

**EFFECT OF HERBO-MINERAL DRUGS IN THE MANAGEMENT OF VYANGA: A  
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**ABSTRACT**

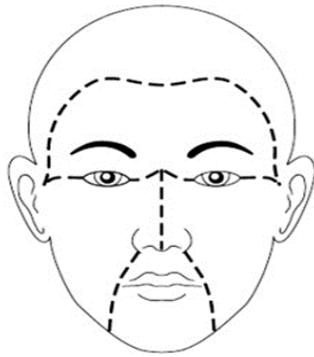
In Ayurveda, Vyanga comes under Kshudra Roga (mainly minor skin diseases) described by Acharya Sushruta. Vyanga is mainly concerned with complexion of skin. It is characterised by Niruja, Shyava Varna Mandala on face. Vyanga can be compared with melasma in modern science. Melasma is pigmentary disorder characterised by hyperpigmentation brown to greyish brown macules on face. It occurs mainly in women 90% cases and 10% case in males all ethnic and racial group.<sup>[1]</sup> In India 20-30% of 45- 60years old women present facial melasma. The case study being presented here is of a 27 years old female patient suffering from Vyanga. The line of treatment for Vyanga is lepa, Raktamokshana, Abhyanga prescribed by Acharya Bhavaprakash. Hence for this case drugs/medicines chosen were herbo- mineral drug like Saptamrit Loha, Aarogya Vardhini Vati, Shatavari Churna, Madhuyasti Churna, Manjishtha Churna etc. Having Raktashodhaka, Twak Prasadaka, Varnyakara, Rasayana, Vishahara properties that pacifies aggravated Dosha and help in Raktshodhan. Hereby a case study /details of a patient suffering from Vyanga, who was successfully treated by various Ayurveda formulations is presented. A markable reduction in MASI Score, which is also evident in the photographs, supports the efficacy of the chosen treatment.

**KEYWORDS:** Vyanga, Kshudra Roga, Case study, Melasma, Management, Herbo- mineral Drugs.**INTRODUCTION**

A person's beauty is recognised when his or her skin is smooth, shiny, and flawless, and this boosts his or her confidence. Vyanga is a disease that affects beauty by reducing the lustre and complexion of the face. Acharya Sushruta describes Vyanga as one of forty-four Kshudraroga. According to Acharya Sushruta, Vyanga is caused by Vayu being aggravated by uncontrolled anger and overfatiguing physical exercise and being surcharged with Pitta and suddenly appearing on the person's face, causing thin, circular, painless, and brown coloured patches or stains.<sup>[2]</sup> According to *Acharya Charak*, Rakta is also involved in pathology of disease.<sup>[3]</sup> In contemporary science, the Vyanga is compared with melasma, is an acquired condition of hyperpigmentation<sup>[4]</sup> which generally occurs on face. It is more prevalent in females as compared to males. In India 20-30% of 45- 60year old women present facial melasma.<sup>[5]</sup> UV radiations, pregnancy, hormonal

influences (generally oestrogen, progesterone, and MSH), cosmetics, photo-toxic drugs, and medications are among the etiological factors (antiseizure).<sup>[6]</sup> Melasma development is extensively influenced by genetic predisposition. The MASI score is used to determine the severity of Melasma. The MASI score is used to determine the severity of melasma. Kimbrough-Green, et al created the MASI score in 1994 to assess the clinical severity of melasma. The MASI score is determined by subjective assessment of three factors: the area involved (area/A), darkness (D), and homogeneity (H), with the forehead (f), right malar region (rm), left malar region (lm), and chin (c) corresponding to 30%, 30%, 30%, and 10% of the total face, respectively.<sup>[7]</sup> (Fig 1)

$$\text{MASI} = 0.3A (\text{D+H}) + 0.3A (\text{D+H}) + 0.3A (\text{D+H}) + 0.3A (\text{D+H})$$



**Figure 1: Melasma Area Severity Index (MASI).**

Treatment modalities for melasma, such as topical steroids, are associated with side effects/adverse effects such as irritation, rashes, redness, and so on, and are also costly. Various Acharya describe management for Vyanga as Lepa, Raktmokshan Abhyang, Udavartan, and herbo-mineral drug with Raktashodhaka, Twak Prasadaka, Varnyakara, Rasayana, and Vishahara properties. Which has been found to be very effective in controlling the symptoms of the sign. In this study, a 22-year-old patient who had been ill for four months was given t/t for that length of time. The outcomes were significant.

