

**AYURVEDIC PRINCIPLES IN MANAGEMENT OF YVANG BY
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ABSTRACT

In *Ayurvedic* literature, all skin diseases are mostly classified under the title of *Kushtha and Kshudra Roga*. A healthy body always reflects beautiful, glowing skin and hair. The skin is the boundary between our external environment and us. Healthy skin increases a person's confidence level. *Vyanga* is a skin disease *acharya sushrut* described under *kshudra rogas in Nidan Sthan*. *Vyanga* is a disease that decreases the glowing complexion of the face and affects the skin. *Vyanga* is one of the *Kshudrarogas*, characterised by the presence of *Niruja* and *Shavavarna Mandalas*, and *tanu mandal* on the face. On the basis of clinical features, it can be compared with facial melanosis, one of the hyperpigmented disorders. Facial melanosis refers to abnormal hyperpigmentation on the face, dark patches or spots. Its common area effect on malar and

centrofacial regions. *Vyanga* is a common disease known to us for thousands of years. Though it is considered a *Kshudra Roga*, it has got a major importance as a cosmetic problem in society. In its pathogenesis, various factors like genetic predisposition, UV rays, cosmetics and hormonal drugs play an important role. According to *Ayurveda*, it occurs due to excessive *Krodh* and *Ayas*. As a result, vitiated *doshas*, mainly *Pitta* along with *Vata*, produce black patches on the face, which are called *Vyang*. *Vyang* is a *Rakta pradoshja vikar*, and in its probably *Doshas* involved are *Udaan vaayu*, *Bharajak pitta* and *Dushya Ras and Rakta dhatu*, as this condition disturbs our mental and physical state.

2. INTRODUCTION

A smooth and glowing complexion of the face increases the beauty of a person and also gives self-confidence. Many people are continuously exposed to dirt and pollution and pursue fast-paced and stressful lifestyles. Large-scale community prevalence surveys have shown that between 20 and 30% of people have various skin issues that need to be addressed. In *Ayurveda*, skin diseases are grouped under different headings such as *Kushta*, *Visarpa*, *Kshudra roga*, etc. The characteristic features of Melasma are similar to those of *vyang*, which decreases the glowing complexion of the face, body and mental strength. It is characterised by *Niruja*, *Tanuka*, and *Shyava Varna* mandalas occurring especially on the face due to *Vata*, *Pitta* and *Ras* and *rakt dhatu* included. Melasma is the most common pigmentary disorder in society, and 90% of patients are women. Large-scale community prevalence surveys have shown that between 20 and 30% of people have various skin issues that need to be addressed. The causes of Melasma are vitiation of *vata* and *pita dosha*; in modern times, probable factors include ultraviolet radiation, estrogen-containing birth control pills, estrogen replacement therapy, ovarian or thyroid dysfunction, cosmetics, and hormonal disturbances. *Sharangdhar Samhita* gives different types of *Vyanga* according to *Doshas*.

Acharya shushrut according - Krosh ayas.

3. CASE REPORT

Patient information

A female, age 38 year house wife, came to the outer patient department of Charm Rog Nivaran Ikai OPD on 7/02/2025, OPD No. 2842.

CHIEF COMPLAINT WITH DURATION

Patient came to OPD for complaint of hyperpigmentation on the face with itching since last 1.5years.

HISTORY OF PRESENT ILLNESS

Patient was asymptomatic 1.5 years ago; then she noticed some painless macular lesion arrives from both cheeks, and they increased over time and became itchy.

HISTORY OF PAST ILLNESS

Patient has no history of any other illness or any systemic or metabolic disease like diabetes, hypertension, thyroidism etc, but patient have history salty food intake, anger, late night sleep, tension, dahi intake, lemon, and panipuri also.

CLINICAL FINDING

GENERAL EXAMINATION

1. Body built - Average
2. Weight -52 kg
3. Blood pressure- 116/80 mmHg
4. BMI - 20.3
5. Height - 5 feet 3 inches
6. Pulse rate - 74 per minute
7. Icterus - No
8. Cynosis Cyanosis - No
9. Clubbing - No
10. Pleuritis - No

4. TREATMENT PLAN

Diagnostic protocol: On the basis of symptoms like painless macular lesion, *rukshya twak*, *ratri jagran*, *shyav varna*, *ushnata*, *krodha*, tension, these symptoms indicate *vata* and *pita dosha dushty* and *ras* and *rakta dhatu dushty*, which is clinically assessed by *ashtavidh pariksha*.

1. Nadi pariksha - Vata pita Pradhan
2. Mutra - Prakrit
3. Mala- Rukshya vibandh
4. Jihva - Mala avrut
5. Shabda - Prakrit
6. Sparsh - Rukshya and ushna
7. Drishti - Prakrit
8. Akriti - Prakrit

5. THERAPEUTIC INTERVENTIONS

After complete screening of the patient and consent taken based on the above finding patient was diagnosed with melasma (*Yvang rog*). The patient was treated as per the line of

management of *Yvang chikitsa*. Advice for *raktmokshan* by *jaloka avcharan*; the drug was selected for *Yvang is mulethi churna and haridra churna, Chandan churna, arjun churna for lep, cream shatdhout ghrit, kumkumadi tail, ghrita paan, tab. Arogyavardhini vati, syrup Khadirarishtha, amla churna, arjun churna, kutaki churna, mukta pishti, anulom vilom and kapalbhati*, etc. in the next visit (after 15days); dietary and lifestyle advice to the patient to improve quality of life.

