



REVIEW OF VYANGA

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Abstract: A cosmetic as external beauty has gained a lot of attention and demand in today's world. Everyone want's to look beautiful and attractive. But this is urge has not develop today in a completely safe manner .In ayurvedic texts there is lot of ahara, aushadha, and vihara which where mentioned to enhance external beauty such as varnya varg told by Acharya Charak, and romsanjanan etc told by Acharya Shushrut. Melasma is characterized by hyperpigmented macules on cheeks, upper lips, chin, nose, forehead. The condition is more common in darker skin type. Melasma is most frequently found in females than males⁴ averaging ratio as 4:1. It can be correlated with Vyanga in Ayurveda. According to Ayurveda etiopathogenesis of Vyanga points towards vitiation of Vata and Pitta by Shushrut and Pitta and Rakta by Charak. As this is not a fatal or life threatening disease , it is mentioned under kshudra rog section in Ayurveda.

Index Term : Vyanga, Melasma, Vata, Pitta, Kshudra roga

INTRODUCTION :

In Ayurveda, skin diseases are included under the heading of Kustha and Kshudra roga. Vyanga is one among the Kshudra roga. Even though Vyanga is a Kshudra roga.¹ It produces a great misery for the person due to the dark discoloration of the skin over face. Vyanga is a pathological situation of the facial skin with etiopathogenesis pointing towards the vitiation of Vata & Pitta dosha, also belongs to Raktapradoshaja vyadhi producing cardinal features such as Niruja, Tanu, Shyava mandala. Ayurveda also refers this condition as associated with Manasika nidanas such as Krodha, Shoka, Ayasa as the main culprits.

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Hyperpigmentation refers to patches of skin that become darker than the surrounding areas of skin. It occurs when the skin produces excess melanin, the pigment that gives skin its color. It can affect people of all skin types.⁴ Melanin is a substance in your body that produces hair, eye and skin pigmentation. The more melanin you produce, the darker your eyes, hair and skin will be.⁵

LNIDANPANCHAK OF VYANGA :

table no: 1: Samanya nidana-

Nidana	Vata prakopaka	Pitta prakopaka	Kapha prakopaka	Rakta prakopaka
Aharaja	Guna- Ruksha, Sheeta; Rasa- Kashaya, Tikta; Apatarpanatmaka	Tikshna, Ushna, Vidahi; Katu, Amla	Sheeta	Ushana; Lavana, Amla, Katu; Kshara; Viruddhanna; Asatmya bhojan
Viharaja	Vayam, Vega dharana, Jagarana, Pravata.	Atapa sewana		Divaswapna; Aatapa sewana
Mansika	Atishoka, Harsha			Santapa, krodha

A. **Vishesh nidana** –⁶
Viharaja – Chardinigrahana
Manasika - Krodha, Shoka, Aayasa

II. **ETIOLOGY** : Causative factor for melasma are ultraviolet radiation, hormone involvement and genetic predisposition etc.

III. SAMPRAPTI : ⁷

Hetusevan
↓
Doshaprakopa
↓
Vitiation of Vata and Pitta
↓
Rasdushti and Raktadushti
↓
Twacha Sthanasamshraya
↓
Niruja ,Tanuka,Shyava Mandal
↓
Vyanga

IV. SAMPRAPTI GHATAK OF VYANGA:

table no:2:-

Dosha	Vayu (Udana, Vyana); Pitta (Bhrajaka)
Dhatu	Rasa, Rakta
Upadhatu	Tvaka
Dushya	Rasa, rakta, Mansa
Strotasa	Rasavaha, Raktavaha, Manovaha
Vyakta sthana	Tvak

Purvarupa - Purvarupa of vyanga are not mentioned in Ayurvedic classics.

Rupa (Lakshana) –

1. Shyava
2. Niruja
3. Tanu
4. Mandala

V. VYANGA TYPES:

According to the dosha predominance, the disease vyanga may be categorized into 4 subtypes as,

1. **Vatika** – Characterized by Shyava varna mandalas and Khara or Parusha sparsha
2. **Paittika** – Characterized by either Tamra or Nila mandalas
3. **Kaphaja** – Characterized by shweta varna mandalas and may be associated with kandu
4. **Raktaja** – Characterized by rakta or tamra varna mandalas, may be with daha.

VI. DIFFERENTIAL DIAGNOSIS –

1. **Nyaccha** – Broad or small, Grey or dark, discoloured, Painless patches on the skin of the body
2. **Nilika** – Similar black discoloration as vyanga, appear in other part of the body.
3. **Jatumani** – Congenital slightly elevated, even, smooth, slightly reddish in color and painless patches on the skin caused by kapha and rakta
4. **Mashaka** – Painless immovable black, round nodules on the skin, resembling black gram caused by vata
5. **Tilakalaka** – Black, painless spots resembling sesamum seeds, not raised above level of skin, caused by *vata, pitta, kapha* together

VII. SADHYASADHYATA :

According to Ayurvedic text Vyanga is Sadhyavyadhi.

VIII. CHIKITSA:

Line of treatment advised by different Acharya :-

- Sushruta - Abhyanga, Pradeha, Siravedha
Ashtang Hridaya - Lepa, Siravedha, Nasya
Ashtang Samgraha - Siravedha, Abhyanga, Nasya Vamana, Virechana.
Bhav Prakash - Lepa, Siravedha, Abhyanga

Yogaratanakara - Lepa, Udavartan
Chakradatta - Lepa, Abhyanga

IX. REVIEW OF VYANGAHAR CHIKITSA IN DIFFERENT SAMHITAS:-

In Samhitas explained vyangahar chikitsa. All those references we can classified this chikitsa as-

- 1) Shodhan chikitsa
- 2) Shaman chikitsa

1) Shodhan chikitsa-

- Vaman
- Virechan
- Nasya
- Raktamokshan

2) Shaman chikitsa- (Internal use)

- Khadiroudak
- Gandhapashan churna
- Somraji churna

For external use-

From Sarth Bhavprakash-

- 1) Vatankur + Masur lepa
- 2) Manjishtha + Madhu lepa
- 3) Jatiphala + Jala lepa
- 4) Vata patra+ Pippali patra+ Malati+ Raktachandan+ Kushtha+ Lodhra

From Bhaishjyarnavali-

- 1) Arjun twak churna+ Manjishtha churna+ Madhu
- 2) Laalchandan+ Manjishtha+ Kushtha+ Priyangu+ Vatankur+ Masur lepa
- 3) Navneet+ Gud+ Madhu+ Kolamajja churna

From Sushruta Samhita-

- 1) Bala + Atibala+ Yashtimadhu+ Haridra lepa
- 2) Payasa + Arkapushpi + Agar+ Chandan Gairik lepa

Sarth Vagbhat Samhita-

- 1) Kshirivrikshatwak and buds with milk lepa
- 2) Arjun twak + Manjishtha with honey
- 3) Raktachandan + Manjishtha + Kushtha+ Lodhra+ Vatankura + Masura
- 4) Jirak + Shahajiraka + Krushna tila with milk
- 5) Masura with ghrita and honey, Shalmalikantakwith milk
- 6) Matulunga+ kushtha with honey, Shwetamusali + goat milk with honey

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