

## **A CASE STUDY OF VYANGA**

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### **Abstract**

Vyanga is one among Kshudra Rogas, Acharya Sushruta was the first to give a detail and separate description of the disease Vyanga in Nidana Sthana chapter 13(Kshudra Rogadhikar). It is common and usually harmless but for cosmetic reasons, it is nuisance to those who have it.it can be correlated with Hyper Pigmentation of skin due to over production of Melanin pigment occur in disease Melasma and the Patches of Hyper Pigmentation are seen especially on cheeks, nose, forehead and chin.As per Modern science the symptoms of Vyanga resembles facial melanosis. In this case patients was treated with the external application of the Lepa manjistadi churna + arjuna twak churna with madhu twice a day, for 40 minutes for 30 days. Assessment of the efficacy of the drug was done on the basis of relief from the signs and symptoms of Vyanga. At the end of the treatment, there is remarkable changes of Vyanga found. So it showed that Mukhakantivardhaka lepa along with Shodhana Karma is effective in Vyanga. Aim:To evaluate the efficacy mukha abhyanga with Kumkumadi taila followed by shirovirechana with Kumkumadi taila and Manjistadi churna+Arjunatwak churna Lepa. Materials and Methods: In this case, the trial drugs used were Arjunatwak Churna + Manjistadi churna for Lepa and Mukhabhyanga with kumkumadi taila,nasya with Kumkumadi taila. Conclusion: This case shown the remarkable changes in vyanga.

**Keywords:** Vyanga, Arjunatwak Churna,Manjistadi churna, Kumkumadi taila,Abhyanga,shirovirechana,

## INTRODUCTION

*Vyanga* is a disease, which decreases the glowing complexion of the face and affects the skin. The Beauty and Attraction of individual is reflected in the skins health. Skin diseases though afflicts bodily but gives lot of Psychological disturbances Among many diseases concerned with cosmetic values, *Vyanga* is common, it is considered as Kshudra Roga (minor disease), has got a major importance as a cosmetic problem in the society. The incidence of melanosis is most common in summer as compaire to winter this is because when the skin is exposed to sunlight, more melanin pigment is produced by the female sex harmones oestrogen and progesterone. It is characterized by the presence of *Niruja* (painless), *Tanu* (thin) and *Shavavarna Mandalas* (bluish-black patches) on face,(1) occurs due to vitiation of *Vata*, *Pitta* followed by *Rakta Dosh*a.(2) Treating this condition has become a problem, since safe drugs are not available for long-term therapy in modern science. Ayurveda mentions a good number of medicines for skin care. Massage with oils, application of paste of medicines

etc., makes the face smooth, soft and glowing.(3) In addition to this, bloodletting is also described.(4)

Drugs with *Rakta Prasadaka*, *Twak Prasadaka* and *Varnyakara* properties are helpful in the management of *Vyanga* that pacifies aggregated *Dosh*as and help in *Raktashodhana*. patient was treated with *Mukhakantivardhaka* lepa from *Sharangadhara Samhita*, *Uttara Khanda*, chapter 11 along with *Pathyapathya*. Drugs having *Kusthaghna*, *Kandughna*, *Rakta shodhaka*, *Twak Prasadaka* and *Varnyakara* properties are helpful in the management and can produce cutaneous depigmentation that remove the blackish discoloration of skin.

Considering these points, *Arjunatwak Churna* and *Manjistadi churna* with *madhu* was selected for *Lepa* (5,6) and *Shodhana karma* was selected as these preparations have *Kusthaghna*, *Kandughna*, *Raktas hodhaka*, *Twak Prasadaka* and *Varnyakara* properties.

Treatment for *Vyanga* mentioned by our Acharya's

Shodhan treatments

- Vagbhata and Sushruta mentions

Raktamokshan treatment for Vyang(7)

- Nasya with Brungaraj Swaras or milk + water (7)
- And Nasya of Siddha Ghrut(7)  
Bhavaprakasha mentioned Nasa jala paana
- Lepas are mentioned in Bruhatrayee and Laghutrayee
- Some Shita(cold) as well as Ushna(hot) are mentioned in Ayurvedic texts

### **Shita Lepas**

Lepas include herbs like Manjishta, Lodhra, Raktachandan, Vatankur, Daruharidra, Shalmalee Kantik, Badari Fala Majja, Amrapatra, Jamunpatra. Lepas of animal products like Goats milk, cows bone etc. (7)

