

## CONCEPTUAL STUDY OF VYANGA W.S.R. MELASMA

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**ABSTRACT**

*Vyanga* is one of the *Kshudraroga*<sup>1</sup>, characterized by the presence of painless, bluish-black patches on face. On the basis of clinical features, it can be compared with Facial melasma. Melasma is characterized by dark, discolored patches on skin. It's also called chloasma. It typically occurs in the face and symmetrical, with matching marks on both sides of the face. Area of the body which exposed to sun can also develop melasma. According to Ayurveda, vitiated *Dosha* mainly *Pitta* along with *Vata* produce blackish patches on the face which is called *Vyanga*. *Vyanga* is *Rakta Pradoshaj Vikar* and in its *Doshas* involved is *Udana Vayu*, *Bhajrak Pitta* and *Dushya Rasa* and *Rakta Dhatu*, as this condition disturbed our mental and physical state. In modern medical science, topical steroids have been described in the management of facial melasma. However, the topical steroids are may cause adverse effects such as irritation, rashes etc. and are expensive too. Ayurveda treatment includes *Abhyanga* with *Taila*, *Lepa*, *Pradeha*, *Nasya*, *Raktamokshana* etc. Ayurveda mentions a good number of drugs like *Kusthaghna*, *Kandughna*, *Raktashodhaka*, *Twakprasadaka* and *Varnyakara* properties e.g. *Arjuna*, *Nimba*, *Manjistha* are helpful in management and can produce cutaneous depigmentation that remove the blackish discoloration of skin.

**Keywords:** *Kshudraroga*, *Vyanga*, Melasma.

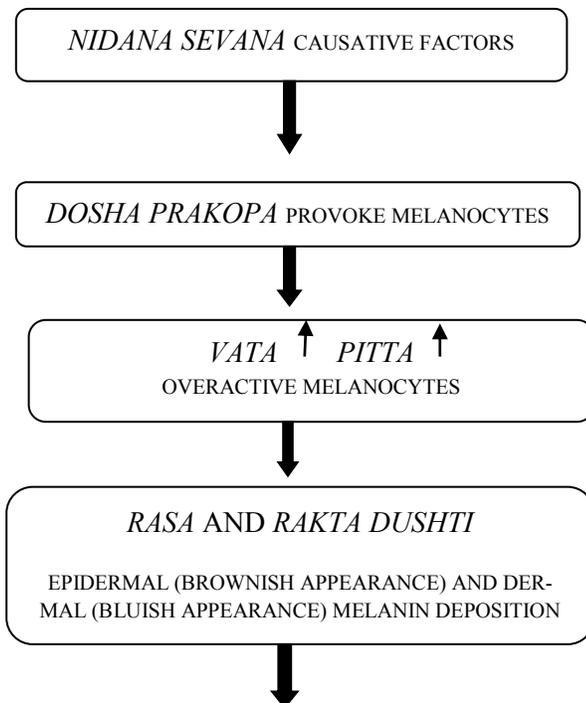
## INTRODUCTION

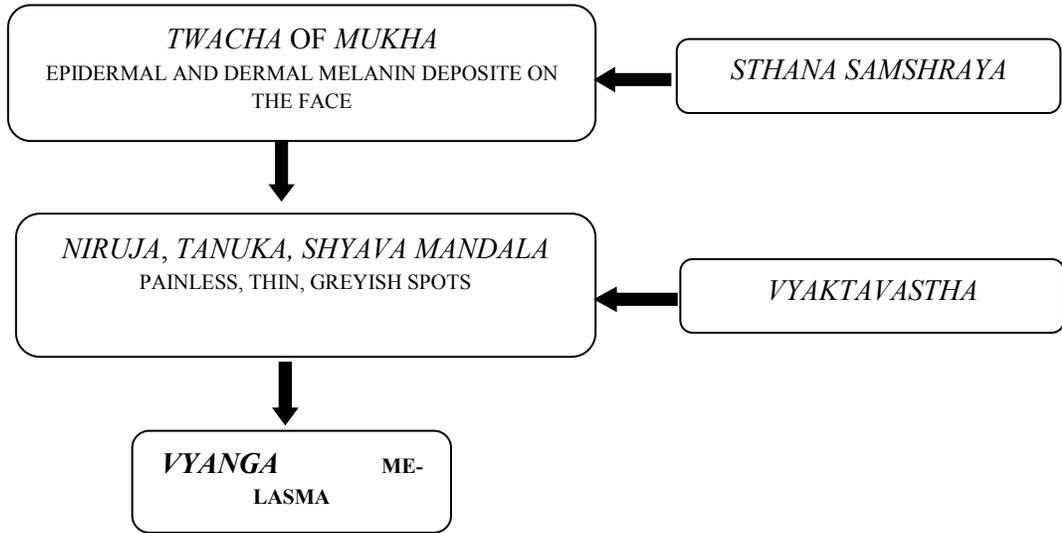
Beauty is a subject of Socio-medical importance. *Vyanga* is such a condition which affects the Beauty as well as Personality. *Vyanga* is a ‘*Kshudra Roga*’ mentioned by all Acharyas. The etiological factors, pathogenesis of *Vyanga* is explained in Ayurveda. *Vyanga* clinically can be correlated to melasma. Now a days melasma becomes one of the biggest problems of the society. The prevalence of melasma is varies between 1.5% and 33.3% depending on the population. Melasma is more common in women than in men. Its prevalence in women is around 50%-70% in pregnancy stage and 8%-29% of women on O.C.pills. In men prevalence between 20.5%-25.38% of the cases.<sup>2</sup> In *Vyanga* *Vata* and *Pitta* *Dosha* is mainly involved. It requires a proper treatment. In Ayurvedic texts so many remedies are described as *Panchakarma* therapy, internal medicine and external application. Local application is more useful in skin disorders as it directly acts on lesion. Internal medicine is also necessary to balance the *Dosha-Dooshya*. For the proper treatment, understanding of complete disease right from the *Nidana* to *Samprapti* is important.

