

COSMETIC APPROACH IN AYURVEDA W.S.R. TO MANAGEMENT OF VYANGA - A CLINICAL STUDY

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INTRODUCTION

Ayurveda is a science of life as it explains the conditions of the life. The purpose of science of life is maintenance of the health of the healthy and alleviation of disease. This science of treatment is taught for the benefit of life. The health in *Ayurveda* is defined as the homeostasis of the *Tridoshas*, *Sapthadhatus* and *Trimalas*. These when impaired results in the *ruja* from which the meaning disease is etymologically originated. This pain makes the human being to lead a miserable life. Hence it is important to maintain these in normalcy. *Ayurveda*, a holistic health science is providing its services to mankind since ancient time. It has not only curative perspective, but also maintains the unique constitutional balance of a person. Still the same is continuing with more and more global support. From the time of ancient Indian to present, all cultures and through span of centuries, mankind has been preoccupied with youth and physical appearance.

The importance of Beauty and Personality is increasing now a day as it is a competitive era. Everyone wants to stand at height and they require a distinct personality which differ them from a crowd. The increased demand of beautification is evident by number of beauty contests, beauty centers, various cosmetic items like creams, lotions, powder etc. now available in the society. Along with increased demand of beautification, the problems are also increasing which cause damage to Beauty or Personality due to changed life style and polluted

atmosphere. It requires a certain medical aids including knowledge of cosmetic science along with medical background. Otherwise random use of cosmetic products may produce adverse effect, spoiling the natural Beauty. Face is the most important and beautiful organ of the body is affected by certain anomaly at the any age of the life. Early physical and psychological precautionary measures are essential in either of the sexes, as any minor ailment may affect from unattractive look to a permanent disfigurement which may result in inferiority complex or sometimes even isolation. The disease 'Vyanga' is one such disease counted under *Kshudra roga*. So *Vyanga* has been selected for present study. Among the Personality damaging disorder or disbeautifying conditions, *Vyanga* is such a condition which affects the Beauty as well as Personality. Though it is a painless condition for body but it is painful for mind.

Vyanga means any dark spot on the face. *Acharya Susruta* was the first to mention the whole group of such skin diseases which have an adverse effect on the appearance of skin and personality of human being. He named these as *Kshudraroga*. Almost all *Acharyas* have considered *Vyanga* as a *kshudra roga* but *Acharya Charaka* & *Susruta* have mentioned *vyanga* as *rakta dhatugata vikara*. It is characterized by the presence of *Niruja* (painless), *Tanu* (thin) and *Shyava varna Mandalas* (bluish-black patches) on face, which occur due to vitiation of *Vata*, *Pitta* followed by *Rakta Dosh*. Treating this condition

has become difficult, since safe drugs are not available for long-term therapy. According to Modern view, it can be taken under the heading of pigmental disorder. The disease *Vyanga* can be correlated with hyper pigmentation with special reference to Melasma. In this, the patches of hyper pigmentation are seen especially on cheeks, nose, and forehead.

Need of Study - In this materialistic era, everyone is willing to stand at top, so now a days importance of beauty is increasing day by day. People are very much conscious for their looks. They are using various cosmetics not only for treatment purpose but as an essential part of their daily routine, so natural beauty is getting spoiled due to the harmful chemicals. In modern medical science topical steroids have been described in the management of *Vyanga* and in some stages cosmetic surgery too. But either all these procedures are complicated technical ones which need expertise help or costly affairs which demands a lot of time and money. Ayurveda mentions a large number of medicines for skin care including massage with oils, local application of paste etc. which makes face smooth, soft and glowing. In addition to this, blood letting is also described having *kusthagna*, *kandughana*, *raktasodhaka*, *twakprasadak* and *varnya* properties. Therefore present study has been undertaken to get rid of hidden hazards of beauty products.

AIMS AND OBJECTIVES

- The purpose of study is to see the effect of *MadhumanjisthaLepa* on *Vyanga*.

MATERIALS AND METHODS

A critical study of the available literature on the subject was carried out and a detailed clinical proforma was prepared including all the diagnostic signs and symptoms based on *ayurvedic* and modern descriptions. In the present clinical trial a total number of 15 patients were registered & completed trial and screened for general observations.

