

MANAGEMENT OF TWAK VAIVARNYA (HYPERPIGMENTATION) THROUGH AYURVED: A CASE STUDY

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ABSTRACT

The incidence of skin disease is increasing day by day. Other medicine systems provide temporary relief but not cure completely. Therefore, whole world is gradually turning towards *Ayurveda* for safe and complete cure of diseases. Especially in the field of skin problems *Ayurveda* can contribute remarkably. 'Twak' (skin) is external outermost protecting cover which envelopes the whole surface of the body. This is the seat of '*Sparsana Gyanendriya*' (Tactile sensation) it is extensive amongst all five *Gyanendriyas*. Sensation of touch is situated in *Twak*. Every human being is fond of beauty, for that they go behind the application of some tropical applications which may lead to some of the allergies or reaction of the skin. A female patient of 25

years old came to our hospital with the complaints of adverse effect which she got due to treatment she took from local doctors, in this case an effort has been made to bring the affected skin to normal texture by using the treatment principles mentioned in *Ayurveda* by not naming the disease but only by assessing the *Dosha Pradhanatwa* and *Lakshanas*. As mentioned in *Charaka Samhita Sutra Sthana Trishothiya Adhyaya*, as the naming of the all the *Vyadhi* is not mandatory.

KEYWORDS: *Twakvaivrnyata*, *hyperpigmentation*, *Dosha Pradhanatwa*, *Adhithana*, *Vyadhi*.

INTRODUCTION

The prevalence of skin diseases becomes more due to following factors such as faulty diet, faulty lifestyle, use of soaps, creams, detergents etc., the diagnosis of the disease according to *Ayurveda* and other system of medicine is completely different. *Ayurveda* speaks about the *Chaturvidha Pramana*, such as *Pratyaksha*, *Anumana*, *Aptopadesha* and *Yukti*. A systematic approach should be implemented for proper analysis of a disease process. The methodology of understanding an unknown disease has been described in *Charaka Samhita* based on *Aptopadesha Pramana*, *Pratyaksha Pramana*, *Anumana Pramana*. The *Laxanas* can be analysed based upon the *Pratyaksha Pramana*, based upon the *Anumana Pramana* the *Prakupita Dosha Dushya* can be analysed, based upon the *Yukti* the treatment can be planned. In *Ayurveda* there are two types of *Chikitsa Shodhana* and *Shamana*, depending upon the *Doshas* involvement, *Laxanas* one should plan the treatment using the *Yukti* followed by some *Sthanika Chikitsa* such as *Lepa*, *Seka*, *Sweda* etc.

CASE REPORT

A 25-year young female, student by profession, approached to outpatient department with chief complaints of *kandu*, *Shyavavarnata* of *Twak*, *Youvanapidika*, *Rookshatwa* of *Twak*, *Vali* (wrinkles) over the face, neck, both arms and back side since 5 months, the patient was apparently normal before 5 months, the patient consulted the local doctor for the acne which she had since 4-5 years, the patient was advised to take some aesthetic treatment to solve the acne problem but as the patient started to take the medicine she gradually developed the above said *Laxanas*. So, the patient came to our hospital. The patient was treated on OPD basis. Based on clinical presentation, examination, the case was diagnosed as *Vata Pitta Pradhana Tridosha Twak Vikara* (skin allergy).

Total days of treatment (22 Days)

On examination of the patient, the patient's *Agni* was *Madhyama*, *Samyak Nidra*, *Madhyama Satwa*, and the treatment was planned under *Shamana* format.

- On 28/12/2020 for 7 days shatadhaut ghritam (For local application) 3 times in a day, shamshamni vati 1gm +, kaishorguggulu 250mg +, kamdudharasa 500mg + muktashuktibhasma 250mg + laghusootshekhar rasa 250mg, sarivadyasava 3tsp TD, chandanasava 3tsp TD.
- On 04/01/2021 for 14 days kumkumadi tailam (Local application on blackish discoloration), Shamshamni Vati -1 gm + Kaishor Guggulu 250 mg + Kamdudha rasa

500 mg + Mukta shukti Bhasma 250 mg + Gndhak Rasayn 250 mg, Mahamanjishthadi kadha 3 tsf BD, Swadist virechan churna 1 tsf in night before sleep with luke warm water.

- On 18/01/2021 kumkumadi tailam (for local application on black spots), panchatiktaghrita 1tsp with luke warm milk in morning half an hour before breakfast, nimbadhi kwath 2 tsp BD, chandanasava 3tsf BD, shamshamni vati 1gm + kaishorguggulu 250mg + kamdudha rasa 250mg + muktashukti bhasma 250mg, the patient was advised to protect from sunlight and to avoid spicy, and junk foods.

