

TO EVALUATE THE EFFICACY OF ARJUNA TWAKA LEPA IN THE MANAGEMENT OF VYANGA

Sandeep Kumar Bhagat^{1*} and Sneha Gutakar²

¹Medical Officer Ayush.

²Associate Professor Babe ke Ayurvedic Medical College and Hospital Moga.

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***Corresponding Author**

Sandeep Kumar Bhagat

Medical Officer Ayush.

ABSTRACT

Vyanga is one of the Kshudra Rogas mentioned by Acharya Sushruta and Vagbhata in which complexion of the face is becomes dark in the form of patches. Since face is the index of mind and beauty, the disease is considered on cosmetic point than medical one and attains great importance. It can be correlated with melasma in which there is symmetrical hyperpigmentation of the skin. This disease is more common in women. It is characterised by Niruja and Shavavarna Mandalas on the face. In this disease there is this vitiation of Rakta

Dhatu, Ranjak Pitta and Udana Vata after travelling in body it gets localised in Mukhgata twacha leading to vitiation of Bhrajaka Pitta and causes discoloration of skin. In the present study we have take n Arjuna Twaka Lepa as mentioned by Acharya Sharangdhara. Patients were advised to apply this medicated paste on the affected area for 20 days and after the completion of study satisfactory results were obtained.

INTRODUCTION

Beautiful and healthy skin has attained great importance in present era. Off all the skin disorders, Vyanga is common disease especially from cosmetic point of view. Acharya Charaka has mentioned it as Raktapardoshaja Vikara whereas Acharya sushruta and Vagbhata have considered it as Kshudra Roga. Krodha and Ayasa are the main causes of the disease as per Acharya Sushruta, Madhav Nidana and Yogratnakar. As per Acharya Vagbhata the common causes are Krodha and Shoka which causes vitiation of vata pitta followed by Rakta Dosha. As per acharya Vagbhata there are four types of Vyanga i.e. Vatika, pattik, Kaphaja and Raktaj.

AIM AND OBJECTIVES

To evaluate the efficacy of Arjuna Twaka Lepa in the management of Vyanga.

MATERIAL AND METHODS

On the basis of clinical features of the disease 33 patients were selected for the present study from the opd, and camps conducted in GAMC and hospital, Jammu out of which 3 patients discontinued the treatment due to some personal reasons.

Inclusion criteria

1. Patients with the clinical features of the vyanga as per classics were selected.
2. Patients of both sexes were selected for the study with chronicity less than 5 years.
3. Patients between the age group of 25 to 45 years were taken for the present study.

Exclusion criteria

1. Patients below 25 years and above 45 years were excluded from the study.
2. Patients with the systemic diseases like diabetes mellitus, hypertension, renal failure, Hepatic disorder etc were also excluded from the study.
3. Hyperpigmentation due to any systemic disease like Cushing syndrome were excluded.

Investigations

Routine blood, stool and urine investigations were carried out before the commencement of treatment.

Posology

In the present study we have taken Varun Twak Lepa as drug for local or external application in the patients of Vyanga Roga. Patients were advised to apply this medicated paste externally once daily for 15 minutes on the affected areas for the duration of 20 days with follow up after 10 days.

Preparation of drug

The raw drug of Arjuna was collected and identified by the department of dravyaguna. After that churna was prepared according to the standard method in the pharmacy of GAMC and hospital Jammu.

OBSERVATIONS AND RESULTS

It was observed that maximum patients were in the age group of 35 to 40 (40%) and Less common in age group of 21 to 30 (20%). The present study shows that maximum number of patients were female 90% and males 10%. It was found that maximum number of patients were having mixed diet 60% and 40% were having vegetarian diet. Out of 30 patients 10 were having the family history of melasma while 20 were not having any such history. In this study it was found that 55% of patients were having history of regular sun exposure while rest of the patients were not having regular sun exposure. Nearly 57% were having patches on nose, cheeks and forehead. In 44.50% there were dark brown colored patches, 34.44% were having blue black and 21.06% were having light brown colored patches.

The effect of therapy on the chief complaints of patients i.e bluish- black discoloration of skin was 0.33 after treatment which was 2.00 before treatment which shows that the mean score has reduced after the application of drug. The p value so obtained was <0.001 which was highly significant. Thus it can be concluded that the present study shows significant results in the management of Vyanga Roga.

Effect of therapy on the cardinal feature of vyanga

Symptom	BT	AT	MD	%of relief	SD	SE	T value	P
Bluish-black discoloration of skin	2.00	0.33	1.67	83.50	0.45	0.20	9.00	<0.001

DISCUSSION

It has been considered as Kshudra Roga. Acharyas have mentioned Krodha Shoka, and Ayasa as the causative factors which can be considered as psychological factors or Mansika Doshas (tama). Acharya Charaka says that in this disease there is aggravation of Pitta and Rakta which causes vitiation of Agni and leads to the disease. Due to the etiological factors Jathragni is vitiated which in turn affects Ranjak Pitta that turns Rasa to Rakta Dhatu and forms the normal skin colour. Arjuna Twaka used in this study possesses properties like Kashya Rasa, Laghu and Ruksha Guna and is Sheeta Virya in nature. It also possesses properties like Pitta Shamak and Raktaprasdan. The Kashaya Rasa Plays an important role in pacifying Pitta Dosha and Rakta Dosha which leads to the attainment of normal colour of skin. The Rakta prasadana and Twaka Prasadana property removes localised Doshas. It has been observed that this disease effects mostly those people which have regular sun exposure which must be avoided during the course of treatment.

CONCLUSION

The present study shows that Arjuna twaka Lepa has given significant results. There were no adverse effects found through out the study. From the study it can be concluded that it occurs in both type of people i.e. those who have sun exposure and those who are not exposed to sun but it is more commonly found in females of Madhyama Avastha. Since the study was Conducted on small number of patients with limited duration of time so it can be carried out in more number of patients with longer duration of time in future for more better results.

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