INCLUSION CRITERIA

- Male and female
- Age between than 16-45 years
- Presence of symptoms of *vyanga* described in ayurvedic classical texts

EXCLUSION CRITERIA

- Patient or volunteers below 16 and above 45 years of age.
- With present or past history of any skin diseases.
- Extremely fair and very dark complexion
- Pregnant and lactating woman
- History of hypersensitivity
- Autoimmune skin disorders
- Patient suffering from any other complications

Study design- Sample size: 15 patients were selected as the sample population for the study
Randomization: Simple

Administration of Drug - 15 patients were selected with the presence of cardinal symptoms of *vyanga* will be administered *Madhumanjistha lepa* externally for one month.

Criteria for the assessment**1. Parushta (Roughness)**

	Symptoms	Scoring	B.T.	A.T.	
				15	30
1.	No scar in rubbing(no roughness)	0			
2.	Mild roughness in heavy rubbing(30% very rare)	1			
3.	Moderate roughness in rubbing(50-60%)	2			
4.	Severe roughness in rubbing(80-100%)	3			

2. Shyavata

	Symptoms	Scoring	B.T.	A.T.	
				15	30
1.	Normal colour	0			
2.	Reddish Brown colour	1			
3.	Brown colour	2			
4.	Blackish Brown colour	3			

3. Kandu:

	Symptoms	Scoring	B.T.	A.T.	
				15	30
1.	No Itching	0			
2.	Mild occasionally itching(Frequency & Intensity mild)	1			
3.	Moderately itching(either frequency or intensity more)	2			
4.	Severe itching(both severe)	3			

4. Daha(Burning) :

	Symptoms	Scoring	B.T.	A.T.	
				15	30
1.	No burning sensation	0			
2.	Mild hot flushing	1			
3.	Moderate burning sensation	2			
4.	Severe burning sensation	3			

Scoring Criteria: - For subjective parameter on the basis of Number of Mandal

Objective assessment –

CBC, ESR. These investigations were carried out for the differential diagnosis of other illness and to exclude any other systemic complications

OBSERVATION AND RESULT

- Parushta – patient relief is 64.7% .
- Shyavata- patient relief is 65.62%
- Kandu-patient relief is 82.35%
- Daha- patient relief is 71.42%
- Number of Mandals- patient relief is 42.46%

DISCUSSION

Among the ingredients of *Madhumanjistha Lepa Madhu* and *ManjisthaChoorna* drugs have *Varnya* property and have been indicated for “*Varnavikara*” and “*Raktavikara*”. According to modern parameter drugs of these formulations contains astringent, emollient property and contain colouring agent. Thus *Madhumanjistha lepa* was selected as for the patients of *Vyanga*.

Probable mode of action of Manjistha

- By virtue of its Madhura rasa
 - ✓ it is vatapitta nashaka,
 - ✓ Twachya, brahan, Dahprashaman, mukhaprahlan properties.
- Tikta rasa has properties of Pittashoshana and Vishahara.

✓ if *Vyanga* is due to *Dooshivishajanya shonitdushti*, *vishahara* action may be seen.

- By *Kashaya rasa*
 - ✓ it has *Raktaprasadan* Properties, *Kapha, Pitta, Raktanashak*.
- By *Ushna virya*,
 - ✓ it has *Vatakaphanashak* properties.
 - ✓ It does not increase the *Vata Dosh* .
- Moreover it also affects the *Dooshya Rasa* and *Rakta* by *Raktashodhaka* property and *Rasayana* effect.
- Thus *Manjistha* may play a role in breaking down the basic pathology of the disease. *Manjistha* also acts as a *Vyadhipratyanika* drug as it has *Varnya* property.
- Acc to *Acharya Bhavprakash* it is “*Madhuratiktakashaya swarvarnakruta*”.

Madhu –It has *Dahaprashaman*, *Raktaprasadan*, *Twachya*, *Kaphapittanashak* properties due to *Madhura* and *Kashaya rasa*.

Discussion on Overall effect

Overall effect of group A *MadhumanjisthaLepa* is 65.31 %

CONCLUSION

- *Vyanga* can be seen at any age but more frequently observed in young age due to exposure to occupational, environmental factors, mental stress and smoking.
- Junk food, irregular food intake, suppression of natural urges, use of

cosmetics and other chemicals, polluted environment, stressful life and emotional disturbances definitely play a major role in the manifestation of *Vyanga* as well as aggravation of the disease

- All cases manifested the classical signs and symptoms of *Vyanga*.
- Madhujanjista Lepa has been found to be significant in the management of *Vyanga*.
- External applications act directly on the affected part by the action of *bhrajakagni*. Thus, the amount of medicine reaching the target organ in case of internal medication is lesser than external application. Also, time duration for the action of external medication is faster.

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