**MATERIAL AND METHODS**

- Literature from Samhita, Commentaries, Ayurvedic journals, Research papers, internet providing sites, Manuscripts, and other sources to gather and compile information/knowledge.
- The mMASI Scale is used to calculate the treatment effect.

**CASE REPORT**

A 27-Year-old Female Patient Came to OPD in August 2020 with following Complaints-

**Chief Complaints-** Blackish Patch over Cheeks and nose for one year, without itching or irritation.

**History of Present Illness-** A 27-year-old female patient visited the National Institute of Ayurveda, Skin care, OPD in Jaipur. She was completely normal a year ago, but she had developed blackish patches of pigmentation over her cheeks and nose for the past year with no associated symptoms such as itching. She sought Ayurvedic treatment at OPD 3 of the National Institute of Ayurveda for better management.

**Food habits-** spicy food

**Occupation-** Cath lab technician which leads to exposure of radiations.

**Past History** - No significant history of systemic illness and no history of previous surgeries.

**Family History** - No history of melasma in family.

**Clinical findings-** Lesions were blackish in colour and irregular in shape, appearing gradually over the cheek and around the nose. There were no other inflammatory conditions or itching. Because of the disease's sporadic outbursts, the patient was observed to be slightly depressed.

**Table 1: Physical examination.**

Sr. no.	Clinical presentation	Observations
1.	General condition	Good
2.	B.P.	122/80 mm Hg
3.	Pulse rate	74/min
4.	Respiration rate	14/min.
5.	Temperature	98.4 F
6.	Lymph node	Not palpable,

**Table 2: Personal History.**

Sr. No.	Personal History	Diet
1.	Diet	Vegetarian
2.	Appetite	Decreased
3.	Sleep	Normal
4.	Addiction	No addiction
5.	Bowel habit	Normal
6.	Micturition	Normal

**Table 3: Systemic Examination.**

Sr. No.	Systems	Findings
1.	Respiratory system	NAD
2.	Cerebro-vascular system	NAD
3.	Gastro-intestinal tract	NAD
4.	Central nervous system	NAD

**Table 4: Laboratory Investigations.**

Sr. No.	Investigations	Results
1.	Blood routine	Normal
2.	Thyroid function tests	Normal
3.	Abdominal USG	Normal

**Samprapti**

*Nidana Sevana* like *Aharaja*, *Viharaja*, *Manasika* (spicy foods, exposure to excess heat, grief and anger)



Vitiated *Vata*, *Pitta*, *Rakta* along with *Rasavaha srotas* and *Raktavaha srotas*



*Sthanasamsraya* in the *Twak* of face



*Niruja*, *Tanu*, *Syava Varna Mandala* over cheek and nose



*Vyanga*

**Samprapti Ghataka**

Dosha- Vata, pitta, rakta  
 Dushya- Rasa, rakta, twak  
 Srotas – Rasavaha, raktavaha  
 Srotodushti- Sang  
 Agni – Mandam  
 Adhishthan-Twak  
 Rogamarga- Bahyam  
 Sadhyasadyata- Sadhyam

**Treatment Plan**

Various Ayurvedic texts prescribe various types of medicines for Vyanga Shodhan therapy, Shaman therapy, and other treatments. Shaman therapy can be used both internally and externally. Because the disease has spread locally on the skin of the face, local application would have a more beneficial and immediate effect on various characteristics such as discoloration, etc. As a result of the treatment chosen, the patient was treated with specific combinations of herbo-mineral drugs-

1. Saptamrit Loha
2. Aarogya Vardhini Vati
3. Shatavari Churna
4. Madhuyashti Churna
5. Manjishtha Churna

**Lepnarth (Local Application)**

Rakta Chandan, Manjitha, Kutha, Priyngu Flower, Vatankur, Masoor, Arjun Haldi, Jao, Jatiphla, Aamlaki, Lodhra, Neem, Nagkeshar etc. with milk.

