

**AYURVEDIC MANAGEMENT OF MELASMA (VYANGA VYADHI)-A
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ABSTRACT

Vyanga is a pathological condition which is produced due to the vitiation of Vata, Pitta and Rakta dosha producing clinical features such as Niruja, Tanu, Shyava mandala on the face. Acharyas talk about this in the 'KshudRoga' adhyaya. Vyanga vyadhi is also mentioned as raktapradoshaja roga. In the modern science this condition can be correlated with hypermelanosis of the skin melasma. The case presented here is successfully managed by the *Arjuna Twaka Churna*.

KEYWORDS: *vyanga vyadhi*, melasma, *arjuna twaka churna*.

INTRODUCTION

Face is super important for personal, emotional, and social well-being. Acharya Sushruta really went into detail about Vyanga in the chapter 'KshudraRoga'. Vyanga vyadhi causes due to some imbalances in your body like vitiation of vata, pitta and rakta dosha resulting in features like Niruja, Tanu, and Shyava mandala on your face.^[1] It is also defined under the heading raktapradoshaja roga by acharya charak and sushruta.^[2,3] Moving on to modern medicine - Melasma. It's a common pigmentation issue (hypermelanosis) that mostly shows up on sun-exposed areas like the face and sometimes even the neck or forearms. Both male and female can get it, but it's more common in females. Hyperpigmentation (melanosis) is when your skin gets darker

unnaturally - blame it on too much pigment due to various reasons like sunlight exposure, pollution, cosmetics, stress, bad diet choices, or fast food. Vyanga has become a major concern for society nowadays - many people are dealing with it.^[4] Since Vyanga shows up on your face skin, using lepa (local application) works well. It's said that anger and exertion can make things worse by disturbing pitta and vata dosha - leading to Vyanga.^[5] To tackle all this conditions, using a drug that purifies blood(*raktashodhak*), enhances skin health(*twakprasadak*), and alleviates(*shaman*) pitta will be used. As arjune twak churna holds all these properties hence it will be used in this study.^[6]

MATERIALS AND METHODS

A 45-year-old patient didn't have any symptoms before 2 years. Then he noticed circular, greyish-brown patches (hyperpigmentation) on his cheeks (malar region) and a light brown pattern on his nose.(picture 1) He was constipated. But nothing major in his past health history. After the clinical examination greyish patches on the malar region and light brown patches on the nose were observed.

Pulse-74/min,B.P.-130/80mmhg

No other specific investigation was done.

Treatment included

Using Arjuntwak churna lepa for local application on the face in the morning and afternoon for three months.

Preparation of lepa

Made with a teaspoon of Arjuna twaka churna(*terminalia arjuna*) and some water for easy use on the skin.

Steps for application

Wash face gently with lukewarm water, then apply lepa to the affected areas. Be careful near your eyes.

Always use freshly made lepa and not after sunset suryasta.

After 20-30 minutes of application, wash off lepa with lukewarm water.

OBSERVATION AND RESULT



Figure 1

Hyper pigmentation on malar region and nose.



Figure 2

Lightened hyperpigmented patches.

After 2 months of treatment, hyperpigmented patches lightened to greyish-brown on the face. Nose marks nearly vanished. In the following month, cheek patches became lighter on both sides and didn't spread elsewhere (figure 2). Complexion on the facial skin looked better with no side effects noted.

DISCUSSION

In Ayurveda, vyanga vyadhi falls under the category of kshudra roga and rakta pradoshaja vikara. Clinical symptoms of vyanga include small, greyish-brown, circular, painless patches on the face. Melasma can affect an individual's mental well-being due to its impact on appearance. This concern influences personal and work life.

The disease's pathophysiology is described by acharyas as follows

Psychological factors like anger, fatigue, and sorrow contribute to aggravation of vata and pitta doshas. Imbalance in doshas leads to poor digestion (jatharagnimandya). Vyanga specifically involves skin pigmentation or color changes due to ranjak pitta dysfunction. Emotional stress amplifies vata dosha (especially udan vayu), affecting facial skin and causing hyperpigmentation.

Ayurvedic treatment includes avoiding causative factors (*nidanparivarjan*), purification, pacification, and (*shodhana, shaman*) and external application of medicines.^[7]

The mode of action of the drug can be understood by its properties

The medication's effects are based on its properties: Rasa-taste bitter; qualities-light, dry; potency-cold. Bitter taste helps balance aggravated pitta dosha and purifies blood (vyanga is a blood-related disorder). Cold potency soothes pitta dosha. Arjuna's cold potency helps purify doshas in vyanga.

***Rasa-kashaya; guna-laghu, ruksha; veerya-sheeta*^[8]**

As it is having *kashaya rasa pradhanata* it will alleviate the pitta dosha (aggravated due krodha and pittakara ahar vihar) and *prasadana* of rakta (vyanga is raktapradoshaja vyadhi). Kashaya rasa removes *twak vaivarnya* and helps to attain normal skin colour.^[9, 10]

Sheeta veerya alleviates pitta dosha. Purification of the doshas in vyanga vyadhi is done by the shita veerya of *arjuna*.

Doshas which are locally situated on the facial skin are pacified by rakta and twak prasadana properties.

CONCLUSION

From observations and results of this case we can conclude that Arjuna Twaka Lepa have better results in the hyperpigmentation seen in the case of vyanga vyadhi.

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