

AYURVEDIC CONCEPT OF VYANGA (MELASMA) AND ITS RELEVANCE IN THE MODERN ERA – A CRITICAL REVIEW**Dolly Kumari¹, Vaishali Chaudhari², Mamata Nakade³**

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Article Received: 30/11/2022 - **Peer Reviewed:** 10/12/2022 - **Accepted for Publication:** 28/12/2022.**ABSTRACT**

Ayurveda is an ancient science that promotes health and cures diseases from the root cause. In *Ayurveda*, all types of skin diseases are included under *Kustha* and *Kshudraroga*. *Vyanga* (Melasma) is a disease that comes under *Kshudraroga*. “*Kshudraroga*” means “Minor disease”, but it has major importance as a cosmetic problem in society. *Vyanga* produces dark patches of hyper pigmentation especially on the cheeks, nose, forehead, and chin. *Nidana* of *Vyanga* is both *Sararik Vata*, *Pitta*, *Kapha Doshas* and *Manshik Krodha* (anger), *Shoka* (sorrow), *Ayasa* (mental exertion), and symptoms such as *Niruja* (painless), *Tanu* (thin), *Shayva Varna Mandala* (bluish-black patches). *Susruta Samhita*, *Astanga Sangraha*, *Astanga Hrudaya*, *Madhav Nidan*, *Yogaratanakar* and *Sarangdhara* explained about *Nidana* and *Lakshana* of *Vyanga*. In *Ayurveda Panchakarma Chikitsa* is explained for *Vyanga*, such as *Lepa*, *Abhyanga*, *Raktamokshana*, *Virechan*, *Nasya*, etc. According to modern science, *Vyanga* is correlated with melasma and is commonly known as a pigmentary disorder. The cause of melasma is mainly UV radiation.

Key words: *Vyanga*, *Kshudraroga*, Melasma**INTRODUCTION**

Beauty and personality are one of the most valued aspects in this competitive era. The importance of

beautiful and healthy skin is increasing day by day. Everyone wants a distinct personality that differs

from the crowd. *Vyanga* has major importance as a cosmetic problem in society. The cause of melasma is UV radiation, birth control pills, systemic disease, hormonal disturbance, cosmetic and genetic factors, due to this cause melanin pigment is produced and situated in the epidermis and dermis layer of skin. Melasma is commonly seen in females because melanin pigment is produced by the female sex hormone estrogen and progesterone.

According to *Ayurveda Samhita* *Vyanga* disease is primarily seen in *Mukha Pradeshi* (facial area). In *Ayurveda* many types of *Varnya Prasadana Dravya* are described such as *Manjistha*, *Lodhra*, *Priyangu*, *Raktachandan*, *Kustha*, *Jatiphala*, *Arjun*, *Vatankura*, *Masura* etc. which are applied locally or taken orally in the form of medicine. *Panchakarma* therapy is popular for the *Ayurvedic* management of the disease.

Abhyanga, *Lepa*, and *Raktamokshana* make the skin soft, smooth, and glowing.

NIRUKTI

Vyanga is derived from two words *Vi + Anga*. “*Vi*” means *Vikruti*, *Vighatan*, and “*Anga*” means body/part. In the present context, *Vyanga* refers to dark patches or spots on the face.

NIDAN PANCHAK

Kshudraroga has a minor *Hetu*, *Lakshana*, and *Chikitsa* so they are called *Kshudraroga*. Some of the skin diseases are mentioned under *Kshudraroga*, *Vyanga* is commonest one of them. Different *Acharya*'s has different opinions regarding the total number of *Kshudraroga*.

Table 1: Number of *Kshudraroga*

<i>Acharya</i> 's	Number
<i>Susruta</i>	44
<i>Vagbhata</i>	36
<i>Madhavakara</i>	43
<i>Sarangdhara</i>	60
<i>Yogaratanakar</i>	44

NIDANA: The main causative factor of *Vyanga* is *Krodha*, *Shoka*, and *Ayasa*.

Table 2: The causative factor for *Vyanga*

<i>Nidana</i>	<i>Susruta</i>	<i>Vagbhata</i>	<i>Madhavakara</i>	<i>Yogaratanakar</i>
<i>Krodha</i>	+	+	+	+
<i>Shoka</i>	-	+	-	-
<i>Ayasa</i>	+	-	+	+

ETIOLOGY: The causative factors of melasma are UV radiation, hormonal disturbance, systemic disease, birth control pills, genetic and cosmetic factors etc.

POORVA RUPA: Not mentioned in any texts of *Ayurveda*.

