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## EFFICACY OF *MASURADI LEPA* ON *VYANGA* – A CASE STUDY

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**Abstract:** *Vyanga* is one of the *Kshudra-roga* explained in *Ayurveda*. It is characterized by *shyav* and *niruja mandala utapatti* over face. Nowadays it is exceeding in women specially. In the world of globalization and increasing competition everyone needs to be presentable that is a key to success. Skin is a very major part of body. Healthy skin reflects a good mental health and physical health. It boosts confidence in an individual. *Raktchandan, Manjishtha, Lodhra, Rala, Vatankur, Masur i.e., Masuradi lepa* is mentioned under *Kshudra-roga adhyaya of Uttarsthan Vagbhat Samhita*. The purpose of the study is to determine the efficacy of *Masuradi lepa* on *Vyanga*. **Materials and Methods:** The detailed literature of *Vyaga* and *Masuradi Lepa* collected from all available sources i.e., *Bruhatrayee and Laghutrayee*, other contemporary books, research articles available on PubMed, AYUSH portal, google scholar. A 42-year-old female patient visited OPD of *Swasthyarakshan*, of our institute, with complaints of *shyav-varna mandala uttapatti* over cheeks after gestational period. There was no complaint of *kandu* and *daha*. *Masuradi lepa* with lukewarm water was advised for application over cheeks for 15-20 mins daily. **Results:** In this study, there was significant reduction in colour and size of the lesion. But there was no reduction in number of lesions. *Rukshata* was reduced after treatment. *Kandu* and *daha* was absent before treatment and after treatment. **Conclusion:** The ingredients of *Masuradi lepa* are *Tikta, Madhura, kashay rasatmaka, Sheet veerya, katu vipaki, guru* and *raktaprasadak, vata-pitta shamak, kapha-pittashamak, kushtaghna, varnya* properties which has action on skin, *bhrajak pitta, Rasavah* and *Raktavah strotas*. As *Vyanga* is *Raktajvikar* it plays an important role in *Sampratibhanga* of *Vyanga*.

**Index Terms -** *Vyanga, kshudraroga, lepa, raktaprasadak*

## Introduction:

Ayurveda has mentioned *Vyanga* under *khudrsrogas*. All *acharya* has explained *Vyanga*. According to *sushruta* and *vagbhata* *krodha* (anger), *shoka* (grief) and *ayas* (exhaustion) aggravates *vata* along with *pitta* resulting in developing *niruja*, *shyav mandala* on face called as *Vyanga*<sup>1-2</sup>, *Acharya charaka* has explained that vitiated *pitta* is mixed in skin and blood and dries up resulting in *vyanga*<sup>3</sup>. In modern medical science, the painless black hyperpigmented patches over face is called as *Melasma*. *Vyanga* can be correlated to *Melasma*. Ayurveda has an effective line of treatment in various skin diseases. Massage with oils, application of paste of medicines etc. makes the face smooth, soft, and glowing<sup>4</sup>. In addition to this, bloodletting is also described<sup>5</sup>. Drugs having *Kusthaghna*, *Kandughna*, *Raktashodhaka*, *Twak Prasadaka* and *Varnyakara* properties are helpful in the management and can produce cutaneous depigmentation that remove the blackish discoloration of skin. *Acharya Vagbhata* has described many *lepa*s for various skin conditions. *Masuradi lepa* i.e., *raktachandan*, *manjishta*, *koshtha*, *lodhra*, *rala*, *vatankur* and *masur* described under *Kshudrogas* in *uttarstan*<sup>6</sup>.

