

**ROLE OF RAKTAVAHA SROTODUSHTI HETU IN VYANGA WITH
SPECIAL REFERENCE TO MELASMA**

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ABSTRACT

Ayurveda is one of the oldest sciences known to mankind and its literal translation means "the science of life". There are various diseases and its prevention, management available in *Ayurveda* science. Knowledge of *Srotas* is very important in every disorder in its diagnosis, prevention as well as management. In *Vyanga* there is *Dushti* of *Raktavaha Srotas*. *Acharya Charaka* has explained *Raktavaha Srotodushti Hetu* and its *Dushti Lakshanas* along with its treatment. Therefore, we need to understand the importance of *Srotodushti Hetu* and *Lakshanas* in *disorders*. In this article finding the role of *Raktavaha Srotodushti Hetu* in the disease *Vyanga* with special reference to Melasma.

KEYWORDS: *Raktavaha Srotodushti Hetu, Ayurveda, Vyanga.*

INTRODUCTION

Ayurveda is a holistic approach to health and focuses on maintaining a

physically and emotionally Balanced state.^[1] The principle of *Ayurveda* is to protect the health of the healthy and to alleviate disorders in the diseased.^[2] 'Vyanga' is one of the most common disease which is related to our facial skin. In *Ayurveda*, 'Vyanga' is counted as *Kshudraroga*^[3] & also mention in *Raktavaha strotos dushti lakshane*.

Vyanga is one of the skin disorder, it involves vitiation of *Vata*, *Pitta*, *Rakta* and *Manasika* *Nidanas* like *Krodha*, *Shoka* etc. It has cardinal features like *Niruja*, *Tanu*, *Shyavavrana* *Mandalas*. In the management of *Vyanga*, there is *Shodhana* and *Shamana Chikitsa* explained in the form of *Raktamokshana*, *Lepa*, etc.

Raktavaha strotos dushti hetu^[4] is mentioned in *Vimanasthana* of *Charaka Samhita*. It includes intake of substances which has oily contents, which produces burning sensation inside the body, excessive intake of food, etc. are the vitiating causative factors for *Raktavaha Srotodushti Hetu*.

METHODOLOGY

Raktavaha srotodushti hetu

The following are the *Dushti Nidana* for the *Raktavaha Srotas* Vitiation; Excessive intake of following leads to Vitiation of *Raktavaha Srotas*;

- ✓ *Vidahi Annapana* [Food which causes burning sensation]
- ✓ *Snigdha Aahara*
- ✓ *Ushna Aahara*
- ✓ *Drava Aahara*
- ✓ Exposure to *Aatapa* [Sunlight] and *Anila* [Air]

Vyanga review

Nidana of vyanga

The causative factors for the *Vyanga*, according to the *Acharya Sushruta*, *Aayasa*, *Krodha*, *Shoka*, and *Shrama* are mentioned as Aggravating factors for the *Vyanga*.^[5]

Following are the aggravating factors or causative factors for the *Vyanga Vyadhi*.

Table no. 1: Showing the aggravating factors for vyanga.

<i>Nidana</i>	<i>Vata prakopa</i>	<i>Pitta prakopa</i>	<i>Rakta prakopa</i>
<i>Aaharaja Nidana</i>	<i>Apatarpana, Sheeta, Ruksha, Kashaya,</i>	<i>Katu, Amla, Ushna, Tikshna, Vidahi,</i>	<i>Ati-Ushna, Lavana, Kshara, Amla, Katu,</i>

	<i>Tikta Rasa</i>	<i>Dadhi</i>	<i>Viruddhahara</i>
<i>Viharaja Nidana</i>	<i>Ayasa, Vyayama, Jagarana, Vega dharana</i>	<i>Atapa sevana</i>	<i>Divaswapa, Atapa, Anala, Abhighata</i>
<i>Manasa Nidana</i>	<i>Ati Shoka</i>	<i>Krodha</i>	-
<i>Kalaja Nidana</i>	<i>Grishma ritu</i>	-	<i>Sharada Ritu</i>

Poorvarupa

There are no *Poorvarupas* are mentioned in the *Samhitas* regarding *Vyanga*.

Roopa

When *Dosha-Dushya Sammurchhana* occurs in the *Vyadhi*, then specific signs and symptoms are produced which are known as '*Roopa*' of the *Vyadhi*.

The *Roopas* mentioned by *Acharyas*; are as follows

Table no. 2: Showing *roopa* of *vyanga*.

