



Case Study

MANAGEMENT OF VYANGA VIS-A-VIS MELASMA THROUGH AYURVEDA- A CASE SERIES

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ABSTRACT

Melasma is a skin condition characterized by dark spots and patches on the nose, cheeks, forehead and jaw line. Although it is completely harmless, it causes skin discoloration which is difficult to fade away with routine skin care. Melasma can lead to social isolation and stigmatization adversely affecting the quality of daily life which definitely has a major impact on individual's psychological state and social relationship.

The symptomatology of *Vyanga* given in various available Ayurvedic classics are *Mandala* (circular patches), *Shyava* (brown), *Tanu* (thin), *Niruja* (painless), etc. The clinical features of melasma can be correlated with *Vyanga* and condition can be treated based on the *Vyanga Chikitsa*.

Objectives: To evaluate the efficacy of *Haritakyadi Lepa* in the management of *Vyanga* and to review the etiopathology and the clinical aspect of the *Vyanga*.

Result: Based on the collected data, efforts were made to evaluate the efficacy of *Haritakyadi Lepa* followed by *Sadyo Virechana* with *Manibhadra Guda* in the subjects of melasma vis-à-vis *Vyanga*.

Conclusion: In contemporary science, topical steroids have been described in the management of melasma. Alternative to that *Haritakyadi Lepa* along with *Madhu* selected for treatment, has shown very effective result in *Vyanga*.

INTRODUCTION

Beauty is defined as the qualities in a person which pleases the aesthetic senses. It includes shape of the body, colour and texture of the skin, hair and nails. In the olden scripture, the beauty is termed as "*Shubha*" signifying pure, neat and complete with both inner and outer expression of a body and soul. Beauty is also defined as "*Roopam Gunam Vayastyag Iti Shubhanga Karanam*" i.e., the long lasting outer and inner beauty which is responsible for the attractive presentation of oneself.

Cosmetic therapy is the treatment modality of improving the appearance or beautifying the body especially the face and hair. Ayurveda offers safe, effective as well as economical aids for beauty care.

By using herbs, flowers, essential oils and naturally occurring minerals, Ayurvedic cosmetics brings the skin to a perfect balance.

According to *Sushruta Samhita*, *Vyanga* is the *Kshudra roga*^[1], which mainly affects the skin of the face. It is considered as a *Rakta Pradoshaja Vyadhi*^[2]. *Dushti* of either *Pitta* or *Rakta* causes impairment to one another due to their *Ashrayaashrayi Bhava*. Specific etiological factors i.e., *Krodha*, *Aayas* are mentioned in the text but generally *Nidana* causing the vitiation of *Vata*, *Pitta Dosha* and *Rasa*, *Rakta Dhatu Dushti* play an important role in the manifestation of *Vyanga*.

The causative factors described in the modern text are useful to support above fact. Sun exposure, drug intake e.g., oral contraceptive pills, hormonal changes at a particular stage, vitamin deficiency etc causative factors can be considered as *Mithya Ahara* and *Vihara*

The appropriate management of melasma and its understanding can be achieved by adopting various Ayurvedic concepts and therapies related to cosmetology.

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In the present study, subjects were administered with *Sadyo Virechana* with *Manibhadra Guda* followed by application of *Haritakyadi Lepa* (*Anubhoota Yoga*) for 30 days.

AIMS AND OBJECTIVES

To evaluate the efficacy of *Haritakyadi Lepa* after *Sadyo Virechana* with *Manibhadra Guda* in the management of *Vyanga*.

MATERIALS AND METHODS

Total 9 subjects irrespective of gender, caste, religion and socioeconomic status who were diagnosed to have *Vyanga* were selected from outpatient department and inpatient department of government Ayurveda medical college, Mysore, Karnataka.

An informed consent from each patient was obtained before starting the course of treatment.

Diagnostic Criteria

Patients characterised with *Niruja* (painless), *Shyava* (bluish black), *Tanu Mandala* (macules) on the face were diagnosed for the *Vyanga*.

Inclusion Criteria

- Patient presenting with the signs and symptoms of *Vyanga* will were selected.
- Patients of age group 30 to 60 years were selected.
- Patients irrespective of caste, religion, gender, economic status were selected.
- Chronicity less than 5 years.

