

## AYURVEDIC MANAGEMENT OF MELASMA THROUGH ORAL AND TOPICAL FORMULATION; A CASE REPORT

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### ABSTRACT

Melasma is skin disease characterized by pigmented patches on face areas like cheeks, forehead, nose, upper and lower lips. which generally exposed to direct sunlight. It is believed that exposure to ultraviolet radiation from sunlight causes Melasma. Ayurveda described term as *Vyanga* for similar manifestation. *Vata, Pitta Dosha* mainly involves in disease pathogenesis along with psychological factors like; *Krodha* and *Shoka*. *Niruja* and *Shyavavarna Mandalas on Mukha* is common features of disease as per Ayurveda. Moreover beauty is considered important for any individual since beautifulness not only imparts good physical appearance but also boost confidence. The condition like Melasma greatly affect beauty of person therefore needs to be taken care at early stage. As per Ayurveda, drugs which possess *Twak* &

*Rakta Prasadaka* properties are helpful in the treatment of *Vyanga*. There are many herbs and ayurvedic formulations which pacifies *Vata, Pitta Dosha* and offers *Varnyakara* effect therefore can be used effectively in the management of *Vyanga*. Considering this aspect, present article delivered a case report which expresses role of Ayurvedic therapy in the management of Melasma.

**KEYWORDS:** *Ayurveda, Melasma, Vyanga, Twak, Kshudra Roga, Skin.*

## INTRODUCTION

Ayurveda is a comprehensive system of natural health care and the science which primarily emphasis on the prevention of disease and its treatment thus helps in maintenance of good health including skin problems. Ayurveda explored diseases of skin including their pathogenesis and management, *Vyanga* is such type of skin disorder characterized with symptoms of *Nirujatanuka*, *Mandalam Visrijati* and *Shyava*. As per classical description of Ayurveda it is considered as *Kshudra Roga* due to the skin manifestations. As per modern science these symptoms described as disease named Melasma which involves painless, bluish & black patches over the facial region. Vitiating of *Vata & Pitta Dosha* leads to disease pathogenesis along with *Rakta Dushti*. *Susruta* mentioned second layer of *Twaka* i.e. *Lohita* as seat of *Vyanga* thus it is considered as skin disorder. The major symptoms of *Vyanga* are *Niruja*, *Tanu*, *Shyava varnayukta* on *Mukhprdesha*.

*Vagbhata* described that symptoms of such type of diseases varies on the basis of *Doshik* predominance as depicted in **Table 1**.

**Table 1: Symptoms of Vyanga as per Doshik predominance.**

S. No.	<i>Vyanga</i> as per <i>Doshik</i> predominance	symptoms
1	<i>Vata</i> predominant <i>Vyanga</i>	<i>Parusha &amp; Shyava Varna</i>
2	<i>Pitta</i> predominant <i>Vyanga</i>	<i>Tamra &amp; Neel Varna</i>
3	<i>Kapha</i> predominant <i>Vyanga</i>	<i>Shweta Varna with Kandū</i>
4	<i>Rakta</i> predominant <i>Vyanga</i>	<i>Rakta Varna with daha</i>

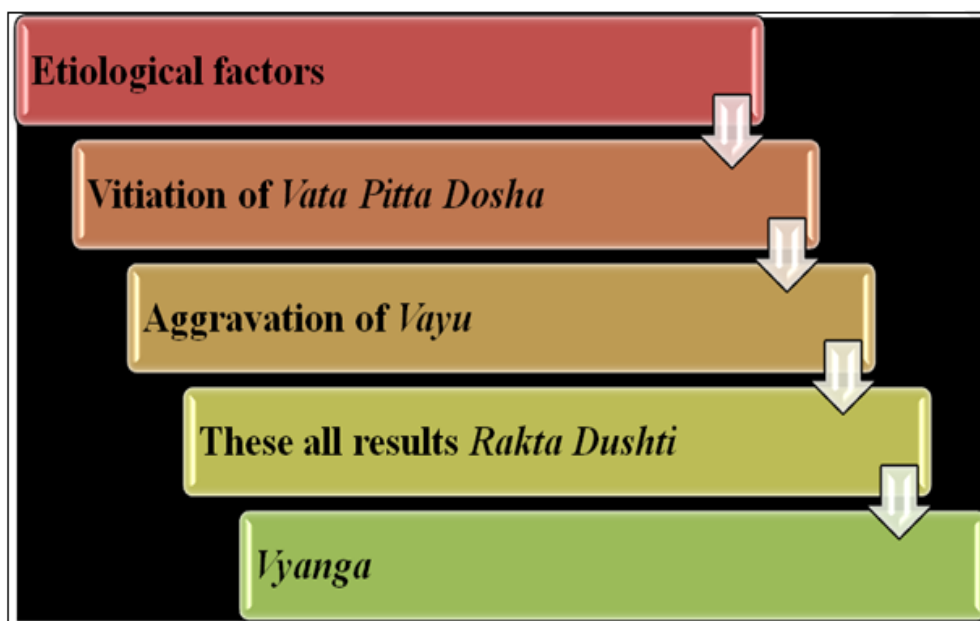
### Cause of *Vyanga*

- *Ahithaahara sevana*
- *Pitha prakopakara aahara*
- *Krodha & Shoka*
- *Environmental exposure*
- *Drug or chemical exposure*

