UNDERSTANDING OF “VYANGA” AND ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

In Ayurveda all skin ailments are mostly mentioned in Kustha and Kshudra Roga. Vyanga is a condition of localized hypermelanosis which affects face. And continues to be a challenging problem as it causes immense mental stress and depression. The disease Vyanga is a type of Kshudra roga. It may manifest with various sign and symptoms like Mandalam Visrijati (circular lesion), Niruja Tanuka (painless thin lesion), Shyava (dark brown color) lesion over face. According to modern science it can be correlated with Melasma. It is also found in different type of systemic disorders. Melasma is a common acquired, Symmetrical hypermelanosis characterized by grey/dark, brownish maculae on sun exposed areas especially the face, forehead and more rarely on the nose, eyelids, chin, and upper lips. In the pathogenesis various factor like genetic predisposition UV rays, birth control pills, Hormonal replacement therapy etc. In Ayurveda treatment for this disease so many remedies are described as internal and external applications. Drugs with Rakta Prasadaka, Twak Prasadaka and Varnyakara properties are helpful in the management of Vyanga and help in Rakta Shodhana (blood purification)

Keywords: Vyanga, Kshudra roga, Rakta prasadaka, Melasma.
INTRODUCTION

Smooth and glowing complexion of the face increases the beauty of a person and gives self-confidence. Beauty is a subject of social media importance; Beauty has been admired since time immemorial. The importance of beauty and personality is increasing. The increased demand of beautification is evident by number of beauty contest. But with new lifestyle, pollution and other factor’s skin diseases have become common. The prevalence of Melasma is varies between 1.5% to 33.3% depending on the population. Its prevalence in pregnancy is around 50% to 70%. The disease prevalence among Asians is about 40% females and about 20% in males. In Ayurved the literary meaning of Vyanga is “vi + anga” i.e. (vi means vikrta, vigata, vilaka) Vikrta anga. Vyanga has been described by all the Brhattayi. A detailed and separate description of Vyanga is described in the chapter of “Kshudra Roga” in Sushruta samhita which includes Nidana, Laksana, Samprapti. In Charak Samhita Vyanga is consider as a “Raktaja Roga”. And a common Samprapti for Tilaklaka, Piplu, Vyanga and Neelika in Trisothiya Adhyaya has been given. Vyanga is one of those common skin ailments. Vyanga is a disease, which decreases the glowing complexion of the face. Among many diseases concerned with cosmetic values, Vyanga is such a condition affects the beauty as well as the personality of a person. Many people are suffering from Vyanga today. Among them women are commonly found due to changes occurring during pregnancy and use of lots off cosmetic products. Vyanga is a type of Kshudra Roga, characterized by Niruja, Tanuka, Shyava Varna mandalas occurring especially on the face due to Vata, Pitta and Rakta dosha. In Ayurved, various drugs and therapies are mentioned for Vyanga like Mukhabhyanga, Nasya, Raktamokshan, Lepa etc. The clinical features of Vyanga are similar to Melasma. Which is an Acquired, chronic hyperpigmentation disorder. Usually seen in women in childbearing age. Exposure to ultraviolet radiation is believed to be the leading factor in its development. Hormonal influence is also considered in development of Melasma. Relapsing hypermelanosis characterized by hyper pigmented patches on sun exposed area of the face, neck and fore arms.

Disease Review-

Aetiology Factors-


This is the aetiology factors of Vyanga. which mentioned in Ayurveda textbook. The aetiology of Melasma is unknown but several other factors include exposure to sunlight appears to be the most important factors associated with this condition. Other predisposing factors that have been reported include childbirth, intake of oral contraceptive pills, endocrine problems including abnormalities, use of cosmetics, drugs especially anti-convulsant and photosensitizing, and genetic influence. Various studies have shown an increase in the levels of luteinising hormone in both women and men suffer from Melasma and a decrease in serum levels of estradiol and testosterone in women and men, respectively.  

Sign & Symptoms- As per the Ayurved, Vyanga is a thin, grey coloured circular patch which occurs in face. Acharya Sushruta gave an additional point regarding Rupa of Vyanga. According to them Vyanga is painless. Acharya Charak did not specifically mention the Rupa of Vyanga. Clinical features of Melasma is brown macular pigmentation with well-defined scalloped margins. The pigmentation darkens on sun exposure and symmetrically on cheeks, nose, forehead and chin.

Types- Doshasamutar types of Vyanga is mention by Ashtha Hridayakar

A. Vatika Vyanga - Shyava, parusha
B. Pitta Vyanga - Tamra, Nila.
C. Kaphaja - Vyanga- Kandu
D. Raktaja Vyanga - Burning and pricking sensation.
3- Mixed- This is the most common type of Melasma diagnosed and is characterized by a combination of light and dark brown patches and bluish discoloration.
Clinically classification-
1) Central facial pattern - Cheek, forehead, nose.
2) Malar pattern - Cheek, nose
3) Mandibular pattern – Chin

However, in India the malar region is more frequently involved (73%) 

Pathophysiology- While describing about Samprapti of Vyanga Charak said that vitiated Pitta by its causes when get dried in Rakta of Twaka, Tilakalaka, Piplu, Vyanga and Neelika develops As per Acharya Sushruta, Vayu aggravated by Krodh, Aayash, get associated with Pitta suddenly produces a thin, grey coloured circular patch when reaches the face
As per Acharya Asthanga Hiradaya mentioned that Vayu aggravated by Krodh, Shoka along with Pitta produces a light, grey coloured circular patch in the face and is called as Vyanga

In modern pathogenesis of Melasma is number of melanocytes in the lesions may be increased and melanosomes both with in melanocytes and keratinocytes are increased in size and increased expression of alpha- MSH in keratinocytes and over expression of stem cells factors in fibroblasts and its receptors c-kit in melanocytes of skin.

