

# Vyanga(Melasma) Hara Chikitsa W.S.R to Bhavaprakasha Samhita

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## ABSTRACT

Ayurveda, hailed as the oldest healing tradition, advocates proactive health maintenance and disease prevention. By promoting balance and harmony within the body, it addresses various ailments, including skin conditions like Vyanga, which can be correlated to Melasma (hyperpigmentation). Vyanga, categorized as a Kshudraroga (minor ailment), manifests as dark discoloration of the skin mostly over the face, occasionally on neck area and rarely in forearms and is commonly observed among women. It produces basic features like Niruja (painless), Tanu (thin) and Shyavavarna mandalas (bluish black colour patches). Ayurvedic texts provide detailed descriptions of Vyanga's symptoms and treatment modalities. These may include therapies like Raktamokshana (bloodletting), Lepa (external applications), Abhyanga (massage), and oral medications. Lepana therapies detailed in the Bhavaprakasha Samhita offer cost-effective, side-effect-free alternatives to expensive conventional treatments, fostering both physical and psychological wellness in patients.

**KEYWORDS:** Vyanga, Melasma, Kshudraroga, Bhavaprakasha Chikitsa

## INTRODUCTION

Achieving a sense of wellbeing, Prasannaatmaindriya, and Manas relies heavily on feeling socially accepted and confident in one's appearance. A radiant complexion not only brings joy to the individual but also to those who behold it. Human skin, a remarkable biological wonder, stands as the body's largest organ in both weight and surface area. In discussions about skincare, the focus frequently gravitates towards facial care, underscoring Vyanga's significant impact as a cosmetic concern within society.

Melasma affects around 15-20% of the global population, with its prevalence peaking during summer months and diminishing during winter. This pattern arises because sunlight exposure stimulates the production of melanin pigment by female sex hormones like estrogen and progesterone. Interestingly, individuals with thyroid disease have a higher likelihood of developing melasma. Moreover, heightened stress levels can lead to increased secretion of melanocyte-stimulating hormone (MSH), contributing to this condition. Melasma is

occasionally associated with allergic reactions to medications and cosmetics. Additionally, it disproportionately affects females compared to males.

In Vedic scriptures such as the Puranas, Mahabharata, and Ramayana, descriptions of skin diseases and various beautifying practices are prevalent. Vyanga is a disorder primarily affecting the face (Mukhamagatyam), as described in classical texts. Ayurveda offers a plethora of remedies for skincare, including oil massages with Taila and the application of Lepa, which render the face smooth, soft, and radiant<sup>[1]</sup>. However, clinical trials related to Vyanga remain limited. Local applications of Lepa are particularly effective, acting directly on the affected areas.

## AIMS AND OBJECTIVES

1. To evaluate and elaborate the aetiology, pathophysiology of vyanga. 2. To elaborate and discuss the management of Vyanga w.s.r. to melasma.

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### Nirukti <sup>[2]</sup>

The word Vyanga is formed by word Anga with the prefix Vi. “Vi” refers to Vikruti, Vighata and Anga refers to body/part. Vyanga is described as

“**Vikrutani angani yasmatu mukharoga visheshaha.**”

Vyanga in the present context refers to dark spots on the face.

### Nidana Panchaka <sup>[3-5]</sup>

It elucidates the characteristics of Kshudrarogas, which are characterized by simple causes, symptoms, and treatments, earning them the designation of minor ailments. Among these, various skin diseases are mentioned including Vyanga. Discrepancies exist regarding the total number of Kshudrarogas, with differing counts provided by various ancient texts: Sushruta lists 44, Vagbhata mentions 36, Madhavakara notes 43, Sharangadhara enumerates 60, and Yogaradnakara records 44.

### Nidana <sup>[6]</sup>

The causative factors which induces the disease Vyanga are Krodha, Ayasa as mentioned by Bhavaprakasha kara.

**Etiology:** Causative factors for melasma are ultraviolet radiation, hormone involvement, and genetic predisposition etc.