### *Samprapti*

As per *Charaka* when etiological factors get aggravated then vitiation of *Pitta* takes place which affects *Rakta* of *Twaka* which further resulted symptoms of *Vyanga*. *Susruta* mentioned that when *Vayu* get aggravated due to the psychological factors then this *Vayu* with *Pitta* produces circular patch over facial region.

Vagbhatta mentioned role of *Kapha* in white and itchy patches. The pathological sequences of disease depicted in **Figure 1**.



**Figure 1: Pathogenesis of Vyanga.**

Ayurveda described many therapeutic options for the management of *Vyanga* such as; herbs or ayurveda formulations for skin care, massage with natural oils, use of topical preparation, blood letting and modification in life style, etc. Ayurveda texts suggested that drugs having *Kandughna*, *Kusthaghna*, *Rakta & Twak Prasadaka* and *Varnyakara* actions can provides symptomatic and pathological relief in the disease. *Samsodhana chikitsa* such as *Vaman*, *Virechana* and *Nasya* also suggested for the treatment of *Vyanga*. Considering importance of Ayurveda therapy this article presented a case report on role of some Ayurveda drugs in the management of in *Vyanga*.

#### AIM AND OBJECTIVES

1. To establish Ayurvedic treatment as an effective approach for the management of symptoms of *Vyanga*.
2. To justify probable modes of action of prescribed drugs in *Vyanga*.

#### MATERIALS AND METHODS

This Study was carried out in *Charma Roga Nivaran* unit of *Rachna Sharir* Department in Govt. Dhanwantari Ayurvedic Medical College and Hospital, Ujjain (M.P.)

## CASE REPORT

The present case study reported successful treatment of *Vyanga* in a 34 year old female patient came to the OPD, one year before with cardinal symptoms of *Vyanga*.

Following complaints and symptoms were observed during clinical diagnosis:

- ✓ The patient suffering from *Vyang* with brownish patches on cheeks and also complaint about problem of acidity.
- ✓ Itching sometimes.
- ✓ Painless patches sometimes prickling sensation when exposed to direct sunlight.
- ✓ Stress and mental anxiety.

## History

Patient was normal few years back but due to the exposure to UV radiation for continuous time period patient developed symptoms of *Vyanga*. Symptoms developed gradually and spreaded on both sided cheeks Patient hasn't reported any chronic illness and no family background of skin disorders. The personal clinical observation reported in **Table 2**.

**Table 2: Personal clinical observation.**

S. No.	Observation	
1	<i>Bala</i>	<i>Madhyam</i>
2	<i>Nidra</i>	<i>Samanya</i>
3	<i>Prakriti</i>	<i>Vata kapha</i>
4	<i>Nadi</i>	<i>Samanya</i>
5	<i>Jivha</i>	<i>Niram</i>
6	Bowel movement	<i>Prakrit</i>
7	<i>Mutra</i>	<i>Samanya</i>
8	<i>Sparsha</i>	<i>Samshitoushna</i>

## TREATMENT PLAN

On the basis of clinical observation following drugs were prescribed:

- ❖ *Arogya vardhini Vati*: 2 Tablets daily (250 mg) for one month
- ❖ *Shankh bhasm* 500 mg
- Kamdudha ras* 250 mg
- Muktapisthi* 500 mg
- Kaishore guggulu* 1 gm

Mix the combination of above mentioned drugs and make small packets in equal quantity and give 1 bd with normal water to patient.

- ❖ **Syrup Mahamanjishtha** 20 – 20 ml BD
- ❖ **Kumkumadi Tailam:** Local application at night for one month
- ❖ **Lepa of Arjun Churna+Manjishtha Churna+Turmeric+Lemon/Tomato+Sugar** for local application.

**Follow up period:** After every 10 days

### Recommendations to patient

Following lifestyle practices were suggested to the patient for acquiring maximum benefits from therapy:

- ❖ Patient was advised to perform **Kapalbhati & Anulom Vilom**
- ❖ Patient was advised to avoid stress.
- ❖ Advised to cover whole face while stepping outside during day time to protect face from sun exposure.
- ❖ Advised to drink fruits juices.
- ❖ **Ghee** (01 teaspoonful) with lukewarm milk also advised.

### OBSERVATION AND RESULTS

The assessment of efficacy of prescribed medicines was done on the basis of relief in characteristics symptoms of disease as mentioned in **Table 3**.

