

EFFICACY OF VARNYADI MAHAKASHAYA & KANAK TAIL IN VYANGA ROGA W.S.R. TO MELASMA

Abineet Raina¹, Priya Puesh Pargotra², Vishal Khanna³, Poonam Bhojak⁴

¹ Assistant Professor, Department of Shalya Tantra, Saint Sahara Ayurved Medical College & Hospital, Kotshamir, Bathinda, Punjab, India

² Assistant Professor, Department of Roga Vijnana, Saint Sahara Ayurved Medical College & Hospital, Kotshamir, Bathinda, Punjab, India

³ Associate Professor, Department of Shalya Tantra, Jammu Institute of Ayurveda and Research, Nardani, Bantalab, Jammu, India

⁴ Assistant Professor, Department of Agad Tantra, Saint Sahara Ayurved Medical College & Hospital, Kotshamir, Bathinda, Punjab, India

ABSTRACT

Ayurveda is an ancient medical science which deals with the *Swasthya*. '*Nidanas*' plays one of the most important roles. 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. 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 Kaph* and *Rakta Dushti*. Now a days people are aware of the personality where face plays an important role. So keeping this in mind it is necessary to study the *nidanas* that is causative factors of *Vyanga Vyadhi* in detail.

Keywords: *Vyanga, Varnyadi mahakashaya, Kanak Taila.*

INTRODUCTION

Beauty is a subject of Socio-medical importance. The importance of Beauty and Personality is increasing now a day as it is a competitive era. Cosmetology is a science dealing with beautification and having certain definite principles. People are using cosmetics not only for curing their skin problems but in routine to maintain the skin appearance and Beauty. *Ayurveda* is an ancient science of indigenous medicine, being special in respect that, it is not only a medical science but it is an art of living for human beings. According to

the concepts of *Ayurveda*, good health is based on the equilibrium state of *Dosha*, *Agni*, *Dhatu* and *Mala*. There is a great demand of *Ayurveda* in the field of cosmetology. As the field of cosmetology is so vast, to concentrate on one subject the disease *Vyanga* has been selected for present study..The disease '*Vyanga*' is one such disease counted under *Kshudra roga*, which mainly affects the glowing complexion of a person by producing *Shyava varnya mandalas* on *mukhapradesh*. *Vyanga* is such a condition which affects the

Beauty as well as Personality of an individual. Now a days *Vyanga* becomes a biggest one problem of the society. Among them women are commonly found due to changes occurring during pregnancy and use of cosmetics supplements. Men are also suffered due to occupational causes. In *Ayurvedic* texts so many remedies are described as *Pancha Karma* therapy, internal medicine and external application. Local application is more useful in skin disorders as it directly act on lesion. Internal medicine is also necessary to balance the *Dosha-Dooshya*. According to Modern view, the mandalas can be taken under the heading of pigmental disorder. The disease *Vyanga* can be correlated with hyper pigmentation with special reference to *Melasma*. In this, the patches of hyper pigmentation are seen especially on cheeks, nose, forehead and chin. Their treatment varies according to the primary cause of the disease. But it includes an external application of creams containing hydroquinone and hydrocortisone, which is found to cause sensitivity in few patients. Sometimes frequent and long-term usage of these preparations may produce the irritation. The chances of reoccurrence are more after discontinuation of the treatment. So there is a definite need for treatment to overcome this problem. The general line of treatment of *Vyanga* includes *Vamana, Virechana, Raktamokshana, Abhyang, Lepa* and *Abhyantaroushadhi*.

AIMS AND OBJECTIVES OF THE STUDY

- To study about *Ayurvedic* approach in the field of cosmetology
- To study the disease *vyanga* with its Etiopathology and symptomatology according to *Ayurvedic* as well as modern literature
- To assess the efficacy of massage with *Kanaka tailam* and internal medicine

Varnya Maha Kasaya in the management of disease *Vyanga*.

MATERIALS & METHODS:

The following materials were used in the Clinical Trial.