**Pathya (wholesome)**– Laghu Bhojna (Light Food) and Ushanodaka (warm water) etc.

**Apathya (unwholesome)**- heavy salty, fried, spicy, sour, and oily food items etc.

**OBSERVATION AND RESULT**

The treatment responses were assessed on the basis of mMASI Scale after a course of medicines for 3 months with follow up of 15 days and improvement was found. After 3 months, it was found that patient got improvement. The improvement in term of reduction in mMasi Score. Modified MASI (mMASI) was calculated for each side of the face as follows: mMASI= Area (A) \* [Darkness (D) + Homogeneity (H)] -- before and 12 weeks after the treatment process [Fig. 1]. The calculation is based on the percentage of involved area (A = 0–6: 0 = 0%, 1 = 10%, 2 = 10–29%, 3 = 30–49%, 4 = 50–69%, 5 = 70–89%, 6 = 90–100%); darkness of pigment (D = 0–4: 0 = absent or normal skin color without evidence of hyperpigmentation, 1 = slight visible hyperpigmentation, 2 = mild visible, 3 = marked, 4 = severe), and homogeneity or density of hyperpigmentation (number of pigmented lesions per unit facial area; H = 0–4: 0 = minimal, 1 = slight, 2 = mild, 3 = marked, 4 = severe).<sup>[8]</sup>

**Before treatment**

For left malar Region (TABLE 5)

Before treatment (TABLE 5)			
Sr. no.	Criteria	Percentage	Grade
1.	Area	60%	4
2.	Darkness	Severe	4
3.	Homogeneity	Severe	4
Total			12

For Right malar region (TABLE 6)

Before treatment (TABLE 6)			
Sr. no.	Criteria	Percentage	Grade
1.	Area	60%	4
2.	Darkness	Severe	4
3.	Homogeneity	Severe	4
Total			12

For left malar region mMASI Score = 12

For right malar region mMASI Score = 12

Forehead mMASI Score = 0

Chin mMASI Score = 0

Total mMASI Score = Left malar region mMASI Score + Right malar region mMASI Score + Forehead mMASI Score + Chin mMASI Score

**After treatment**

For left malar Region (TABLE 7)

After treatment (TABLE 7)			
Sr. no.	Criteria	Percentage	Grade
1.	Area	25%	2
2.	Darkness	Mild	2
3.	Homogeneity	Mild	2
Total			6

For Right malar region (TABLE 8)

After treatment (TABLE 8)			
Sr. no.	Criteria	Percentage	Grade
1.	Area	25%	2
2.	Darkness	Mild	2
3.	Homogeneity	Mild	2
Total			6

For left malar region mMASI Score = 6

For right malar region mMASI Score = 6

Forehead mMASI Score = 0

Chin mMASI Score = 0

Total mMASI Score = Left malar region mMASI Score + Right malar region mMASI Score + Forehead mMASI Score + Chin mMASI Score

$$= 6 + 6 + 0 + 0 = 12$$

Change in mMASI Score = 24-12 = 12

Change in percentage in mMASI Score =  $12/24 \times 100 = 50\%$



(Figure 2)



(Figure 3)

Patient 1 Images- (Figure 2: Before treatment; Figure 3: After treatment)



(Figure 4)



(Figure 5)

Patient 2 Images- (Figure 4: Before treatment; Figure 5: After treatment)

## DISCUSSION

In this case, it was discovered that Ayurvedic medicines helped the patient's condition. This is most likely due to the use of Raktashodhaka, Twak Prasadaka, and Varnyakara, Rasayana Dravya in current Ayurvedic prescription.

