

A STUDY OF AN EFFICACY OF RAKTACHANDANADI TAIL IN THE MANAGEMENT OF VYANGA.

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Article Received on
16 October 2017,

Revised on 05 Nov. 2017,
Accepted on 26 Nov. 2017

DOI: 10.20959/wjpr201716-10199

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ABSTRACT

Everyone seeks for fair complexion and clear skin. Vyanga like pigmentary disorders cause loss of one's confidence. Disorders of pigmentation like Vyanga are within first 10 diseases to seek medical advice in dermatology clinic. Ayurveda has given great emphasis even though Vyanga is described as Kshudra roga. Neeruj, tanu, shyav varni mandalotpatti manifests Vyanga. Treatment include Seeravedh, Lepa and Abhyanjana. Abhyang with siddha tail plays very effective role. **Aim:** To determine an efficacy of Raktachandanadi Tail in the management of Vyanga **Objectives:** To compile references regarding Vyanga in Brihatrayee. To study the properties of Raktachandan, Manjishtha, Kushtha, Lodhra, Priyangu, Vatankur and Masoor.

Material & Methodology: 30 subjects having vyanga lakshane were selected by simple random selection irrespective of sex and occupation. The colour of patch is matched with Fair and lovely fairness meter and noted. Subjects asked to apply tail in circular fashion in sufficient quantity so as to cover the affected areas effectively and gently massage with soft hand for 10 to 15 sec. The same is to be continued for a period of 21 days. After 21 days, assessment was done with matching the colour of patch with the help of fair and lovely fairness meter. Change in shade of colour is noted. Results of the study shows that treatment with Raktachandanadi tail also gives effective results in reducing the dark shade colour of Mandal.

KEYWORDS: Vyanga, Raktachandanadi tail, Raktapradoshaj vyadhi, Kshudra rog.

INTRODUCTION

Face is the main site to reveal the beauty. In this modern era face value is very important to reveal one's self confidence and success. Day to day's speedy life, pollution, use of junk food give rise to health problems. Disorders of pigmentation are within first 10 diseases to seek medical advice in dermatology clinic.

Now a day people are aware of the personality, and its importance in the society. The clean and clear face plays important role in individual's personality. While observing in mirror, the most concentration of any person is towards face only. So in this changing life style, there is increasing number of patient suffering from Vyanga.

Vyanga this word is formed as vi+anga.

Vi refers to vikruti i.e. derangement and Anga refers to normal body part.

The meaning of Vyangam is deformity, dark spots on the cheek (San-Eng Dictionary)

Shabdakalpadrum states the meaning of Vyanga as Vikrutani angani yasya.^[1]

Acharya Charak described this disorder as the disease which manifests over the face due to vitiation of vata and pitta resulting in painless (Neeruja), thin (tanu) and bluish/black/brown(shyava) circular patches (mandalanvita).

The disease vyanga counted under kshudra roga which mainly affects the glowing complexion of a person. Vyanga is minor disease having simple etiology and symptoms but patients having vyanga has to face sense of inferiority or dirtiness; a feeling of lack of control over the external appearance of the body. Pigmentary disorders like vyanga are visible and seeks everyone's attention. Whispering and comments over vyanga mainly affects subjects' confidence and people develop negative feeling about it. That's why there is definite need for study.

Treatment of vyanga includes Seeravedh, Pralepa, Abhyangan.^[2]^[3] Abhyang with Siddha tail are also useful to treat vyanga. Classical texts have much description regarding lepa. Tail is easier to apply and less time consuming so decided to focus on abhyang with raktachandanadi tail in the management of Vyanga.

AIM

To determine an efficacy of Raktachandanadi Tail in the management of Vyanga.

OBJECTIVES

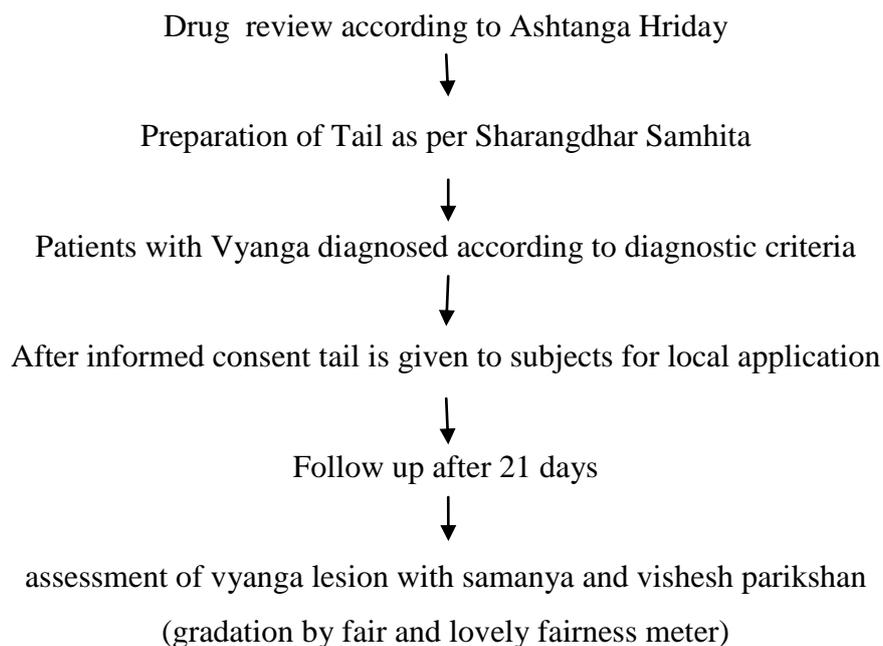
- To compile references regarding Vyanga in Brihatrayee
- To study the properties of Raktachandan, Manjishtha, Kushtha, Lodhra, Priyangu, Vatankur and Masoor.