- *Varnya Mahakashaya*
- *Kanaka Tail*
- Measuring tape
- Fare and lovely colour index scale

Sample size:

- Total number of 60 patients were taken from the opd of Saint Shara Ayurvedic medical college, kotshamir , Bathinda, Punjab

Exclusion criteria:

- Age <10yrs and > 50yrs
- Hyper pigmentation caused since birth like nevus of ota.
- Hyper pigmentation caused by tumour like malignant melanoma.
- Patients suffering with other systemic disorders like renal failure, hepatic disorders etc
- Pregnant women are excluded because even though the drug composition is herbal and safe still may cross placental barrier and affect the foetus.
- Lactating mothers are excluded because even though the drug composition is herbal and safe still may have effect over food (milk) of infant.

Inclusion Criteria:

- Study carried out in the patients fulfilling the criteria of *Vyanga*.
- Patients presenting with the signs and symptoms of *Vyanga* are selected.

PARAMETERS OF STUDY

- Both signs and symptoms of *Vyanga* as well as *Melasma* explained in *Ayurvedic* and modern texts respectively will be the subjective parameters.
- 1. *Mukhamaagatya mandalam*

- 2. *Neerujam* (Painless patches)
- 3. *Tanukam* (Light pigmentation)
- 4. *Shyavam* (Brownish pigment)

Objective Parameters:

- Fair and lovely graded scale is used to assess the change in the colour of the skin on affected area before and after the treatment, which is distributed rating from 01 to 26.

Investigations:

- No investigations were done

DRUG REVIEW

A. Ingredients of varnyadi mahakashaya

1. *Shweta chandana*
2. *Tunga (Punnaga)*
3. *Padmaka*
4. *Ushira*
5. *Madhuka*
6. *Manjista*
7. *Sariva (sweta)*
8. *Payasya*
9. *Sita (Swetadurva)*
10. *Latha (Krishnadurva)*

B. Ingredients of Kanaka Tail

1. *Manjista*
2. *Rakta chandana*
3. *Nilotpal*
4. *Madhuka*
5. *Nagkesar*
6. *Priyangu*
7. *Tila*

Interventions:

- A single group study
- Internal Yoga – *Varnyadi mahakashaya 2 pala* / day in divided doses of 50 ml twice a day.
- External yoga – *Kanaka tail* as 5 drops once a day

Method of application of Kanaka tail:

Patients were advised first to clean the face properly. Take 5 drops on finger tip and apply over the affected area of the face. Then

Massage it for 10 minutes which leads to oil to penetrate properly deep in the skin. Whole procedure had to be done once in a day.

Duration - One Month

Follow Up -Two Months

GRADING OF SUBJECTIVE SYMPTOMS

1- KANDU: -

No itching	0
Mild Itching	1
Moderate Itching	2
Severe Itching	3

2- DAHA

No Burning sensation	0
Mild Burning sensation	1
Moderate Burning sensation	2
Severe Burning sensation	3

3- Oily skin

Normal	0
Mild Oiliness	1
Moderate Oiliness	2
Severe Oiliness	3

4. DRY

Normal	0
Mild Dryness	1
Moderate Dryness	2
Severe Dryness	3

OBJECTIVE CRITERIA:

1) SIZE

½ 2.5 sqcm	1
3-5 sqcm	2
More than 5 sqcm	3

When lesions or patches are multiple, the size of the largest lesion is taken into consideration.