### *Saptamrita louha*

It's an Ayurvedic medicine. This formulation is made from a combination of minerals and herbs. It contains *Loha Bhasma (Iron Calx)*, *Mulethi*, and other herbs (*Glycyrrhiza glabra*) *Haritaki (Terminalia chebula)*, *Vibhitaki (Terminalia bellirica)*, and *Amalaki* are the three components of *Triphala (Embolica officinalis)*.<sup>[9]</sup> These ingredients aid in the effective management of skin disorders. Because it contains Iron calx (*Bhasma*) as a component. It is anti-inflammatory in nature. It helps to balance the *Pitta Dosha* in the body. Iron calx is loaded with minerals and nutrients. This formulation is used to treat anaemia by raising blood levels. It also has detoxifying, anti-pruritic, demulcent (soothing and smoothing) and anti-oxidant properties.<sup>[10]</sup>

### *Aarogyavardhini Vati*

The word Arogya signifies good health and *Vardhini* stands for improvement means this formulation can eradicate the diseases completely and promote good

health. The drug has been mentioned in *Rasaratnasamucchaya* in the context of *Kustha* (skin disorder) and in *Bhaishyajaratnavali* in the context of *Yakrita Vikara* (liver disorder).<sup>[11]</sup> *Haritaki (Terminalia chebula)* is an astringent and laxative ingredient in the medication. It is effective in treating liver disorders such as fatty liver and cirrhosis of the liver. The herb *Bibhitaki (Terminalia belerica)* is a laxative and an effective treatment for digestive problems. *Amalaki (Embolica officinalis)* is another ingredient that is antibacterial, stomachic, hypotensive, and astringent. It is antioxidative, anti-hepatotoxic, and immune modulator. The abundance of *Triphala* is very effective in removing AMA toxin from body. *Triphala* supplementation is very effective in removing AMA toxin from the body. *Shuddh Shilajit*, a mineral, is a powerful revitalising agent. It acts like nectar; it contains powerful antioxidants and thus slows the ageing process. *Chitra (Plumbago zeylancia)* is an effective remedy for digestive disorders such as loss of appetite, indigestion, and various liver diseases. Another important ingredient (*Picrorrhiza kurroa*) is a useful treatment for liver disorders. It works well for liver damage caused by chemicals like carbon tetrachloride, paracetamol, and even alcohol. Antarkar et al. (1980) conducted a double-blind trial with *Aarogyavardhini Vati* for the treatment of acute viral

hepatitis, which revealed significant hepatoprotective effects of *Arogyavardhinivati*.<sup>[12]</sup>

In this case study, the patient is experiencing a loss of appetite. *Mandagni* can be found in *Vyanga's Samprapti* as well (pathology). Furthermore, due to etiological factors such as *Shoka* and *Krodha*, *Pitta* vitiation occurs, affecting the *Jathragni* and normal functioning of *Ranjak pitta*, i.e. *Varnotpatti* and *Bhrajak Pitta*, causing skin discoloration. As a result, the drug used to treat liver problems will almost certainly balance *Ranjak Pitta*. This *Vati*, which is high in antioxidants, scavenges free radical from the body and, as a result of its *Tridoshshamak* action, will pacify *Pitta* (Mainly *Bhrajak Pitta*). Its anti-pruritic properties also alleviate itching sensation, which is common in skin diseases, making it useful for skin diseases.

