

MANAGEMENT OF VYANGA WITH LOCAL APPLICATION OF ARJUN CHURNA AND MADHU - A CASE REPORT

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ABSTRACT :

Vyanga is one of the *khudraroga*. Present with *shyava varna, nirujam, tanu mandal* on *mukhpradesh*, commonly found in female after 30. It is harmless but distressing disorder, so there is need of treatment. As mental and physical health both are important for healthy life.

In this case report patient was treated with external application of *lepa* i. e. *arjun churna* with *madhu*¹ dose as per requirement once daily for 30 days which shows effective results in *vyanga*, which correlate with facial melanosis, hyperpigmented disorder.

Key words: *Vyanga, khudraroga, arjunchurna, madhu.lepa.*

INTRODUCTION: *Vyanga* i. e. facial melanosis, hyper pigmented disorder is commonly seen. Correlate on the basis of sign and symptoms. Facial melanosis is hyperpigmentation brown to black area on face especially on cheek, it is due to abnormal melanocyte and excess melatonin under skin occurs in female after 30^{10,11}. Treatment in modern medicine is steroid ointments it may cause adverse effect such as rashes or irritation.

It is one of the *khudraroga*^{3,4} in ayurveda caused by vitiation of *vata dosha, pitta dosha*, and *rakta dhatu*. Due to cosmetic reason it has got more importance. Very good medicines are available for skin disease in ayurveda with no side effect.

CASE REPORT: A 38 yr female patient came to OPD of kayachikitsa department of Y. A. C. P. G. T. & R. C. Kodoli Kolhapur, complaining of dark black color patches on face since 3yrs with mild itching.

O/E: *Ashtavidha pariksha*

Nadi - 74/min. *Shabda*-clear

Mala -normal *Sparsh*-normal.

Mutra- normal *Druk*-normal

Jiva- *ishat saam* *Akruti*-thin

Bala- *Madhyam*

Blood pressure-130/90 mm of Hg

Sleep - Adequate Appetite-regular

INVESTIGATION:

No specific abnormality.

MATERIAL & METHOD:

*Arjun twak churna lepa*⁶ with *madhu* as per needed for 30 days.

Lepa applied in morning for 10 minutes (till it dries)

OBSERVATION: Size and color of *mandal* before and after treatment is observed as assessment criteria.

There is reduction in size of *mandal* & change in color shade from dark blackish to pinkish shade After local application of *arjun twak churna lepa* with *madhu*.

DISCUSSION: *Vyanga*^{2,5} is one of *khudra roga* caused by vitiation of *vata, pitta dosha* and *rakta dhatu*. Treatment mentioned for it in *ayurvedic* text is *arjun twak churna* and *madhu lepa*.

Arjun^{8,9} (*Terminalia arjuna*) is *teekta kashaya madhura rasatmak sheeta virya* and *katu vipaki*. *Tridosha shamak, rakta prasadak, kledahara, twachya*. It nourishes skin increase complexion, restore the texture, clear metabolism with its *kledahara* property.

*Madhu*⁷ - is *sheetal laghu grahi, ruksha, tridosha shamak ropak varnya prasadak*, promotes cleansing healing,

skin complexion. It is *sukumarkar, srotogami, prasadjanak, yogavahi, rakta, kapha, pitta Shamak*.

By all these properties of *arjun twak churna* and *madhu* acts on *vyanga* in following way

- 1) *Twak shodhan*- by its *cledahara* property, clears metabolites.
- 2) *Prasadan*- proper nourishment to the skin.
- 3) *Varnya*- promotes complexion & proper texture to skin.
- 4) *Rakta, Pitta, Kapha shamak* helps in *samprapti bhanga*.

CONCLUSION: From above case it proved that *arjun twak churna* with *madhu* as local application in *vyanga* gives better result. By reducing size and number of *mandal* also helps to regain skin texture. Improves its complexion. Boost the confidence.

Formation of skin is from *rakta dhatu, ranjan karma* is by *pitta dosha, & vata* is responsible for proper distribution of *ranjak dravya*. Complexion & skin texture is maintained by *vata dosha*.

In above case only external application of *arjun twak churna* and *madhu* is given. It is *tridosha shamaka, varnya, twak shodhan & prasadan* in nature. This is its mode of action on *vyangya*.

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Declared