### **Ushna Lepas**

Above medicines + Kshir of Kshiri Vruksh+ Godughda cook together and apply

Siddha Ghruta Lepas application Siddha Ghrutas of are also mentioned by Vagbhata

### **MATERIALS AND METHODS**

*A 37 years women came for Rajarajeshwari Ayurvedic Medical college from out-patient department sections of the Department of Swasthvritta. Written consent was taken from patient willing to participate before starting the study.*

### **TREATMENT SCHEDULE**

1. Mukha abhyanga with Kumkumadi taila for 3 du to 5 min
2. Mridu swedana is given for elimination of doshas and liquification of doshas.
3. Nasya with Kumkumadi taila(sukhoshna) in both the nostrils
4. *Arjuna Twak* churna and Manjistadi churna lepa along with *Madhu* twice a day

### *Follow-up*

*Patients were asked to attend the OPD on alternate weeks for follow-up for a period of 30 days.*

### **Observation and results**

The images shows effect of the treatment in the patient

1.Before Treatment



2.After 7 days



3.After 30 days



### **DISCUSSION**

*Vyanga* is explained as a *Kshudra Roga* in Ayurveda. Acharya's explained it is associated emotional and psychological factors like *Krodha* (anger), *Shoka* (grief) and *Shrama* (exhaustion), which are commonly found in most of the patients. In *Samprapti* of *Vyanga*, Acharya Charaka has mentioned that the aggravation of *Pitta* along with *Rakta* is the chief culprit for initiation of the pathology. *Vyanga* is a *Rakta Pradoshaja Vyadhi*,<sup>(8)</sup> dosha prakopaka hetu like *krodha*, *shoka* and *shrama* are mainly *tama*, *pitta* and *vata* dominance<sup>(9)</sup>, it vitiates the *agni* which resides in *rasa* and initiates the pathogenesis of *vyanga*. here *Ranjaka pitta* is responsible for the conversion of *rasa dhatu* into *rakta dhatu* which

results in the formation of normal skin colour. hence due to etiological factors vitiation of *vata*, *pitta* doshas affects the *jatharagni*, normal function of *Ranjaka pitta* i.e *varnotpatti*. Based on *Ashraya-Ashrayee Bhavas*, 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 *Dhamanis* and get *Sthana Samshraya* in *Mukhagata Twacha* and causes vitiation of *Bhrajaka Pitta* giving rise to discoloration of the skin.

#### Mode of action of drug

The Probable mode of action of the drug under trial can be understood on the basis of inherent properties of the drug.

Rasa of *Arjunatwak* is *Kashaya Rasa*,<sup>(10)</sup> *Gunas* are *Laghu, Ruksha, Veerya* is *Sheeta* and mainly having *Pitta Shamaka* and *Rakta Prasadaka* properties. With property of *Kashaya Rasa*, it will encounter *Pitta* and *Rakta Dosh*. The *Kashaya Rasa* removes the *Twak Vaivarnyata* and helps to attain the normal skin colour.<sup>(11,12)</sup> Due to *Sheeta Veerya* it encounters the *Pitta Dosh*. *Prasadana* property of *Sheeta Veerya* also helps to purify the accumulated *Doshas* in *Vyanga*. The *Rakta Prasadaka* and *Twak Prasadaka* actions of *Arjuna* help to pacify the *Sanchita Doshas* locally.

*Kumkumadi taila* improves skin texture, it relieves blemishes, acne, acne scars, white and black heads, pimple marks, under eye circle, sun tans, wrinkles, black pigmentation on skin, it has both cleansing and nourishing effect on skin and it has anti aging qualities.<sup>(13)</sup>

*Manjistadi choorna* is *tikta, kashaya rasa, kapahapittashamaka*, it is mainly *pittahara*, it is useful in diseases of the tissues where *pitta* is involved.

### CONCLUSION

*Arjuna Twak churna* and *Manjistadi churna lepa* along with *Madhu* has not

shown any skin reactions, so it could be used safely. From the observations and results of this study, it can be concluded that *Arjuna Twak churna* and *Manjistadi churna lepa* along with *Shodhana karma* have provided better results in hyperpigmentation of the patches seen in cases of *Vyanga*.

For best result *Arjuna Twak churna* and *Manjistadi churna lepa* along with *Madhu* along with *Shodhana* (*Shirovirechana* and *Raktamokshana*) and *Shamana Oushadhi* provides more effective result.

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