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Role of AYURVEDA in the management of Vyanga w.s.r.to Melasma

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Abstract

Vyanga is kshudraroga characterized by the presence of Niruja (painless), shyavavarni mandalas (bluish black patches) on face. On the basis of clinical features, it can be compared with facial melanosis, one of the hyper pigmented disorder. Drugs with raktaprasadaka, twakaprasadaka and varnyakar properties are helpful in the management of vyanga, that pacifies aggregated doshas & help in raktashodhan (blood purification).

Keywords: Vyanga, Kshudraroga, Melasma, Pigmentary disorder, Ayurvedic Treatment.

Introduction

Melasma is common acquired condition of symmetrical reticulated hyper pigmentation patches typically occurring on face with higher prevalence in female & darker skin type. Multiple etiological factor including sun exposure, hormonal influences, genetic factors, drugs such as phenytoin and cosmetics have been implicated in pathogenesis of this disorder¹. Various topical, oral & procedural therapies are successfully used to treat melasma.

There are many skin disorder concerned with cosmetic value among which vyanga is common disorder which can be correlated with melasma in modern science.

Acharya Shushruta & Vagbhata have mentioned it under the concept of Kshudraroga while Acharya Charaka has explained it as one of the Raktapradoshaja vikara. It has significant impact on appearance causing psychological & emotional distress and reduce quality of life.

Traditional topical therapies

including hydroquinone, tretinoin, corticosteroids & triple combination creams & other synthetic topical compounds are also effective on this.

Promising oral therapies include tranexamic acid, polypodium, leucotomos & glutathione.

Procedures include chemical peels, microneedling, radiofrequency & laser treatment for melasma.

Ayurveda mentions massage with oil, application of herbal drug paste, i.e. lepa to make face smooth, soft, glowing which are cost efficient.

Aims and objectives-

1. To search & re-evaluate vyanga in various ayurvedic literature w.s.r.to melasma.
2. To evaluate & elaborate the etiology & pathogenesis of vyanga.
3. To elaborate & discuss management of vyanga w.s.r. to melasma.

Materials & Methods-

The article is based on review of ayurvedic texts and research papers. Material is collected from ayurvedic laghutrayi, bruhatrasi & other ayurvedic books. Modern texts, journals & various websites are searched to collect information.

Conceptual study - Ayurvedic disease review -

According to ayurveda, vyanga is raktapradoshaja vikara². Acharya Sushruta & Vagbhata have mentioned it in kshudraroga^{3,4}. Main causative factor for vyanga is krodha & ayasa i.e. anger & excessive hardwork⁴. Probable doshas involved are udana vayu & bhrajaka pitta & dushya rasa & rakta dhatu.

Samprapti-

As Acharyas says, prakupit vayu due to anger & hardwork along with pitta dosha in combined form suddenly come to facial region & produce blackish coloured (shyava), thin (tanu) patches on skin⁴.

Causative factors-

Mainly anger & excessive hardwork⁴.

Samprapti Ghataka-

Dosha-vata, pitta.

Dushya-Rasa, Rakta.

Adhishthana-mukhagat twaka

Vyadhimarga-bahya

Srotas-Rasavaha, Raktavaha

Srotodushtakar-Sang

Sadhyasadhyatva-Sadhyatva

Symptoms-

Painless (niruja), thin (tanu),

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blackish (shyavavarna) circular patches all over face³.

Types of disease according to doshas predominance³-

1. **Vataja** - Skin appears hard rough in nature with blackish discoloration.
2. **Pittaja** - boundaries are copper red.
3. **Kaphaja** - boundaries are whitish in colour & associated with itching.
4. **Raktaja** - boundaries are coppery red in centre & associated with tingling & burning.

Classification of melasma on the depth of melanin pigments⁶-

1. Epidermal-

Melasma occurs on outermost layers of cells of skin. It is light brown in colour.

2. Dermal-

Melasma occurs between epidermis & subcutaneous layer which is grayish in appearance.

3. Mixed-

Presence of melasma between epidermis & dermis which is dark brown in colour.

Pattern of melasma⁵-

1. **Centrofacial** - 63% on cheeks, forehead, upper lip, nose, chin
2. **Malar** - 21% on cheeks & nose.
3. **Mandibular** - 16% on ramous of mandible, jawline.

Ayurvedic management of vyanga-

1. Nidanaparivarjana⁷-

i.e.to avoid hetusevan

2. Shodhan chikitsa⁸-

1. Siravedha -

2. Abhyanga - with Mahamanjishthadi taila⁹, Kunkumadi taila¹⁰, Kasisadi ghrita¹¹, Sarshap oil¹², Manjishthadi Sneha²⁵

3. Nasya - Brungaraj swarasa¹³. Manjishthadi Sneha²⁵

3. Shaman chikitsa -

1. For internal use-

1. Gandhapashan churna¹⁴,
2. Somaraji churna¹⁵,
3. Avalgujadi gutika¹⁶.
4. Khadirodaka¹⁷

2. Lepa for external use-

1. Arjunatwagadi lepa - with honey¹⁸.
2. Manjishtha lepa- with honey¹⁸
3. Masura lepa - Masuradal paste with milk, honey²¹
4. Raktachandanadi lepa ¹⁹- Raktachandana, manjishtha, koshtha, lodhra, ral, masura lepa
5. Jirakadi lepa²⁰ - Jire, shahajire, krushnatil, sarshapa with milk
6. Utpaladi lepa - Utpalpatra, tagar, ral, daruharidra lepa
7. Shalmali lepa²¹
8. Yavadi lepa²³
9. Savarnakar lepa²²
10. Kunkumadi lepa²⁴
11. Varnya Mahakashaya²⁶
- 12.Eladi guti gana²⁷
- 13.Dwiharidradi lepa

Conclusion-

Melasma is a common pigmentary disorder having deleterious impact on patient's quality of life. Ayurvedic medicines & formulations were proved effective without any side effect with raktaprasadaka, twakaprasadaka, varnyakara properties which play a great role in the management of skin diseases like vyanga without any side effect.

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