



# Title Name – “Ayurveda approach in management of Twak Vaivarnya W.S.R. to Hyperpigmentation”- A Case Study

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## ABSTRACT-

Beauty is not only a source of joy but also gives confidence to some extent." Ayurvedic cosmetology acknowledges this truth, tracing its roots back to the very beginning - from the mother's womb and extending through life's daily routines (*Dinacharya*), nightly habits (*Ratricharya*), seasonal adjustments (*Ritucharya*), and beyond. This symbiotic relationship between cosmetology and *Ayurveda* represents one of the most ancient and profound connections, emphasizing not only external beauty but also inner well-being and vitality. In *Ayurveda*, the skin, known as "*Twak*," serves as the outermost protective barrier enveloping the entire body. It is endowed with the sense of touch, making it highly sensitive among the five senses. Every individual cherishes beauty, often resorting to topical applications that may, unfortunately, trigger allergic reactions or skin ailments. An 18-year-old female patient presented to our hospital with complain of *Twak Vaivarnya* a brownish pigmentation on face. In addressing her condition, we adhered to *Ayurvedic principles*, focusing on restoring the affected skin to its normal texture. Following the guidance outlined in *Charaka Samhita Sutra Sthana Trishothiya Adhyaya*, where the naming of diseases is not deemed mandatory, our approach centred on assessing the *doshapradhanatva* and recognizing specific symptoms (*Lakshanas*) without assigning a formal diagnosis. By embracing *Ayurveda's* holistic principles and tailoring treatments to individual constitutions and symptoms

rather than conventional disease labels, we strive to provide comprehensive and enduring relief to patients suffering from skin ailments.

Keywords- *Dinacharya, Ratricharya, Ritucharya, Twak Vaivarnya*, hyperpigmentation, *Dosha Pradhanatwa*

## INTRODUCTION-

Achieving a smooth and radiant complexion is a timeless pursuit, not only for enhancing one's beauty but also for instilling a sense of self-confidence. The quest for beauty and the application of natural substances such as herbs, minerals, and animal products have been integral to human existence throughout history. *Ayurveda*, an ancient system of medicine, assesses beauty through the lenses of *Prakriti* (body constitution), *Sara* (structural predominance), *Samhanana* (compactness of body), *Twak* (skin), *Pramana* (measurement), and *Dirghayu Lakshana* (symptom of long life) [1]. The term "*Twak*" specifically denotes the skin, while "*Vaivarnya*" signifies its colour or complexion. According to commentators *Aruna Datta* and *Hemadri*, the meaning of *Vaivarnya* is "diversity from normal colour or complexion which is not like the normal colour of *Tvacha* (skin). [2,3] *Twak Vaivarnya* is considered one of the indicators of a person's *prakriti* (constitution) according to *Ayurvedic* principles. The skin colour is believed to be influenced by various factors, including genetics, lifestyle, diet, and environmental influences, all of which play a crucial role in determining an individual's overall health status. *Ayurveda* categorizes skin types and colours based on the predominance of doshas, namely *Vata*, *Pitta*, and *Kapha*, each of which manifests unique characteristics. According to *Ayurvedic* texts, a balanced state of the *doshas* results in a radiant and glowing complexion, known as "*Prasanna Twak*," indicating good health and vitality. Conversely, an imbalance in the doshas can lead to various skin disorders and alterations in complexion, known as "*Vaivarnya Dosha*," indicating underlying health issues or imbalances within the body. The *Ayurvedic* approach to achieving and maintaining *Twak Vaivarnya* involves a holistic regimen encompassing dietary modifications, lifestyle practices, herbal remedies.