Exclusion Criteria

- Hyperpigmentation caused by tumour like malignant melanoma.
- Hyperpigmentation caused since birth like nevus of ota.
- Patients with secondary systemic involvement.
- Patients taking Oral Contraceptive Pills, pregnant women, lactating mothers.

Literature Review

Disease Review

शोकक्रोधादिकुपिताद्वातपित्तान्मुखेतनु

श्यामलं मण्डलं व्यङ्गं वक्त्रादन्यत्र नीलिका॥ A.H.U. 31/28॥

Vata and *Pitta Dosha* gets *Prakupita* after exposure to *Nidana* like *Shoka*, *Krodha* etc. in turn leading to *Tanu* and *Shyamala Mandala* over the face known as *Vyanga*^[3].

Drug Review

1. *Manibhadra Guda*

Manibhadra Guda is mentioned in *Ashtanga Hridaya*, *Kushta Chikitsa Adhyaya*.

It contains *Vidanga*, *Amalaki*, *Haritaki*, *Trivrut* and *Guda*.^[4]

2. *Haritakyadi Lepa*

Haritakyadi Lepa is an *anubhoota yoga* which contains *Haritaki*, *Yashtimadhu*, *Lodhra*, *Rakta Chandana* (1 part each) and *Tankana bhasma* (1/8th part).

POSOLOGY

Lepa was prepared by using fine powder of *Haritakyadi Yoga* and rose water as a media for mixing.

A *Lepa* was prepared out of it. The patients were advised to wash the face with lukewarm water followed by application of *Lepa* from medial to lateral direction (Opp. to direction of hair follicles) in sufficient quantity so as to cover the affected areas effectively. Patients were advised to apply freshly prepared *Lepa* once daily (morning). Not to apply over previous *Lepa* and at the night time. Patients were advised to wash the face with lukewarm water before the *Lepa* dries completely (after about 15-20 minutes) and not to expose to sun during the period of treatment.

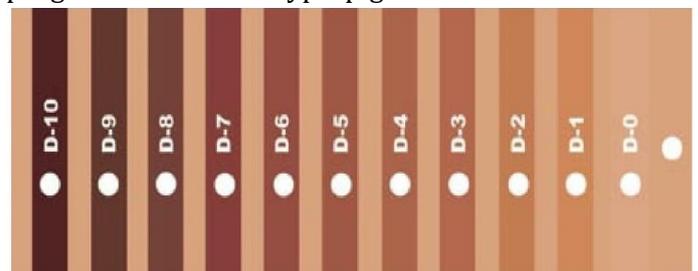
The fine powders of drugs and *Manibhadra Guda* were procured from *Ashwini Ayurvedalaya*, Mysore for the purpose of the study.

Duration- 30 days

Assessment Criteria

The effect of the study was assessed based on Taylor Hyperpigmentation Scale.

The Taylor Hyperpigmentation Scale is a new visual scale developed to provide an inexpensive and convenient method to assess skin color and monitor the improvement of hyperpigmentation following therapy. The tool consists of 15 uniquely colored plastic cards spanning the full range of skin hues and is applicable to individuals with Fitzpatrick skin types I to VI. Each card contains 10 bands of increasingly darker gradations of skin hue that represent progressive levels of hyperpigmentation.^[5]



Overall assessment

CS- Clinically stable i.e., skin grade (D) remains same as that of initial grade

CI 1- Mild clinical improvement i.e., one grade reduction against initial grade

CI 2- Moderate clinical improvement i.e., two grades reduction against initial grade

CI 3- Good clinical improvement i.e., three grades reduction against initial grade

OBSERVATION AND RESULTS

Observations

Total 9 subjects were registered for the study and all of them had completed the treatment.

Maximum number of patients were in the age group of 26-35 years. Majority of the patients were females. Among 9 subjects, 8 subjects were from upper middle class and 1 subject was from lower middle class. All the subjects were having complaints of patches over cheek, nose and forehead.

