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Review article on *Vyanga* (Melasma)

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ABSTRACT

Background: *Vyanga* or melasma is a skin condition in which a hyper pigmented patch appears on face. Although we say medically this is not a serious condition but this is more than enough to shatter one's confidence. Because of globalisation and cut throat competition, being presentable has become the key word for success. Skin is a major body part that can be seen and appreciated easily as it covers whole body. That is the reason we see most of the population in the need of a magic remedy for a flawless skin. The treatment in modern medicines has many side effects. The recurrence after the treatment is very common. The treatment for melasma in Ayurveda is devoid of side effects it is very effective and it promises to stop the recurrence. The detailed description of its *Hetu* (causative factors), *Samprapti* (prognosis), the treatment (local and internal) is given in Ayurved Samhitas.

Objectives: To compile references about *Vyanga* in Ayurvedic text including *Pancha Nidan*, various types of treatments, diet etc. **Methods:** Study of all Signs, symptoms and treatment of *Vyanga* mentioned in *Bruhatrayee*, *Laghutrayee*, was done. **Results:** On the basis of collected data, efforts were made to throw light on the *Vyanga*, its *Hetu*, and its *Chikitsa*. **Conclusion:** After scrutinizing compile data from different *Samhitas* and modern books we can understand exact cause of *Vyanga* and different treatment methods according to Ayurveda.

Key words: *Vyanga*, Hyper Pigmentation, Melasma, Lepa.

INTRODUCTION

According to Ayurveda the disease *Vyanga* is mentioned under *Kshudra Rogas*. While mentioning about the skin diseases, mostly the systemic diseases whose manifestation is seen on skin are grouped into *Kushta Roga* while those skin conditions whose skin manifestations are prominent are grouped into *Kshudra Roga*. When a painless hyper pigmented patch appears on face it is called *Vyanga* whereas

when a hyper pigmented patch appears other than face, the disease is termed as *Neelika*.^[1]

According to *Sushruta* and *Vagbhata*, due to excessive anger and work the *Pitta* and *Vat* increases and causes black hyper pigmented patch on face which is called *Vyanga*. According to Ayurveda different types of hyper pigmented patch are differentiated into;

- *Tilakalak*, a mole
- *Mashak*, an elevated mole
- *Nyaccha*, hyper pigmented birth mark
- *Vyanga* hyper pigmented patch on face
- *Neelika* hyper pigmented patch on body other than face

Sharangdhar Samhita gives different types of *Vyanga* according to *Doshas*

AIMS AND OBJECTIVES

To compile references about *Vyanga* in Ayurvedic text including *Pancha Nidan*, various types of treatments, diet etc.

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MATERIALS AND METHODS

Materials

Sign symptoms and treatment of *Vyanga* mentioned in *Bruhatrayee*, *Laghutrayee* medical journals and magazines.

Methods

- *Shaman Chikitsa*
- *Shodhan Chikitsa*
- *Bahya Chikitsa*

LITERATURE REVIEW

Pancha Nidan of Vyanga according to Ayurved and modern science

There are many factors that can cause melasma or chloasma or blemishes or pigmentation; whether it is a mild or severe form it is usually associated with one or a combination of the below:

- Pregnancy the pigment may or may not fade after the delivery.
- Hormonal contraceptives, including oral contraceptive pills and injected progesterone.
- Sun exposure is also a very strong risk factor.
- Scented or deodorant soaps, toiletries and cosmetics can cause a phototoxic reaction.
- Poor immune system.
- Genetic factors.
- Medications.
- Nutritional deficiency.
- Ovarian or thyroid disorder.
- Stress.

Sometimes cause can be unidentified. According to *Sushruta* and *Vagbhata* excessive work and anger may increase *Vata* and *Pitta Dosha* and when they do *Sthansanshray* on face it may cause *Vyanga*. The above all causative factors also lead to increase in *Vata* and *Pitta*.

Symptoms of Melasma

Melasma usually affects women; only one in twenty affected individuals are male. It generally starts

between the age of 30 and 40. It is more common in people that tan well or have naturally dark skin compared with those who have fair skin.

Melasma affects the forehead, cheeks and upper lips resulting in macules (freckle like spots) and larger patches. Occasionally it spreads to involve the sides of the neck, and a similar condition may affect the shoulders and upper arms.

According to *Samhitas*

- Hyperpigmented patch on face
- No pain and discomfort

Types of Melasma

There are four types of melasma of chloasma or blemishes or pigmentation based on Wood's (ultraviolet) light examination which shows the depth of the pigmentation:

- **Epidermal:** The most common type shows enhancement of the colour contrast between normal and affected skin.
- **Dermal:** Does not show enhancement of the colour contrast between normal and affected skin.
- **Mixed Epidermal and Dermal:** Shows enhancement of the colour contrast between some of the affected skin but not others.
- **In apparent:** Seen in very dark-skinned people, affected lesions are not seen under Wood's light.

Treatment for Vyanga

Shodhan treatments

- *Vagbhata* and *Sushruta* mentions *Raktamokshan* treatment for *Vyanga*.^[1]
- *Nasya* with *Brungaraj Swaras* or milk + water.^[1]
- And *Nasya* of *Siddha Ghrut*.^[1]
- *Lepas* are mentioned in *Bruhatrayee* and *Laghutrayee*.
- Some *Shita* (cold) as well as *Ushna* (hot) *Lepas* are mentioned in Ayurvedic texts

Shita Lepas

Lepas include herbs like *Manjishta*, *Lodhra*, *Raktachandan*, *Vatankur*, *Daruharidra*, *Shalmalee Kantak*, *Badari Fala Majja*, *Amrapatra*, *Jamunpatra*.

Lepas of animal products like Goats milk, cows bone etc.^[1]

Ushna Lepas

Above medicines + *Kshir of Kshiri Vruksh* + *Godughda* cook together and apply *Siddha Ghruta Lepas*, application of *Siddha Ghrutas* are also mentioned by *Vagbhata*.

Oral treatments

Is advised to administer according to *Dosha*, *Dushya* etc.

CONCLUSION

After scrutinizing compile data from different *Samhitas* and modern books we can understand exact cause of *Vyanga* and different treatment methods according to Ayurveda.

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