

**A study of the selected herbal powder (S10) in the management of hirsutism and its consequence .**

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Hirsutism is a condition characterized by the excessive growth of hair in the male pattern. Nowadays hirsutism has become a considerable problem among women in Asian Indian subcontinent population which leads to severe anxiety and social stress. Therefore, a large number of cosmetic and herbal remedies have been introduced to market in order to prevent hirsutism. But many women reserving such cosmetic remedies complain of numerous side effects. And appropriate Ayurvedic treatment, therefore, would be very useful. The formula S10 has been recommended in Ayurveda pharmacopoeia, volume 1, part 1. However, the efficacy of the particular traditional formula S10 in the management of hirsutism has not been empirically assessed. The primary objective of this experimental research was to determine the anti-hirsute effect of S10. The sample of 40 patients was randomly selected from the Gynecology Clinic of Gampaha Wickramarachchi Ayurveda Teaching Hospital. The patients were divided into two groups randomly as experimental group and control group according to the criteria for selection. 1 tea spoon of S10 herbal powder was administered for the experimental group and  $\frac{1}{4}$  of a tea cup of water containing in a brown color glass bottle was administrated to the control group twice per day. The follow up period was 90 days for each group. Before and after the treatment, the frequency of unnecessary hair removal was examined. Non-parametric statistical method was used to test hypothesis. Since  $p$ -value  $< 0.05$ ,  $H_0$  can be rejected at 5% significant level and it can be concluded that the duration of hair removing has increased after the treatment.

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