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AYURVEDIC MANAGEMENT OF VYANGA W.S.R MELASMA: A CASE STUDY

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ABSTRACT

A healthy body always reflects beautiful, glowing skin and hair. The skin is the boundary between our external environment and us. It responds to environmental changes and reflects internal changes in our body. Melasma is the most common pigmentary disorder in society, and 90% of patients are women. In Ayurveda, *vyanga* is a disease that decreases the glowing complexion of the face. The clinical features of *Vyanga* are similar to Melasma. Natural cosmetics are more beneficial to our health and more effective than synthetic alternatives, and people today are beginning to demand total natural body care.

A female patient complaining of Melasma over bilateral malar region since 5 years treated with external application of Lepa was prepared by using *Manjishta Choorna (Rubia cordifolia)* is mixed with Cucumber juice (*Cucumis sativus*). After 2 months of treatment, it provided a better result in the hyperpigmentation of the patches seen in cases of *vyanga*.

Keywords: Melasma, Vyanga, Lepa, Manjishta, Cucumber juice

INTRODUCTION

The skin is the boundary between our external environment and us. It responds to

environmental changes and reflects internal changes in our body. Today, more people live

in cities, where they are continuously exposed to dirt and pollution and pursue fast-paced and stressful lifestyles. Large-scale community prevalence surveys have shown that between 20 and 30% of people have various skin issues that need to be addressed. Melasma is the most common pigmentary disorder, also known as the mask of pregnancy. Although 90% of patients are women, men are occasionally affected. The causes of Melasma are unknown. But probable factors include ultraviolet radiation, estrogen-containing birth control pills, estrogen replacement therapy, ovarian or thyroid dysfunction, cosmetics, and hormonal disturbances. It is characterized by irregular brown patches symmetrically distributed on sun-exposed areas of the body [1], [2].

In Ayurveda, skin diseases are grouped under different heading such as Kushta, Visarpa, Kshudra roga etc. The characteristic features of Melasma are similar to those of *vyanga*, which decreases the glowing complexion of the face. It is characterized by *Niruja*, *Tanuka*, and *Shyava Varna mandalas* occurring especially on the face due to *Vata*, *Pitta*, and *Rakta dosha* [3]. In the management of *Vyanga*, *Bahir Parimarjana Chikitsa* (external applications) is significant. According to *Acharya Charaka*, *Manjishtha* (*Rubia cordifolia* L.) is one of the

major drugs in *Varnya Gana*. It is renowned for being a very effective skin care herb because it can be used to balance out skin tone and lighten dark spots [4].

AIM AND OBJECTIVE

Effect of *Manjishtha lepa* for ayurvedic management of *vyanga*.

MATERIALS AND METHODS

A 45-year-old female patient was asymptomatic before 5 years. Then complaining of irregular shape, distinctly defined blackish discolorations on bridge of nose and gradually it spread over bilateral malar region. She took allopathic medication and got symptomatic relief. But again, it reappeared in the same area within a week. Then she used the cosmetic products to mask the condition. Her bowel movements were constipated because it depended on her diet. She is K/C/O HTN since 10 years and under medication of Tab. Amlodipine and Telmisartan. Patient came to the OPD of the SDM College of Ayurveda and Hospital, Hassan. O/E- blackish discoloration on malar area. Tongue- coated, Pulse- 95/ min, B.P- 140/90mmhg. No other specific investigation was done.

External medicines: *Manjishthadi lepa* for external use at morning time for 2 months.

Lepa Preparation: *lepa* was prepared by using a fine powder of 1 teaspoon *Manjishtha*

choorna (*Rubia cordifolia*) mixed with 10 ml of Cucumber juice (*Cucumis sativus*) as a media for mixing, and thick *lepa* was prepared out of it.

1. The patient was advised to wash the face with lukewarm water followed by application of *lepa*.
2. Application of *lepa* on the affected area from medial to lateral direction.
3. The patient was advised to apply freshly prepared *lepa* once a day and not to apply it over the previous *lepa* or at night.



Figure 1: Manjishta Choorna



Figure 2: Cucumber Juice

4. Once the *lepa* get dried just sprinkle the water on *lepa*, after about 20-30min wash the face with lukewarm water.

(*Pathya-Ahara* likes vegetables and freshly prepared food; *Viharas* like timely sleep and regular walking)

(*Apathya* – Junk, spicy and fried food, tea, coffee, bakery products and fermented food, exposure to sun during the period of treatment).

OBSERVATION AND RESULTS

After 1 month of treatment, hyperpigmentation on face reduced to light dark and skin became smoother. Following next 1 month, patches on face became almost

clear on left malar region and right side became light brown. It did not spread to other parts of the face. Skin texture and complexion improved. No other side effects were observed during the course of the treatment.



Figure 3: Before treatment



Figure 4: After treatment

DISCUSSION

According to Ayurveda, *vyanga* is a small, circular brown patch on the face and one of the most common skin ailments in our population. It is the condition affects the beauty as well as the personality of a person. In *Samprapti* of *Vyanga*, the *Acharyas* have placed a specific emphasis on psychological elements like *krodha*, *shoka*, and *shrama*, which are generally observed in most of the patients. Excessive work and anger may increase *Vata* and *Pitta Dosh*a and gradually they do *Sthanasamshraya* on face and may cause *Vyanga* [5].

Ayurvedic management consists mainly of *Nidana parivarjana*, *Shodana chikitsa*, *Samana chikitsa*, and external *lepa* application [6]. *Kushtagna*, *Kandughna*, *Raktashodhana*, *Twakprasadaka*, and *Varnyakara* are the qualities of the medications used to treat *vyanga*. *Varnya* drugs have an action on skin colour that mainly depends on *Bhrajaka Pitta*. *Manjishta* is a well-known *varnya* drug, and its *lepa* form for local application is more effective and acts directly on skin lesions. The potent bright red root of *manjishta* is typically used to make a variety of formulations intended to cleanse the blood, treating skin diseases, improve complexion and many more. The *Rakta prasadaka* action of *Manjistha* helps to pacify

Sanchita Doshas locally. *Manjistha* absorbs all toxins at the cellular level of tissues, neutralises them, and makes the skin clear and healthy.

Kasaya and *Madhura rasa* of *Manjistha* subside *pitta*, which is the primary cause of skin diseases. *Ruksha guna* of *Manjistha* alleviates the *snigdha guna* of *pitta* and *Guru guna* of *Manjistha* restrains *laghu guna* of *vata*. Purpurin and Manjistin are the colouring agents found in the roots of *Manjishta (Rubia cordifolia)*, and Manjistin is an orange dye that occurs in the form of its glucosides [7]. Cucumber fruits were traditionally used to alleviate skin problems such as sunburn irritation and inflammation. The fruits of the cucumber plant consist of more than 90% water and contain antioxidants and nutrients like vitamin K, vitamin B, vitamin C, and β -carotene, flavonoids, and phenolic compounds. The high water contents are considered beneficial to the skin, making them an excellent ingredient for *Manjishta lepa* formulations [8]. Cucumbers contain Rutin and Ascorbic acid oxidase, which help protect against skin damage and have known photoprotective activities. It also helps in inhibiting Tyrosinase, which is an enzyme responsible for the Melanin production [9].

CONCLUSION

Thus, the present case study concluded that *vyanga* can be effectively treated with an Ayurvedic approach. *Manjishtha choorna*, along with cucumber juice, has not shown any skin reactions, so it could be used safely. Through the external application of medicine, the vitiated *vata*, *pitta*, and *raktha doshas* are pacified and provide a better result in the hyperpigmentation of the patches seen in the case of *vyanga*.

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