MATERIAL AND METHODOLOGY**Study design**

This study was conducted in two different stages;

1. Literary review

Various references regarding Vyanga collected from Brihatrayee, Sharangdhar Samhita.

2. Clinical study**MATERIAL AND METHODOLOGY****a) Selection of drug**

Trial drug Raktachandanadi tail is a poly herbal formulation on the basis of chikitsa described in Ashtang Hridayam. Tail is formed from seven drugs described in Ashtang hridayam Kshudra rog chikitsa^[4] and patients advised to apply it two times a day.

b) Procurement of drug

Ingradients of study drug 'Raktachandanadi tail' viz Rakta chandan (pterocarpus santalinus), Manjishtha (rubia cordifolia), Lodhra (symplocus racemosa), Kushtha (saussurea lappa), Priyangu (callicarpa macrophylla), Vatankura (ficus bengalensis) Masoor daal (lens esculenta) all identified, tail is prepared and authenticated from authority.

c) Method of preparation of tail

All the above mentioned drugs taken in equal quantity in the form of churna and kalka is formed. Tail is formed according to sneha kalpana mentioned in Sharangdhar Samhita.

METHODOLOGY

30 subjects having vyanga lakshane were selected by simple random selection irrespective of sex and occupation. The patients were thoroughly interrogated, history and facts, chief complaints, samanya and vishesh parikshane etc. were noted in specialized clinical proforma based on ayurvedic classical framework. The colour of patch is matched with Fair and lovely fairness meter and noted.

Diagnostic criteria

Patients having painless (neeruja), thin (tanu) and bluish or blackish or brown (shyama) circular patches (mandalanvita) were diagnosed with vyanga and included in the study.

Inclusion criteria

1. age group-subjects having age 25 to 50 yrs will be included.
2. subjects having vyanga suffering from classical clinical signs and symptoms.
3. subjects were randomly selected irrespective of their sex and occupation.
4. subjects were included only after informed consent.

Exclusion criteria

1. Subjects not willing to take part in the study.
2. Age below 25 yrs and above 60 yrs were excluded.
3. Subjects having other systemic disease like SLE, Endocrinal diseases
4. Tinea fungal infection such as ring worm.

Plan for study

Purva karma: subjects asked to wash the face thoroughly with warm water and dry it completely.

Pradhan karma: subjects asked to apply tail in circular fashion in sufficient quantity so as to cover the affected areas effectively and gently massage with soft hand for 10 to 15 sec.

The same is to be continued for a period of 21 days.

After 21 days, assessment was done with matching the colour of patch with the help of fair and lovely fairness meter. Change in shade of colour is noted.

Statistical Data Analysis

Patients suffering from Vyanga with clinical signs and symptoms of Shyav, Tanu, Neeruja Mandal included in the study with due consent of patient. The skin colour and lesion colour is assessed through colour grading scale. Fair and lovely fairness meter is used for this purpose.

Patients were asked to apply Raktachandanadi tail daily twice on affected area for 21 days. After 21 days patients were assessed for change of colour shade of lesion with the help of fair and lovely fairness meter.

Grade 0 – No change in colour shade

Grade 1 – Change in colour by 1 shade

Grade 2 – Change in colour by 2 shades.

Table 1: Distribution of patients according to sex.

Sex	No. of patients	Percentage%
Male	6	20
Female	24	80
Total	30	100

Ta Out of 30 patients participating in this study, 24 were females (80%).