Hyperpigmentation is a common dermatological concern characterized by the darkening of patches or areas of the skin, resulting from the overproduction of melanin, the pigment responsible for skin coloration. This condition can affect individuals of all ages, genders, and ethnicities, and may manifest in various forms, including sunspots, age spots, melasma, and post-inflammatory hyperpigmentation. The aetiology of hyperpigmentation is multifactorial, involving genetic predisposition, hormonal changes, sun exposure, inflammation, and certain medical conditions or medications. Ultraviolet (UV) radiation from sunlight is a significant contributor to hyperpigmentation, as it stimulates melanocyte activity and leads to the accumulation of melanin in the skin. Hormonal fluctuations, such as those occurring during pregnancy or as a result of hormonal therapy, can also trigger the development of hyperpigmentation, particularly in women. The psychological impact of hyperpigmentation can be significant, affecting self-esteem, body image, and overall quality of life. Individuals with hyperpigmentation may experience distress and seek various treatment modalities to alleviate pigmentation concerns and restore an even skin tone. In *Ayurveda*, all skin disorders are categorized under *Kushtha*, with certain conditions specified under *Kshudra Rogas*. The *Ashtanga Hridaya Nidana Sthana* chapter 14 elaborates on the conditions responsible for skin abnormalities. This holistic perspective aligns with *Ayurveda's* comprehensive understanding of skin health and *Twak Vaivarnya*, providing valuable insights for addressing pigmentation disorders from a traditional standpoint.

*Twak Vaivarnya*, identified as hyperpigmentation, is categorized as a *Kushtha* in *Ayurveda*, a chronic condition often deemed challenging to cure with a propensity for relapses. Despite the availability and accessibility of modern medical treatments, complete cure remains elusive, and surgical interventions are hindered by cost and skill requirements. This study endeavours to explore *Ayurvedic* approaches for managing *Twak Vaivarnya*, seeking potent remedies that can restore the original beauty of the face and enhance aesthetic appeal. The focus of this research is to manage the condition with *Samshamana Chikitsa* and particularly its ability to bring out the clarity of *Varna* (colour), and its applicability in *Twak Vaivarnya* (hyper pigmentation). This holistic approach aligns with *Ayurveda's* emphasis on balancing and restoring harmony to promote overall well-being, including skin health.

**CASE STUDY-**

An 18-year-old female patient with OPD NO. 28560 belonging to Ujjain comes at *Charma Roga Nivaran* units OPD in govt. *Dhanwantari Ayurved* College, Ujjain (M.P.) The patient was suffering from skin disease (hyperpigmentation) and complaining: • brown minute scattered discoloration (*Twak Vaivarnya*) on the left side of face with mild itching. The patient was treated on OPD basis. Based on clinical presentation, examination, the case was diagnosed as *Vata- Pitta Pradhana Tridosha Twak Vikar* (skin allergy).

**HISTORY OF PRESENT ILLNESS –**

2 years before, the patient was perfectly fine. Gradually, she acquired certain discolorations, such as black scattered spots on the left side of face, as well as complaints of constipation, acidity, and slight scratching in those areas. The patient had already been taken medications by a number of physicians, but there was little substantial relief. Then She comes to our *Charma Roga Nivaran* unit OPD in govt. *Dhanwantari Ayurved College*, Ujjain (M.P.).

- O/E- Dark Brown Coloured patches on face with mild itching over it.
- H/O constipation.
- Work load- stressful,
- Sleeping habits- usually after 12am.

**PERSONAL HISTORY-**

Dietary habits showed that there was a lot of Lavana, Amla Dravya, mixed dietary habits, a lot of curd, fatty and spicy rice, Virudhha Ahara Vihara, and unusual bowel habits.

**ASHTAVIDHA PARIKSHA-**

NADI (pulse) - 76/min MALA (stool) - Malbadhhata MUTRA (urine) – Normal

JIVHA (tongue) - Saam. SHABDA (speech)- Normal SPARSH (skin) - Khara, Anushna DRUK (eyes) – Normal AKRITI - Madhyam.

