



ROLE OF HARIDRADI TAILA IN VYANGA - A CRITICAL REVIEW

[Mamatha B M¹](#), [Ravindra Angadi²](#), [Radhika Ranjan Geethesh P³](#),

¹P.G. Scholar, ²Professor; H.O.D, ³Associate Professor, Department of P G and Ph. D Studies in Rasa shastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi.

Corresponding Author: mamathabislalli@gmail.com

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**ABSTRACT**

A blemish-free, even-toned skin is typically linked with healthy skin. *Vyanga* is one of the diseases of the skin that reduces the aesthetic worth of the face to an extent. It is characterized by the presence of *Niruja*(painless), *Tanu*(light), and *Shyava Varna Mandala* (bluish-black patches) on the face. Although it is not a serious illness, it causes skin discoloration which stays on the face for a long time. In the era of competition, the appearance of an individual gives self- confidence and is linked with social status. On the contrary, *Vyanga* impacts on individual's psychological state and social relationships. The disease *Vyanga* can be correlated with hyperpigmentation with special reference to Melasma. Topical application is additionally useful in *Twak Roga* (skin disorder) as it directly acts on lesions and is simple to use. *Haridradi Taila* is a classical Ayurvedic skin oil formulation described in *Chakradatta* in the chapter named "*Kshudra Roga*" indicated in *Abhiru, Nilika & Vyanga*. It is useful in the treatment of skin scars and hyperpigmentation on the face. It also has *the Mukhakantikara* effect. This article reviews the properties of various ingredients of *Haridradi Taila* which could help address *Vyanga* and its probable mode of action based on *Ayurvedic* literature.

Keywords: *Vyanga, Haridradi Taila, Kshudra Roga, Twak Roga.*

INTRODUCTION

A fair complexion is a desirable component and indigenous criterion for beauty. So, the Face is one of the most fundamental parts of the human body

which contribute to self-recognition, For decades. *Vyanga* is one of the most common diseases as regards the face is concerned. *Vyanga* is derived from

the root words- Vi+ Anga. Vi refers to *Vikruta* (defectiveness) and *Anga* means part of the body, together termed as *Vigatamangam Yasya* or *Vikala anga*^[1]. It comes under *Kshudra Roga*^[2], but it has got major importance as a cosmetic problem in society. *Aacharya Charaka* has mentioned *Vyanga* as a disease caused by the suppression of *Chardi Vega*^[3]. The aggravated *Vata* and *Pitta Dosha* along with *Rakta* are responsible for its manifestation^[4]. As per *Aacharya Vagbhata*, *Manasika Nidana* like *Shoka*, *Krodha*, etc are also contributing factors in the disease *Vyanga*^[5]. *Vyanga* affects the second layer of *Twak* (skin) i.e., *Lohita*^[6]. It is mainly caused by the vitiation of *Vata & Pitta Dosha*, followed by *Rakta Dhatu*. It is considered a *Rakta Pradoshaja Vyadhi* as it is characterized by the presence of painless, thin, brown/bluish-black patches on the face^[7]. According to *Vagbhata*, it appears with assorted symptoms on the basis of *Doshika* participation like *Parusha* (roughness), *Parushasparsha* (rough on touch), *Shyava Varna* (dark brown colour) due to *Vata Dosha*, *Tamra Varna* (coppery colour), *Nila Varna* (bluish color) due to *Pitta Dosha*, *Shveta Varna* (whitish colour) with *Kandu* (itching sensation) due to *Kapha Dosha*^[5].

Table 1: Ingredients of Haridradi Taila and their ratio^[10]

<i>Kalka dravyas</i>	Ratio
1. <i>Haridra</i>	1 part
2. <i>Daruharidra</i>	1 part
3. <i>Yashtimadhu</i>	1 part
4. <i>Kaliyaka</i>	1 part
5. <i>Chandana</i>	1 part
6. <i>Prapaindarika</i>	1 part
7. <i>Manjishta</i>	1 part
8. <i>Kamala</i>	1 part
9. <i>Padmaka</i>	1 part
10. <i>Kumkuma</i>	1 part
11. <i>Kapittapatra</i>	1 part
12. <i>Tindukapatra</i>	1 part
13. <i>Plakshapatra</i>	1 part
14. <i>Nyagrodhapatra</i>	1 part
15. <i>Ksheera</i>	q.s.
<i>Sneha dravya</i> 16. <i>Tilataila</i>	4 parts
<i>Drava dravya</i> 17. <i>Jala</i>	16 parts