RESULTS

Table 1: Showing Clinical Improvement in 9 Patients of Vyanga Before and After Treatment

	Subject 1		Subject 2		Subject 3		Subject 4		Subject 5		Subject 6		Subject 7		Subject 8		Subject 9	
	BT	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A
The Taylor Hyperpigmentation Scale	D6	D4	D6	D3	D8	D5	D8	D5	D6	D3	D6	D4	D5	D4	D6	D4	D8	D5

Assessment of clinical improvement in the skin color parameter was as follows-

1 subject had grade 1 CI (from D5 to D4), 3 subjects had grade 2 CI (from D6 to D4) and 5 subjects had grade 3 CI (from D8 to D5 in 3 subjects and from D6 to D3 in 2 subjects).

The overall assessment of the study reveals that 1 subject had a mild improvement, 3 subjects had moderate improvement and 5 subjects had a good improvement.

IMAGES



Before Treatment

After Treatment

DISCUSSION

As Vyanga is one among the *Rakta Pradoshaja Vikara*, the affected *Dushya* i.e., *Rakta Dhatu* play a pivotal role in the *Samprapti* of Vyanga.

Hence *Sadyovirechana* with *Manibhadra Guda* help in doing the *Shodhana* of *Rakta Dhatu*.

Dosha Prakopaka Hetu such as *Krodha*, *Shoka* and *Shrama* mainly affects *Manasika Dosha*, *Pitta* and *Vata* (*Shareerika Dosha*) all together vitiate the *Agni* (*Pitta Dosha*) which resides in *Rasa* and initiates the pathogenesis of *Vyanga*. Among *Pancha Pitta*, *Ranjaka Pitta* does the *Ranjana* of *Rasa Dhatu* and converts it into *Rakta Dhatu*. The function *Varnotpatti* is attributed to *Ranjaka Pitta*. Hence its vitiation due to various causative factors leads to impairment of normal functioning of *Ranjaka Pitta* i.e., *Varnotpatti*. Based on *Ashraya- Ashrayee Bhava*, the derangement of

Pitta Dosha leads to abnormality of *Rakta Dhatu*. *Shrama* and *Shoka* will lead to *Udana Vata* vitiation. Thus, vitiated *Ranjaka Pitta*, *Rakta Dhatu* as well as *Udana Vata* travel in body through *Dhamani* and get *Sthana Samshraya* in *Mukhagata Twacha* and causes vitiation of *Bhrajaka Pitta* giving rise to discoloration of the skin.

While explaining about the *Pandukarma*, *Sushruta* mentions *Dravya* such as *Haritaki* and *Yashtimadhu*^[6] which after application reduce hyperpigmentation. Drugs like *Rakta Chandana*, *Lodhra* are advised in *Vyanga Chikitsa* in the form of *Lepa*.

Haritaki with its *Madhura Vipaka* reduces *Pitta* and with its *Varnya Guna* improves the skin complexion. It contains Gallic acid which could

suppress melanogenesis in melanocytes and inhibits mice skin hyperpigmentation induced by UVB radiation. Phenolics especially flavonoids and catechins have been known as antioxidant phytochemicals that are able to reduce melanin production.^[7]

Yashtimadhu is *Vata Pittahara* and *Varnya*. Licorice if applied on face can improve complexion and it is useful in acne scars and blemishes. Glabridin, glycyrrhizin acts as a free radical scavenger.^[8]

Lodhra due to its *Kashaya Rasa* balances *Pitta* and reduces the hyperpigmentation. It has alkaloids loturine, loturidine which have antioxidant activity, lipid peroxidation inhibition.^[8]

Among the verities of *Chandana*, *Rakta Chandana* is used more effectively in external application i.e., in *Lepa Kalpana*. It contains alpha and beta santolol which decrease DNA damage and decreases Tyrosinase inturn reducing the melanogenesis.^[8]

Tankana Bhasma due to its *Teekshna Guna* does the *Lekhana* of the lesions. Since it is *Pittakara* it has been used in less quantity.

CONCLUSION

By observation we can conclude that *Haritakyadi Lepa* along with rose water has shown very effective result in *Vyanga*. *Haritakyadi Lepa* along with rose water selected for treatment, has not shown any skin reaction, so it can be used safely.

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