**Shatavari Churna**– *Rasa-Madhur, Virya- Sheeta, Vipaka Madhura, Guna-Guru, Snigdha, Doshagnata-VattaPitta Shamak. Bhavprakash, Raja Nighantu, Kaiydev, and Sriya Nighantu* all mention *Tiktaanurasa in Nighantu Tikta Anurasa. Rasayan, Netrya, Shukral, Stanya, Agnivardhak, Medya, Balaya, Shothar, and other Karma are associated with Shatavari*. It has antibacterial, anti-inflammatory, antiseptic, antipyretic, diuretic, expectorant, stomachic, nervous stimulant, and tonic bioactivity, among other things.<sup>[13]</sup>

#### **Mulethi (*Glycyrrhiza glabra*)**

Herb with *Madhura Rasa* (sweet flavour) and *Guru* (heavy flavour) and *Snigdha Guna* (i.e. unctuous quality). It depicts *Sheeta Virya* (cold potency) and *Madhura Vipaka* inherently (i.e. sweet metabolic taste). Because it is heavy and unctuous, it is antagonistic to *Vata* (air) *Dosha*, whereas its sweet metabolic taste and cold potency help the herb to pacify *Pitta* (fire and air) *Dosha*. This rejuvenating herb, which is high in antioxidants and nutrients, plays an important role in treating a variety of skin problems. It effectively removes free oxygen radicals from the body and reduces oxidative damage. As a *Vata-Pitta Shamak*, it flushes out AMA toxins from the skin's internal layers, promotes overall skin health, and treats various skin infections such as eczema, acne, pimples, rashes, and so on. Because it is classified as *Vrnyakara Dravya*, it reduces hyperpigmentation and dark circles, leaving a spotless glz.<sup>[14]</sup>

#### **Manjistha (*Rubia cordifolia*)**

*Manjistha* is said to have *Vrnya* and *Vishghan* properties, which make it clinically useful in pigmentation disorders and skin allergies. It is mentioned in the management of *Vyanga* in *Ashtang Sangrah*.<sup>[15]</sup> It has *Guru* (heavy to digest) and *Rooksha* (dry) *Guna* (qualities), *Tikta* (bitter), *Madhura* (sweet), and *Kashaya* (astringent) *Rasa*, *Vipaka* (taste conversion after digestion), *Katu* (pungent), *Ushna* (hot) *Veerya* (potency). It has a *Kaphapitta shamaka* effect, which means it balances *Kapha* and *Pitta*. *Pittahara* is the main character. Because it reduces *Pitta*,

it is beneficial in *Pitta*-related diseases such as skin (wounds, skin diseases) and eyes. *Manjistha* has *Raktashodhak* and *Varnya* properties that improve skin and make the complexion fair.

#### **Raktchandan (*Petrocarpussantalinus*)**

*Tikta* (Bitter) and *Madhura* (Sweet) *Rasa, Laghu* (Light) and *Ruksha* (Dry) *Guna, Sheeta* (Cold) *Veerya, Katu* (Pungent) *Vipaka, Kapha- Pitta Ghan Karma* are all associated with *Raktachandan*. It balances *Pitta* because of these characteristics. *Bhrajak Pitta* is in charge of the colour of one's skin. *Raktachandan's* attributes include *Twagdosahar, Raktapittashamak, Raktashodhak, and Mukhakantikar, Vrnya*.

#### **Priyangu flowers (*Callicarpa macrophylla*)**

Because of *Tikta* (Bitter), *Kashaya* (Astringent), *Madhura* (Sweet), *Rasa* (Taste), *Guru-Ruksha Guna*, and *Sheeta Virya, Priyangu* is *Raktashodhak, Twagdosahar*, and very useful in skin diseases. *Karma* (Actions) - *Tridoshashamaka* properties (balances all three *Dosha*)<sup>[16]</sup>.

#### **Haldi (*Curcuma longa*)**

*Haldi* contains *Katu* (pungent) and *Tikta* (bitter) *Rasa* (taste), *Ushna Virya* (action), *Laghu* (light), and *Ruksha* (rough) (quality). It calms *Kapha* and *Vata* because it is pungent and warming. It is also bitter and astringent, which helps to balance the *Pitta Dosha*. Because of its *Prabhava*, it purifies the blood, skin, and complexion.<sup>[17]</sup>

