



EFFICACY OF MASUR LEPA (Red Lentil Mask) ON VYANGA (MELASMA) - A CASE STUDY

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ABSTRACT

Melasma is a common, acquired and symmetrical hypermelanosis characterized by more or less dark brownish maculae, with irregular contour, but clear limits, on photo exposed areas, especially the face, forehead, temples, and more rarely on the nose, eyelids, chin, and upper lips. In *Ayurveda*, *vyanga* has been elaborated as one of the *Kshudra Rogas* (minor ailments). *Vyanga* is a disease which belongs to *Swalpa* variety of *Kshudra Roga*. *Vayu* aggravated by *krodha* and *ayasa*, get associated with *pitta* and suddenly produces a thin, grey coloured circular patch when reaches the face. *Bahiparimarjan Chikitsa* is meant for external application. It has also preventive and curative aspects. In *Ayurveda*, skin is considered as external route of drug administration and has equal importance as that of other routes. Many preparations in different forms are available in *Ayurveda* classics, which are used topically in variety of diseases. Here we have focused on *Lepa Chikitsa*.

In this Case Study patient was treated with external application of *lepa* i.e. *Masura Lepa* with *GoKsheera*, dose as per requirement once a Day for 30 days which Has shown effective result in *vyanga*, which is correlated with facial melanosis & hyperpigmented disorder.

Keywords: *Bahiparimarjana Chikitsa, GoKsheera, Kshudra Roga, Masura Lepa, Vyanga,*

INTRODUCTION

Vyanga i.e. facial melanosis, hyper pigmented disorder is commonly seen and correlated on the basis of sign and symptoms. Facial melanosis is hyperpigmentation brown to black area on face especially on cheek, it is due to abnormal melanocyte and excess melatonin under skin occurs in female after 30^{1,2}. Treatment in modern medicine is steroid ointments it may cause adverse effect such as rashes or irritation.

It is one of the *khudraroga*^{3,4} in *Ayurveda* caused by vitiation of *vata dosha*, *pitta dosha*, and *rakta dhatu*. Due to cosmetic reason it has got more importance. Very good medicines are available for skin disease in *Ayurveda* with no side effect.

Skin is considered as one of the routes of drug administration and has precise importance as that of other routes. Treatment done through internal route like skin is termed as *Bahiparimarjana Chikitsa*. Many preparations in different forms are available in classics, which are to be used topically in variety of diseases. Therapies, which are implemented externally, include *Abhyang*, *Lepa*, *Parishkek*, *Udvartana* etc. Among these here we have focused on *lepa chikitsa*. Many formulations of *Lepas* are described in *Samhita* in preventive & curative aspects. E.g. *Varnyakar* (*Lepa* enhancing skin complexion), *Keshya* (*Lepa* for hair nourishment), *Khalitya-Palitya Nashak* (*Lepa* effective in hair fall or graying hair) etc. *Lepas* (Masks) are useful in preventive aspect. Even some seasonal face packs are also prescribed by *Vagbhatacharya* to prevent skin from climatic changes. *Lepas* are also recommended to cure diseases along with *Antaparimarjan Chikitsa* (Internal Medication). Now a day, cosmetic awareness is increasing, and people use many cosmetic products to enhance beauty of skin. Fast, stressful life, irregular diet habits and insufficient sleep, exposure to pollution etc are creating many skin problems such as skin tanning, pigmentation and dullness. The mixture of the powder of roasted Red Lentils & Milk is a *Varnya Lepa* from *Ashtanga Hridaya*.

Case Details:

A 36-year-old female patient came to me complaining of dark black color patches on nose since 6 Months with mild itching and oily skin.

Patient was normal 6 Months back but as she is taking a walk to reach her workplace, she gets continuous exposure to Sun, thus *vyanga* developed on her Nose. It gradually increased. She had undergone various other treatment procedures but there was no relief.

O/E: *Ashtavidha pariksha*

Nadi - 82/min.

Shabda-clear

Mala –normal

Sparsh-normal.

Mutra- normal

Druk-normal

Jiva- ishat saam

Akruti-thin

Bala- *Madhyam*

Blood pressure-110/80 mm of Hg

Sleep –Adequate

Appetite-poor

Mental status: anxiety

Occupation: Domestic servant

Treatment plan:

On the basis of history disease was diagnosed as *vyanga* and *Masura lepa*⁵ with *Goksheera* was prescribed to her on the reference of *Ashtanga Hridaya*.

