



## UNDERSTANDING OF “VYANGA” AND ITS MANAGEMENT THROUGH AYURVEDA

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## ABSTRACT

In *Ayurveda* all skin ailments are mostly mentioned in *Kustha* and *Kshudra Roga*. *Vyanga* is a condition of localized hypermelanosis which affects face. And continues to be a challenging problem as it causes immense mental stress and depression. The disease *Vyanga* is a type of *Kshudra roga*. It may manifest with various sign and symptoms like *Mandalam Visrijati* (circular lesion), *Niruja Tanuka* (painless thin lesion), *Shyava* (dark brown color) lesion over face. According to modern science it can be correlated with Melasma. It is also found in different type of systemic disorders. Melasma is a common acquired, Symmetrical hypermelanosis characterized by grey/dark, brownish maculae on sun exposed areas especially the face, forehead and more rarely on the nose, eyelids, chin, and upper lips. In the pathogenesis various factor like genetic predisposition UV rays, birth control pills, Hormonal replacement therapy etc. In *Ayurveda* treatment for this disease so many remedies are described as internal and external applications. Drugs with *Rakta Prasadaka*, *Twak Prasadaka* and *Varnyakara* properties are helpful in the management of *Vyanga* and help in *Rakta Shodhana* (blood purification)

**Keywords:** *Vyanga*, *Kshudra roga*, *Rakta prasadaka*, Melasma.

## INTRODUCTION

Smooth and glowing complexion of the face increases the beauty of a person and gives self-confidence. Beauty is a subject of social media importance; Beauty has been admired since time immemorial. The importance of beauty and personality is increasing. The increased demand of beautification is evident by number of beauty contest. But with new lifestyle, pollution and other factor's skin diseases have become common. The prevalence of Melasma is varies between 1.5% to 33.3% depending on the population<sup>1-2</sup>. Its prevalence in pregnancy is around 50% to 70%<sup>3-4</sup>. The disease prevalence among Asians is about 40% females and about 20% in males<sup>5</sup>. In *Ayurved* the literary meaning of *Vyanga* is "vi + anga" i.e. (vi means *vikrta*, *vigata*, *vikala*) *Vikrta anga*. *Vyanga* has been described by all the *Brhattaryi*. A detailed and separate description of *Vyanga* is described in the chapter of "*Kshudra Roga*" in *Sushruta samhita* which includes *Nidana*, *Laksana*, *Samprapti*<sup>6</sup>. In *Charak Samhita* *Vyanga* is consider as a "*Raktaja Roga*". And a common *Samprapti* for *Tilkalaka*, *Piplu*, *Vyanga* and *Neelika* in *Trisothiya Adhyaya* has been given<sup>7</sup>. *Vyanga* is one of those common skin ailments. *Vyanga* is a disease, which decreases the glowing complexion of the face. Among many diseases concerned with cosmetic values. *Vyanga* is such a condition affects the beauty as well as the personality of a person. Many people are suffering from *Vyanga* today. Among them women are commonly found due to changes occurring during pregnancy and use of lots off cosmetic products. *Vyanga* is a type of *Kshudra Roga*, characterized by *Niruja*, *Tanuka*, *Shyava Varna mandalas* occurring especially on the face due to *Vata*, *Pitta*<sup>8</sup> and *Rakta dosha*<sup>9</sup>. In *Ayurved*, various drugs and therapies are mentioned for *Vyanga* like *Mukhabhyanga*, *Nasya*, *Raktamokshan*, *Lepa* etc. The clinical features of *Vyanga* are similar to Melasma. Which is an Acquired, chronic hyperpigmentation disorder. Usually seen in women in childbearing age<sup>10</sup>. Exposure to ultraviolet radiation is believed to be the leading factor in its development. Hormonal influence is also considered in development of Melasma. Relapsing hypermelanosis characterized by

hyper pigmented patches on sun exposed area of the face, neck and fore arms<sup>10</sup>.

### Disease Review-

#### Aetiology Factors-

1. Krodha<sup>6</sup> 2. Aayasa<sup>6</sup> 3. Soka<sup>13</sup>

This is the aetiology factors of *Vyanga*. which mentioned in *Ayurveda* textbook. The aetiology of Melasma is unknown but several other factors include exposure to sunlight appears to be the most important factors associated with this condition. Other predisposing factors that have been reported include childbirth, intake of oral contraceptive pills, endocrine problems including abnormalities, use of cosmetics, drugs especially anti-convulsant and photosensitizing, and genetic influence. Various studies have shown an increase in the levels of luteinising hormone in both women and men suffer from Melasma and a decrease in serum levels of estradiol and testosterone in women and men, respectively<sup>11</sup>.