### **Nidana Panchaka**

**Nidana:** All the Acharyas have mentioned *Vata*, *Pitta*, *Kapha* and *Rakta* as the causative factors of *Vyanga*. Only *Maharshi Sushruta* has described specific *Nidana* like *Krodha*, *Shoka*, *Aayas*, *Shrama* etc which act as causative or aggravating factor of the disease. No other particular *Nidana* was mentioned in the text but all the factors like *Vataprakopaka*, *Pittaprakopaka* and *Raktadushtikara Nidana* are the causative factors for the disease *Vyanga*<sup>3</sup>. As per modern, Genetics backgrounds, UV radiations, Pregnancy, OCP's, Cosmetics and Drugs such as phenytoin causes the disease melasma<sup>4</sup>.

**Samprapti:** According to Charaka, the aggravated *Pitta* gets dried up in combination with *Rakta* and produces skin disease *Vyanga*<sup>5</sup>. As per Sushruta, *Krodha* and *Ayasa* cause vitiation of *Vata* and *Pitta*. The vitiated *Doshas* reaches the *Mukha* and produces the disease called as *Vyanga*. In this disease the *Shyava Varna* is mainly due to the predominance of *Vata Dosha*<sup>6</sup>. Other *Acharyas* mentioned the same *Samprapti* as mentioned by Acharya Sushruta.





**Table 1: Samprapti Ghataka**

Dosha	Vayu (Udana, Vyana) Pitta (Bhrajaka)
Dushya	<b>Dhatu- Rasa, Rakta. Upadhatu-Twak</b>
Srotas	Rasavaha, Raktavaha
Agni	Jataragni, Dhatvagni (Rasagni, Raktagni)
Marga	Shakhagata
Sthana	Twak

**Poorvarupa:** of Vyanga are not mentioned in my Ayurvedic classics. In fact, the word *Sahasa* was used during the description of the disease, which means that *Lakshana* of Vyanga appears suddenly or abruptly without *Poorvarupa*<sup>7</sup>.

**Rupa:**<sup>8</sup> Maharshi Vagbhata has given *Doshanusara Bheda* of the disease Vyanga (*Ah.Ut.31/28*). The *Lakshanas* of these subtypes may be presented as –

**1) Vatika:** The eruptions are characteristically having blackish (*Shyava*) color. On touching it is rough (*Khara*) or dry (*Parush*).

**2) Paittika:** The color of this type of eruptions may be either *Tamra* or *Nila*.

**3) Kaphaja:** The eruptions of this type having white (*Shweta*) color and itching may be associated.

**4) Raktaja:** The Reddish (*Rakta*) or *Tamra Varna* with burning sensation may be found in *Raktaja* type of eruptions.

**Table 2: Characteristics Sushruta As.Hr. Ma.Ni. B.P. Yo.Ra.**

LAKSHANAS	Su. Sam	As. Hr	Ma.Ni	B. P	Yo. Ra
<i>Shyava varna</i>	+	+	+	+	+
<i>Nirujam</i>	+	-	+	+	+
<i>Tanu</i>	+	+	+	+	+
<i>Mandal</i>	+	+	+	+	+

**Chikitsa**<sup>9</sup>: Ayurvedic management mainly comprises of the followings.

**Nidanparivarjan.**

1. *Shamanchikitsa-* For internal use: *Somaraji churna, Avalgujaadi gutika, Khadiroudak.*

*For external use: Eladi Gana, Arjunatvagaadi lepa, Manjishthadi lepa, Kanak tailam, Shalmali lepa, Masoor Lepa.*

2. *Shodhan chikitsa*  
a. *Siravedan*

- b. according to *Dosha Bheda* for *Abhyanga, Pana and Nasya* purpose, different types of *Ghrita* and *Taila Kalpanas* are given *Manjisthadisneha, Kumkumadi Tailam, Kasisadi Ghritam, Sarshap Taila*;
- c. *Vamana and Virechana* Though *Vyanga* is a *Kshudra Roga* and locally manifested disease, it also requires special treatment like *Shodhana* therapy in advanced stage of the disease.

#### **Pathya-Apathya**

**Pathya:** *Ahara: Guna- Laghu, Hita, Shashtika Shali, Yava, Godhuma, Mudga, Adaka, Masura, Nimbapatra, Patola Patra, Brihatphala, Chakramarda, Jangala Mruga Mamsa, Mutra* of cow, camel, buffalo.

**Vihara:** *Lepana* with *Sheetala Dravya*, exposure to cold wind, *Mukha Prakshalana* with *Sheetala Dravya*,

**Apathya:** *Ahara: Pitta and Rakta aggravating; Ahara, Guna-Drava, Guru, Vidahi, Vishtambhi; Masha, Moolaka, Amla Phala, Tila, Anupa Desha Mruga Mamsa, Dadhi, Ksheera, Madhya, Guda.*

*Vihara- Suryarashmi, Diwaswapna, Vyayama, Vegadharana.*

#### **CONCLUSION**

Though *Vyanga* is *Kshudraroga*, the consequences of *Vyanga* on society is more unpleasant now a days. Though it is a painless physically, causes mental pain or ill health. By considering these factors *Chikitsa* of the *Vyanga* is the ultimate solution, modern treatment comprises topical steroids which causes adverse effects like irritation, rashes etc. So, to treat the disease properly in Ayurveda, the complete understanding of the disease in Ayurveda and modern much needed. Hence the “Conceptual study of *Vyanga* with special reference to *Melasma*” has been taken for the study.

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