



USHIRA (VETIVERIA ZIZANIODES (LINN.)NASH) IN VYANGA: REVIEW ARTICLE

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ABSTRACT

Vyanga is considered as *Kshudra roga* (minor disease), it occurs due to *Vata* and *Pitta dosha*. Characterized by the presence of *Niruja* (painless), *Tanu* (thin), and *Shyavavarna mandala* (dark brownish) Patches. It can be compared with *Melasma*, one of the hyperpigmented disorders. *Melasma* is known for causing a significant impact on quality of life, including a negative effect on the Patients emotional well-being and social life. Drugs with *Varnyakara* properties are helpful in the management of *Vyanga*.

Keywords: *Vyanga*, *Kshudra roga*, *Tanu*, *Shyavavarna*, *Melasma*

INTRODUCTION

The face is the index of the mind. In today's era, Cosmetics are given Prime importance to maintain and improve skin appearance and beauty; these cosmetics are also used to treat many skin and beauty-related problems; one such common disease is Melasma, Caused due to Exposure of sunlight, Pregnancy, Chemical application, Stress, Diet etc which play important role in melasma. Acharyas of Ayurveda have mentioned *Vyanga* (melasma) is the Patchy abnormal discolouration on face. Acharya *Sushruta* opines that *vyanga lakshana* as *Niruja* (painless), *Tanu* (thin), *Shyava varnata*¹. Acharya *chakrapani* mentioned *lakshana* as *mandalata* (circular patch) on mukha². *Vyanga* is a pathological situation of the facial skin with etiopathogenesis pointing towards the Vitiating of Vata & Pitta dosha, also belongs to Rakta pradoshaja vyadhi. In Ayurveda many varnya drugs are mentioned, *varnya* means "*varnyaha mukha-vyangadi varnakara*" that which gives *Varna* to *vyangadi rogas*, one of the *varnya dravya* is *Ushira*. *Ushira* has properties like *Madhura Tikta rasa*, *laghu guna*, *Sheeta veerya*, *Kapha pitta hara*.

OBJECTIVES: To establish the *Vyangahara karma* of *Ushira*.

MATERIALS AND METHODS: Literary review of classical texts, namely *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hrudaya*, *Bhavaprakasha Nighantu*, *Dhanvantari nighantu*, *Raja nighantu*, *Kaiyyadeva Nighantu* and Research updates.

GENERAL PROPERTIES OF USHIRA: "*Dahatwakdosha swedapanayana pralepananam*"³ *Ushira* is suitable for *daha* (burning sensation), *twak dosha* (skin diseases), *Sweda* (excessive sweating). Acharyas elaborate that *ushira* is *Madhura* (sweet), *Tikta* (pungent) *rasa*, *laghu* (light), *ruksha* (dry) *guna*, *sheeta veerya* (cold in potency), *kaphapittahara* (decreases *kapha pitta*), *dourgandhyahara* (removes bad odour from body), *Jwarahara* (reduces fever), these are properties present in *Ushira moola*.

Botanical name: *Vetiveria zizanioides* (Linn.) Nash

Family: Poaceae

GUNA KARMA OF USHIRA ACCORDING TO DIFFERENT ACHARYAS: (4,5,6,7)

Sl.no	Characters	Charaka	Bhavaprakasha nighantu	Dhanvantari nighantus	Raja nighantu
1	Rasa	-	Madhura (sweet), Tikta (Pungent)	Tikta (Pungent)	Tikta (Pungent)
2	Guna	-	Laghu (light)	Snigdha (unctousness)	-
3	Veerya	-	Sheeta (cold)	Sheeta (cold)	Sheeta (cold)
4	Karma	Daha, Twak doshahara	Jwara vanti madahrut, stambana	Sweda, dourgandahara	Daha shramahara

VYANGA: *Vyanga* is considered as *kshudra roga* (minor disease); it is characterized by the presence of *niruja* (painless), *Tanu* (thin), and *shyavavarna mandala* (bluish-black patches) on the face; occurs due to vitiating of *Vata*, *Pitta* and *Rakta dosha*. Acharya *charaka* states that *vyanga* also occurs due to *Chardi nigrhana* (suppressing vomiting)⁸. Acharya *Vagbhatta* mentioned four types of *vyanga*: i.e *Vataja*, *Pittaja*, *Kaphaja*, and *Rakta*⁹.

VARNA IN RELATION WITH DOSHA:

a) **Varna and Vata**¹⁰: *Udanavayu* is responsible for *Varnotpatti*.

b) **Varna with Pitta**¹¹: *Pitta* is responsible for *Prakruta* and *Vikruta Varna*.

Bhrajaka Pitta¹²: *Pitta* seated in the *kwacha* termed as *Bhrajaka pitta*; this digests the *Aoushadha* applied on the skin in the form of *abhyanga*, *lepa* for luminance/radiance, responsible for *varna Utkarsh* i.e which enhances *varna*.

c) **Varna and Kapha:** Individuals with *kapha Prakruti* possess *Prasanna snigdha Varna*.

TYROSIN ROLE IN MELANIN BIOSYNTHESIS:

Melanin is the primary pigment responsible for the skin, hair, and eyes. Melanocytes produce pigmentation through Melanogenesis. Abnormal loss of melanin and depigmentation can be a severe facial aesthetic and dermatological problem among humans. On the contrary, the Increased melanin synthesis and accumulation of these pigments occur in many skin disorders, including melasma, acanthosis nigricans, etc. Among many differences between melasma and normal skin, melasma skin contains increased melanin, melanocytes, and Melanosomes and increased synthesis of Tyrosinase. However, in medicine, Tyrosinase inhibition is a class of essential clinical anti-melanoma drugs, but only a few compounds are known to serve as effective and safe inhibitors.

DISCUSSION

Acharya charaka quoted *Ushira* in the context of *Agrya prakarana* stating it as *Twak dosha* (skin disease), *Daha* (burning sensation), *Swedapanayana* (sweating) *Pralepananam* .also mentioned in *Varnya Dashemani*, *Varnya* by definition *mukhavyangadi varnakara* means that which brings *vyangadi* to normal colour. Study suggests that *vetiveria zizanioides*-essential oil (VZ – EO) involves the inhibition of Tyrosinase activity. VZ – EO can markedly decrease melanin production in α -MSH-Stimulated β 16 cells. The effect of VZ – EO on melanocytes induced by α -MSH in β 16 cells is achieved through the suppression of cellular Tyrosinase expression. VZ – EO has the potential to become an ingredient in future Hypopigmentation drugs, foods and cosmetics¹³.

CONCLUSION

- *Ushira* possesses *Vyangahara karma*.
- It can be used as an ingredient in the preparation of *Varnya* formulations.

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