

A CONCEPTUAL REVIEW OF VYANGA (MELASMA) DUE TO LIFESTYLE CHANGES

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ABSTRACT

Melasma is a common skin problem in which brown to grey–brown patches usually appear on the face. The most common areas are cheeks, bridge of the nose, forehead, chin and above the upper lip.

It is caused due to the changing lifestyle, unhealthy dietary habits, sleep disturbances, systemic diseases, medication and stressful life.

In the *Ayurvedic* classics, Vyanga is mentioned, described under Kshudraroga under Twak roga, which can be compared with melasma. As per the *Ayurvedic* classics, Vyanga is a condition where vata pitta dosha as well as Mansika nidana, such as krodha, shoka, and ayasa, are the main culprits.

In *Ayurveda*, several remedies are described for the treatment of this disease. The drugs for internal purposes and the drugs for external purposes with Raktaprasadak, Twakprasadaka, and Varnakarak properties are helpful in managing Vyanga, which, on the other hand, helps in *rakta shodhan* (blood purification).

Key words: *Vyanga, Kshudra Roga, Melasma, Rakta prasadak.*

INTRODUCTION

Vyanga is a common disease known to us for thousands of years. Though it is considered kshudraroga, it is of significant importance as a cosmetic problem in society. It is characterised by the presence of *Niruja* (painless), *Tanu* (thin) and *Shayava aruna mandal* (bluish-black patches) on the face which occurs due to vitiation of *vata-pitta* followed by *rakta dosha*¹ Melasma is commonly acquired and symmetrical hypomelanosis, characterised by more or less dark brownish macula, with irregular contour, but clear in temporal, nose eyelid and upper lips² Acharya Charak has described *Vyangvyadhi* under *raktaprodoshaj* vikar,³. In contrast, Acharya *Sushrut*, *Vagbhata*, *Madhav*, and *Sharangdhara* have considered *Vyangvyadhi* as a *kshudraroga*. In the present scenario, changing lifestyles, unhealthy dietary habits, sleep disturbances, systemic diseases, medications, and stressful life also contribute to it.

CAUSATIVE FACTOR OF VYANGA: -

Acharya Charak did not specify the cause of *Vyanga*. Acharya described the vitiated *pitta* as the factor responsible for *vyanga*.⁴ As per *Susruta*, *krodha* and *ayasa* are the causes of *Vyang*.⁵ *Madhava Nidankar* and *Yogarajnakara* also support *Susruta's* point of view. According to *Vagbhata*, *shoka* and *krodha* are the leading causes of *vyanga*.⁶

Hyperpigmentation is a specific skin condition in which some part of the skin becomes darkened. This is mainly caused by the overproduction of a pigment called melanin.

Stress: -

While controversial, some research findings suggest that stress can trigger Melasma. Stress Stimulates the body to produce more cortisol. An increase in cortisol may trigger melasma.⁷

Sleep: -

One factor that might be playing an essential role in melasma is sleep. One can assume that this skin condition and the stress may impact sleep. As a result of this pathology, the condition could worsen so that poor sleep might be contributing directly to the condition.⁸

Sunlight

Sunlight also triggers the body to produce excess melanin, which causes melasma.⁹

Cosmetic: -

Tar, hydrocarbon derivatives like benzene, xylene poor and the quality of mineral oil-containing cosmetics play an essential role in photo-toxic mechanism.¹⁰

UV Radiation: -

Sun exposure is generally one of the essential causes of melasma. Repeated exposure to a sub erythema dose of UV radiation stimulates melanogenesis, increasing skin melanin content. UV-induced melanogenesis is mediated by the direct effects of UV photons on DNA and melanocyte membranes. Prolonged UV-B radiation exposure causes acute inflammation and elevation of histamine levels, leading to UV-B-induced pigmentation¹¹.