## Aim and Objectives:

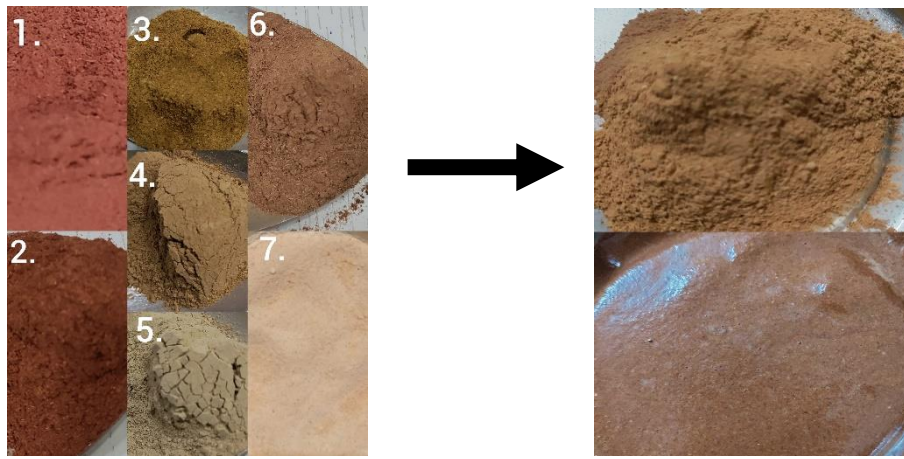
1. To evaluate the efficacy of *Masuradi lepa* in the management of *Vyanga*.
2. To review the literature of *Vyanga*.

## Materials and Methods:

### Selection of drug:

*Masuradi lepa* is a poly herbal formulation in the powder form. Seven drugs are described in *Masuradi lepa* described in *Vagbhata Samhita* are combined with equal quantity and the patient was advised to apply *mukhalepa* defined technique of *lepa* application.

Name of drug	Latin Name	Guna
<i>Raktachandan</i> <sup>7</sup>	<i>Santalum album</i>	<i>Tikta, katu ras, katuvipaki, sheeta veerya, rooksha guna</i>
<i>Manjishtha</i> <sup>8</sup>	<i>Rubia cardifolia</i>	<i>Madhura, tikta, Kashaya ras, Madhur vipak, sheetaveerya,</i>
<i>Koshtha</i> <sup>9</sup>	<i>Saussurea leppa</i>	<i>Tikta, katu, Madhura rasa, katu vipak, ushna veerya,</i>
<i>Lodhra</i> <sup>10</sup>	<i>Symplocos racemose</i>	<i>Tikta, katu rasa, katu vipak, ushna veerya,</i>
<i>Rala</i> <sup>11</sup>	<i>Shorea robusta</i>	<i>Katu, tikta, kashay rasa, ushna veerya,</i>
<i>Vatankur</i> <sup>12</sup>	<i>Ficus bengalensis</i>	<i>Kashaya rasa, katu vipaki, sheeta veerya, guru, rooksha,</i>
<i>Masur</i> <sup>13</sup>	<i>Lens culinaris</i>	<i>Madhura rasa, sheeta veerya, laghu, rooksha</i>



### Method of preparation of lepa:

All the above-mentioned drugs are taken in equal quantity, by making fine powder form of *churna* and mixed thoroughly. 5 gms of each drug i.e about 35 gms of *churna* packed in airtight plastic bag.

### Case report:

The present case study is of successful management of *vyanga*. A 42-year-old female patient with registration no 51929 visited OPD of *Swasthyarakshan*, of our institute with complaints of *shyav-varni mandala uttaptti* over cheeks for past 4 years, with *twakrukshta* and no complaint of *kandu* and *daha*.

### History of present illness:

Patient was normal four year back but after delivery of second child *vyanga* developed over both cheeks. It gradually increased and spread over cheek. She had undergone with various other treatment modalities and procedures but there was no relief. Hence, she came to OPD of *Swasthyarakshan*, of our institute.

**History of Past illness:** Not significant

### Personal history

Age – 42	Bowel: Regular
Sex – Female	Appetite: Poor
Marital status: Married	Prakriti: <i>Vata kapha</i>
Occupation: Desk job	B.P.: 110/80 mmhg
Nidra: <i>Akhandita</i>	Weight: 59kg
Bala: <i>Madhyama</i>	Height: 152 cms

**Ashthavidha Parikshan:**

<i>Nadi:</i>	78/min
<i>Mala:</i>	<i>Samyak</i>
<i>Mutra:</i>	<i>Samyak</i>
<i>Jivha:</i>	<i>Niram</i>
<i>Shabda:</i>	<i>Spasta</i>
<i>Sparsha:</i>	<i>Samshitoshna</i>
<i>Drik:</i>	<i>Avishesh</i>
<i>Akriti:</i>	<i>Madhyam</i>

**Treatment plan:**

Based on history disease was diagnosed as *vyanga* and *Masuradi lepa* with lukewarm water was prescribed to her on the reference of *vagbhata samhita*.

