

## CLINICAL EVALUATION OF HAIR LOSS LEPA IN MANAGEMENT OF ALOPECIA AREATA: AN OPEN STUDY

<sup>1</sup>\*Dr. Nathmal Suthar, <sup>2</sup>Dr. Mahesh Kumar Sharma and <sup>3</sup>Dr. Gyan Prakash Sharma

<sup>1</sup>M.D. Scholar P.G. Dept. of Panchakarma, Dr. SR. RAU, Jodhpur, Rajasthan, India.

<sup>2,3</sup>HOD, Assistant Prof. P.G. Dept. of Panchakarma.

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**\*Corresponding Author**

**Dr. Nathmal Suthar**

M.D. Scholar P.G. Dept. of  
Panchakarma, Dr. SR. RAU,  
Jodhpur, Rajasthan, India.

### ABSTRACT

This preliminary study focuses on the effect of a topical application of herbal Hair Loss Lepa, in the reduction of hair loss and promotion of new hair growth in men and women. Twenty subjects (15 men and 5 women), with varying levels of hair loss, were enrolled in this six month study. This study indicates that herbal Hair Loss Lepa is effective in reducing hair loss in both men and women: 55% of the male and 51% of the female participants reported a noticeable decrease in hair loss after one month of treatment. 68% of men and 64% of women reported significant fall in the hair loss by three months of

treatment. By the end of the study majority of men and women reported new growth of hair. This study also suggests that herbal Hair Loss Lepa may be beneficial in stimulating new hair growth. This effect, however, seems to be more pronounced in men and women under the age of 40 years, who are expected to have normal hair growth cycles. Nevertheless, as most of the subjects of this study have been diagnosed with alopecia, this result suggests that a subsequent study should be performed to determine quantitatively the effect of herbal Hair Loss Lepa in stimulating hair regeneration in patients with severe alopecia.

**KEYWORDS:** Alopecia, Lepa, Hair, Study, Treatments, Reduction.

### INTRODUCTION

Androgenetic alopecia or male pattern baldness is a common condition affecting approximately 50% to 80% of Caucasian men and is the most widespread form of baldness. Alopecia is an inherited condition, most likely dominantly inherited with variable penetrance, which progressively appears as men age'. Typically. 30% of Caucasian men in their thirties have alopecia. This number increases to 40% for men in their forties, and so on, up to 80% of

men in their eighties and older. This progressive rate of appearance of alopecia is also found in other ethnicities, although in total, baldness may appear at a lower rate than in Caucasian men. For example, it is estimated that only a total of 30% to 40% of Asian men are affected by androgenetic alopecia.

Although not often appreciated, alopecia is also present in a significant portion of women. It is estimated that 20% to 40% of women have this condition, although not with the same severity as men'. In women, hair loss typically begins in their twenties to forties, and does continue to progress with increasing age.

It has been suggested that androgenetic alopecia is linked to the activity or cor enzymes, such as the 5-alpha-reductase which makes a potent form of testost dihydrotestosterone (DHT), in the scalp and hair follicles, or to the sensitivity of ha receptors to DHT. Indeed, medications for Androgenetic alopecia concentrating on blo the activity of 5-alpha-reductase have been developed, with varying degrees of succes sometimes with the presence of serious side effects As it has proven difficult to reg hair in alopecia patients, attention has also been focused on stopping the hair loss in the fi place. In this preliminary study, we investigate the effectiveness of a topical herbal Hair Loss Lepa application consisting of extracts of Limonia Acidissima(Kapitath) and Ponhamia Pinnata(Karanj) with Kasis Powder in preventing hair loss and promoting new growth of hair in men and women. “Kasisam Nakatmalsyā Pallavaschaiva Sahareta. |

Kapitharaspishtani Romsanjananam Param.||”(Su.Chi.1/103)

### **Aim of the Study**

This study was planned to evaluate the clinical efficacy and safety of Hair Loss Lepa in the management of alopecia aerata.

**Study Design** This study was an open, conducted at the Department of Panchakarma of DR.SR RAU, Jodhpur, Rajasthan, India.

## MATERIALS AND METHODS

Number of patient	20		
Male, female	15,5		
Diet	Veg : 15, mixed : 5		
Mean age	Male : 39.5 ± 6.9 yrs Female : 31.5 ± 2.9 yrs		
Mean serum creatinine (mg%)	0.67±0.2		
Number with abnormal thyroid function tests	Nil		
Hair Loss Problems (no. of patients)	Grade	Male	Female
	Severe	4	1
	Medium	6	2
	Mild	5	2

Twenty alopecia patients composed of 15 males and 5 females were enrolled in the study. The subjects ranged in age between 21 and 71 years. With the mean age of 39.5±6.9 years for the male subjects and 31.5±2.9 years for the female subjects.

