CASE REPORT

Clinical Evaluation of Ayurvedic Treatment On Vyanga w.s.r to Melasma

Nikhil Dhakare¹, Anjali Deshpande²

¹PG scholar ² Head of Department, Department Of Kayachikitsa, BSDT'S Ayurved Mahavidyalaya, Wagholi, Pune.

ABSTRACT:

Background: *Vyanga* is one of the *kshudra roga* characterized by the presence of *niruj* (painless) and *shyavavarna mandalas* (bluish – black Patches) on the face specially forehead, nose and cheek. The pathogenesis of *Vyanga* involves *pitta*, *vata* and *rakta dushti*. The clinical features can be correlated with melasma or melanosis which is one of the hyperpigmented disorders. Melasma is a harmless condition it is an asymptomatic, acquired and chronic condition hyperpigmented lesion developing slowly and asymmetrically. Though physical symptoms are usually mild, the progression can be cosmetically and psychologically overwhelming. According to *Ayurveda* the condition can be treated as *Vyanga* which gives effective results, a patient of facial melanosis treated with *Ayurvedic* treatment is present in this study.

Keywords : *kshudra roga*, *Melasma*, *Vyanga*

INTRODUCTION:

In modern society healthy and glowing skin is assessed by the complexion and texture of the skin. “Face is the index of mind”. The clean and clear face plays an important role in the individual, personal, emotional and social well-being. Melasma is an acquired hyper-pigmented disorder of the skin presenting as one of the most common complaints in general dermatology clinic¹. In South Asia it is a common diagnosis

and can reach an incidence of 0.25 – 4%² of cases seen in any dermatology institution. On the basis of clinical features like *niruj* (painless) and *shyavavarna mandalas*³ (bluish – black patches) on the face, facial melanosis can be compared with *vyanga* mentioned in *Ayurved*. In *Ayurvedic Samhita* *vyangais* considered under the umbrella term of *Kshudra roga*. It is caused by vitiation of *Vata*, *Pitta Dosha* and *Rakta Dhatu*. It has got a major importance as a cosmetic

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www.thehealerjournal.org

DOI: 10.51649/healer.39

*Corresponding Author:

Dr Nikhil Dhakare

PG scholar Department Of Kayachikitsa, BSDT'S Ayurved Mahavidyalaya, Wagholi, Pune.

E-mail: nikhildhakare0167@gmail.com

Submitted: 18.11.2020

Revised: 21.01.2021

Received: 20.01.2021

Accepted: 26.01.2021

problem in the society, it is characterized by the presence of *niruj*(painless), *Tanu* (thin) and *shyavavarna Mandalas* (bluish – black patches) on face. *Vyanga* is also considered as a *Rakta Doshaj vicar*⁴. In *Ayurvedic Samhita*, a good number of treatment for *twaka vikar* like massage oil, application of *lepa* of medicine makes the face smooth, soft and glowing, *Raktamokshna* by *Jalauka* application is done for reducing the *Pitta* and for *Rakta shodhana*. The drugs having *raktashodhak* and *rakta prasadak guna* are helpful in the management in *Vyanga*.

AIM AND OBJECTIVE:

To see the effect of *Ayurvedic* treatment in Melasma(*Vyanga*)

MATERIAL AND METHODS:

A female patient of facial melanosis, Age 45 years Modern medicines had been taken for 3 ½ years for the same (for melasma) with no significant results. Patient came to the *Ayurvedic* OPD of BSDT's *Ayurvedic* college and hospital, Wagholi, Pune. H/O – Constipation for 2 years. H/O – HTN since 6 years on regular treatment Tab. Telmikind AM 1 OD. Hypothyroidism since 4 years on regular treatment Tab. Thyronorm 50 mcg . M/H – Regular, O/E – Dark Black coloured patches on face. P/A – Soft Tongue – Coated, Pulse – 88/min , B.P – 130/80 mmhg, No Specific Investigation Done

TREATMENT PROTOCOL: Internal Medicine

Sr. no	Dravya	Matra	Kaal	Anupan
1)	<i>Arogyavardhini Vati</i>	500mg	<i>Vyanoudan</i>	Lukewarm water
2)	<i>Mahamanjishthadi Kwath</i>	20ml	<i>Vyanoudan</i>	Lukewarm water
3)	<i>Avipattikar Churna</i> ⁸	2 gm	<i>Nishi</i>	Lukewarm water

External Medicine:

Kumkumadi tail for external used at night time for 1 month. **Lepa** – *Chandana*(*Santalum album*), *Padmak*(*Prunus cerasoides*), *Ushir*(*Vetiveria zizanioides*), *Yashti* (*Glycyrrhiza glabra*), *Manjishtha* (*Rubiacordifolia*), *sariva*(*Hemidesmus indicus*) *Churnasin* equal quantity for local application with cow's milk at afternoon time, once a day for 20 minutes for 1 month.