1. Name of Drug: *Masuradi lepa*
2. Application Time: *Pratahkal* for 15-20 mins
3. Duration: 45 days
4. Follow Up: After every 15 days.

**Gradation:**

	Colour of lesions	Size of lesion (in cm)	Skin texture (dryness)	Skin lustre homogeneity (involved area)
<b>Grade 0</b>	Normal skin colour	0-1	Absent	Good/Radiant
<b>Grade 1</b>	Moderately reduction in shyav varna	2-3	Mild (not seen but felt)	Mild
<b>Grade 2</b>	Mildly reduction in shyav varna	4-5	Moderate (stretching of skin that a person feels)	Moderate
<b>Grade 3</b>	<i>Shyava</i> varna	More than 5	Severe (visible, chapping of skin and hardness of)	Poor / Severe

**Observations and Results**

Sr. No	Sign And symptoms	B.T.	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	A.T.
1.	Colour of lesions	3	3	2	1
2.	Size of lesion	2	2	2	1
3.	Skin texture	2	2	1	0
4.	Skin lustre homogeneity	3	2	1	1

This table shows that there was significant relief in signs and symptoms of *vyanga*, hence the selected drug was effective for management of *vyanga*.



### Discussion:

In Ayurveda, *Vyanga* is described as a *Kshudraroga*. *Acharya* placed great focus on psychological variables like *Krodha* (anger), *Shoka* (grief), and *Shrama* (exhaustion) that are frequently observed in most patients while defining the etiological components of *Vyanga*<sup>14-15</sup>. *Acharya Charaka* stated in *Samprapti of Vyanga* that aggravated *piita* combined with *Rakta* is the primary factor in the pathology of *vyanga*.<sup>16</sup> Since *Vyanga* is a *Rakta Pradoshaja Vyadhi*<sup>17</sup>, *Rakta Dhatu* is the first *dosha* to be impacted. *Krodha*, *Shoka*, and *Shrama* are *Dosha Prakopaka Hetus* & are primarily characterised by *Tama* (*Manasika Dosha*), *Pitta* and *Vata* (*Shareerika Dosha*),<sup>18</sup> which vitiates the *Agni* (*Pitta Dosha*) that resides in *Rasa* and begins the pathogenesis of *Vyanga*. Eventually, *Rasa Dhatu* is transformed into *Rakta Dhatu* by the action of *Ranjaka Pitta* which is responsible for creating a skin tone that is normal. However, *Pitta* vitiation occurs mostly because of etiological elements like *Krodha and Shoka*, which affects the *Jatharagni* and the regular function of *Ranjaka Pitta* or *Varnotpatti*. According to *Ashraya-Ashrayee Bhavas*, an aberrant *Rakta Dhatu* results from a deranged *Pitta Dosha*. *Udana Vata* vitiation will result from *shrama and shoka*. Therefore, vitiating *Ranjaka Pitta*, *Rakta Dhatu*, and *Udana Vata* enter the body through *Dhamanis* and acquire *Sthana Samshraya* in *Mukhagata Twacha*, which vitiates *Bhrajaka Pitta* and results in skin darkening. As *vyanga* is a localised skin disorder, local application of some herbs was given. The therapy lasted for 45 days in total. The *vyanga* signs and symptoms significantly improved.