The management of *Vyanga* includes both *Shodhana* and *Shamana Chikitsa*. The *Shamana Chikitsa* include both external applications and internal medications like *Lepa* (external application), *Siravyadha* (bloodletting), *Abhyanga* (oil massage), *Nasya* (nasal errhine), *Pana* (drink), *Vamana* (emesis), *Virechana* (purgation) and *Udwartana* (powder massage)^[8-9]. *Haridradi Taila* is an oil formulation indicated in *Nilika*, *Vyanga*, *Tilakalaka*, *Mukhadushika* and *Pilpu* and also has the *Mukhakantikara* effect. It contains *Haridra*, *Daruharidra*, *Yashtimadhu*, *Kaliyaka*, *Chandana*, *Prapoundarika*, *Manjishta*, *Padmakam*, *Kumkuma*, *Kapitta*, *Tinduka*, *Plaksha*, *Vatapatra*, *Ksheera* and *Tila Taila*. All the ingredients of *Haridradi Taila* act as *Varnya* directly or indirectly and aid in skin lightening, thus helping in overcoming *Vyanga*^[10].

AIMS AND OBJECTIVES: To evaluate the role of *Haridradi Taila* and its probable mode of action in *Vyanga*.

MATERIALS AND METHODS

Vyanga mentioned in *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhaisajya Ratnavali*, *Sharangadhara Samhita*, *Chakradatta*, and the various medical journals and magazines were referred for this study.

Method of preparation:

Prepare a paste of all the ingredients by triturating with milk in *khalva Yantra*. The *Kalka* prepared from the above drugs should be mixed with 4 parts of *Tila Taila* & 16 parts of water and cooked on mild fire till *Snehasiddi Lakshana* appearance & remains the quantity of *Tila Taila*. Then filter through a clean cloth & stored it in glass bottles.

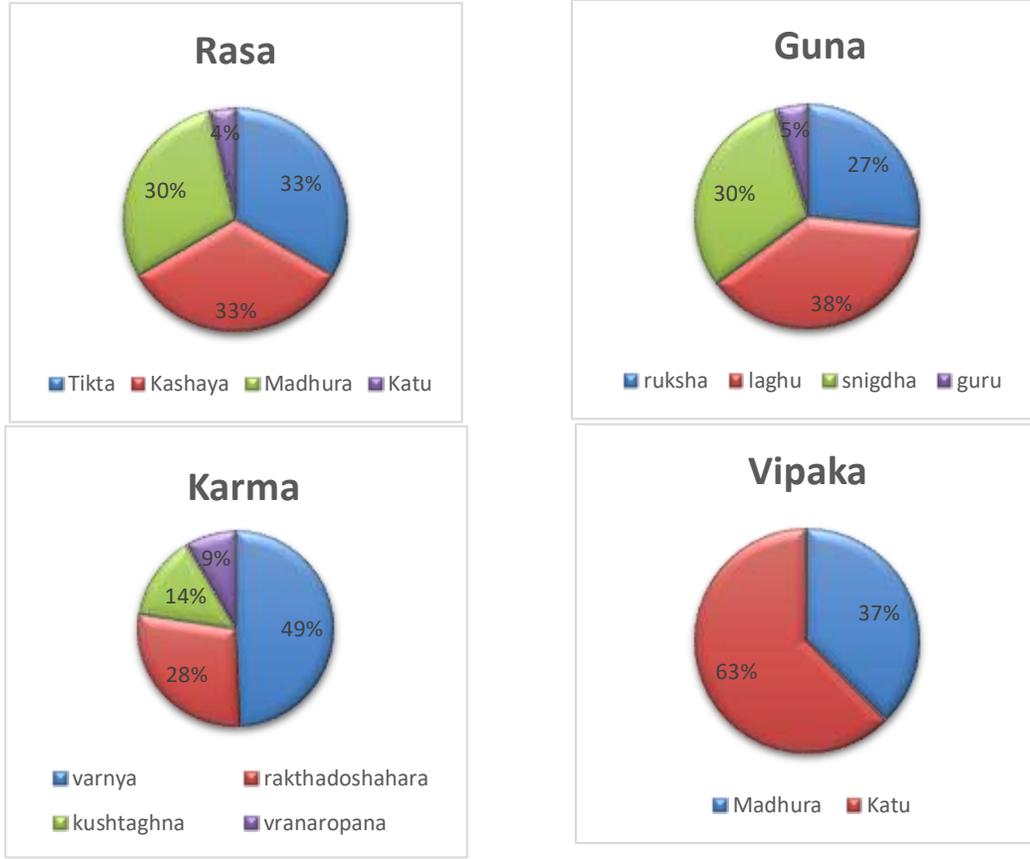
Method of application: External application.

