysmenorrhea and oligomenorrhea.

Calcarea carb

Calcarea carb is used to control the unwanted hair growth in women especially who are fat and flabby. Unwanted hair growth in these women is because of the excess fat deposition which is resulting from slow metabolism. This excess fat leads to hormonal disturbances which in turn causes unwanted hair growth.

Conclusion

A well-chosen homoeopathic treatment plan administered by a skilled homoeopath can repair the patient's hormonal imbalance and boost normal glandular activities. Homeopathy provides a safe and effective remedy for hirsutism by focusing on treating the underlying cause with no adverse effects on the body.

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Conflicts of interest

None declared.

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