

## MANAGEMENT OF VYANGA VYADHI W.S.R. TO MELASMA THROUGH AYURVEDA

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### ABSTRACT

*Vyanga* is most common skin problem in present days, In *Ayurveda* *Vyanga* is referred as one of the *Kshudrarogas*. *Acharyas* acknowledge that *Kshudrarogas* are minor in nature but, still nowadays prevalence of *Vyanga* is experienced everywhere and it is a challenging condition to treat. *Vyanga* is not life threatening condition but it has a significant impact on patients quality of life. According *Ayurveda* *Vyanga* is caused by vitiated *vata* and *pitta dosha* and characterised by appearance of *niruja* and *shyavavarna mandalas* on face. This study is open level non comparative clinical trial evaluating efficacy of *Yogasaramrita* (oral), *Yawaadi lepa* (topical) and *Manjishthadya taila*

(topical) in management of *Vyanga*. An attempt is made to throw a light on *Vyanga* its pathophysiology and both oral and topical treatment through *Ayurveda*.

**KEYWORDS:** *Vyanga*, pathophysiology, oral and topical management of *Vyanga*.

### INTRODUCTION

*Vyanga* has been described by all *Brihatrayi*, according to *Acharya Susruta* *Vyanga* has been classified into *Kshudraroga*, *Vyanga* is referred to as *Raktapradoshaja vikara* by *Acharya Charaka*, *Acharya Vagbhata* has mentioned *Vyanga* as *Raktavridhikar vikara* and *Kshudraroga*. According to *Ayurveda* the main causes of *Vyanga* are vitiated *vata*, *pitta dosha* and *rakta dhatu*. On the basis of clinical features it can be compared with *Melasma*, *Melasma* is a type of hypermelanosis present as symmetrical irregular dark brown macules on face. The major etiological factor include pregnancy, sun exposure, genetic susceptibility, oral contraceptive pills, endocrinopathies and emotional factors. Three main pigmentation

pattern of Melasma are as follows<sup>[1]</sup> Centrofacial- cheeks ,forehead, upper lip and nose.<sup>[2]</sup> Malar- cheeks and nose.<sup>[3]</sup> Mandibular- mandibular area of cheeks. Vyanga has become societies one of most serious problem affecting a large number of people. It is very difficult condition to treat and it is prone to relapse and recurrence. The purpose of this article is to review the existing literature on pathogenesis of *Vyanga* and bring forward a suggested classical treatment for *Vyanga*.

## AIM AND OBJECTIVES

- To study the pathophysiology of *Vyanga* as per *Ayurvedic* aspect.
- To study the efficacy of classical remedies *Yogasaramrita*(oral), *Yawaadi lepa*(topical) and *Manjishthadya taila*(topical) in the management of *Vyanga*.

## PATHOPHYSIOLOGY

According to *Acharya Susruta vata* getting aggravated by anger and exertion combining with pitta, reaching the face quickly gives rise to a patch on skin which is painless, thin bluish black this is known as *Vyanga*. According to *Acharya Charaka* when the vitiated *pitta* goes to *rakta* and dries up there it produce *Vyanga*.

## MATERIAL AND METHOD

Patients with the diagnosis of *Vyanga* will be selected from the OPD & IPD of Shree Khudadad Dungaji Govt Ayurveda Hospital Raipur Chhattisgarh.

### Inclusion Criteria

- Based on clinical symptoms of *Vyanga* mentioned in classical textbook of *Ayurveda*
- Patients from the age group of 16 to 55 Years

### Exclusion Criteria

- Below 16 and more than 55 Years
- Patients having other disorder like Urticaria, Leprosy, Diabetes mellitus, Allergy, Skin cancer, Pregnancy, Lactating mother, sun exposure, during Oral Contraception.

### Study Design

It is open level, clinical study

40 patients are suggested for *Vyanga*

Group A- 20 Patients with symptom of oily skin will take *Yogasaramrita* and *Yawaadi lepa*

Group B- 20 Patients with symptom of dry skin will take *Yogasaramrita* and *Manjishthadya taila*.

### PROBABLE MODE OF ACTION OF SELECTED DRUG

1. *Yogasaramrita*(Oral)
2. *Yawaadi lepa*(Topical)
3. *Manjishthadya taila*(Topical)

**YOGASARAMRITA:** *Vyanga* is *vata*pittaj and *Raktapradoshaj Vyadhi*, normally *Rajnaka pitta* is responsible for the conversion of the *Rasa dhatu* into *Rakta dhatu* due to etiological factor(*Krodha, Shoka* and *Aayas*) vitiated *vata & pitta doshas* affects the *jatharagni* and normal function of *Ranjak pitta* i.e. *Varnotpatti*. Most of constituent substances of *Yogasaramrita* having *Rasayana* properties which produces best quality of *Rasa, Rakta* and other *dhatu*s, it decreases disease process and increases the mental as well as physical strength.

**YAWAADI LEPA:** Most of constituent substances of *Yawaadi lepa* has *Kushthaghna, Raktashodhak, Twakprasadak, Varnya, Pittashamak* properties these properties are helpful in the management of *Vyanga* that pacifies aggravated *doshas* and help in *Raktashodhan* (Blood purification). Exfoliating property of *Yawa* helps in removal of unhealthy skin layer and creation of new healthy skin.

### MANJISHTHADYA TAILA

Most of constituent substances of *Manjishthadya taila* having properties like *Madhur, Kashaya, Tikta Rasa, Vata*pittashamak, *Varnya, Kushthaghna, Raktashodhak*(Blood purification), *Twakprasadak, Vyanganshak* which help on balancing *doshas* in *Vyaga*. In previous paper *Manjishtha* has been shown to suppress tyrosinase activity and preserving skin health. *Glycyrrhiza glabra* extract were found to be effective tyrosinase inhibitor in human skin. therefore these medicinal formulation will be beneficial in treatment of *Vyanga*.

### DISCUSSION AND CONCLUSION

The appearance of the skin is significantly influenced by *Vyanga*, it is stressful and disturbs patients personal, social and professional life, it is upsetting for many people which is a very common reason for seeking treatment, In this study the drug selected to treat *Vyanga* are unexplored yet in management of *Vyanga*. It is an attempt to include some of the simple and

undiscovered herbal preparation in *Ayurveda* for the treatment of *Vyanga* in this article. On the basis of reviews the following conclusions may be drawn, the *Vatapittashamak*, *Varnya*, *Kushthaghna*, *Raktashodhak*, *Twakprasadak*, *Vyanganashak* and *Rasayana* properties of *Yogasaramrita*, *Yawaadi lepa* and *Manjishthadya taila* can help in reducing *Vyanga*. *Ayurveda* can undoubtedly contribute to the development of newer, more effective and safer treatment for *Vyanga*.

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