EFFECT OF *VARNYA MAHAKASHAYA LEPA* IN THE MANAGEMENT OF *VYANGA:* A CASE STUDY

¹*Vd. Amruta Y. Bhoir, ²Vd. Kavita S. Patil

¹P.G Scholar, ²Associate Professor
Department of Kayachikitsa, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

*Corresponding Author: Dr. Vd Amruta Y. Bhoir

P.G Scholar, Department of Kayachikitsa, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

ABSTRACT

In day today life people are prone to many Cosmetic disorders likewise '*Vyanga*' is one of such diseases explained in Ayurveda under the *Kshudra Roga Prakaranam*. *Vyanga* is not a major disease but it may be symptom of an underlying disease. *Vyanga* (bluish black patches) occurring especially on the face. The clinical features correlate with melasma, which is an acquired chronic hyperpigmentation disorder, usually seen in women of childbearing age. People get depressed by their looks i.e., with black patches on the face and as the personal appearance being the closest and immediately rewarding hence it is very important to study what factors actually cause this disease. In the *Samhita* vitiated *Doshas* for pathogenesis of *Vyanga* are mentioned as *Vata, Kapha* and *Raktadusti.* There is direct mention of *Pitta*, so here *Raktdushti* can be directly related to *Pitta Dushti*. So, we have to consider *Pittadusti* along with *Vata Kapha* and *Rakta Dushti*. Now a days people are aware of the personality where face plays an important role. Present case study is considering all symptoms as well as pathology of *Vyanga* disease treated by local application of *Lepa* which constitute the *Varnya Gana Dravya* bestow the normal *Varna* (colour) by virtue of their qualities and actions.

KEYWORDS: *Vyanga, Varnya Mahakashaya,* Melasma*, Raktadushti.*

INTRODUCTION

Human beings especially the women are very much concerned about their external looks. Various kinds of natural cosmetic substances were used by our ancestors to maintain the same. Some of them are even documented in various ancient literary works. Ayurveda, which advocates the natural way of healing have identified the importance of good looks. In this regard many cosmetics tips are available in the classical textbooks. Though not serious, some diseases are going to compromise the prettiness of a person.

Acquired hyper‑pigmentation disorders of the skin are among the most common complaints in a general dermatology clinic. Among those, melasma is known for causing significant impact on quality of life, including a negative effect on the patient's emotional well‑being and social life. Despite the advent of powerful pigment‑targeting lasers, the treatment for melasma remains challenging. In the United States alone, approximately 5–6 million individuals are afflicted with melasma of which majority are females (90–95%). In Asia, it is a common diagnosis and can reach an incidence of 0.25–4% of cases seen in any dermatology institution.[1] Melasma should not be dismissed as simply a cosmetic entity because it often evokes emotional distress. In addition, stigma may be associated with melasma, particularly in Asian cultures. Melasma is a chronic, acquired cutaneous, relapsing hypermelanosis characterized by hyperpigmented patches on sun‑exposed areas of the face, neck, and forearms.[2] Exposure to ultraviolet (UV) radiation is believed to be the leading factor in its development. Ayurveda refers this condition as *Vyanga* where in *Vata Pitta Dosha* as well as *Manasika Nidanas* (psychological etiological factors) such as *Krodha* (anger), *Shoka* (sorrow), and *Ayasa* (mental exertion) are the main culprits.[3] The treatment modalities and other management strategies for hyper‑pigmentation are usually unsatisfactory as it shows exacerbation and remission from time to time because of various influencing factors such as frequent exposure to sun rays, pollution, stress, and hormonal variations. *Bahir Parimarjana Chikitsa* has a major role to play in the treatment of *Vyanga*. *Charak Samhita* reveals a major group of drugs that is, *Varnya Gana* (10 drugs) namely *Chandana*, *Tunga*, *Padmaka*, *Usheera*, *Madhuka*, *Manjishtha*, *Sariva*, *Payasya*, and *Sita Lata.* *Varnya Gana* is basically meant for the task of restoring the natural colour and complexion of the body. It is useful both for *Antah Parimarjana* (purificatory therapies) as well as *Bahi Parimarjana* (external application).[4] The present study was aimed at evaluating

the efficacy of an Ayurvedic formulation‑ *Varnya Gana Lepa* in *Vyanga* (melasma).