### Samprapti <sup>[7]</sup>

“**Krōdhāyāsaprakupitō vāyuh pittēna sanyutah mukhamāgatya saha maṇḍalaṁ prasrjatyataḥ**”

### Etiopathogenesis <sup>[8]</sup>

The etiopathogenesis and pathophysiology of melasma remain largely unknown, with several theories revolving around risk factors such as UV exposure, hormonal fluctuations, and genetic predispositions. In individuals with melasma, there is typically an accumulation of melanin in the basal and supra basal layers of keratinocytes, as well as within the dermis. This increased melanin production can be localized primarily to the epidermis, upper dermis, or both layers, contributing to the characteristic pigmentation observed in melasma.

### Poorva roopa (primordial symptoms)

The word Saahasa was used during the description of the disease, which means that Lakshanas of Vyanga appear suddenly or abruptly without Poorva roopa.

### Roopa <sup>[9]</sup>

**The cardinal symptoms of Vyanga according to Bhavaprakasha are:**

- Shyavavarna (Blackish discolouration)
- Niruja (painless)
- Tanu (Thin)
- Mandala (Circular)

### SIGNS AND SYMPTOMS

Melasma is usually a uniform brown colour of the skin that can be seen over the cheek, forehead, nose and sometimes the upper lip. It usually matches on both sides of the face.

### Vyadhivyavachhedaka Nidana <sup>[10]</sup>

There are some diseases which have signs & symptoms similar to Vyanga are counted under Vyadhivyavachhedaka Nidana.

### nīrujaṁ tanukaṁ śyavaṁ mukhē vyaṅgaṁ tamadiśēt”

The Samprapti of Vyanga as separate entity is not described in any of the classical texts. The apparent mode of samprapti as follows:

Nidana sevana (Sariraka & Manasika doshas)



Dosha prakopa



Vitiation of Vata, Pitta, Kroda and Ayaasa



Rasadusti and Raktadusti



Twacha of Mukha (Sthanasamshraya)



Niruja, Tanuka, Shyava Mandala (Vyaktavasta)



Vyanga,

**TABLE 1: Samprapti ghatakas**

Dosha	Vata, Pitta, Kroda, Ayaasa
Dooshya	Dhatu-Rasa, Rakta Upadhatu-Twak
Srotas	Rasavaha, Raktavaha
Agni	Jataragni, Dhatvagni (Rasagni, Raktagni)
Roga Marga	Shakhagata
Adhithana	Twak

Feature	Vyanga	Mashaka	Tilakalaka	Nyachha	Neelika
Colour	Shyava	Krishna like masha	Krishna like Tila	Shyava/Krishna	Krishna/Neela
Site	Mukha	Any part of Sharira	Any part of Sharira	Any part of Sharira	Sharira, Mukha
Elevation	Non elevated	Elevated	Elevated, Nonelevated	Non elevated	Non elevated
Shape	Mandala	Like Masha	Like Tila	Mandala	Mandala
	-	-	-	Since Birth	-

### Differential Diagnosis

Melasma is diagnosed clinically. Microscopic studies suggest that there may be two main types of melasma; the epidermal, characterized by increased supra basal layers of epidermis, and the dermal type, characterized by increased melanin in the dermal macrophages with associated milder epidermal pigmentation.

### Sadhyasadhyata <sup>[11]</sup>

According to Bhavamishra, Vikrutis occurring in the Twak and Mamsa are Sukha sadya. According to all other Ayurvedic texts Vyanga is Sadhyavyadhi.

### Upadrava <sup>[12]</sup>

Vyanga roga does not have any Upadravas, but if this appears suddenly in the patient it is considered as Arista lakshana.

### Treatment according to modern <sup>[13]</sup>

The goals of melasma therapy are basically two-fold; removal of existing pigment and the prevention of formation of new pigment by following sun protection, topical therapy, microdermabrasion.

