

**AYURVEDIC CONCEPT OF VYANGA (MELASMA) AND ITS RELEVANCE IN THE MODERN ERA – A CRITICAL REVIEW****Dolly Kumari<sup>1</sup>, Vaishali Chaudhari<sup>2</sup>, Mamata Nakade<sup>3</sup>**<sup>1</sup>PG Scholar, <sup>2</sup>Associate Professor & Guide, <sup>3</sup>Professor & HOD

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**ABSTRACT**

*Ayurveda* is an ancient science that promotes health and cures diseases from the root cause. In *Ayurveda*, all types of skin diseases are included under *Kustha* and *Kshudraroga*. *Vyanga* (Melasma) is a disease that comes under *Kshudraroga*. “*Kshudraroga*” means “Minor disease”, but it has major importance as a cosmetic problem in society. *Vyanga* produces dark patches of hyper pigmentation especially on the cheeks, nose, forehead, and chin. *Nidana* of *Vyanga* is both *Sararik Vata*, *Pitta*, *Kapha Doshas* and *Manshik Krodha* (anger), *Shoka* (sorrow), *Ayasa* (mental exertion), and symptoms such as *Niruja* (painless), *Tanu* (thin), *Shayva Varna Mandala* (bluish-black patches). *Susruta Samhita*, *Astanga Sangraha*, *Astanga Hrudaya*, *Madhav Nidan*, *Yogaratanakar* and *Sarangdhara* explained about *Nidana* and *Lakshana* of *Vyanga*. In *Ayurveda Panchakarma Chikitsa* is explained for *Vyanga*, such as *Lepa*, *Abhyanga*, *Raktamokshana*, *Virechan*, *Nasya*, etc. According to modern science, *Vyanga* is correlated with melasma and is commonly known as a pigmentary disorder. The cause of melasma is mainly UV radiation.

**Key words:** *Vyanga*, *Kshudraroga*, Melasma**INTRODUCTION**

Beauty and personality are one of the most valued aspects in this competitive era. The importance of

beautiful and healthy skin is increasing day by day. Everyone wants a distinct personality that differs

from the crowd. *Vyanga* has major importance as a cosmetic problem in society. The cause of melasma is UV radiation, birth control pills, systemic disease, hormonal disturbance, cosmetic and genetic factors, due to this cause melanin pigment is produced and situated in the epidermis and dermis layer of skin. Melasma is commonly seen in females because melanin pigment is produced by the female sex hormone estrogen and progesterone.

According to *Ayurveda Samhita* *Vyanga* disease is primarily seen in *Mukha Pradeshi* (facial area). In *Ayurveda* many types of *Varnya Prasadana Dravya* are described such as *Manjistha*, *Lodhra*, *Priyangu*, *Raktachandan*, *Kustha*, *Jatiphala*, *Arjun*, *Vatankura*, *Masura* etc. which are applied locally or taken orally in the form of medicine. *Panchakarma* therapy is popular for the *Ayurvedic* management of the disease.

**Table 1: Number of *Kshudraroga***

Acharya's	Number
<i>Susruta</i>	44
<i>Vagbhata</i>	36
<i>Madhavakara</i>	43
<i>Sarangdhara</i>	60
<i>Yogaratanakar</i>	44

**NIDANA:** The main causative factor of *Vyanga* is *Krodha*, *Shoka*, and *Ayasa*.

**Table 2: The causative factor for *Vyanga***

<i>Nidana</i>	<i>Susruta</i>	<i>Vagbhata</i>	<i>Madhavakara</i>	<i>Yogaratanakar</i>
<i>Krodha</i>	+	+	+	+
<i>Shoka</i>	-	+	-	-
<i>Ayasa</i>	+	-	+	+

**ETIOLOGY:** The causative factors of melasma are UV radiation, hormonal disturbance, systemic disease, birth control pills, genetic and cosmetic factors etc.

**POORVA RUPA:** Not mentioned in any texts of *Ayurveda*.

**RUPA:** According to different *Acharya's Lakshana* of *Vyanga* are different.

*Abhyanga*, *Lepa*, and *Raktamokshana* make the skin soft, smooth, and glowing.

### NIRUKTI

*Vyanga* is derived from two words *Vi + Anga*. "Vi" means *Vikruti*, *Vighatan*, and "Anga" means body/part. In the present context, *Vyanga* refers to dark patches or spots on the face.

### NIDAN PANCHAK

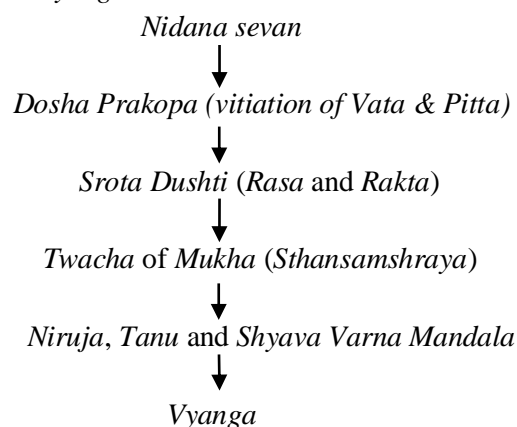
*Kshudraroga* has a minor *Hetu*, *Lakshana*, and *Chikitsa* so they are called *Kshudraroga*. Some of the skin diseases are mentioned under *Kshudraroga*, *Vyanga* is commonest one of them. Different *Acharya's* has different opinions regarding the total number of *Kshudraroga*.