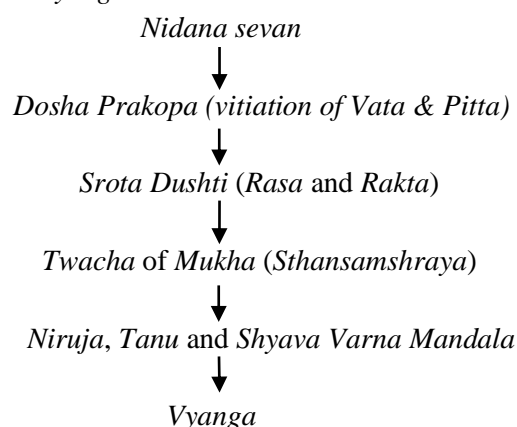
RUPA: According to different *Acharya*'s *Lakshana* of *Vyanga* are different.

Table 3: Lakshana of Vyanga

s.no.	Lakshana	Susruta	Vagbhata	Madhavakara	Yogaratanakar
1.	Niruja	+	-	+	+
2.	Tanu	+	+	+	+
3.	Shyava varna	+	+	+	+
4.	Mandala	+	+	+	+

SIGN AND SYMPTOMS: Melasma is bluish – black colour patches and usually seen over the cheeks, forehead, nose, and chin.

SAMPRAPTI: The *Samprapti* of *Vyanga* are shown below in the flow chart -

**Table 4: Samprapti Ghatak**

Dosh	Vata, Pitta
Dushya	Dhatu- Rasa, Rakta, Upadhatu- Twak
Srota	Rasavaha, Raktavaha
Srota Dushti	Rasavaha, Raktavaha
Marga	Sakhagata
Adhistan	Twak

ETIOPATHOGENESIS

The etiopathogenesis of melasma is unknown but the risk factor is UV radiation, hormonal disturbance, systemic disease, birth control pills, cosmetic and genetic factor. It causes an increase in melanin pigment and localizes in the epidermis, dermis, and sometimes both layers of skin.

SADHYASADHYATA: According to *Ayurvedic* text *Vyanga* are *Sukha Sadhya*.

UPADRAVA: *Vyanga* has no *Upadrava* but when it suddenly appeared in disease patients then considered as *Arista*.

CHIKITSA

According to *Ayurvedic* texts, both *Shodhan* and *Shaman Chikitsa* are given for the *Vyanga*.

Shodhan Chikitsa – *Vaman, Virechan, Nasya, Raktamokshana*

Shaman Chikitsa – Internal medicine

Sthanik Chikitsa – Local applications such as *Lepa* and *Taila* etc.

Different *Acharya's* has a different opinion about *Chikitsa* of the *Vyanga*.

Table 5: Chikitsa of Vyanga

Chikitsa	Susruta	Astanga Sangraha	Astanga Hrudaya	Yogaratanakar
Lepa	+	+	+	+
Abhyanga	-	+	+	+
Vaman	-	+	-	-
Virechan	-	+	-	-
Nasya	-	+	+	-
Raktamokshana	+	+	+	+

MODERN TREATMENT

Now a days there are so many drugs for the management of melasma including hydroquinone, corticosteroids, chemical peeling, laser therapy etc. The main goal of this treatment is to remove the existing pigment and prevention of formation of new pigment.

PATHYAPATHYA: *Vyanga* is a skin disease and *Pathyapathya* applied in *Kustha* disease should be followed.

DISCUSSION

Vyanga is a *Kshudraroga*. Different *Acharya's* has different opinion about the *Adhistan* of the *Vyanga*. According to *Acharya Susruta* and *Vagbhata* 2nd layer of *twak* named *Lohita* is the *Adhistan* of *Vyanga* but *Acharya Dalhana* and *Sharangdhara* told 5th layer of *Twak* named *Vedini* is the *Adhistan* of *Vyanga*. *Acharya Charak* explained without naming *Adhistan*. According to *Acharya Charak*, *Vyanga* is *Pitta Pradhan*, *Acharya Susruta* *Vata* and *Pitta* but *Acharya Vagbhata* separately defined *Vataja*, *Pittaja*, and *Kaphaja Vyanga*. *Acharya Charak* does not mention the specific colour of the lesion, *Acharya Susruta* and *Yogaratanakar* mentioned *Shyava Varna*, *Astanga Hrudaya* mentioned *Shyamla* and *Astanga Sangraha* mentioned the colour of the lesion according to *Doshas* such as *Shyava* for *Vataja*, *Neela* and *Tamra* for *Pittaja*, *Sweta* for *Kaphaja* and *Rakta* and *Tamra* for *Raktaja*. *Kushtaghana*, *Kandughana*, *Twaka Prasadan*, *Raktaprasadan*, and *Varnyakar Dravya* are used for the treatment of *Vyanga*. *Varnya* drugs have an important role for *Varna Prasadan* in skin disorders.

CONCLUSION

Vyanga is a *Kshudraroga*. Most of the *Acharya's* defined it is *Niruja*, but it is more painful for the mind because it has major importance in society. *Nidana* of *Vyanga* is *Krodha*, *Shoka*, *Ayasa* and *Dosha* involve is *Vata* and *Pitta* and *Dushya* is *Rasa* and *Rakta*. According to modern science, *Vyanga* is correlated with melasma.

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