

AYURVEDIC MANAGEMENT OF VYANGA (MELASMA) – A CASE REPORT

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ABSTRACT

Melasma is known for causing a significant impact on quality of life, including a negative effect on the patient's emotional well-being and social life. *Ayurveda* refers to this condition as 'Vyanga' where in *Vata Pitta Dosha* as well as *Manasika Nidanas* such as *Krodha* (anger), *Shoka* (sorrow) & *Ayasa* (mental exertion) are the main culprits. The disease *Vyanga* is counted under *Kshudra Roga*, which mainly affects the glowing complexion of a person by producing *Shyava Varnya Mandalas* on *Mukha Pradesha*. This happens because of vitiation of *Ranjaka Pitta*, *Udana Vayu* and *Rakta Dhatu* gets *Sthana Samshraya* in *Mukhgata Twacha* and leads to vitiation of *Bhrajaka pitta*, which gives rise to discolouration of the skin. Acharya Yogaratnakara has mentioned *Vatankuradi Lepa* for its treatment. So, considering this reference the treatment has been given to a 33-year-old female patient having *Vyanga* on her face with *c/o* itching on the face for the last 3 years consulted in OPD of Kayachikitsa department in Ashwini Ayurvedic Medical College, Davanagere. The patient had complete disappearance of *Vyanga* after treatment. According to the grading scores, the efficacy of the drug is assessed.

Keywords: *Vyanga*, *Vatankuradi lepa*, *Madhu*

INTRODUCTION

Kshudra Rogas are minor diseases having simple aetiology & symptoms, but in exceptional cases, these can produce a marked cosmetic disability and give rise to much mental stress. *Ayurveda* mentions a good number of medicines for skincare like massage with oils, application of a paste of medicines etc makes the face smooth, soft and glowing ⁽¹⁾, in addition to this bloodletting is also described ⁽²⁾. Considering these points *Vatankuradi Lepa* ^(3,4,5,6,7) selected for topical medications is easily available and cost-effective.

Vyanga ⁽⁸⁾ is considered as *Ksudra roga*. It is characterised by the presence of *Neeruja*(painless), *Tanu*(thin) and *Shyava Varna Mandalas* (bluish-black patches) on the face, which occurs due to vitiation of *Vata*, *Pitta* followed by *Rakta dosha*. In this study, the majority of patients are female, they took *Katu*, *Lavana*, *Amla Rasatmaka Ahara* and *Rukshya Ahara* ⁽⁹⁾ i.e., bakery items, fermented foods, street food, which are *Vata*, *Pitta* and *Rakta prakopaka Ahara*. *Vatankuradi lepa* is *Tikta*, *Madhura*, *Kashaya Rasa*, *Sheeta Veerya*, *Katu Vipaka* also *Guru* and *Ruksha* in nature with alleviating specific action on all *Doshas* ^(10,11). this *Lepa* contains *Raktaprasadaka*, *Vata-pitta Shamaka*, *Kapha-pitta Shamaka*, *Kusthagna* qualities. Pharmacologically it acts as an astringent, disinfectant, blood purifying agent, antiseptic, analgesic useful in skin disease and blood impurities.

CASE REPORT

A 33-year-old female patient was consulted in OPD of Kayachikitsa department of Ashwini Ayurvedic

Medical College and PG Centre, Davanagere, Karnataka.

The patient presents chief complaints as.

- Dark black coloured patches on both the cheeks since last 3 years
- Mild itching on the face
- oily skin.

History of present illness

The patient was normal before 3 years; she is a working woman and hence undergone sun exposure so affected by *Vyanga* on cheeks first. And then gradually spread on the nose, forehead and chin. She consulted for various treatments in other systems but not got relief, so she consulted here for *Ayurvedic* treatment particularly came for OPD of Kayachikitsa department.

Past History: Not significant.

Personal history

Name – XYZ, Age – 33 years, Gender – female, Marital status – married, Occupation – bank worker, Religion – Hindu, Diet – *sa mishra*, Appetite – poor, Sleep – disturbed, Bowel – regular, Micturition – normal, Habit – none, Mental status – anxiety, Height – 151 cm, Weight – 57 kg, B.P – 120/70 mm of Hg, *Prakruti* – *vata kapha*

ASHTA VIDHA PAREEKSHA

Nadi – 72/min, *Mutra* – normal, *Mala* – normal, *Jihva* – clean, *Shabda* – clear, *Sparsha* – normal, *Drik* – normal, *Akruti* – normal

Table 1: Composition Of Given Lepa

| Sl.no | Drug | Latin name | Part used | Proportion |
|-------|---------------|---------------------------|-----------|---------------------|
| 1 | <i>Vata</i> | <i>Ficus benghalensis</i> | Leaf bud | 1 part |
| 2 | <i>Masura</i> | <i>Lens culinoris</i> | Seeds | 1 part |
| 3 | <i>Madhu</i> | | | Quantity sufficient |

TREATMENT PLAN

Formulation: *Vatankuradi Lepa*

Mode of application: External application with *Madhu*

Time of application: 2 times a day morning and evening about 15-20 mins

The thickness of application: $\frac{1}{2}$ *Angula*

Duration: 60 days

Follow up: 15 days once

Method:

- Poorva karma:** Wash the face thoroughly with warm water and dry it completely.

- **Pradhana karma:** The patient will be given Lepa for uniform application every morning and evening on the affected area for 15-20 mins.
- **Paschat karma:** The application has to be removed by washing with lukewarm water.