**Table 3: Lakshana of Vyanga**

s.no.	Lakshana	Susruta	Vagbhata	Madhavakara	Yogaratanakar
1.	Niruja	+	-	+	+
2.	Tanu	+	+	+	+
3.	Shyava varna	+	+	+	+
4.	Mandala	+	+	+	+

**SIGN AND SYMPTOMS:** Melasma is bluish – black colour patches and usually seen over the cheeks, forehead, nose, and chin.

**SAMPRAPTI:** The *Samprapti* of *Vyanga* are shown below in the flow chart -



**Table 4: Samprapti Ghatak**

<i>Dosh</i>	<i>Vata, Pitta</i>
<i>Dushya</i>	<i>Dhatu- Rasa, Rakta, Upadhatu- Twak</i>
<i>Srota</i>	<i>Rasavaha, Raktavaha</i>
<i>Srota Dushti</i>	<i>Rasavaha, Raktavaha</i>
<i>Marga</i>	<i>Sakhagata</i>
<i>Adhistan</i>	<i>Twak</i>

### ETIOPATHOGENESIS

The etiopathogenesis of melasma is unknown but the risk factor is UV radiation, hormonal disturbance, systemic disease, birth control pills, cosmetic and genetic factor. It causes an increase in melanin pigment and localizes in the epidermis, dermis, and sometimes both layers of skin.

**SADHYASADHYATA:** According to *Ayurvedic* text *Vyanga* are *Sukha Sadhya*.

**UPADRAVA:** *Vyanga* has no *Upadrava* but when it suddenly appeared in disease patients then considered as *Arista*.

### CHIKITSA

According to *Ayurvedic* texts, both *Shodhan* and *Shaman Chikitsa* are given for the *Vyanga*.

**Shodhan Chikitsa** – *Vaman, Virechan, Nasya, Raktamokshana*

**Shaman Chikitsa** – Internal medicine

**Sthanik Chikitsa** – Local applications such as *Lepa* and *Taila* etc.

Different *Acharya's* has a different opinion about *Chikitsa* of the *Vyanga*.

**Table 5: Chikitsa of Vyanga**

Chikitsa	Susruta	Astanga Sangraha	Astanga Hrudaya	Yogaratanakar
Lepa	+	+	+	+
Abhyanga	-	+	+	+
Vaman	-	+	-	-
Virechan	-	+	-	-
Nasya	-	+	+	-
Raktamokshana	+	+	+	+

**MODERN TREATMENT**

Now a days there are so many drugs for the management of melasma including hydroquinone, corticosteroids, chemical peeling, laser therapy etc. The main goal of this treatment is to remove the existing pigment and prevention of formation of new pigment.

**PATHYAPATHYA:** Vyanga is a skin disease and Pathyapathya applied in Kustha disease should be followed.

**DISCUSSION**

Vyanga is a Kshudraroga. Different Acharya's has different opinion about the Adhistan of the Vyanga. According to Acharya Susruta and Vagbhata 2<sup>nd</sup> layer of twak named Lohita is the Adhistan of Vyanga but Acharya Dalhana and Sharangdhara told 5<sup>th</sup> layer of Twak named Vedini is the Adhistan of Vyanga. Acharya Charak explained without naming Adhistan. According to Acharya Charak, Vyanga is Pitta Pradhan, Acharya Susruta Vata and Pitta but Acharya Vagbhata separately defined Vataja, Pittaja, and Kaphaja Vyanga. Acharya Charak does not mention the specific colour of the lesion, Acharya Susruta and Yogaratnakar mentioned Shyava Varna, Astanga Hrudaya mentioned Shyamla and Astanga Sangaraha mentioned the colour of the lesion according to Doshas such as Shyava for Vataja, Neela and Tamra for Pittaja, Sweta for Kaphaja and Rakta and Tamra for Raktaja. Kushtaghana, Kandughana, Twaka Prasadan, Raktaprasadan, and Varnyakar Dravya are used for the treatment of Vyanga. Varnya drugs have an important role for Varna Prasadan in skin disorders.

**CONCLUSION**

Vyanga is a Kshudraroga. Most of the Acharya's defined it is Niruja, but it is more painful for the mind because it has major importance in society. Nidana of Vyanga is Krodha, Shoka, Ayasa and Doshya involve is Vata and Pitta and Dushya is Rasa and Rakta. According to modern science, Vyanga is correlated with melasma.

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