**GENERAL EXAMINATION -**

Pulse: 78/ min CVS: Normal BP: 122/80 mmHg CNS: Conscious, Oriented

Temp: Normal RS: Normal RR: 20/min P/A: Normal Weight: 52kg

Height: 162cm Cyanosis- absent Clubbing- absent

**INVESTIGATIONS-**

Hb%: 14.3 g/dl ESR: 32mm RBS: 120mg/dl

**TREATMENT PROTOCOL-**

1. Shatdhaut ghrít cream- locally apply 3 times a day.
2. *Kumkumadi tail*- locally apply and massage at night.
3. *Arogyavardhini Vati*- 2-tab bis a day after food with water
4. *Avipattikar Churna* – 1gm after food with lukewarm milk at night.

Yoga of-

- *Sitopaladi churna*-1gm
- *Mulethi Churna*-1gm
- *Shankh Bhashma*-1gm

- *Mukta Shukti* – 500mg
- *Kamdudha Ras*-500mg

Mixing this yoga and made 20 packets and take orally with lukewarm water twice a day after food.

**Follow up period:** Every 15 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* for 10-15 minutes on daily basis.
- Advised to cover whole face while treading outside during day time to protect face from sun exposure.
- Advised to take Ghee (01 teaspoonful) with lukewarm milk orally.
- Advised to avoid *Lavana, Amla rasa, and Tikshna Dravya*, curd, spicy food, *Pittaja Ahara Vihara, Adhyasan, Diva Svapna, Ratrijagarana*, Angry behaviour, tension, and anxiety.

### OBSERVATION AND RESULT-

After two months, former symptoms such as constipation and itching have subsided, and brown macular spots have turned light slowly.

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

S.No.	SIGN AND SYMPTOMS	BEFORE TREATMENT	AFTER TREATMENT		
			1 <sup>ST</sup> Follow up	2 <sup>nd</sup> Follow up	3 <sup>rd</sup> Follow up
1	<i>Rookshatwa</i>	Present	Absent	Absent	Absent
2	<i>Kandu</i>	present	Slightly present	Absent	Absent
3	<i>Shyawa-varnta</i> of <i>Twak</i>	Present (dark Brown colour)	No changes in colour	Mild changes	Very Light in colour

### IMAGES OF PATIENT-





## DISCUSSION-

As mentioned by *Acharya Charaka* in *Sutrasthana Trishothiya Adhyaya* naming the *Vikar* is not important or mandatory one can treat the patient by knowing or accessing the factors such as *Prakopita Dosha*, *Adhithana*, *Samuthana*, and *Lakshanas* [5]. *Ranjaka Pitta* is responsible for the conversion of *Rasa Dhatu* into *Rakta Dhatu* which results in the formation of normal skin colour. So, here keeping this view the patient was examined and assessed the *Prakopita Dosha* as *Vata-Pitta*, with *Rakta* as *Dushya*, *Adhithana* as *Twak*, and the treatment was planned under *Shamana* format, starting with-

### Shatdhaut Ghrith Cream-

*Shatdhaut Ghrith* is a renowned *Ayurvedic* formulation extensively utilized in skincare treatments. Its name derives from Sanskrit, where "*Shata*" signifies one hundred, "*Dhauta*" means washed with water, and "*Ghrith*" refers to clarified butter or ghee. *Shatdhaut Ghrith* is prepared by subjecting purified ghee to a hundred rounds of washing with water. Traditionally, this process was manually performed, but it can also be mechanized.

*Shatdhaut Ghrith* offers instant relief from burning sensations and helps soothe burnt wounds. It aids in the regeneration of dermal tissues and supports skin healing processes. It is an excellent astringent, anti-wrinkle, and cleansing cream, suitable for all skin types. Regular application of *Shatdhaut Ghrith* can effectively diminish scars, spots, and dark circles, promoting clearer skin. Overall *Shatdhaut Ghrith* stands out as a versatile *Ayurvedic* skincare remedy, offering a wide range of benefits including cooling relief, tissue regeneration, cleansing, scar removal, and moisturization. Its natural properties make it suitable for addressing various skin concerns, contributing to healthier and rejuvenated skin.