2) COLOUR

Colour – fair and lovely stick which grades from 1 to 26

3) Number:

Absence of Maculae's	0
1 to 2 Maculae's	1
3 to 5 Maculae's	2
5 Maculae's	3

Table 1: Assessment of parameters

Colour of Lesions	GR	MR	PR	NR	Total	Percentage	PR	NR
Scale 1-8	00	00	00	00	00	00%	00	00
Scale 9-16	08	08	04	00	20	33.33%	04	00
Scale 17-26	14	10	16	00	40	66.67%	16	00

Table 2: Showing the distribution of patients by Number of patches

Number of patches	GR	MR	PR	NR	Total	Percentage	Number of patches	GR
1-3 Patches	17	6	17	00	40	66.67%	1-3 Patches	17
4-6 Patches	05	12	03	00	20	33.33%	4-6 Patches	05
More than 6 Patches	00	00	00	00	00	0%	More than 6 Patches	00

Table 3: Results by size of lesions

Size of Lesions (sq.cm)	GR	MR	PR	NR	Total	Percentage	Size of Lesions (sq.cm)	GR
1/2-2.5sqcm	02	02	00	00	4	6.6%	1/2-2.5sqcm	02
3-5sq.cm	08	06	08	00	22	36.66%	3-5sq.cm	08
More than 5sqcm	12	10	12	00	34	56.67%	More than 5sqcm	12

Table 4: Statistical analysis

Parameter s		Mean	SD	SE	T-value	P-value	Remarks
Paired t-test of kandu	BT-AT	0.1	0.302	0.039	2.56	<0.01	H.S.
	BT-AF	0.1	0.302	0.039	2.56	<0.01	H.S.
Paired t-test of Daha	BT-AT	0.2	0.546	0.0705	2.836	<0.005	H.S.
	BT-AF	0.2	0.546	0.0705	2.836	<0.005	H.S.
Paired t-test of Rukshata	B BT-AT	0.6	0.886	0.1145	5.24	<0.001	H.S.
	BT-AF	0.6	0.886	0.1145	5.24	<0.001	H.S.
Paired t-test of Snigdhatata	BT-AT	0.166	0.375	0.048	3.434	<0.001	H.S.
	BT-AF	0.166	0.375	0.048	3.434	<0.001	H.S.
Paired t-test of Colour of the lesion	BT-AT	4.2	2.04	0.263	15.943	<0.0005	H.S.
	BT-AF	6.466	3.11	0.401	16.100	<0.0005	H.S.
Paired t-test of	BT-AT	1.533	1.466	0.189	8.096	<0.0005	H.S.
	BT-AF	1.866	1.578	0.203	9.161	<0.0005	H.S.

Number							
Paired t-test of Size	BT-AT	5.233	3.480	0.449	11.645	<0.0005	H.S.
	BT-AF	5.9	3.676	0.474	12.429	<0.0005	H.S.

Abbreviations used

Response	Abbreviation
Good Response	GM
Moderate Response	MR
Poor Response	PR
No Response	NR
Before treatment	BT
After treatment	AT
After Follow up	AF
Highly significant	HS