Sr. No.	<i>Roopa</i>	<i>S.S.</i> ^[6]	<i>A.H.</i> ^[7]	<i>M.N.</i> ^[8]	<i>Y.R.</i> ^[9]	<i>Bh.P.</i> ^[10]
1.	<i>Shyva varna</i>	+	+	+	+	+
2.	<i>Niruja</i>	+	-	+	+	+
3.	<i>Tanu</i>	+	+	+	+	+
4.	<i>Mandala</i>	+	+	+	+	+

Clinical types & *Lakshana* of *Vyanga*

According to the pre-dominancy of the *Dosha*, the Disease *Vyanga* can be categorized into four sub-types which are as follows;

Table no. 3: Showing Types & *Lakshana* of *Vyanga*.

<i>Vatika</i>	The eruptions having <i>Shyava</i> [Blackish] colour, on touching it is <i>Khara & Parusha</i>
<i>Paittika</i>	The eruptions are of <i>Tamra / Neela</i> colour
<i>Shleshmika</i>	Eruptions are <i>Shweta</i> in colour, associated with <i>Kandu</i>
<i>Raktaja</i>	<i>Rakta</i> and <i>Tamra varna</i> eruptions are presents with burning sensation

Samprapti

There are various *Sampraptis* are mentioned in the classics, which are as follows

- ❖ According to *charaka*: The aggravated *Pitta* gets dried up in the combination with *Rakta* and produces the disease *Vyanga*.^[11]
- ❖ According to *sushruta*: The anger and exhaustion causes vitiation of *Vata* and *Pitta*. The vitiated *doshas* reaches the face and produces *Niruja*, *Tanu* and *Shyava varnayukta*

mandalas. These *mandalas* are called as *Vyanga*. In this disease the *Shyava varnayukta* are mainly due to the predominance of *Vata dosha*.^[12]

- ❖ According to *Vagbhata* : *Vata* and *pitta* gets aggravated by *shoka*, *krodha* etc produces thin, blackish, round patches on the face to be termed as *Vynaga*.^[13]



Chart no. 1: Showing the *samprapti* of *vyanga*.

Samprapti ghataka

- *Dosha* - *Vata*, *Pitta*
- *Dushya* - *Rasa*, *Rakta*
- *Upadhatu* - *Twaka*
- *Stotas* - *Rasavaha*, *Raktavaha*
- *Agni* - *Jatharagni*, *Dhatvagni*
- *Marga* - *Shakhagata*
- *Vyadhi Adhishthana* - *Twaka*

Review on melasma^[14]

Melasma also called as ‘Chloasma’, it appears as asymmetrical blotchy brownish pigmentation on the face. This pigmentation is due to the overproduction of melanin by the pigment cells – melanocytes. It can lead to considerable embarrassment and distress.

The cause for the melasma is complex. There is a genetic predisposition to melasma, with at least one – third of patient reporting other family members to be affected. In most of the people melasma is a chronic disorder.

Role of *raktavaha srotodushti hetu* in *vyanga*

Raktavaha Stroto Dushti Hetu mentioned in various factors as per various *Acharyas*. *Vyanga* is one of among the *Kshudrakushtha*. So specific *Nidana Poorvarupa* etc. are not mentioned for *Vyanga* but as per *Raktavaha Stroto Dushti Hetus* are considered as causative factors for the development of *Vyanga*.

In *Kushtha Vyadhi* there is vitiation of *Raktadi Dosha Dushyas*. Also, *Kushtha* described among the *Raktapradoshaja Vyadhi*. Due to their *Ashraya Ashrayi Sambandha* it vitiates *Pitta Dosha* as well as *Rakta Dushya*. So, there is important to know the *Nidana* of *Raktapradoshaja Vyadhi* and *Raktavaha Stroto Dushti Hetu* while dealing with the *Kushtha Vyadhi*.

DISCUSSION AND CONCLUSION

The *Vyadhi Vyanga* is one of the *Kshudraroga* and also mentioned in the *Raktavaha Stroto Dushti Lakshanas*. Various Creams, lotions, beauty products were available for the management of *Vyanga* i.e. Melasma. In *Ayurveda*, there are various managements are described for *Vyanga* but main *Chikitsa* is *Nidana Parivarjana*, which helps to reduces the signs and symptoms of *Vyanga* by avoiding its causative factors. *Rakta* is one of the main causative factor which is related with the *Raktavaha Stroto Dushti*. *Vyanga* is also mentioned among the *Raktavaha Stroto Dushti Lakshana* and *Vyadhi*. Therefore, its causative factors are important for the proper diagnosis and management of disease *Vyanga*.

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