Name of Drug: *Masura Dal churna* (Red Lentil)

Applicable mode: *lepa*

Base: *GoKsheera*

Application time: *Pratahkala* and *Sanyahkala* for 15-20 min.

Duration: 60 days

Follow up: after every 15 days

Masur – *Lens culinaris* / *Lens esculenta*

• Family – *Leguminaceae*

• Classification – *Shimbi Varga*

• Classical Name – *Mangalyaka*

Mangalya, *Masurika*

• Part used – Seed

• *Rasa* – *Kashaya*, *Madhura*

• *Vipaka* – *Katu*

• *Veerya* - *Sheeta*

• *Guna* – *Laghu*, *Ruksha*

• *Action* – *Grahi*, *Kapha* – *Pitta*, *Rakta*

Shamaka, *Jwara Nashaka*, *Vatakara*

Ksheera – Gurvadi Guna present in the milk like Snigdha Manda Sheeta Mrudu, Slakshna, Picchila are responsible for Varnya Karma. Milk is Rasayana that is why useful to enhance Complexion of the skin. it is

responsible for graceful aging and reduces premature wrinkles.

Mrudu Shlakshna Guna is useful to improve smoothness of the skin.

Gradation ⁶

Table 1: Itching on patch

Grade	0	No itching at all
Grade	1	Mild itching (occasional, doesn't disturb routine)
Grade	2	Moderate itching (disturbs routine activity but not sleep)
Grade	3	Severe itching (disturbs both routine and sleep)

Table 2: Skin texture (dryness)

Grade	0	Absent
Grade	1	Mild (not seen but felt)
Grade	2	Moderate (stretching of skin that a person feels)
Grade	3	Severe (visible, chapping of skin and hardness of skin)

Table 3: Skin texture (oiliness)

Grade	0	Absent
Grade	1	Mild (not seen with naked eyes) oiliness felt by touch (no need to wash face frequently, only 1-2 times)
Grade	2	Moderate (visible on skin, need to wash face frequently)
Grade	3	Severe (excessive oiliness, formation of acne)

Table 4: Skin luster homogeneity (involved area)

Grade	0	Good / radiant
Grade	1	Mild
Grade	2	Moderate
Grade	3	Poor / severe

Table 5: Size of lesion (in cm)

Grade	0	0-1
Grade	1	2-3
Grade	2	4-5
Grade	3	More than 5

Table 6: Observation and Results

S.N.	Sign and symptom	B.T	1st follow up	2nd follow up	3rd follow up	A.T.
1	Itching on patch	2	2	1	0	0
2	Skin texture (oiliness)	2	2	1	1	0
3	Skin luster homogeneity (involved area)	3	2	1	0	0
4	Size of lesion (in cm)	1	1	1	0	0

Table No.6 shows that there was significant relief in signs and symptoms of *vyanga*; hence the selected drug was effective for management of *vyanga*.

DISCUSSION

The total duration of therapy was 60 days. There was a significant relief in signs and symptoms of *vyanga*. *Masur* is mentioned as *Varnya* in the text. *Masur* is *Sheeta Veerya* effective to pacify the vitiated *Piita* and *Rakta Dhatu*, resulting into the *Twaka Prasadana Karma*. *Masur* is *Kashaya Rasapradhana*, which works as *Pit-tashamak*, *kleda Shoshaka* and purifies the *Rakta* leading to *Varnya Karma*. *Ruksha Guna* absorbs *Kleda* within skin, clears the *Twakagata Kapha* accumulation. *Masur* is *Kaphaghna*, *Kledaghna* and *Srotoshodhan* due to *Katu Vipaka*⁷.

Masur Lepa also show good results in smoothness, as milk is *Mrudu Snigdha*. *Masur* is *Pitta*

Raktashamak so it acts on *Bhrajaka Pitta* resulting per-form *Varnyakar Karma* as *Brajak Pitta* is responsible for the color and complexion of the *Tvak*.

CONCLUSION

It is seen that patients who works in a more exposure to sun are prone to have *vyanga*, so while treating it is to be advised to avoid sun exposure. Pack should be applied daily twice a day. The dominant *dosha* and *dushya* are *vata*, *pitta* and *rakta dosha* on which *Masur lepa* showed significant results. No adverse reactions were documented.



Before Treatment



After Treatment

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