ASSESSMENT BY GRADATION

(1) Subjective criteria:

Table-2: (a) *Kandu* (itching)

| | | |
|-------|---|--|
| Grade | 0 | No itching |
| Grade | 1 | Mild itching (occasional, does not disturb routine) |
| Grade | 2 | Moderate itching (disturbs routine activity but not sleep) |
| Grade | 3 | Severe itching (disturbs both routine and sleep) |

Table 3: (b) *Daha* (burning)

| | | |
|-------|---|---|
| Grade | 0 | No burning |
| Grade | 1 | Mild burning (occasional, when exposed to sun) |
| Grade | 2 | Moderate burning (frequent burning which increases on sun exposure) |
| Grade | 3 | Severe burning (continuous burning to sun exposure) |

Table 4: (c) *Snigdha* (oiliness) / skin texture

| | | |
|-------|---|--|
| Grade | 0 | Absent |
| Grade | 1 | Mild (not seen with naked eyes, felt by touch) |
| Grade | 2 | Moderate (visible on skin) |
| Grade | 3 | Severe (excessive oiliness, acne formation) |

Table 5: (d) *Rookshata* (dryness)/ skin texture

| | | |
|-------|---|---|
| Grade | 0 | Absent |
| Grade | 1 | Mild (not seen but felt) |
| Grade | 2 | Moderate (feels while stretching of skin) |
| Grade | 3 | Severe (visible, hardness of skin) |

(2) Objective criteria:

Table 6: (a) Number of lesions

| | | |
|-------|---|-----|
| Grade | 0 | 1-2 |
| Grade | 1 | 3-4 |
| Grade | 2 | 5-6 |
| Grade | 3 | >6 |

Table 7: (b) Size of the lesion (in cm)

| | | |
|-------|---|-----|
| Grade | 0 | 0-1 |
| Grade | 1 | 2-3 |
| Grade | 2 | 4-5 |
| Grade | 3 | >5 |

Table 8: (c) Skin lustre homogeneity (involved skin area)

| | | |
|-------|---|--------------|
| Grade | 0 | Good/radiant |
| Grade | 1 | Mild |
| Grade | 2 | Moderate |
| Grade | 3 | Poor/severe |

OBSERVATION AND RESULTS

The below table shows the efficacy of *Vatankuradi Lepa* with *Madhu* in the management of *Vyanga* with special reference to melasma.

Table 9

| Sl.no | a | b | c | d | e | f |
|---------------------------|------------------|------------------|------------------|---------------|-------------------|----------------|
| Signs & symptoms | Itching on patch | Burning on patch | Oiliness on skin | Involved area | Number of lesions | Size of lesion |
| Before treatment | 3 | 1 | 2 | 2 | 1 | 3 |
| 1 st follow up | 2 | 1 | 1 | 2 | 2 | 2 |
| 2 nd follow up | 2 | 0 | 1 | 1 | 2 | 2 |
| 3 rd follow up | 1 | 0 | 1 | 1 | 1 | 1 |
| After treatment | 0 | 0 | 0 | 0 | 0 | 0 |

DISCUSSION

The patient advised undergoing routine investigations of blood, urine and stool are carried out before treatment to rule out any systemic diseases. The patient underwent treatment for 60 days duration. As *vyanga* comes under skin disorder, *Pathyapathya* explained for *kushta* can be applied for *Vyanga* too. Patient advised to take *Laghu, Hita Ahara, Shashtika Shali, Yava, Godhuma, Mudga, Adaka, Masura, Nimba Patra, Patola Patra, Brihatphala, Jangala Mruga Mamsa, Gomutra* etc. And advised to avoid *Drava, Guru, Vidahi, Vishtambi, Pitta* and *Rakta* aggravating *Ahara*, the patient should not take *Masha, Moolaka, Amlaphala, Tila, Anupa Mruga Mamsa, Dadhi, Ksheera, Madya, Guda, and Diwaswapna, Vyayama, Veganirodha, Suryarashmi* are also avoided. She got significant relief from the signs & symptoms of *Vyanga*. The main mechanism of skin cell disturbance is related to an oxidative stress reaction. A broad spectrum of biological activities is possessed by phenolic compounds. That possesses the ability to maintain skin homogeneity and proper healthy skin due to effective skin renewal, elastin and collagen stimulation and decrease the synthesis of

excessive melanin⁽¹²⁾. The epigallocatechin is the main phenolic compound that acts on hyperpigmentation. *Vatankuradi Lepa* is *Tikta, Madhura, Kashaya Rasa, Sheeta Veerya, Katu Vipaka* also *Guru* and *Ruksha* in nature with alleviating specific action on all *doshas*. This *lepa* contains *Rakta Prasadaka, Vata-pitta Shamaka, Kapha-pitta Shamaka, Kusthagna* qualities. *Varnya* drugs has action on skin, *Bhrajaka Pitta* and *Rasavaha, Raktavaha Srotas*. The skin colour (complexion) mainly depends on *Bhrajaka Pitta*.

CONCLUSION

The exact causes of melasma are unknown. However, multiple factors are implicated in its etiopathogenesis, mainly sunlight, genetic predisposition and the role of female hormonal activity. Melasma is a chronic, acquired cutaneous characterized by hypopigmented patches on skin exposed areas of the face, neck and forearms exposure to ultraviolet radiation is a leading factor. In this present study, the patient underwent treatment for 60 days and got significant results. Here, *Vatankuradi Lepa* has proven good results on dominant involved *Dosha* and *Dushya* viz, *Vata, Pitta* and *Rakta Dosha*. And no adverse reactions were

found. And finally, it proves that the proper dose with the suitable mode is selected for a particular disease according to *Dosha Dushya* will give the significant results as mentioned in ancient classics.

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