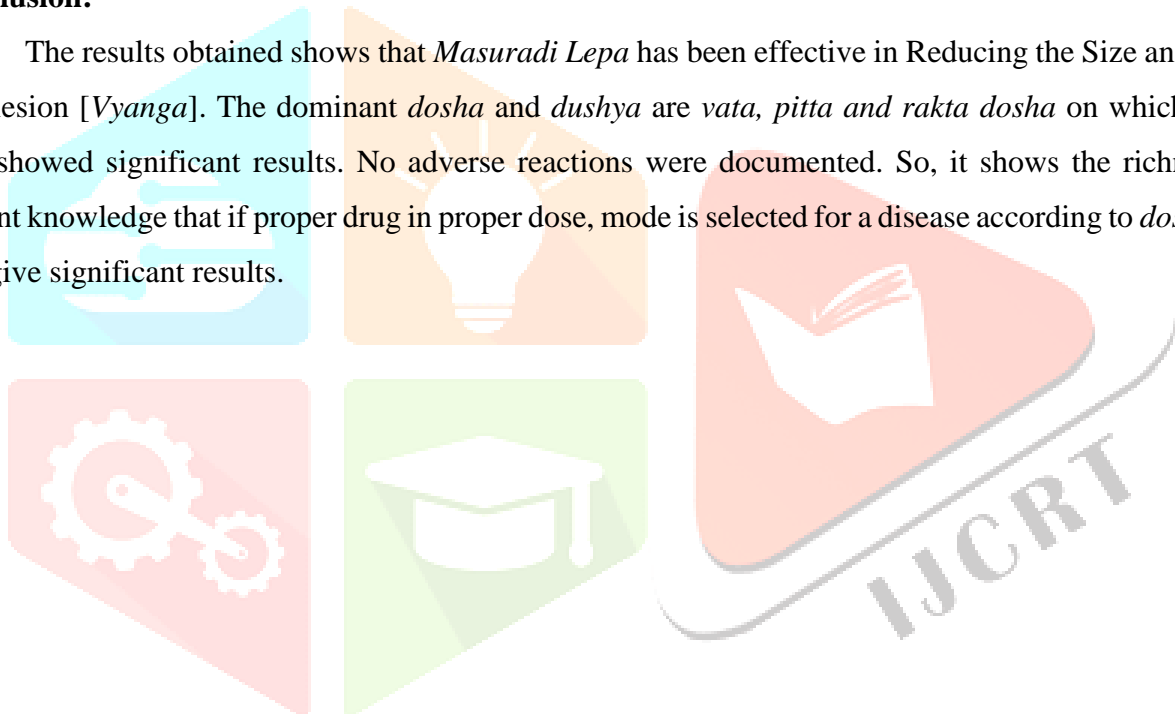
### Mode of Action of drugs in lepa:

The components of *Masuradi lepa* include *tikta*, *madhura kashaya rasa*, *Sheetaveerya*, and *Katu vipaka* are also *guru and ruksha* in nature which has Specific action on all doshas. *Vyanga* is a *Raktajvikar*<sup>19</sup> in which there is vitiation of *vata*, *pitta dosha* and *dushti* of *Raktadhatu*, in general *Masuradi lepa*

contains *raktaprasadaka*, *Vata-Pitta Shamak*, *Kapha-Pitta Shamak*, *Kushtagna*, *Varnya* drugs has action on skin, *bharajak pitta*<sup>20</sup> and *rasavaha*, *raktavaha strotas*. It plays a significant role in *vyanga's samprati bhanga*.<sup>21</sup> The primary determinant of skin colour (complexion) is *bhrajak pitta*; *Masuradi lepa* supports the balance of these elements and encourages the fairness of the skin. Drugs are pharmacologically effective for treating blood impurities and skin diseases as they act as astringents<sup>22</sup>, disinfectants<sup>23</sup>, blood purifying agents<sup>24</sup>, antiseptics, and analgesics. *Madhura rasa* influences *prasadana* (nourishing), enhances strength, and improves complexion. *Kashaya* nature helps to equalise the vitiated *doshas*, clear unwanted metabolites (*kledahara*) and *sandhanakara*. Furthermore, it soothes vitiated *pitta and vata*.<sup>25</sup> By virtue of *sheetaveerya*, *daha* is alleviated (burning sensation). By virtue of *katuvipak* clear of unwanted metabolites (*kledahara*), *medalekhan*, *shodan*.<sup>26</sup> Due to its unique characteristics, the *Masuradi lepa* aids in reducing the *lakshanas* of *vyanga*.

### Conclusion:

The results obtained shows that *Masuradi Lepa* has been effective in Reducing the Size and Colour of skin lesion [*Vyanga*]. The dominant *dosha* and *dushya* are *vata*, *pitta* and *rakta dosha* on which *Masuradi lepa* showed significant results. No adverse reactions were documented. So, it shows the richness of our ancient knowledge that if proper drug in proper dose, mode is selected for a disease according to *dosha dushya*, will give significant results.



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