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## Ayurvedic Management Of Vyanga W.S.R. To Melasma ; A Case Study

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### ABSTRACT

A healthy body always reflects beautiful, glowing skin and hair. The skin is the boundary between our external environment and us .It respond to environmental changes and reflects internal changes in our body . Melasma is the most common disorder in society ,and 90% of patient are women.In Ayurveda, Vyanga is type of Kshudra Roga ,characterized by Niruj (painless) Shyava Varna Mandalas (bluish black patches) occurring on the face specially on forehead ,nose and cheek. The clinical features correlate with melasma,which is an acquired chronic hyperpigmentation disorder , usually seen in women of childbearing age.The pathogenesis of Vyanga involve pitta ,vata and rakta dushti. According to Ayurveda the condition can be treated as Vyanga which gives effective results, a patient of facial melasma 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 clinic<sup>1</sup>. In South Asia it is a common diagnosis and can reach an incidence of 0.25 – 4% of cases seen in any dermatological institution. On the basis of clinical features like niruj (painless) and mandalas (bluish black spot) on the face, In Ayurvedic Samhita vyanga is considered under the umbrella term of Kshudra roga. It is caused by vitiation of Vata, Pitta Dosh and Rakta Dhatu. It has got a major importance as a cosmetic problem in the society, it is characterized by the presence of (painless), Tanu (thin) and shyavavarna Mandalas (bluish – black patches). Vyanga is also considered as Rakta Doshaj vikar. In Ayurvedic Samhita, a good number of treatments 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 drug having raktashodhak and rakta prasada guna are helpful in the management of Vyanga.

## AIM AND OBJECTIVE:

To see the effect of Ayurvedic treatment in Vyanga.

## MATERIAL AND METHODS:

A female patient of facial melanosis, Age 40 years, Modern medicines had been taken for 3 years for the same with no significant results. Patient came to the Ayurvedic OPD of SSAM Ayurvedic college and hospital, hadapsar.

K/C/O – Hypothyroidism since 3 year

( on regular treatment Tab.Thyronorm 25 mcg )

M/H – Regular

No any addiction

No any history of drug and food allergy

O/E – Dark black coloured patches on face .

PR -86/min

BP-120/70mmhg

RS-B/L Clear

CVS –S1S2 Normal

CNS-Conscious and oriented

P/A- Soft and non tender

**Assessment Chart :****Colour Score**

Parameter	Findings	Score
Colour	Light brown	1
	Brown	2
	Dark brown	3
	Black	4
	Dark black	5

**TREATMENT****Internal Medicine**

- 1) Aarogyavardhini Vati 500mg Vyanodan with Lukewarm water
- 2) Sariva + Haridra + Manjishta + Chandan + Yashti  
( each 200mg with lukewarm ) Vyanodan
- 3) Mahamanjishthadi kwath 20ml with lukewarm Vyanodan

**External Medicine****Lepa -**

Chandan

(Santalum album), Padmak (Prunus cerasoides)

Ushir (Vetiveria zizanioides), Yashti (Glycyrrhiza glabra), Manjishta (Rubiocordifolia), Sariva (Hemideamus indicus) Churnas equal quantity for local application with cow's milk at afternoon time , once a day for 20 min for 1 month

**Tail** – Kumkumadi tail abhyang for external used at night time for 1 month

**Pathya – Aapathya**

Along with the above medicines,patients was advised to avoid intake of food, spicy,fried food, tila,atashi,coffee,Bakery products,processed food ,and fermented foodPathya ahar (healthy diet like vegetables,freshly prepared food ,regular walking ,exercise ,timely sleep ,medication were advised.

**OBSERVATION AND RESULT**

After 15 days of treatment patches lightened in colour ,skin became smoother .In the following 15 days ,the patches on face turned light brown ,skin texture and complexion improved, no side effect were observed during the course of the treatment.

## IMAGES



BEFORE



AFTER

## DISCUSSION

According to Acharya Charaka, all types of kushtha(twakvikar) are caused the vitiation of Doshas, so the treatment should be done according to the predominant doshas. According to Acharya Sushrut, it involves vitiation of vata and pitta dosha and rakta dushti.

Arogyavardhini vati 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 remove Ama and clear strotas of the body thus improve normal circulation and normalize rasa and rakta dhatu.

Mahamanjishthadi kwath is an excellent blood purifier due to dominance of tikta and kashay dravyas. It also eliminates excess Pitta from the body and also does Vata anulomana. It acts as a Rasayan, improves digestion, strengthens the liver, relieves burning and digests toxins. It has been Kushtaghna, Krimighna, Raktashodhaka, Varnya, Vishaghna and Vranaropak. Due to all these properties it reduces melisma and improves the complexion.

Lepa was made of drug which are having Raktashodhak, Raktaprasadak, and varya guna. This further helped in reducing the patches and improving the complexion.

Chandana (Santalum album) : raktaprasadak, dahashamak, kaphapittashamak, shothahara, krimighna, varnya, twakdoshar

Yashti : (Glycyrrhiza Glabra) – Externally used as dahaprashamana, vednasthapana, shothahara, varnya, kandughna, twak doshahara and rasayan. Vatashamana, pittashaman

Manjishtha (Rubiocordifolia) – Raktashodhak, shothahara, vranaropak and kushthaghna, kaphapittashamak, deepan and pachana.

Padmaka ( Prunus Cerasoides ) – sheet,Kapha pittahara, varnya, garbhasthapana.

Ushir ( Vetiveria zizanioides ) – Dahaprashaman, varnya, stanyajanan, shukravardhan, pittashaman.

Sariva (Hemidesmus indicus ) - Jwarhar , dahaprashaman, purish sangrahan, varnya vata shamak.

Cow's milk – Snigdha , pittashamak , vatshamak , shobha vardhak.

## CONCLUSION –

Vyanga is caused due to vitiation of Vata , Pittadosh 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 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 pitta dosha rasa 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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