#### **Arjuna (*Terminalia Arjuna*)**

The wound healing capacity of *Terminalia Arjuna* bark hydroalcohol extract was evaluated on rat dermal wounds. The outcome clearly demonstrated that the beneficial effect was due to the tannin content.<sup>[18]</sup> On rat dermal wounds, the wound healing capacity of *Terminalia Arjuna* bark hydroalcohol extract was evaluated. The results clearly demonstrated that the tannin content was responsible for the beneficial effect.<sup>[19]</sup>

#### **Jao-Yava (Barley- *Hordeum Vulgare*)**

*Madhura* (sweet), *Tikta* (bitter), *Kashaya* (sour) (astringent) *Rasa Laghu* (light), *Ruksha* (dry), *Pichila* (slimy), *Mridu* (soft), *Sara* are the *Guna* (attributes) (flows easily) (Potency): *Virya Sheeta* is an abbreviation for *Sheeta* (cold) *Katu* (final product): *Vipaka* (pungent) *Doshagnata* (*Dosha* effect): *Bahupurishakara, Mutra Doshahara, Kaphapittahara, Vatakara Mala Prabhava, Vatakara Mala Prabhava, Vatakara Mala Prabhava, Vatakara Mala Prabhava, Vata Karma* (body effects): *Lekhana* (scraping effect), *Medohara* (eliminates excess fat accumulated in the body), *Vrishya* (acts as an aphrodisiac), *Balya, Sthairyakaraka* (increases strength), *Varnya* (increases complexion), *Swarya* (helps to gain good voice), *Agni/Agnideepana* (increases appetite and metabolism), *Kasa-Shwasa Pinasahara* (remedy for cough, breathlessness and rhinitis), *Kantarogahara* (eliminates throat infections).

**Masura (lens culinaris)**

*Masura* has a *Varnyakar effect* on the skin due to the presence of *Ruksha Guna* and *Sheeta Virya*. *Masura* is high in *proteins*, which improves the complexion and gives your skin a natural glow. *Masura* is high in flavonoids, vitamins, trisetine, and other nutrients that nourish the skin and have antifungal properties.

**Lodhra (Symplocos racemose Roxb.)**

It is bestowed with the *Rukhsa* (dry) and *Laghu* (light) *Gunas*. It contains *Sheeta Veerya* (cold potency) and *Katu Vipaka* (heat potency) (pungent metabolic property). If taken in excess, the herb may aggravate the *Vata Doshas* due to its dry and light qualities. As a *Pitta* pacifier, it detoxifies the kidney, liver, and blood while fortifying the vital organ and promoting cellular growth and tissue regeneration. *Ayurveda* recognises *Lodhra* as a well-known one-step remedy for various skin conditions due to its antioxidant, antimicrobial, and anti-inflammatory properties. *Lodhra* is *Rakta Shodhak* due to *Kshaya Rasa*, *Laghu Guna*, and *Sheeta Virya* and is credited with cleansing and soothing properties, and is thus used in various skin ailments. It also has *Varnya* properties.

**Kushtha (Saussurea lappa)**

*Kushtha* has the *Varnya effect*, the *Kushthaghna* property due to the *Laghu-Ruksha Guna*, and it improves complexion. It also aids in the treatment of a variety of skin infections due to its blood purifying properties, which aid in the removal of toxins from the blood. It not only protects the skin from oxidative radical damage caused by harmful UV-A and UV-B rays, but it also reduces the risk of wrinkles, blemishes, spots, fine lines, and dark circles. This magical detoxifying herb highlights *Kashaya* (astringent) *Rasa*.

**CONCLUSION**

The above-mentioned drugs due to their properties have made this combination an ideal and superior one. All these drugs are blessed with *Raktashodhaka*, *Twak Prasadaka*, *Varnyakara*, *Rasayana*, *Vishahara* etc. properties and are seen effective in management of *Vyang* in this case. Hence it can be concluded that *Lepa* and *Ayurvedic* oral medication is effective in management of *Vyang* which was not relieved by modern medicine and further clinical trials can be done to support the evidence.

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