Table 2: Ingredients of Haridradi Taila and its properties^[11].

Drugs	Rasa	Guna	Virya	Vipaka	Doshagnata
1.Haridra ^[12]	Tikta, Katu	Ruksha, Laghu	Usna	Katu	Kaphavata
2.Daruharidra ^[13]	Tikta, Kashaya	Ruksha, Laghu	Usna	Katu	Kaphapitta
3.Yashtimadhu ^[14]	Madhura	Guru, Snigdha	Sheeta	Madhura	Kaphavata
4. Kaliyaka ^[15]	Tikta, Kashaya	Ruksha, Laghu	Usna	Katu	Kaphapitta
5.Chandana ^[16]	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Kaphapitta
6.Prapaundarika ^[17]	Kashaya, Tikta, Madhura	Laghu, Snigdha	Sheeta	Madhura	Kaphapitta
7.Manjishtha ^[18]	Kashaya, Tikta, Madhura	Guru	Usna	Katu	Kaphapitta
8.Kamala ^[19]	Madhura, Kashaya, Tikta,	Snigdha, Laghu, Picchila	Sheeta	Madhura	Kaphapitta
9.Padmaka ^[20]	Kashaya, Tikta	Snigdha, Laghu	Sheeta	Katu	Tridoshagna
10.Kumkuma ^[21]	Katu, Tikta,	Snigdha, Laghu	Usna	Katu	Tridoshagna
11.Kapittapatra ^[22]	Madhura	Guru	Sheeta	Madhura	Kaphavata
12.Tindukapatra ^[23]	Tikta, Katu	Laghu, Ruksha	Usna	Katu	Kaphavata
13.Plakshapatra ^[24]	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapitta
14.Nyagrodhapatra ^[25]	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphapitta
15. Ksheera ^[26]	Madhura	Snigdha, Guru	Sheeta	Madhura	Vatapitta
16. Tilataila ^[27]	Madhura	Snigdha, Guru	Usna	Madhura	Kaphapitta

Table 3: Ingredients of Haridradi Taila and its Karma^[11].

Drugs	Karma
1.Haridra ^[12]	Varnya, Twak Doshahara, Vranaropana, Raktadoshahara
2.Daruharidra ^[13]	Raktashodaka, Varnya, Twak Doshahara, Vranashodana
3.Yashtimadhu ^[14]	Varnya, Kandughna, Vranaropana
4. Kaliyaka ^[15]	Raktashodaka, Varnya, Twak Doshahara, Vranashodana
5.Chandana ^[16]	Varnya, Kandughna, Raktadoshahara, Durgandhanashaka
6.Prapaundarika ^[17]	Visarpaghna, Visphotaghna
7.Manjishtha ^[18]	Varnya, Kushtaghna, Raktadoshahara, Visarpaghna, Vranaropana
8.Kamala ^[19]	Varnya
9.Padmaka ^[20]	Kushtaghna, Vranaropana
10.Kumkuma ^[21]	Varnya, Vranaropana, Sugandhi, Krimighna
11.Kapittapatra ^[22]	Visarpaghna
12.Tindukapatra ^[23]	Raktavikarahara
13.Plakshapatra ^[24]	Vranaropana,
14.Nyagrodhapatra ^[25]	Vranaropana, Visarpaghna,
15. Ksheera ^[26]	Jeevaniya, Rasayana, Medya
16. Tilataila ^[27]	Twak Snehana, Vranaropana



DISCUSSION

Vyanga is a skin disease that comes under *Kshudra Roga*. Hence the factors like *Vataprakopaka*, *Pit-taparakopaka*, and *Raktadushtikara Nidana* are the main causative factors for the disease *Vyanga*. *Manasika Nidana* (psychological factors) like *Krodha*, *Shoka* and *Ayasa* are also contributing factors in the

Samprapti of *Vyanga*. The drugs used in the treatment of *Vyanga* possess qualities like *Varnya*, *Rakthashodana*, *Kushtaghna*, *Kandughna*, *Twak Prasada*, and *Vranaropana*. *Varnya* drugs have an action on skin colour mainly depending on the *Bhrajaka Pitta*. This review is mainly focused to find out the important properties of the drugs of *Haridradi Taila* and their possible effects in *Samprapti Vighatana* of *Vyanga*.

