



MANAGEMENT OF VYANGA THROUGH AYURVEDA – A SINGLE CASE STUDY

¹Tamagond Shivaganga,

²Sharma Reetu,

³B K Sevatkar

¹PG Scholar, ²Assistant Professor, ³Associate Professor, Department of Roga Nidana & Vikriti Vijnana, National Institute of Ayurveda, Jaipur, Rajasthan.

ABSTRACT

Ayurveda is an eternal science of life. Where it covers all the dimensions of life with special reference to body, mind and soul. Everyone wants to be good looking and beautiful. *Vyanga* makes one look ugly with blackish patches over the face particularly in females and the females are more cautious about their looks and beauty and it needs to be given importance with proper treatment. *Acharya Sushruta* has described few skin diseases which have an adverse effect on the appearance and personality of an individual under the broad heading of *Kshudra Roga*, characterised by *Niruja*(~painless), *Tanuka*(~thin), *Shyava-Varnayukta Mandala* (~Circular blackish discoloration) over the face which affects colour, complexion and lustre of the skin. Hence it lowers the self-confidence of the person suffering with this disease. A 48-year-old female patient came to OPD NO. 17 of Dept. of *Roga Nidana Evam Vikriti Vijnana*, N.I.A, Jaipur. With complaints of blackish discoloration of skin over face with moderate itching since the last 2 years, considering the clinical features the condition was diagnosed as *Vyanga*(~Melasma). Patient was treated with external application of *Arjuna Twak Lepa* with Honey once daily for 60 days. At the end of the treatment assessment of the efficacy of the drug was done based on the scoring criteria for subjective parameters on the basis of classical reference. There was a complete relief from itching and total eradication of *Vyanga*. So, it proves that *Arjuna Twak Lepa* with Honey is effective in the management of *Vyanga*.

Key Words: *Ayurveda, Vyanga, Arjuna, Honey, Lepa, Kshudra Roga.*

INTRODUCTION: *Vyanga* is one among the important cosmetic problems in almost all over the world population, which is listed under “*Kshudra Roga*” category¹. There is more or less failure of modern medicine for complete eradication of the disease, which has drawn the attention towards *Ayurveda* for better and effective line of treatment of this disease. The disease *Vyanga* is mainly characterised by circular blackish discolouration of facial skin. The skin lesions are painless and thin. The pathophysiology of the disease *Vyanga* is not that much detail in our *Samhita*'s but, *Acharya Sushruta* explained brief *Samprapti* of the disease

which is due to the *Krodha* and *Ayasa*, *Prakopita Vata* along with *Pitta* suddenly/quickly enters into face and then manifestation of thin, circular blackish patches over the face takes place².

In *Chakradatta*, there are many *Lepa Kalpana*'s which are given for the treatment of *Vyanga*, which helps in improving colour and complexion of skin. In this patient of *Vyanga*, an external application of herbal paste prepared with *Arjuna Twak Churna* with Honey¹ was given as treatment modality which has given significant results in itching and discolouration of skin.

MATERIALS & METHODS:

Study Centre:

OPD NO. 17 of Dept. of *Roga Nidana Evam Vikriti Vijnyana*, National Institute of Ayurveda, Jaipur, Rajasthan.

Case Report: A single case study on management of *Vyanga* through *Ayurveda* which was successfully treated with only external application of *Arjuna Twak Lepa* with Honey once daily for 60 days.

A 48-year-old female patient with OPD Registration number – 110677 came to OPD NO. 17 of Dept. of *Roga Nidana Evam Vikriti Vijnyana*, National Institute of Ayurveda, Jaipur, Rajasthan. With chief complaints of blackish discolouration of

facial skin over both the cheeks with moderate itching since last 2 years.

History of Present Illness:

The 48-year-old female patient named Xyz was apparently healthy before 2 years. Since then, the patient developed blackish discolouration over both the cheeks of facial skin with moderate itching. On interrogation, excessive anger (*Krodha*) and physical work (*Ayasa*) were found as causative factors in this case. Hence, with these complaints patient visited our OPD for the treatment.

Past History: Not significant.

Table 1: Personal History

Name: Xyz	Appetite: Good	Prakriti: Kapha-Pitta
Age: 48yrs	Bowel: Regular	Bala(~strength): Medium
Sex: Female	Micturition: Normal	B.P.: 130/80 mm of Hg
Marital status: Married	Sleep: Adequate	Height: 154 cm
Occupation: House wife	Addiction: None	Weight: 66kg

Table 2: Asthasthana Pariksha

<i>Nadi</i>	<i>Kapha-Pitta</i>
<i>Mala</i>	<i>Samyak pravritti</i>
<i>Mutra</i>	<i>Samyak pravritti</i>
<i>Jihva</i>	<i>Alpa-Lipta</i>
<i>Shabda</i>	Normal
<i>Sparsha</i>	Normal
<i>Drik</i>	Normal
<i>Akriti</i>	<i>Sama & Madhyama</i>

Treatment Plan: Based on the clinical symptoms of the patient, the condition was diagnosed as *Vyanga*. Patient was treated with the external application of *Arjuna Twak Lepa* with Honey once daily for 30-45mins for 60days.