Sex Hormones: -

A female preponderance suggests the role of the female sex hormones in the pathogenesis of melasma. It is an undesirable cutaneous effect of oral contraceptives. Pregnant melasma is generally considered a standard physiologic skin change due to hormonal alteration.¹²

Drug-Induced (Phenytoin): -

Pigmentation resembling melasma develops in 10 % of patients taking phenytoin. The drug exerts direct action on melanocytes, causing the dispersion of melanin granules and increasing pigmentation in the basal epidermis. Still, pigmentation disappears in a few months after withdrawal of drugs.¹³

TREATMENT OF VYANGA, AS MENTIONED BY VARIOUS ACHARYA IN THEIR CLASSICS

S. N	CLASSICS	PROCEDURE RECOMMENDED	CHAPTER
1	<i>Sushruta samhita</i>	<i>Siravedh, pralepa</i>	<i>Chikitsasthan, kshudrachikitsa (20/33-36)</i>
2	<i>Ashtanga Hridaya</i>	<i>Siravedh, lepa</i>	<i>Uttar sthan kshudraroga pratishedha (3 2/15-33)</i>
3	<i>Ashtanga sangraha</i>	<i>Pana, Abhyanga Navan, pralepa, Vaman virechan</i>	<i>Uttar sthan kshudraroga pratishedha (37/ 23- 33)</i>
4	<i>Bhavprakash</i>	<i>Srivedya, pralepa</i>	<i>Chikitsa prakarana Madhyamkhand Kshudraroga Adhikar (61/39)</i>
5	<i>Yoga Ratnakar</i>	<i>Srivedya, pralepa, Abhyang</i>	<i>Uttar sthan kshudraroga chikitsa (1/12-14)</i>
6	<i>Chakradatta</i>	<i>Siravedha, pralepa, Abhyang</i>	<i>Kshudraroga chikitsa prakarana (55/ 40,43,44,)</i>

DISCUSSION

Vyanga (melasma) is the most common condition in young and old people. In Vyanga, Rasa and Raktava-hasrotas are involved. It is a lifestyle disorder that affects patients physiologically. Millions of people worldwide are suffering from Vyanga (melasma).

Vyanga has been elaborated in Ayurveda as kshudra-roga (minor ailment) as it is not a serious or life-threatening disorder but impacts a person's quality of life.

The beauty and attraction of an individual is reflected in the skin health (including general health). When someone talks about a person's skin, the first thing that comes to mind is the face. The face is a mirror of a person's thinking and reflects personality. *Melasma* is one of the most common pigmentary disorders in advancing society. The etiopathogenesis of melasma includes genetic factors, UV light exposure, hormonal imbalance, etc. *Acharya* mentioned this disorder which occurs due to vitiation of vata, Pitta Dosa and Rakta Dhatu, which results in Neeruja (painless), *Shyama* (brown or grey-brown), *Mandalvart* (circular patches), *Tanu* (thin) on nose, forehead, cheek and chin, decreasing complexion and lustre of skin. For cosmetic purposes, it has become more critical. Ayurvedic medicine and formulation were proven effective in treating skin diseases like Vyanga without any side effects. Although Vyanga is a painless

condition of the body, it is painful for the mind as it has a social impact.

In *the Ayurvedic samhita*, a good number of treatments for *twakavikar* are mentioned, like massage oil, application of lepa of medicine, which makes a face smooth, soft and glowing, *Raktamokshana* by *jalauka* application performed for reducing the pitta, and for *Raktshodhan* the drugs having *Raktashodhak* and *Raktaprasodhak* guna are helpful in the management of vyanga.

CONCLUSION

Melasma is a common pigmentary disorder that can have a deleterious impact on a patient's quality of life. As per Ayurveda, Vyanga is a disease mentioned in *kshudrarogadhikar*.

It is due to changing lifestyle, unhealthy dietary habits, sleep disturbance, systemic diseases, medication, and stressful life. *Tvak Roga* described here is Vyanga. It is one of the most common skin problems worldwide and is treated by dermatology. Skin diseases that afflict bodily functions cause a lot of psychological disturbances. According to *Acharya Charka*, it is pitta pradhan. At the same time, *Sushrut* mentioned that involvement of Vata dosha along with Pitta based on *Aashaya-ashrayi bhava*, the derangement of Pitta dosha leads to abnormality of rakta dhatu, the vitiated Dosha get the sthan samshraya in *Mukha ghata Twacha* and leads to Neeruja

Shyava varna Mandal so drugs with Raktaprasadaka, Tvakprasadak, Varnyakara properties help treat Vyanga. As per Ayurveda, vyanga is a disease mentioned in Kshudrarogadhikar. In Ayurvedic treatises, there is an excellent answer to this disease because it has a great treasure of single and compound drugs able to break down the samprapti of vyanga.

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