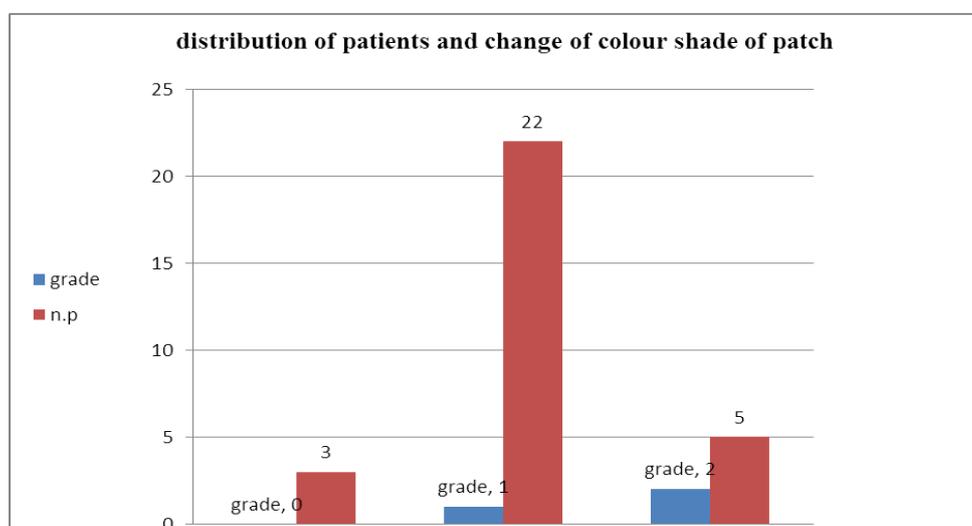


Table 2: Distribution showing change of colour shade of mandal.

Gradation	Male	Female	Total
Grade 0	0	3	3
Grade 1	5	17	22
Grade 2	1	4	5
Total	6	24	30

1. Grade 0 shows no colour change in the shade of Mandal. 10% subjects show no change in the colour shade of mandal.
2. Grade 1 shows change in colour shade of mandal by 1 shade. 73.33% subjects revealed the change in colour shade of mandal by grade 1.
3. 16.67% of subjects revealed change in colour shade of mandal by grade 2.

OBSERVATIONS AND RESULTS

Total 30 patients suffering from Vyanga participated in this short project.

Sex wise distribution shows that female preponderance (80%) over male (20%) was seen. This indicates females are more prone to Vyanga.

Success in the treatment with Raktachandanadi tail was assessed by charting the reduction in the colour shade of mandal i.e. lesion matched to fairness meter.

10% subjects show 'No change' in the colour shade of mandal.

73.33% subjects revealed the change in colour shade of mandal by grade 1.

16.67% of subjects revealed change in colour shade of mandal by grade 2.

DISCUSSION

The study drug is formed according to Ayurvedic classical text. Treatment for Vyanga includes Sirawedh, Pralepa and Abhyang. Many drugs are described for lepa in chikitsa. Lepa is little bit time consuming so decided to prepare Tail which can be stored easily and easy for application. Vyanga is described as Kshudra roga in Ayurved.

Etiological factors (Hetu) - Krodh, Shoka, Aayas

Dosha – Vat (Udan vayu), Pitta (Ranjak and Bhrajak pitta)

Dhatu- Rakta dhatu (Rakta pradoshaj vyadhi)

Adhishthan- Twak (second layer)

Agni- Rasadhatwagni

Mechanism of action of drug can be understood with the help of properties of contents of Raktachandanadi Tail.

Table 3: Properties of Raktachandanadi dravye^[5]

Dravya	Rasa	Vipak	Veerya	Guna	Doshagnata
Raktachandan Pterocarpus santalinus linn.	Tikta, Madhur	Katu	Sheet	Guru Ruksha	Kapha pitta shamak
Manjishtha Rubia cordifolia	Tikta, Kashay Madhur	Katu	Ushna	Guru, Ruksha	Kapha pitta shamak
Kushtha Saussurea lappa	Tikta, Katu, Madhur	Katu	Ushna	Laghu, Ruksha, Teekshna	Kapha vata shamak
Lodhra Symplocus racemosa Roxb.	Kashay	Katu	Sheet	Laghu, Ruksha,	Kapha pitta shamak
Priyangu Callicarpa macrophylla vahl.	Tikta , Kashay Madhur	Katu	Sheet	Guru, Ruksha	Tridosh shamak esp.vata pitta shamak
Vatankur Ficus bengalensis Linn.	Kashay	Katu	Sheet	Guru, Ruksha	Kapha pitta shamak
Masoor	Kashay Madhur	Katu	Sheet	Laghu	Kapha pitta shamak
Til Tail	Madhur tikta Kashay	Madhur	Ushna	Tikshna vyavayee,sukshma vishad guru sar vikasi	Vata kapha shamak

The above drugs are predominantly Tikta, Madhur, Kashay rasa pradhan, Sheet veerya, Katu vipaka maintaining Tridosha satmya. Raktachandan is twakdoshar, Kushtagna, Twak prasadak.

Raktachandanadi Tail acts according to these properties of contents which are opposite that of vyadhi samprapti. Til tail being twak prasadak varnya vyavayee vikasee and sukshma helps to reach the 2nd layer of twak easily so that raktachandanadi drugs act properly at vyadhi adhisthan. Tail gets absorbed at mandal and with snehan karma, vitiated vata dosha (udan vayu) and Pitta dosha (bhrajak) get back to normal. Twak prasadak property of tail helps to improve varna of mandal. Madhur, Tikta, Kashay rasa help to improve complexion i.e. varnya and twakprasadan.

CONCLUSION

Vyanga is a Kshudra rog described in classical text, is predominantly vata pitta pradhan raktapradoshaj vyadhi. This study shows that vyanga is more common in female. Raktachandanadi tail is found to be effective on reducing the shyav varnata of mandal.

Abhyanga with raktachandanadi tail is a treatment effective for vyanga for better results in less duration.

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