

## Review Article on Vyanga

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**Abstract**— Vyanga or melasma is a skin condition in which a hyper pigmented patch appears on face. Although we say medically this is not a serious condition but this is more than enough to shatter one's confidence. Because of globalisation and cut throat competition, being presentable has become the key word for success. Skin is a major body part that can be seen and appreciated easily as it covers whole body. That is the reason we see most of the population in the need of a magic remedy for a flawless skin. The treatment in modern medicines has many side effects. The recurrence after the treatment is very common. The treatment for melasma in Ayurveda is devoid of side effects it is very effective and it promises to stop the recurrence. The detailed description of its Hetu (causative factors), Samprapti (prognosis), the treatment (local and internal) is given in Ayurved Samhitas. Objectives: To compile references about Vyanga in Ayurvedic text including Pancha Nidan, various types of treatments, diet etc. Methods: Study of all Signs, symptoms and treatment of Vyanga mentioned in Bruhatrayee, Laghutrayee, was done. Results: On the basis of collected data, efforts were made to throw light on the Vyanga, its Hetu, and its Chikitsa. Conclusion: After scrutinizing compile data from different Samhitas and modern books we can understand exact cause of Vyanga and different treatment methods according to Ayurveda.

**Index Terms**- Vyanga, Kshudra Kustha, Melasma, Microderma Abrasion

### I. INTRODUCTION

Smooth and glowing complexion of the face increases the beauty of a person and also gives self-confidence. Vyanga is a disease, which decreases the glowing complexion of the face and affects the skin. Among many diseases concerned with cosmetic values, Vyanga is common disease known to us from thousands of years. Though it is considered as Kshudra Roga (minor disease), has got a major importance as a cosmetic problem in the society. It is characterized by the presence of Niruja (painless), Tanu (thin) and

Shavavarna Mandalas (bluish-black patches) on face,[1] occurs due to vitiation of Vata, Pitta followed by Rakta Doshha.[2] Treating this condition has become a problem, since safe drugs are not available for long-term therapy.

In modern medical science, topical steroids have been described in the management of facial melanosis.[3] However, the topical steroids are not completely free from adverse effects such as irritation, rashes.[4] Apart from this, generally the topical steroids are expensive and sometimes poor patients cannot afford this treatment. Hence there is a need to search better methods of management in facial melanosis considering the above drawbacks.

Ayurveda mentions a good number of medicines for skin care. Massage with oils, application of paste of medicines etc., makes the face smooth, soft and glowing.[5] In addition to this, bloodletting is also described.[6]

Causative factor of Vyanga

Acharya Charaka did not specify the causes of Vyanga. Overall, according to him Pitta vitiated causes are responsible of Vyanga. As per Susruta, Krodha and Aayasa are the causes of Vyanga. MadhavaNidan and Yogaratnakara also support Susruta's point of view. According to AstangaSamgraha and AstangaHridaya, Soka and Krodha are the main causes for Vyanga. Sign & Symptoms of Vyanga As per the classics, Vyanga is a thin, grey coloured circular patch which occurs in face. Susruta and his followers gave an additional point regarding Rupa of Vyanga. According to them Vyanga is painless. Charaka did not specifically mention the Rupa of Vyanga. Vyanga becomes hard, rough and grey due to Vayu; surrounding becomes red or blue due to Pitta;

becomes white with itching due to Kapha; becomes red or coppery colored in surrounding and possesses burning and pricking due to Rakta.

## II. DISCUSSION

### Pathophysiology of Vyanga

While describing about Samprapti of Vyanga Charaka said that vitiated Pitta by its causes when get dried in Rakta of Twaka, Tilakalaka, Piplu, Vyanga and Neelikadevelops. As per Susruta, Vayu aggravated by anger and physical exertion, get associated with Pitta and suddenly produces a thin, grey colored circular patch when reaches the face. According to him, second layer of Twaka i.e., Lohita is the seat of Vyanga. Vagbhatta mentioned that Vayu aggravated by grief and anger along with Pitta produces a light, grey colored circular patch in the face and is called as Vyanga. He again added that it becomes hard, rough and grey due to Vayu; surrounding becomes red or blue due to Pitta; becomes white with itching due to Kapha; red or coppery coloured in surrounding and possesses burning and pricking because of Rakta.

### Treatment of Vyanga

As per Ayurvedic classics, Yuktivyapashraya Chikitsa is performed in Vyanga. Here at first, Raktamokshanawas advised in the affected part. Then after rubbing the affected Part Lepa should be given as mentioned in classics. Samsamana Chikitsa is also given with some classical formulations orally. SamsodhanaChikitsa was also advised in classics, as Vaman, Virechana, Nasya. In SamsamanChikitsaVagbhatta in AstangaSamgraha UttaraSthanain 'KshudrarogaPratisedhiya Adhyaya' mentioned about four types of medicated Ghrita preparations to have orally for the treatment of Vyanga in Samsamana Chikitsa. Many formulations are narrated in different Ayurvedic classics in the form of powder, paste, oil, ghee for the treatment of Vyanga.

## CONCLUSION

Vyanga is a disease mentioned among Kshudra Roga. Treatment depends upon intensity and chronicity of the disease. The above case discussed internal and external medication pacify vitiated Vata and Pitta

Dosha. Microderma brasion is a minimally invasive procedure which enhance transdermal drug delivery by allowing the drug to diffuse more freely in the viable epidermis. Thus, it enhanced the absorption of external applicants used for treatment and helps to provide better results.

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