Although most of the subjects have not exhibited severe alopecia, all reported hair loss with varying degrees of severity, as shown in Table 1.

Hair loss severity is defined as mild if the subject estimates that daily hair loss is less than 40 strands per day, medium if it is between 40 and 100 strands per day, and severe if it is more than 100 strands per day. The subjects were given the topical herbal Hair Loss Cream for a total study period of 6 months. All the patients were advised to apply sufficient quantity of Hair Loss Lepa to the affected area of scalp, daily, for a period of six months. The subjects were given a weekly questionnaire to determine qualitatively the status of their hair loss and new hair growth, as well as the presence of side effects.

### Exclusion Criteria

1. History of systemic or cutaneous malignancy.
2. Nevi or cutaneous lesions currently.
3. Evidence of immunocompromised state.
4. Advanced or poorly controlled diabetes.
5. Unstable cardiovascular disease.
6. Clinically significant medical or psychiatric disease.
7. Serious local infection (e.g. cellulites, abscess) or systemic infection (e.g. pneumonia, septicemia) within three months prior to the first dose of investigational drug.

### Primary and Secondary Endpoints

The predefined primary efficacy endpoints were improvements in the subjective and objective score. The subjective evaluation was done using global evaluation scores (0-poor, 1-fair, 2-good, and 3-excellent). The objective improvement evaluation included: (1) Mean number of hair lost during one minute combing test (>150 hairs lost-poor, 100-150 hairs lost fair, 50-100 hairs lost-good). The secondary end point was adverse effects reported by the patients.

### Statistical Analysis

Statistical analysis was done according to intent-to-treat principles. Changes in various parameters from baseline values and values after 1, 2, 3, 4, 5, and 6 months were analyzed by the "Repeated Measures ANOVA test". The minimum level of significance was fixed at 99% confidence limit and a 2-sided p value of 0.05 was considered as significant.

## RESULTS AND DISCUSSION

The overall result of this preliminary study suggests that even a short-term treatment with herbal Hair Loss Lepa is effective in significantly reducing hair loss and may stimulate new hair growth in a portion of the subjects. There was a significant reduction in the hair symptoms (itching, irritation and dryness of the scalp) within 2 weeks, and by the end of fortnight, all these symptoms disappeared. There was a significant improvement in the tensile strength of hair as judged by the pull test and combing test. (Table 2).

**Table no. 2: Mean No. of hair loss in Combing test.**

Parameter		baseline	1 month after treatment	3 months after treatments	At 6 months
Mean hair loss (combing)		118.2±6.2	79.2±12.4*	60.4±19.4*	45.5±12.4*
Perceptible reduction in hair loss by patients(%)	Male	–	55%	68%	72%
	Female	–	51%	64%	70%

\*p<0.01 as compared to baseline parameter.

### Prevention of hair loss

A significant portion of the male and female subjects reported noticeable and significant reduction in hair loss even after only a short treatment period. After one month of treatment, over 55% of the male and 51% of the female participants noted a perceptible reduction in shedding or hair loss. After 6 months of treatment, majority of the subjects reported near complete elimination of hair loss. Upon closer inspection, it is apparent that older men (ie. 40 years of age or older) showed a delayed reaction to herbal Hair Loss Lepa.

### **Stimulation of new hair growth**

In addition to the weekly qualitative evaluation of their hair loss, the subjects were asked to assess whether there was noticeable new hair growth after herbal Hair Loss Lepa treatment. None of the subjects reported any noticeable new hair growth in the first week. Majority of men reported new hair growth by the end of the study. Although it seems that herbal Hair Loss Lepa treatment resulted in noticeable hair growth in both males and females.

### **Serious side effects**

Participants of this study were asked to evaluate the presence of adverse side effects of the herbal Hair Loss Lepa treatment. None of the patients exhibited any adverse effect to the hair Lepa.

### **DISCUSSION**

The results indicate beneficial effect of herbal Hair Loss Lepa in minimizing hair loss and helps in generation of fresh crop of new hair if used for a period of six months. It is effective and safe. Its exact mechanism of action cannot be identified. Kasis, Karanj and Kapitha have potent anti inflammatory activity, which could be responsible for decreasing local inflammation and hence help in hair growth. Its antifungal activity too may contribute to its efficacy, In an experimental study, the effect of "Hair Loss Lepa, was evaluated in chemotherapy-induced alopecia in cell line model. Synchronized hair cycle were treated with cyclophosphamide, which resulted in complete alopecia followed by hair regrowth. It is possible that the clinical effect is a synergistic effect.

### **CONCLUSION**

Herbal Hair Loss Lepa is a safe and effective in prevention of hair loss. It helps in regeneration of new hair by six months.

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