Treatment-
Treatment for Vyanga as illustrated by various Acharyas.
1. Sushruta Samhita - Siravedha, Pralepa
2. Astanga Hiradaya- Siravedha, Lepa, Shamana Nasya
3. Yoga Ratnakara - Siravedha, Pralepa, Abhyanga
4. Chakradutta- Siravedha, Pralepa, Abhyanga

Treatment of Melasma is very challenging due to relapsing tendency, dermal component, which is difficult to treat, and emotional swings associated with the condition. These consist of avoidance of exposure to sunlight, wearing protective clothing, use of broad spectrum (>30%) and combination of HQ with the topical tretinoin and steroids is considered first line therapy. Hydroxy acid like glycolic acid (6-12%) can be used as a night cream. Chemical peels like glycolic acid peels, physical modalities, Systemic therapies and Lasers like Q- switched alexandrite lasers, Fractional laser etc.

DISCUSSION
Vyanga is one of the anaesthetic dermatoses that lead to great demand for specialized treatment even though it is just a common and benign pigmentation abnormality. But it causes associated emotional and psychological effects in individuals affected by this due to its cosmetically compromising nature, who often, because of dissatisfaction with their appearance, eventually reduce their social lives. As explained by different Acharyas in several Ayurvedic texts and modern literature concerning Melasma we can conclude that both sciences have shown similarity in understanding of Melasma in terms of causative factors, onset of symptoms, age factors, pathophysiology and method of treatment of melasma. Vyanga is one of the most common skin problems in all over world treated by dermatologists. Vyanga has been elaborated in Ayurveda as a Kshudra roga, In Samprapti process of Vyanga, factors state by Acharyas has given special emphasis towards psychological factors like krodha. Shoka, Shrama, which are commonly found in most of the patients. In Samprapti of Vyanga, Acharyas charak mentioned that aggravation of pitta along with Rakta is the chief culprit for initiation of pathology. Vyanga is a Rakta pradoshaja vyadhi, Dosha prakopaka hetu like krodha, Shoka and Shrama are mainly tama, Pitta and Vata dominance, vitiates the Agni which resides in Rasa and initiates the pathogenesis of Vyanga. Here Ranjaka pitta is responsible for the conversion of Rasa Dhatu into Rakta Dhattu which results in the formation of normal skin colour. However due to etiology factors vitiation Vata, Pitta doshas affects the jatharagni, normal function of Ranjak pitta i.e. Varnotpatti.

As far as the treatment of Vyanga is concerned, both the science advises the use of tropical as well as oral medications. Modern science describes the treatment as per the severity of the Vyanga similarly Ayurveda
has also advised Raktamokshana for severe cases of Vyanga. Ayurveda believe in expelling the root cause of Vyanga by giving Sadhana chikitsa and Astanga Hridayakaar advised Shanman Nasya in Vyanga. Nasya is preferred for the disease of Urdhuvayutugata roga. Vyanga is one of the diseases occurring on the face. Medicine used for Vyanga diseases are mainly Vata, Pitta Shamak and Rakta Shodhak and Twachanugami, so they counteract vitiated Dosa and bring Twacha in normal complexion. Nasya is also useful psychological factors of the diseases because Nasya is Manoprasathan and Srotas Shodhak procedure. Aetiology factors of these diseases like Krodh, Shoka, Shramshaya is also psychological factors. Pranavayu is situated at head and vitiated Pranavayu is controlled by Nasya therapy. Nasya act at Shringataka marma and Nobel Route of drugs administration. Lepa is helpful in management of Vyanga like Arjun twak lepa and Varnya Mahakashaya drugs. Rasa of Arjuntwak is Kashaya, Gunas are Laghu, Ruksha, Veerya is Sheeta and mainly having Pitta Shamak, Rakta prasadhat and Twak prasadhak properties. And Rasa of Varnya mahakashaya drugs is Kashaya, Madhur, Tikta, Gunas are Laghu, Snigdha and Veerya is Sheeta. Varnya mahakashaya drugs are having properties like Rakta shodhak, Varnya prasthan, Daha Shamak, Kanduha. Due its Kashaya Rasa it will pacify Pitta and Rakta dosha and removes Twak Vaivarnyata and help to attain the normal skin colour. Due to its Sheeta Veerya it Pacifies Pitta Dosha and purify accumulated dosha due to prasadana property of Sheeta Veerya. Modern science also aims at eliminating one of the main factors of Vyanga by advising oral as well as local antibiotics. Effective treatment modalities are available in both science but sometimes adverse effect and reported with higher recurrence rate of modern medicine and management of Melasma is having low success rate. In present review, an effort is made to compile scattered reference of Vyanga under roof and also a comparison is made between Ayurveda and modern medicine with regards to understanding of Vyanga.

**CONCLUSION**

Melasma is a common pigmented disorder having deleterious impact on patient life quality. As per Ayurveda Vyanga is a disease mentioned under Kshudra Roga. The foremost objective of Ayurveda is not only to prevent the Vyanga but as well as cure the diseases. Therefore, in Ayurveda there is a good answer to this disease it has great treasure of Panchakarma which not only treat the diseases but remove the root cause.

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