**Table 3: Relief in characteristics symptoms of Vyanga after treatment.**

S. No.	Sign and symptom	Before Treatment	After Treatment		
			1st follow up	2nd follow up	3rd follow Up
1	Itching on patch	+++	++	+	---
2	Number of patches	++	++	+	---
3	Affected area	+++	++	++	+
4	Stress	++	+	---	---

Severe (+++), Moderate (++), Low (+), No symptoms (---)

### Probable Role of Individual Drug

*Arogyavardhini Vati* pacifies *Vata & Pitta Doshas*, removes toxins deposited in the *Tvacha & Rakta*. It improves quality of *Mansadhatu* thus prevent consequences of *Kushtha Roga*. *Arogyavardhini Vati* facilitates detoxification process through intestine and removed *Ama* and clears minute channels of body thus improves normal circulatory process and normalizes functioning of *Rakta* and *Dhatus*. These all effects of *Arogyavardhini Vati* not only prevent pathological progression of skin disease but also relive symptoms such as; scar, lesion and

itching, etc.

*Kumkumadi Tailam* also offers significant improvement in disease after its local application as it comprises *Keshara* which help to maintain tonicity of skin. It rejuvenates skin cells, promote blood circulation, improves complexion, texture and brightness thus provide relief in skin manifestations of disease. *Kumkumadi* oil helps in discoloration and pigmentation of skin, prevents skin damage induced by sun-rays, imparts natural moisturizing effect, balances oiliness and provides soothing effect thus reduces severity of symptoms.

The drugs prescribed for patient possesses *Katu Rasa*, *Laghu Guna*, *Ushna Virya* and *Katu Vipaka* thus pacifies *Tridosha*. Patient complaint about acidity during clinical investigation and study observed relief in acidity after drug administration may be due to the *Kshaar* (Alkalizer) nature of ingredients presents in formulations, these ingredients neutralizes excess acid secreted in stomach and reduces symptoms of acidity. The disease mainly involves vitiation of *Vata* and *Pitta*, the prescribed drugs by virtue of their *Guna* removes aggravated *Vata* and *Pitta* thus cures severity of disease. *Shankh bhasma* removes *Ama* from body thus facilitate detoxification process of body and clears adverse effects of accumulated toxins. *Kamdudha ras* and *Muktapisthi* helps to purify *Rakta* and prevents pathological symptoms caused by the *Vata* and *Pitta*. The prescribed drug promotes skin health, regulates metabolism and reduces skin breakouts thus provides significant relief in *Vyanga*. Moreover *Sheeta Guna* of given medicines imparts soothing and cooling effects in disorder associated with *Pitta* imbalance like; *Vyanga*.

## DISCUSSION

As mentioned in Table 3 it was evident that prescribed medicines offers significant relief in signs and symptoms of disease; thus this treatment plan can be used as effective therapy for the management of *Vyanga*. *Varna Prasadana* and *Rakta Prasadana Karma* of formulation helps to heal patches and purify *Rakta*. The ingredients of oral formulation boost *Jatharagni* and *Dhatvagni* thus nourishes body and restore physical and mental health thereby resist depression and anxiety induced pathological initiation of *Vyanga*.

The topical formulation have an effect on *Tiryak Gata Dhamanis* through *Roma* and *Romakupa Varna* thus improves symptoms related to the vitiation of *Rakta*. The *Rasa Tarpana* effect of drugs provides nourishment to the *Rasa Dhatu* which resulted *Varna Utkarsha* effect. The topical formulation adds in skin hydration & alleviate pigmentation

through its *Guna & Rasa properties* thus improves physical appearance and imparts glow on face and boosts mental confidence which further help in pathological breakdown of events involved in disease manifestation.

The effects of prescribed medicines can also be elaborated on the basis of modern science. The phenolic compounds present in natural drug offers antioxidant action therefore prevent oxidative damage of tissue (skin) and enhances physical appearance. Phenolic compounds offer cosmetics values thus maintain skin homogeneity, enhance process of regeneration, responsible for collagen stimulation, prevent excessive synthesis of melanin thus prevents hyper pigmentation.

## CONCLUSION

Melasma is skin disease involves pigmented patches over face and termed as *Vyanga* in Ayurveda. *Vata*, *Pitta* and *Rakta Dosha* are predominant factors involved in disease pathogenesis. The prescribed medicines are well known for their *Dosha* pacifying and *Rakta Prasadana* effects thus offers remarkable relief in symptoms of *Vyanga*. *Varna Prasadana Karma* of drugs improves process of healing thus reduces number and sizes of patches. The case report suggested that *Arogya vardhini Vati*, *Shankh bhasm*, *Kamdudha ras*, *Muktapisthi*, *Kaishore guggulu*, *Mahamanjishtha* and *Kumkumadi Tailam* can be recommended for the management of *Vyanga* without any side effects.

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