RESULTS

After *shaman chikitsa* the patient skin was gradually becoming normal

Variation of *Laxanas* with the treatment

<i>Laxanas</i>	Before treatment	After 1 st follow up	After 2 nd followup
<i>Rookshatwa</i>	Present	Slightly present	Absent
<i>Vali</i> (Wrinkles)	Present	Slightly present	Absent
<i>Shyawa varnata of twak</i>	Present	Slightly present	Absent
<i>Khandu</i>	Present	Absent	Absent

DISCUSSION

As mentioned by *Acharya Charaka* in *Sutrasthana Trishothiya Adhyaya* naming the *Vikara* is not important or mandatory one can treat the patient by knowing or accessing the factors such as *Prakopita Dosha*, *Adhistana*, *Samuthana*, and *Laxanas*.^[3] *Ranjaka Pitta* is responsible for the conversion of *Rasa Dhatu* into *Rakta Dhatu* which results in the formation of normal skin color. So, here keeping this view the patient was examined and assessed the *Prakopita Dosha* as *Vata-Pitta*, with *Rakta* as *Dushya*, *Adhistana* as *Twak*, and the treatment was planned under *Shamana* format, starting with-

1. Shatadhaut ghritam

(For local application) 3 times in a day,

2. Shamshamni vati 1gm,

Kaishorguggulu 250mg,

Kamdudharasa 500mg,

Muktashuktibhasma 250mg,

Laghusootshekhar rasa 250mg.

Mix the combination of above mentioned drugs and make small packets in equal quantity and give 1 bd with normal water to patient.

3. Sarivadyasava 20 ml BD,
Chandanasava 20 ml BD,

Mode of action of drugs

1. Shatdhuta ghrita

Shatadhauta Grihta is an ayurvedic formulation extensively used for skincare treatment. In Sanskrit Shata means 100, dhauta means washed with water, and ghrita means ghee. Shatadhauta ghrita is prepared by washing purified ghee one hundred times with water. Traditionally, this method was done with hands but it can also be done in a machine.

- The cooling properties of Shatadhauta Grihta provide instant relief from burning sensation and burnt wounds.
- Shatadhauta Grihta aids in the rebuilding of dermal tissue and supports healing of skin
- It is an amazing astringent, anti-wrinkle and cleansing cream suitable for all skin types.
- Its anti-inflammatory property helps in soothing the pain caused by skin irritation.
- Applying Shatadhauta Grihta helps in removing scars, spots and dark circles from the skin.
- It's moisturizing property help in curing chapped and dry lips. It can also be applied over the skin before the bath to treat dryness of the skin.
- It gives an even-toned skin by removing various scars of acne, chickenpox etc.

2. Kumkumadi tailam

Kumkumadi tailam or oil is an amazing Ayurvedic herbs that acts as a magical remedy for uplifting skin health and treating various skin issue. This oil, which can also be used as a moisturizer is suitable for almost all skin types specifically for sensitive or dry flaky skin. A wonderful blend of plant, flower, fruit and milk extracts make this tailam or oil a whole some beauty product that aims towards lightening the complexion, diminishing various signs of aging like wrinkles, fine lines, dark circles, spots, pimples, blemishes and effectively treating skin infections and conditions like hyper pigmentation, allergy etc.

3. Mahamanjishthadi kwath

- It helps in the purification process of the blood that helps to reduce toxins from the blood.
- This supplement helps balance vitiation in the Doshas. It is particularly effective in helping to maintain Pitta vitiation. It can also help balance Vata and Kapha Doshas.
- You can also use Mahamanjishthadi Kwath for acne treatment. Since it helps in the purification process of the blood, it can help treat many skin conditions. Acne is one of

the skin problems that can occur due to toxins in the blood. This medicine helps in improving skin health.

- It can help maintain skin complexion.
- It is also used to help manage urinary tract and gynecological disorders.

The ingredients in mahamanjisthadi kwath include

- **Manjistha (*Rubia cordifolia*):** This is the main ingredient in this medicine that helps to purify the blood. It has been used for centuries in Ayurveda to help reduce toxins from blood to help purify it. The herb is commonly used to help manage skin disorders, dark spots, pimples, acne, and other problems.
- **Triphala:** This is one of the most powerful and well-known Ayurvedic formulations. It contains three fruits (phala), namely Haritaki (*Terminalia chebula*), Amalaki (*Embilica officinalis*) and Bibhitaki (*Terminalia bellerica*). Triphala has powerful health benefits. It helps detoxify the blood and the lymph tissues. It can help balance vitiation in all the three Doshas. It helps to maintain complexion. It is antioxidant and anti-inflammatory in nature. It helps to maintain skin, eye, and hair health.
- **Tikta (*Solanum indicum*):** This is an antioxidant herb that helps in managing skin and respiratory problems. Its properties help in the detoxification of the blood.
- **Vacha (*Acorus calamus*):** It is one of the Ayurvedic herbs used to help reduce Ama or toxins from the body.
- **Nisa (*Curcuma longa*):** Also known as turmeric, this common spice has many health benefits. It is very helpful in reducing toxin levels in the body.

4. Gandhak rasayna

Gandhak Rasayan works well in all health conditions with a common symptom of burning sensation. It is beneficial in diseases such as urinary tract infections, burning sensation in hands and feet, burning sensation in skin, itching, burning sensation of tongue etc.

RESULT



Before treatment

After treatment

CONCLUSION

It is not at all mandatory for *Vaidyas* to name all the *Vikaras*, one can treat the patient by assessing the proper *Dosha Prakopa*, *Adhistana*, and *Laxanas*. *Kumkumadi taila* can be considered as a *Anubhuta Yoga*. Skin diseases are more difficult to cure even in modern science. This study showed that Ayurveda medicine has hope for such cases. Although it is a single case it gives platform for the researcher to do more study in more number of patients. The case report demonstrates the treatment completely with only Ayurvedic medicinal intervention. *Pathya sevan* plays a major role in the treatment so the diet regimen should be followed properly. The patient had relief and symptoms had lowered significantly.

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