**Sign & Symptoms-** As per the *Ayurved*, *Vyanga* is a thin, grey coloured circular patch which occurs in face. *Acharya Sushruta* gave an additional point regarding *Rupa* of *Vyanga*. According to them *Vyanga* is painless. *Acharya Charak* did not specifically mention the *Rupa* of *Vyanga*. Clinical features of Melasma is brown macular pigmentation with well-defined scalloped margins. The pigmentation darkens on sun exposure and symmetrically on cheeks, nose, forehead and chin<sup>12</sup>.

**Types-** *Doshasanusar* types of *Vyanga* is mention by *Ashtanga Hridayakar*<sup>13</sup>

A. *Vatika Vyanga* - *Shyava, parusha*

B. *Pitika Vyanga* - *Tamra, Nila*.

C. *Kaphaja* - *Vyanga- Kandu*

D. *Raktaja Vyanga* - Burning and pricking sensation.

In modern histologically classification of Melasma-  
1-Epidermal- This type is characterized by dark brown patches with a well-defined border. This type of Melasma typically responds very well to treatment and is more readily apparent under black light.

2-Dermal- This type is characterized by light brown or bluish patches with a less defined border. This type does not respond very well to treatment.

3- Mixed- This is the most common type of Melasma diagnosed and is characterized by a combination of light and dark brown patches and bluish discoloration.

Clinically classification-

- 1) Central facial pattern - Cheek, forehead, nose.
- 2) Malar pattern- Cheek, nose
- 3) Mandibular pattern – Chin<sup>14</sup>.

However, in India the malar region is more frequently involved (73%)<sup>15</sup>

**Pathophysiology-** While describing about *Samprapti* of *Vyanga Charak* said that vitiated *Pitta* by its causes when get dried in *Rakta* of *Twaka*, *Tilakalaka*, *Piplu*, *Vyanga* and *Neelika* develops<sup>2</sup>

As per *Acharya Sushruta*, *Vayu* aggravated by *Krodh*, *Aayash*, get associated with *Pitta* suddenly produces a thin, grey coloured circular patch when reaches the face<sup>16</sup>

As per *Acharya Asthanga Hridaya* mentioned that *Vayu* aggravated by *Krodh*, *Shoka* along with *Pitta* produces a light, grey coloured circular patch in the face and is called as *Vyanga*<sup>13</sup>.

In modern pathogenesis of Melasma is number of melanocytes in the lesions may be increased and melanosomes both with in melanocytes and keratinocytes are increased in size and increased expression of alpha-MSH in keratinocytes and over expression of stem cells factors in fibroblasts and its receptors c-kit in melanocytes of skin.

#### Treatment-

Treatment for *Vyanga* as illustrated by various *Acharyas*.

1. *Sushruta Samhita* - *Siravedha*, *Pralepa*<sup>17</sup>
2. *Astanga Hiradya*- *Siravedha*, *Lepa*<sup>18</sup>, *Shamana Nasya*<sup>19</sup>.
3. *Yoga Ratnakara* - *Siravedha*, *Pralepa*, *Abhyanga*<sup>20</sup>
4. *Chakradutta*- *Siravedha*, *Pralepa*, *Abhyanga*<sup>21</sup>

Treatment of Melasma is very challenging due to relapsing tendency, dermal component, which is difficult to treat, and emotional swings associated with the condition. These consist of avoidance of exposure to sunlight, wearing protective clothing, use of broad spectrum (>30%)<sup>22</sup> and combination of HQ with the topical tretinoin and steroids is considered first line

therapy<sup>23</sup>. Hydroxy acid like glycolic acid (6-12%) can be used as a night cream. Chemical peels like glycolic acid peels, physical modalities, Systemic therapies and Lasers like Q- switched alexandrite lasers, Fractional laser etc<sup>24</sup>.