DISCUSSION

Probable mode of action of Varnya yoga & Kanaka tail

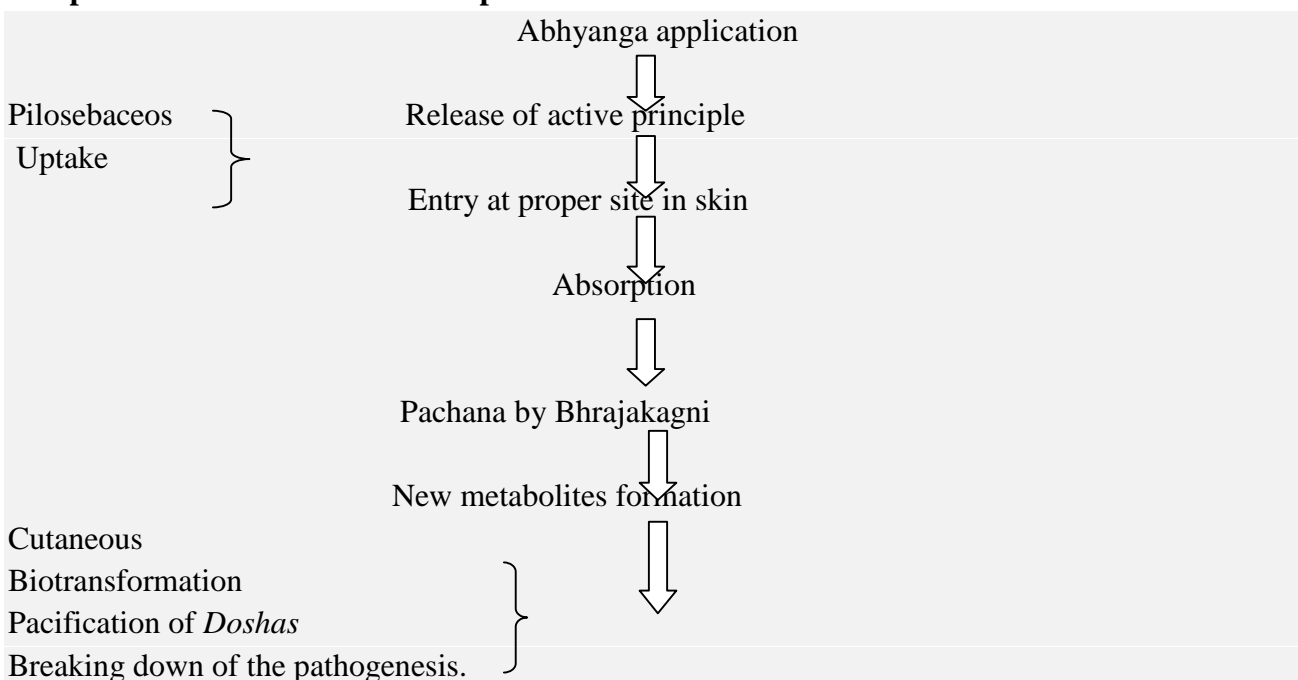
Among the ingredients of Varnya yoga, all drugs have Varnya property out of which 5 drugs are having specially 'Varnya' property, while 1 is 'Raktaprasadana'. By these properties it enhances prakruta varna of Twacha. One ingredient is Rasayana, which

nourishes all the dhatus and thereby it gives nourishment to Twacha also. 7 drugs are Kapha pitta hara, 2 drugs are Tridosha shamaka and 1 drug is pitta shamaka. 2 drugs are Daahaprashamana, 9 drugs are having Sheeta veerya and 9 drugs are having Madhura rasa. Mainly the drugs are having the property of pitta shamana, which is mainly related with Varna of Twacha. 1 drug, i.e. Manjishtha contain coloring agent.

Among the ingredients of Kanaka tail all drugs have Varnya property, while 1 is 'Raktaprasadana' One ingredient is Rasayana, which nourishes all the dhatus and 1 drug is Tridosha shamaka, 4 drugs are having Sheeta veerya and Katu Vipaka and 3 drugs are having Ushna Veerya and Madhura Vipaka So Varnya yoga and Kanaka tail were selected as a skin caring, protecting, preventing and enhancing beauty therapy.

ABHYANGA (Mode of action) (Hypothesis)

The probable mode of action of Lepa



CONCLUSION

Overall effect of the therapy All the parameters show highly significant results (as $P < 0.001$). The parameters *kandu*, *daha* and *Rukshata* do not have more effect in this study. The parameter size and colour shows more net mean effect than the other parameters. The parameter colour shows 3.366 of mean before the treatment, and was reduced to 1.833, after the treatment and 1.5 after the follow up where as the parameter size shows 6.7 mean before treatment and was reduced to 1.466 after the treatment and 0.8 after follow up, where as the parameter size is having more variations. The parameter *Snigdhatata* can be considered for the study and the parameter shows highly significant results before treatment to after treatment and before treatment to follow-up as $P < 0.001$.

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CORRESPONDING AUTHOR

Dr. Abineet Raina

Assistant Professor, Department of Shalya Tantra, Saint Sahara Ayurved Medical College & Hospital, Kotshamir, Bathinda, Punjab, India

Email: arpoonchi@gmail.com

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