Nidana Parivarjana - control over anger and taking good amount of rest in between physical work i.e., *Vishrama* was advised to patient.

The medicines, *Arjuna Twak Churna* and Honey were taken from the NIA Pharmacy Jaipur.

Table 3: Dose, Route, Kala of the drug

Name of the medicine	Dose	Route	Kala
<i>Arjuna Twak lepa</i>	Quantity Sufficient (10-15gm)	Local application over face (With honey)	At morning/ evening

Method of Application: The herbal paste (*Lepa*) prepared with 5-10gms of *Arjuna*

Twak Churna with Q.S. Honey was advised to apply externally on the face

once daily; for 30-45 minutes until it becomes dry and advised to wash face with Lukewarm water.

Type of treatment: OPD basis

Duration: 60 days

Follow up: After every 15 days

Table 4: Arjuna Twak Lepa (Chakradatta 55 Adhyaya Kshudra-Roga Chikitsa Prakarana)

Sr.No.	Content	Latin Name	Part Used	Quantity
1	Arjuna	<i>Terminalia arjuna</i>	Twak (Bark)	1 part
2	Madhu	-	Honey	Quantity sufficient

Criteria of assessment:

Scoring criteria: On the basis of classical reference

Table 5: Shyavata (darkening of the skin)

Description	Grades
Normal (Normal skin color)	0
Mild (Brown)	1
Moderate (Dark brown)	2
sever (Black)	3

Table 6: Mandalam (circular skin lesions) Size of the Discolouration

Description	Grades
0-cm	0
1-3cm	1
3-6cm	2
>6cm	3

Table 7: Thickness of lesion

Description	Grades
Normal	0
Mild	1
Moderate	2
Severe	3

Table 8: Associated symptom – Kandu (~Itching)

Description	Grades
No itching	0
Mild itching	1
Moderate itching	2
Severe itching	3

OBSERVATIONS AND RESULT:

Table 9: Progress in signs and symptoms of Vyanga

Sr.No	Sign & Symptoms	1 st day (B.T.)	A.T.			
			1 st follow up follow up	2 nd follow up	3 rd follow up	4 th
1	Shyavata	3G	3G	2G	1G	0G
2	Mandalam	2G	2G	2G	1G	0G

3	Thickness	2G	2G	2G	1G	0G
4	Kandu	2G	2G	2G	1G	0G

The above-mentioned table shows that there is significant relief in all signs and symptoms of *Vyanga*. It shows that

external application of *Arjuna Twak Lepa* with Honey is effective in the management of *Vyanga*.

BEFORE TREATMENT



AFTER TREATMENT



DISCUSSION: The above said case of *Vyanga* was treated with external application of *Arjuna Twak Lepa* with Honey, once daily for 60 days. The patient followed instructions properly regarding the method of application and applied daily without fail for 60 days with *Nidana Parivarjana*.

Probable Mode of Action of Drug:

When we analyse *Rasa-Panchaka* of *Arjuna Twak*, it is having *Sheeta Veerya*, *Kashaya Rasa* and it acts as *Kapha-Pittahara*² The *Kashaya Rasa* is having the properties like *Asra-Vishodhana* (blood purifier) and *Twak-Prasadana*³ Hence, it works in the disease *Vyanga* by alleviating blackish discoloration of the skin. *Madhu* is having properties like *Madhura Rasa*, *Kashaya Anu-Rasa*, *Laghu* and *Ruksha Guna* with *Saukumaryakara* and *Varnya*⁴ property, which means it will increase colour and complexion. Hence, it improves the beauty of the person. *Vyanga*

affects the face of the person and “face is the index of mind” so, it lowers the self-confidence of the person. Hence, *Arjuna Twak Churna* with *Madhu* can be used for external application as a beauty product in this type of case to get better results.

Even *Nidana Parivarjana* like, control over anger and taking good amount of rest in between physical work i.e., *Vishrama* also played a very important role in the complete eradication of disease *Vyanga* in this patient.

CONCLUSION: *Vyanga* is one among the important cosmetic problems in almost all over the world population, which is listed under “*Kshudra Roga*” category. There is more or less failure of modern medicine for complete eradication of the disease, which has drawn the attention towards *Ayurveda* for better and effective line of treatment of this disease. In this patient of *Vyanga*, we have given only external application with proper *Nidana*

Parivarjana, without any internal medicine. The patient got complete relief from the *Vyanga* after 2 months of application once daily. It shows that only external application of *Arjuna Twak Lepa* with Honey without any internal medications is also effective in treating *Vyanga* completely. Patient should use it continuously for 2 months without skipping and the patient should do *Nidana Parivarjana*. As we all know in *Ayurveda*, *Nidana Parivarjana*⁵ is the simple and first line of treatment for all diseases.

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Corresponding Author: Dr. Shivaganga Tamagond, PG Scholar Department of Roga Nidana & Vikriti Vijnana, National Institute of Ayurveda, Jaipur, Rajasthan
Email: shivagangatamagond@gmail.com

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