S.NO	MEDICINE NAME	FREQUANCY	ANUPAN	After 1 st Follow up	After 2 nd Follow up
1.	<i>Haridra churna</i> <i>Arjun churna</i> <i>Chandan churna</i> <i>Mulethi churna</i>	Localy apply	–	Same	Same
2.	<i>Shatdhot grita</i>	Localy apply	–	Same	Same
3.	<i>Kumkumadi tail</i>	Locally apply (At night)	–	Same	Same
4.	<i>Khadirarishtha</i>	2 Tsf bd	With water	Same	Same

IMPORTANCE OF LEECH THERAPY

- In *samhitas acharya shushrut* has described in *Vyang Chikitsa* that *raktaavsechan (Rakt mokshan)* is used in *vyang* (first line of treatment); leech therapy (*Jaloka avcharan*) is one type of it. Their saliva contains *hirudin*, a substance that acts as an anticoagulant, anaesthetic, and anti-inflammatory.
- **Hirudin:** An anticoagulant that prevents blood clotting.
- **Calin:** Another anticoagulant that inhibits clot formation.
- **Eglins and bdellins:** Anti-inflammatory agents.
- **Analgesics:** Substances that reduce pain.
- They are primarily used to improve blood circulation in cases of venous congestion. By thinning the blood and reducing congestion, leeches can help restore proper blood flow to tissues, preventing tissue death and promoting healing; leeches help with the proper supply of blood and nutrients.

6. PATHYA -APATHYA

PATHYA: *laghu anna, saindhav lavan, snigdha bhojan, ratrishyan, ghrit, tail, fruits, green vegetables, juice, vyayam, yoga, sadvrut palan, satvik ahar*, healthy food habit.

APATHYA- ratrijagaran, divasayan, ushna, katu, Tikshna bhojan, vidahi, guru ati vatavardhak and pitavardhak bhojan, junk food, consuming extra sugar, excessive sleep, krodha, tanav, salty food, spicy food intake.

7. OBSERVATION

S. NO	SYMPTOMS	1 st follow-up	2 nd follow-up
1.	Hyperpigmented patch	Reduce	Reduce
2	Itching	Reduce	Reduce

After the 1st follow up patient observed mild release hyperpigmentation on the patch and and getting smooth texture on skin, in 2nd follow up patient said more benefit in the patch and smoothness.



RESULT

At the initial stage, the patient presented dryness and hyperpigmented lesions ate face. At the first follow-up after 20 days, a noticeable reduction in itching was observed, and the hyperpigmented lesions showed mild improvement with slight fading. At the subsequent follow-up after another 20 days, further clinical improvement was evident, with a continued reduction in pigmentation and overall improvement in the appearance of the lesions.

9. NIDAN

Krodha, ayas, shok, and rakt dhatu dushty are causative factors of vyang according to acharyas. In modern times, many factors are closely related to vyang or melasma, like ultraviolet rays, applying any irritant-type cosmetic, genetic factors, etc.

10. DISCUSSION

According to *Ayurveda*, *vyanga* is *niruj*, *tanu*, *shyav varn mandal* on the face and one of the most common skin ailments in our population. It is a condition that affects a person's beauty as well as personality. Acharya says the cause is not only a physical issue but related to also spycological issue: *Ayas* and *krodha*. They are vitiated by *Vata* and *Pitta doshas* in *prakrit* /normal stage, and *vata pitta* incresses *Shyavvarnata* and dryness, involving the *rakt* and *ras dhatu* and *twak*, and decrease *poshan* of facial skin, and *sthan shanshray* at the face. In *Ayurveda*, the *chikitsa* is mainly *shodhan*, *shaman* and *lep chikitsa*. *Shushrut* have described that *shiravedha* is indicated (in this case we have used one type of it in the form of leech therapy) and *gharshan* and *lepan chikitsa*; in *lepan chikitsa* we have use *haidhra*, *mulethi*, *arjun*, and *Chandan churna*. *Hridhra* anti-aging and natural-moisturing agent; it rejuvenates the skin and makes it glowing and healthy inside and out. It protects the skin from free radical damage. *Chandan* has anti-inflammatory and exfoliating agents; they help to reduce dark spots or hyperpigmentation of the skin and also have anti-ageing and antioxidant properties. *Mulethi* churna has glabridin, which inhibits melanin synthesis and naturally brightens the skin. *Arjun churna* helps to balance natural sebum production and significantly improve the skin's elasticity. It has antioxidant, anti-inflammatory, and antimicrobial properties, and *arjun* also has properties of *pitta shamak*; they help to reduce melasma patches. *Shatdhot grit* helps to get a smooth texture. *Kumkumadi* tail is applied only at night because they have composition of *keshar*, in applying at day time burning sensation or rashes. *Khadirarishta* is also advised for skin disorders.

11 CONCLUSION

Lepa Chikitsa acts locally by improving skin complexion, reducing discolouration, nourishing the skin, and promoting normal pigmentation through the pharmacological properties of the herbal ingredients, and *Jaloka avacharan* improves local microcirculation, reduces inflammation, and supports tissue rejuvenation. When properly treated with *Ayurvedic* medicine, *vyang* is cured because *ayurvedic* drug has less side effects and greater efficacy, and applying of *ayurvedic* apoach to treat like *raktmokshan* (by leech therapy) and *lep chikitsa*, are basic needs to treat it. In the case of modern medicine, most uses involve steroidal creams.

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