AIM: To study Effect of *Varnya Mahakashaya Lepa* in The Management of *Vyanga.*

OBJECTIVE: To study role of *Varnya Mahakashaya Lepa* to reduce sign and symptoms of *Vyanga* with special reference to Melasma.

CASE REPORT
A 28-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashrungi Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints
Niruja (painless),
Shyava (bluish black),
Tanu Mandalas (macules) on the face
— since last 2 years

History of Present Illness: Patient was healthy before 2 years. There was gradual increase in above symptoms, but above symptoms were aggravated in last 6 months. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past History: No any History
Present Medicinal History : No any medicine taken.
Family History: Matruj Kula: Jivit Pitruj Kula: Jivit.
Past Surgical History: No any Surgical history.

General examination

Temperature	98.3 F
RR	16/ Min
Pulse rate	74 /Min
Blood pressure	120/80 mm of Hg
Height	155 cm

Weight	56 Kgs

Systemic Examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Ashtavidha Parikshan

Nadi	74/Min
Mutra	5-6 times a day
Mala	*Asamyak*
Jivha	*Ishat Sama*
Shabda	*Spashta*
Sparsha	*Samshitoshna*
Druk	*Prakrit*
Akruti	*Madhyam*

Vikrit Strotas Parikshan: *Strotas Parikshan* WNL Except
Raktavaha Strotasa: Niruja, Shyavata, Tanu Mandala.
Annavaha Strotasa: Jivha Samata, *Avipak*
Rasavaha Strotasa: *Tandra, Hrillas.*
Purishvaha Strotasa: Asamyak Mala-Pravritti

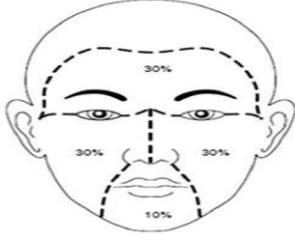**Diagnosis:** *Vyanga*

Management: *Varnya Mahakashaya:*[5]
Varnya Mahakashya Lepa were applied for twice a day for 45 days

Table 1: *Rasa, Virya, Vipaka & Doshaghnata of Dravyas*.

S.N.	Dravya name	Rasa	Vipak	Veerya	Doshaghnata	Chemical Composition
1.	Rakta Chandan[6]	Tikta, Madhur	Katu	Sheeta	Kaphapittashamak	Santalil
2	Tunga[7]	Madhur, Kashaya	Madhur	Sheeta	Kaphapittashamak	Friedelin, B-sitosterol
3.	Padamak[8]	Tikta, Kashaya	Katu	Sheeta	Kaphapittashamak	Flavonoid glycosides
4.	Ushir[9]	Tikta, Madhur	Katu	Sheeta	Kaphapittashamak	Allokhusiol, Benzoic acid
5.	Yashtimadhu[10]	Madhur	Madhur	Sheeta	Vatpittashamak	Glycrayzin aysolikkiritin estrogen,
6.	Manjishtha[11]	Tikta, Madhur, Kashaya	Katu	Ushna	Kaphapittashamak	Purin, Manjishthin, Jantho sudo Purin
7.	Sariva[12]	Madhur, Tikta	Madhur	Sheeta	Tridoshshamak	Rutin, Desinine
8	Payasya[13]	Madhur	Madhur	Sheeta	Vatapittashamak	B-sitosterol, stigmasterol
9.	Sita[14]	Kashaya, Madhur	Madhur	Sheeta	Kaphapittashamak	Dactylon

| 10. | Lata[15] | Kashaya, Madhur | Madhur | Sheeta | Kaphapittashamak | Dactylon |

OBSERVATION AND RESULTS

| Modified Melasma Area and Severity Index (mMASI) Scoring is a calculation on scoring system as follows[16] | | | | | | | | | | | | |

The mMASI scoring is calculated by subjective assessment of 2 factors as follows
1. Area of involvement (A)
2. Darkness (D)
For this the face is divided into four areas as forehead (f), Left malar region (lm), Right malar region(rm) and Chin (c) corresponding to 30%, 30%, 30% and 10% of the face respectively.