## DISCUSSION

*Vyanga* is one of the anaesthetic dermatoses that lead to great demand for specialized treatment even though it is just a common and benign pigmentation abnormality. But it causes associated emotional and psychological effects in individuals affected by this due to its cosmetically compromising nature, who often, because of dissatisfaction with their appearance, eventually reduce their social lives. As explained by different *Acharyas* in several *Ayurvedic* texts and modern literature concerning Melasma we can conclude that both sciences have shown similarity in understanding of Melasma in terms of causative factors, onset of symptoms, age factors, pathophysiology and method of treatment of melasma. *Vyanga* is one of the most common skin problems in all over world treated by dermatologists. *Vyanga* has been elaborated in *Ayurveda* as a *Kshudra roga*, In *Samprapti* process of *Vyanga*, factors state by *Acharyas* has given special emphasis towards psychological factors like *krodha*, *Shoka*, *Shrama*, which are commonly found in most of the patients. In *Samprapti* of *Vyanga*, *Acharyas charak* mentioned that aggravation of *pitta* along with *Rakta* is the chief culprit for initiation of pathology. *Vyanga* is a *Rakta pradoshaja vyadhi*, *Dosha prakopaka hetu* like *krodha*, *Shoka* and *Shrama* are mainly *tama*, *Pitta* and *Vata* dominance, vitiates the *Agni* which resides in *Rasa* and initiates the pathogenesis of *Vyanga*. Here *Ranjaka pitta* is responsible for the conversion of *Rasa Dhattu* into *Rakta Dhattu* which results in the formation of normal skin colour. However due to etiology factors vitiation *Vata*, *Pitta doshas* affects the *jatharagni*, normal function of *Ranjak pitta* i.e. *Varnotpatti*.

As far as the treatment of *Vyanga* is concerned, both the science advises the use of topical as well as oral medications. Modern science describes the treatment as per the severity of the *Vyanga* similarly *Ayurveda*

has also advised *Raktamokshana* for severe cases of *Vyanga*. *Ayurveda* believe in expelling the root cause of *Vyanga* by giving *Sodhana chikitsa* and *Astanga Hiradayakaar* advised *Shaman Nasya* in *Vyanga*. *Nasya* is preferred for the disease of *Urdhavjatugata roga*. *Vyanga* is one of the diseases occurring on the face. Medicine used for *Vyanga* diseases are mainly *Vata*, *Pitta Shamak* and *Rakta Shodhak* and *Twachanugami*, so they counteract vitiated *Dosha* and bring *Twacha* in normal complexion. *Nasya* is also useful psychological factors of the diseases because *Nasya* is *Manoprasthan* and *Srotas Shodhak* procedure. Aetiology factors of this diseases like *Krodh*, *Shoka*, *Shramshaya* is also psychological factors. *Pranavyu* is situated at head and vitiated *Pranavyu* is controlled by *Nasya* therapy. *Nasya* act at *Shranganata marma* and Nobel Route of drugs administration. *Lepa* is helpful in management of *Vyanga* like *Arjun twak lepa* and *Varnya Mahakashaya* drugs. *Rasa* of *Arjuntwak* is *Kashaya*, *Gunas* are *Laghu*, *Ruksha*, *Veerya* is *Sheeta* and mainly having *Pitta Shamak*, *Rakta prasadhak* and *Twak prasadhak* properties. And *Rasa* of *Varnya mahakashaya* drugs is *Kashaya*, *Madhur*, *Tikta*, *Gunas* are *Laghu*, *Snigdha* and *Veerya* is *Sheeta*. *Varnya mahakashaya* drugs are having properties like *Rakta shodhak*, *Varnya prasthan*, *Daha Shamak*, *Kanduhara*. Due its *Kashaya Rasa* it will pacify *Pitta* and *Rakta dosha* and removes *Twak Vaivarnyata*<sup>25</sup> and help to attain the normal skin colour. Due to its *Sheeta Veerya* it Pacifies *Pitta Dosha* and purify accumulated *dosha* due to *prasadana* property of *Sheeta Veerya*. Modern science also aims at eliminating one of the main factors of *Vyanga* by advising oral as well as local antibiotics. Effective treatment modalities are available in both science but sometimes adverse effect and reported with higher recurrence rate of modern medicine and management of *Melasma* is having low success rate. In present review, an effort is made to compile scattered reference of *Vyanga* under roof and also a comparison is made between *Ayurveda* and modern medicine with regards to understanding of *Vyanga*.

## CONCLUSION

*Melasma* is a common pigmentary disorder having deleterious impact on patient life quality. As per *Ayurveda* *Vyanga* is a disease mentioned under *Kshudra Roga*. The foremost objective of *Ayurveda* is not only to prevent the *Vyanga* but as well as cure the diseases. Therefore, in *Ayurveda* there is a good answer to this disease it has great treasure of *Panchakarma* which not only treat the diseases but remove the root cause.

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