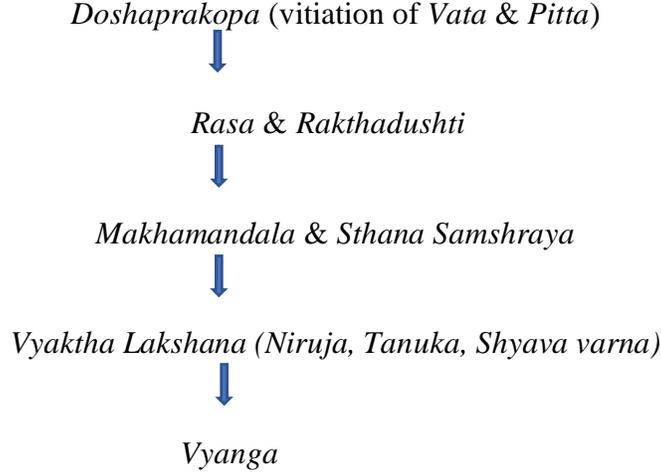
Samprapti of vyanga^[6]

The *Samprapti* of *Vyanga* is not explained in detail in any of the classical texts.



Nidana sevana (*Aharaja*, *viharaja*) & *Manasika* – *Krodha*, *Shoka*, etc...





Probable mode of action of Haridradi Taila

Most of the ingredients of the formulation have *Varnya* properties. *Haridra* is *Rakta Prasadaka*, *Twakdoshahara* and also *Varnya*. *Daruharidra*, *Yashtimadu*, *Manjishta*, *Chandana*, *Kaliyaka*, *Kumkuma*, and *Kamala* provides a good complexion to the skin. Also, the ingredients of *Haridradi Taila* possess *Madhura*, *Tikta*, and *Kashaya Rasa*.

These *Rasas* do the *Upashamana* of *Prakupita* (vitiating) *Vata* and *Pitta* and thus pacify *Pitta* which is the main culprit in the causation of *Vyanga*. Most of them possess *Snigdha*, *Laghu*, and *Ruksha Guna*. *Snigdha Guna* is responsible for *Mardava* and *Varna Prasadhana* whereas *Laghu*, and *Ruksha* are the properties of *Agneya Dravya* which in turn are responsible for *Prabha*, *Prakasha*, and *Varna*. This *Taila* contains *Raktaprasadaka*, *Vata Pitta Shamaka*, *Kapha Pittashamaka*, *Kushtagna*, *Varnya Dravyas*. So, the properties of *Haridradi Taila* favour the objective of for caring and healing the *Vyanga*.

After the application of *Taila*, *Abhayanga* should be done which is *Varnaprasadhaka* itself. *Taila* then comes in contact with *Roma* and *Romakupa*. *Paka* of active principle of the drug takes place by the action of *Bhirajaka Agni* and *Rasadhatuagni*. *Bhrajaka Pitta* metabolizes externally applied drugs. Thus, the *Dosha* is pacified, and pathogenesis breaks down by the active principle of the drug.

Vyanga is not only limited to cosmetic problems, but it also has a negative impact on quality of life. As *Vyanga* is a disease concerned with skin, topical application is preferred. Many of such formulations are found to be effective in making skin healthy and getting rid of skin ailments, especially hyper pigmentation disorders. The drugs of *Haridradi Taila* are *Pit-tashamaka*, which has properties like *Guru*, *Snigdha Guna*, *Madhura*, *Tiktha*, and *Kashaya Rasa* and it advances the glow and complexion of the skin. *Haridradi Taila* has an antioxidant, anti-inflammatory, and anti-hyperpigmentation effect. It prevents black spots, dark circles, scars, and hyperpigmentation, helpful in the treatment of *Vyanga*.

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CONCLUSION

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