

EFFECTIVE AYURVEDIC TREATMENT IN FACIAL MELANOSIS – A CASE STUDYShreya Umesh Sawan¹, Jayant Subhash Hartalkar², Umesh Vasant Sawant³¹Associate Professor, Dept of Rachana Sharir, Dr.D.Y.Patil College of Ayurved ,Navi Mumbai, Maharashtra, India²Assistant Professor, Dept of Rachana Sharir, D.Y.Patil College of Ayurved, Navi Mumbai, Maharashtra,India³Associate Professor, Dept of Rachana Sharir, Mahila Ayurved College, Yamunangar, Haryana, India**ABSTRACT**

Hyper pigmentation is common and usually harmless but for cosmetic reasons, it is nuisance to those who have it. It is characterized by darkening of areas of skin caused by overproduction of pigment in the skin known as melanin. Facial melanosis, one of the hyper pigmented disorders is more commonly seen. According to Ayurveda, this condition can be treated as *Vyanga* which gives effective results from Facial melanosis without any side effect. A patient of facial melanosis treated with Ayurvedic treatment is presented in this case study.

Key Words: Facial melanosis, Vyanga, Ayurvedic treatment

INTRODUCTION

Healthy and glowing skin of face increases beauty of a person and also gives self confidence. There are many causes which disturb complexion and texture of the facial skin such as Acne, Hyper pigmentation etc. Hyperpigmentation is characterized by darkening of areas of skin caused by overproduction of pigment in the skin known as melanin. Although it is common in middle age and beyond, it can be seen in much younger patients. It is common and usually harmless but for cosmetic reasons, it is nuisance to those who have it. Hyper pigmentation presents no Medical threat. Thus the condition deserves serious attention.

Facial melanosis, one of the hyper pigmented disorders is more commonly seen. It is not only a prevalent condition, its one that can also be particularly stubborn to treat. In Modern medicines, many topical steroid ointments are prescribed in the management of Facial Melanosis.¹ However, such ointment may cause adverse effects such as irritation, rash. Etc.

On the basis of clinical features, Facial Melanosis can be compared with *Vyanga* men-

tioned in *Ayurved*. It is considered under *Kshudra roga*² caused by vitiation of *Vata Dosha* and *Rakta Dhatu*. It has got a major importance as a cosmetic problem in the society. It is characterized by the presence of painless, thin, bluish black patches on face. Also it is considered as *Rakta doshaja vikar*.³ In Ayurved, very good medicines are available for skin diseases. Ayurvedic treatment gives effective results without any side effects. A patient of facial melanosis treated with such traditional Ayurvedic treatment is presented in this present case study.

Objectives

1. To see effect of Ayurvedic treatment in Facial Melanosis.
2. To prove efficacy of Ayurvedic treatment over Modern Medicines.
3. To highlight the references of *Kshudra Roga* given in *Sushrut Samhita*.

Material and Methods

A Female patient of Facial Melanosis. Age: 44 Yrs Modern Medicines taken for 2 yrs for the same. Due to No significant results and side ef-

fects such as Hyperacidity and constipation, patient came for Ayurvedic treatment.

- C/O : Dark Black colored patches on Face since 15 yrs.No itching ,Burning
- H/O: Acidity, Constipation since 1 yr.
No H/O OF B.P., Diabetes
Menstrual History: Regular
Obs /H: 2 male children L.S.C.S
No H/O Abortions
- O/E : Dark black colored patches on Face
P/A: SOFT Tongue: Coated
Pulse: 82/min, B.P.: 130/90 mm of Hg
No specific investigations.

Rx

- For 15 days
 1. Arogyavardhini 1 tab TDS
 2. Mansapachak Yog 1 tab TDS
 3. Kaishor Guggul 1 tab TDS
 4. Laghu manjishtadi kwath 2TSF + 4 Tsf worm water BD
 5. Varnya Dravya Lepa: Shvet Chandan ,Anantmool,Lodhra,Yashtimadhu- for local application

* Patient is advised to avoid oily, spicy and sour foods

- Follow up after 15 days :
O/E: Patches on Face - lightened
Acidity – Reduced
No Constipation

From above symptoms,
Treatment given for 15 days,

1. Mansapachak Yog 1 tab TDS
2. Kaishor Guggul 1 tab TDS
- 3.Laghu manjishtadi kwath 2TSF +4 Tsf worm water BD
4. Varnya Dravya Lepa for local application

- Follow up after 30 days :

O/E: No Patches on Face

No Acidity

No Constipation

Same Treatment continued for 15 days.

Results and Observations

Before Treatment: Dark patches, Acidity and Constipation



Figure 1:.Dark patches on face

After 15 days Treatment – Due to medicines, Acidity reduced and constipation is completely cured .So, colour of patches is lightened



Figure 2. Lightened Patches on face



Figure 3: No patches on face

After 30 days – continued same treatment

| Symptoms | Before treatment | After 15 days treatment | After 30 days treatment |
|------------------------|------------------|-------------------------|-------------------------|
| Acidity | ++ | + | × |
| constipation | + | × | × |
| Patches on face | Dark | Lightened | No patches |

DISCUSSION

Patient had acidity and constipation before treatment, so for *deepan and pachana Arogyavardhini*⁴ is used in first 15 days.

As *Vyanga* is produced by vitiation of *Vata and Rakta Dhatu*, Rakta prasadak, rakta-shodhak medicines are given with *Arogyavardhini* in first 15 days.

Vyanga is a *Twacha rog*. *Twacha* is *updhatu of Mansa dhatu*.⁵ So *Manspachak yog*⁶ is used for *Pachana of Dhatwagni* which will provide normal colour to *twacha* by correcting function of *Ranjak Pitta*. All medicines are used which especially act on *Rakta Dhatu* such as *Laghumanjishthadi kwath*, *kaishor guggul* and *Varnya dravyas for Raktaprasadan*.

CONCLUSION

There are very good medicines available for the skin diseases in Ayurved which gives better results than modern medicines. Also, modern medicines may develop some side effects which are hazardous. Ayurvedic medicines are safe and it gives complete relief in critical condition like Hyperpigmentation. It can be considered as *Vyanga* mentioned in *Raktadoshaja vikar* and can be successfully treated by using *Raktashodhk*, *Raktaprasadak* and *Varnya Dravyas*.

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