	Parameters	GRD	BT				AT			
			f	lm	rm	c	f	lm	rm	c
Area of Involvement (%)	No involvement	0								
	<10	1								
	10-29	2								
	30-49	3	3	3	3	2	2	2	2	1
	50-69	4								
	70-89	5								
	90-100	6								
Darkness	Normal Skin colour	0								
	Barely visible hyperpigmentation	1	3	3	3	2	2	2	2	1
	Mild hyperpigmentation	2								
	Moderate hyperpigmentation	3								
	Severe hyperpigmentation	4								

The mMASI Score is calculated by adding the sum of the severity rating of darkness multiplied by the value of the area of involvement, for each of four facial areas
mMASI total score= $0.3^x A(f)^x D(f)+0.3^x A(lm)^x D(lm)+0.3^x A(rm)^x D(rm)+0.1^x A(c)^x D(c)$
Total score range of modalities MASI is 0 to24, where 0 is the minimum score and 24 is the maximum score. Higher the score, higher is the severity.
BT (Before Treatment) $=0.3^x 3^x 3+0.3^x 3^x 3+0.3^x 3^x 3+0.1^x 2^x 2=$ **8.5**
AT (After Treatment) $=0.3^x 2^x 2+0.3^x 2^x 2+0.3^x 2^x 2+0.1^x 1^x 1=$ **3.7**

DISCUSSION
Varnya Dravyas when used externally or internally acts on *Bhrajaka Pitta*. *Bhrajaka Pitta* is an important factor related with *Varna* (complexion). *Ushna Viryatmaka Varnya Dravya* helps in stimulation of *Bhrajaka Pitta* and does *Raktavardhana*. And so, helps absorb the medicines applied externally and improves *Varna* (complexion). *Madhur Rasatmaka Varnya Dravyas* increase the production of *Rasa, Rakta, Majja, Shukra, Oja* which in turn acts on *Varna*. *Madhur Rasa*, *Tikta Rasa* and *Sheeta Virya* has *Pittaghna* action. *Madhura Rasa* and *Sheeta Virya* act as *Ojovardhaka* and thus helps enhancing skin complexion. *Madhura Rasa*, *Madhura Vipaka*, *Ushna Virya* has *Vataghna* action and hence removes blackishness, stickiness and increased fluidity are an indicator of impurities in the blood. *Varnya Mahakashaya* has *Kashaya* and *Tikta Rasatmaka Dravyas* which absorb *Kleda* and cools down *Pitta*. It

therefore results in purification of blood i.e., *Raktashodhana*. It relieves the blood of excess fluidity and stickiness. And this way leads to *Varna Prasadana*.

So, we can say that- *Dravyas* in *Varnya Mahakashaya* act as *Varnya*, *Raktaprasadak*, *Raktavardhaka*, *Raktashodhaka*, *Ojovardhaka*, *Pittaghna* and *Vataghna*. *Varnya Mahakashaya* not only works on blood but also acts as filtering agent of blood in body i.e., Liver. It works on stomach where the basic elements that helps prepare blood are abundant. *Sariva* and *Sita Lata* - Acts on mind, relieves stress and send good signal to the body to keep it well toned. *Yashtimadhu*, *Rakta Chandan* & *Manjishtha*- Stabilises aggravated heat in body and blood. *Sariva* & *Manjishtha*- Improves digestive power of intestine; Along with *Sita Lata* - works on *Shleshak Kapha* in stomach to produce fine quality of *Rasa Dhatu*, which nourishes the skin.

CONCLUSION
As per the review of above all mentioned factors-
1. Majority of *Dravyas* in *Varnya Mahakashaya* are *Madhur Tikta Rasatmaka*, *Kapha Pitta Shamaka*. Therefore, shows *Varnya* effect. They can be used externally or internally. They work on variety of elements which creates and nourishes skin.
2. So *Varnya Mahakashaya* described by *Charakacharya* are without a doubt powerful for enhancing skin complexion.
3. *Varnya Dravya* has high antioxidant and anti-inflammatory potential. It should be considered synonymous with beautiful skin.

4. *Lepa* is easy treatment modality, which can be adopted herein this disease condition. *Varnya Mahakashaya Dravya Lepa,* showed improvement in patient's mMASI Score that led to the patient's satisfaction. We can conclude that *Varnya Mahakashaya* plays many roles such as helper, purification agent, stimulator and creator of natural blood.

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