### Kumkumadi Tail-

*Kumkumadi tailam*, also known as *Kumkumadi oil*, is an exceptional *Ayurvedic* formulation renowned for its transformative effects on skin health. This oil serves as a potent remedy for addressing various skin issues, offering a multitude of benefits. It is not only a moisturizer but also a versatile beauty product suitable for almost all skin types, particularly sensitive or dry flaky skin. It works towards lightening the skin complexion, imparting a radiant and luminous glow and restoring an even tone to the skin. Overall, *Kumkumadi tailam* stands as a holistic beauty elixir, addressing a wide array of skin concerns and promoting overall skin health. Its natural formulation makes it a safe and effective choice for anyone seeking to enhance their skin's vitality and beauty through the principles of *Ayurveda*.

### Arogyavardhini Vati-

*Arogyavardhini Vati* is believed to be beneficial for various skin conditions, including improving complexion. Its ingredients typically include herbs like *Haritaki* (*Terminalia chebula*), *Bibhitaki* (*Terminalia Billerica*), *Amla* (*Emblica officinalis*), *Shuddha Shilajit* (purified asphaltum), *Shuddha Gandhaka* (purified sulphur), *Neem* (*Azadirachta indica*), and *Kutki* (*Picrorhiza kurroa*), among others. It works as *Raktadushthihara* (blood purifier), *Kushthahara* (alleviates skin diseases), *Srotovishodhana* (cleansing body channels), and *Pitta Doshahara* (alleviates *Pitta*) [6]. *Rasratnasamucchay* mentions *Arogyavardhini Vati* for the care of *Kushtha*. [7]

*Arogyavardhini Vati* is a classical Ayurvedic formulation known for its ability to balance the *Vata* and *Pitta* doshas, two of the three fundamental energies or principles in *Ayurveda*. By pacifying these *doshas*, it helps to maintain harmony within the body and prevent imbalances that can lead to various health issues. One of the key benefits of *Arogyavardhini Vati* is its detoxifying action. It helps to eliminate toxins (*ama*) that accumulate in the body, particularly in the skin (*Tvacha*) and blood (*Rakta*). This detoxification process is facilitated through the intestines, aiding in the removal of waste materials and promoting overall digestive health. By clearing the body of *ama* and toxins, *Arogyavardhini Vati* helps to cleanse the minute channels (*srotas*) of the body. This clearing action enhances the normal circulatory process and promotes the proper functioning of both the blood (*Rakta*) and the body tissues (*Dhatus*). Improved circulation and tissue function contribute to overall health and vitality. Furthermore, *Arogyavardhini Vati* is said to improve the quality of *Mansa dhātu*, which refers to the tissues responsible for providing structural support and nourishment to the body. By enhancing the quality of these tissues, it helps to prevent the consequences of *Kushtha Roga*, a term that encompasses various skin diseases in *Ayurved* has anti pruritic and antioxidant properties. The combined effects of balancing *doshas*, detoxification, clearing channels, and improving tissue quality contribute to the prevention of pathological progression of skin diseases. Additionally, *Arogyavardhini Vati* may help alleviate symptoms associated with skin issues, such as scars and lesions.

### CONCLUSION-

It's not obligatory for Vaidya's to label every specific disease (*Vikar*). Instead, effectively treat patients by assessing the imbalances in *Doshas*, the affected sites (*Adhithana*), and the observed symptoms (*Lakshanas*). *Kumkumadi Taila*, an *Ayurvedic* herbal oil formulation, can be considered as an *Anubhuta Yoga* (experiential remedy) for managing certain skin conditions. Skin diseases pose significant challenges for modern medical science. However, studies suggest that *Ayurvedic* medicine offers promising prospects in treating such cases. While this study is based on a single case, it provides a platform for further research involving a larger patient cohort. The case report highlights the efficacy of *Ayurvedic* medicinal interventions in treating the condition comprehensively. *Pathya Sevan* (appropriate dietary and lifestyle guidelines) plays a pivotal role in the treatment process, and adherence to the prescribed regimen is crucial for optimal outcomes. The patient experienced relief from symptoms, with a significant reduction in their severity. This underscores the potential of *Ayurvedic* interventions in managing skin diseases and emphasizes the importance of holistic approaches in healthcare.

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