### Chikitsa <sup>[14]</sup>

“Shiravedhah pralepascha tatha abhyangarupachhareth vyanga”

According to Bhavaprakasha Samhita, Vyanga is managed by Shiravedha, Lepam, Abhyangam. Out of these lepam chikitsa mentioned as follows:

1. Application of Vatankura paste and Masura with honey cures Vyanga.
2. The paste of Mañjistha, added with honey is best for Vyanga.
3. Rabbit's blood or Varuna bark grinded with goat's urine cures Vyanga.
4. Application of Jatiphala grinded into fine paste can cure Vyanga.
5. Kumkumadi Tailam massage is indicated in Vyanga. Face shines like the full moon by its application.
6. Latex of Arka plant mixed with Haridra cures Hyper pigmentation of face.
7. Application of lentils pasted with milk and mixed with ghee for 7 days makes the face shine like a lotus.
8. Using a paste made from matured brown leaves of vata, mālati, raktacāñdana, kuṣṭha, kālīyaka, or lodhra could prove beneficial in treating Vyanga.

### Pathyapathya <sup>[15]</sup>

Pathyapathya explained for Kushta(Skin Disease) can be applied to Vyanga which is a skin disorder.

### Pathya

Ahara & guna → Laghu, Hita like Mudga  
 Shuka dhanya → Shastikashali, Yava, Godhuma  
 Shimbi dhanya → Mudga, Adaka, Masura  
 Shakha → Nimba patra, Patola patra, Brihat phala, etc  
 Mamsa → Jangala mruga  
 Mootra → cow

### Apathya

Ahara → Pitta and Rakta aggravating ahara rasas like amla (Sour), lavana (salty), katu (hot)  
 Guna → Guru, Vidahi  
 Shimbi dhanya → Masha  
 Shakha → Moolaka, Amlaphala, Tila  
 Mamsa → Anupa mruga  
 Miscellaneous → Dadhi, Ksheera, Madya, Guda  
 Vihara → Suryarashmi, Divaswapna, Vyayama, Veganirodha

### MATERIALS AND METHODS

Materials related to vyanga (melasma) have been collected from Ayurvedic classical text of Bhavaprakasha Samhita mainly and also from modern texts and journals.

### DISCUSSION

The beauty and allure of an individual are often manifested through the health of their skin, which is intricately linked to overall well-being. When discussing skin, particularly the face, it serves as a reflection of one's thoughts and personality. In contemporary society, melasma stands out as one of the most prevalent pigmentary disorders. Its etiopathogenesis involves genetic factors, exposure to UV light, hormonal imbalances, among other factors. According to Ayurvedic teachings, melasma arises from the vitiation of Vata, Pitta Dosha, and Rakta Dhatu, resulting in characteristic features such as painlessness (Neeruja), brown or brownish black discoloration (Krishna), circular patches (Mandalavart), thinning of the skin (Tanu), primarily affecting areas like the nose, forehead, cheeks, and chin, thereby diminishing the complexion and radiance of the skin due to its cosmetic implications, it garners significant attention. Ayurvedic treatments

and formulations have demonstrated effectiveness in addressing skin conditions like Vyanga (melasma).

Most of the drugs in eight combinations of Bhavaprakasha chikista are with Tikta (bitter) rasa, kashaya (astringent) rasa which encounters Pitta and rakta dosha. These properties helps in twak prasadana by virtue of which it helps in removing twak vaivarnya and helps to attain normal colour. Snigdha guna alleviates Vata and is responsible to maintain moisture level in the skin and hence makes the skin smooth. The chemical constituents present in above combinations aids in reduction of the size & colour of the patch, gradually thus clearing the hyperpigmentation. Treatments as per Bhavaprakasha Samhita are cost effective with no side-effects when compared to conventional therapies.

### CONCLUSION

Vyanga, classified as a minor ailment, manifests without physical discomfort but can greatly unsettle the mind. Its onset is typically attributed to an imbalance in Sariraka doshas (Vata, Pitta, Rakta) and Manasika doshas (such as anger, mental strain, and sorrow). These factors often culminate in skin discoloration known as Melasma. Traditional herbal remedies, steeped in a rich history of use, are often perceived as safer alternatives to conventional treatments for safeguarding the skin against discoloration. Within Ayurvedic formulations, renowned for their extensive repertoire of both singular and compound medicines, lies the most effective approach in addressing Vyanga, offering a cost-effective solution that fosters both physical and psychological well-being in patients.

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