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

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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 mandalas³ (bluish – black patches) on the face, facial melanos can be compared with vyanga mentioned in Ayurveda. In Ayurvedic Samhita vyangais considered under the umbrella term of Kshudra roga. It is caused by vitiation of Vata, Pitta Dosa and Rakta Dhatu. It has got a major importance as a cosmetic

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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 vica\textsuperscript{r}. 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 Jalaauka 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. H/O – Hypothyroidism since 4 years on regular treatment Tab. Thyonorm 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

<table>
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<tr>
<th>Sr. no</th>
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<th>Matra</th>
<th>Kaal</th>
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<tbody>
<tr>
<td>1)</td>
<td>Arogyavardhini Vati</td>
<td>500mg</td>
<td>Vyanoudan</td>
<td>Lukewarm water</td>
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<tr>
<td>2)</td>
<td>Mahamanjishtadi Kwath</td>
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<td>Vyanoudan</td>
<td>Lukewarm water</td>
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<td>3)</td>
<td>Avipattikar Churna\textsuperscript{a}</td>
<td>2 gm</td>
<td>Nishi</td>
<td>Lukewarm water</td>
</tr>
</tbody>
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External Medicine:

Kumkumadi tail for external used at night time for 1 month. Lepa – Chandana(Santalum album), Padmak(Prunus cerasoides), Ushir(Vetiveria zizanioides), Yashthi (Glycyrrhiza glabra), Manjishtha (Rubiacordifolia), sariva(Hemidesmus indicus) Churnas 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.\textsuperscript{5} According to Acharya Sushrut, it involves vitiation of vata and Pitta dosha and rakta dushti. Arogyavardhini Vati\textsuperscript{a} 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 normalizesrasya and rakta dhatu. It prevents themasprapti of skin disease and relieves symptoms such as scar, lesion etc. Mahamanjishtadi kwath\textsuperscript{2} is an excellent blood purifier due to dominance of tikta and kashaya dravyas. It also eliminates excess Pitta from the body and also does Vataanulomama. 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\textsuperscript{a} 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 alaxative, it does nitya virechana which helps in koshtha roga and mild detoxification on a daily basis. Nitya virechana helps impittavirechaka means it removes excess and vitiated pitta from body thereby helping in
pitta and rakta 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 localized 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

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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 rakta dhatu.

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

SOURCE OF SUPPORT: None

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Before treatment

After 1 Month treatment