Pathya – Apathya: Along with the above medicines, patient was advised to avoid intake of junk food, spicy, fried food, *tila*, *atasi*, tea, coffee, Bakery products, processed food, and fermented food. *Pathya ahar* (healthy diet) like vegetables, freshly prepared food, regular walking, exercises, timely sleep, medication were advised.

OBSERVATION AND RESULT:

After 15 days of treatment patches lightened in colour, skin became smoother and constipation was reduced. In the following 15 days, the patches on face turned light brown, skin texture and complexion improved, no symptoms of acidity and constipation were found. No side effects were observed during the course of the treatment. [See figure 1 to 8.]

DISCUSSION:

According to *Acharya Charaka*, all types of *kushtha* (*twakvikar*) are caused by the vitiation of *Doshas*, so the treatment should be done according to the predominant *dosha*.⁵ According to *Acharya Sushrut*, it involves vitiation of *vata* and *pitta dosha* and *rakta dushti*. *Arogyavardhini Vati*⁶ pacifies *vata* and *pitta doshas*, removes toxin deposited in the *Twacha* and *Rakta*. It improves quality of *mansadhatu* thus prevent consequences of *kushtha roga*. *Arogyavardhini vati* removes *Ama* and clears the *strotas* of the body thus improves normal circulation and normalizes *rasa* and *rakta dhatu*. It prevents the *samprapti* of skin disease and relieves symptoms such as scar, lesion etc. *Mahamanjishthadi kwath*⁷ is an excellent blood purifier due to dominance of *tikta* and *kashaya dravyas*. It also eliminates excess *Pitta* from the body and also does *Vata anulomana*. It also has antioxidant and antimicrobial activity. It acts as *Rasayana*, improves digestion, strengthens the liver, relieves burning and digests toxins. It has been described as *Kushtaghna*, *Krimighna*, *Raktashodhaka*, *Varnya*, *Vishaghna* and *Vranaropak*. Due to all these properties it reduces melasma and improves the complexion. *Avipattikar churna*⁸ relieves acidity as well as constipation as it is a mild laxative. It also improves digestion and thereby helps to digest and remove toxins. Being a laxative, it does *nitya virechana* which helps in *koshthashodhan* and mild detoxification on a daily basis. *Nitya virechana* helps in *pittavirechaka* means it removes excess and vitiated *pitta* from body thereby helping in

pitta and *raktaj vikar*. It stimulates the liver which helps in improving digestion and formation of pure blood and *prakrit pitta*. All this helps in reducing the patches as well as improving the complexion. *Vyanga* is a localised skin disorder hence local application of some herbs was given. *Lepa* was made of drugs which are having *Raktashodhak*, *Raktaprasadak*, and *varnya guna*. This further helped in reducing the patches and improving the complexion. *Chandana* (*Santalum album*) : *raktaprasadak*, *dahashamak*, *kaphapittashamak*, *shothahara*, *krimighna*, *varnya*, *twakdoshahara*⁹ *Yashti* : (*Glycyrrhiza Glabra*) – Externally used as *dahaprashamana*, *vednasthapana*, *shothahara*, *varnya*, *kandughna*, *twak doshahara* and *rasayan*. *Vatashamana*, *pittashaman*¹⁰ *Manjishtha* (*Rubiacordifolia*) – *Raktashodhak*, *shothahara*, *vranaropak* and *kushthaghna*, *kaphapittashamak*, *deepan* and *pachana* : ¹¹ *Padmaka* (*Prunus Cerasoides*) – *sheet*, *Kapha pittahara*, *varnya*, *garbhasthapana* : ¹² *Ushir* (*Vetiveria zizanioides*) – *Dahaprashaman*, *varnya*, *stanyajanan*, *shukravardhan*, *pittashaman* : ¹³ *Sariva* (*Hemidesmus indicus*)- *Jwarhara*, *dahaprashamana*, *purisha sangrahana*, *varnya*, *vata shamak* : ¹⁴ *Cow's milk* - *Snigdha*, *pittashamak*, *vatshamak*, *shobha vardhak* : ¹⁵

CONCLUSION– *Vyanga* is caused due to vitiation of *Vata* and *Pittadosha*, and *Rakta Dhatu*, *vyanga* is *twakvikar* which is included in *kshudraroga*. In *Ayurveda*, *vyanga* can be treated effectively without any side effect. Treatment depends upon intensity and chronicity of the disease, *vyanga* is treated with *shodhan chikitsa* (*rakta shodhak*) and *shaman chikitsa* (Oral medication external application of medicine i.e *vata pitta shamak* and *rakta prasadak*)

In this *vyanga* case, internal and external medication pacify vitiated *vata* and *pitta dosha* and *rasa* and *rakta dhatu*.

ACKNOWLEDGEMENTS: Not Applicable

CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

SOURCE OF SUPPORT: None

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How to cite this article:

Dhakare N, Deshpande A, Clinical Evaluation of Ayurvedic Treatment On *Vyanga* w.s.r to *Melasma* - A Case Study, The Healer Journal, 2021;2(1):132-135.

Before treatment

After 1 Month treatment