

# EFFECT OF JALUKAVACHARAN ALONG WITH AYURVEDIC MEDICINE IN VYANGA ( FACIAL MELANOSIS) – A CASE STUDY

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## ABSTRACT

*Smooth and glowing complexion of the face increases the beauty of a person and also gives self-confidence. Facial melanosis, one of the hyper pigmented disorders commonly seen among different age groups of female, characterized by darkening of areas of skin caused by overproduction of pigment in the skin known as melanin. On the basis of clinical features, Facial Melanosis can be compared with Vyanga mentioned in Ayurved. It is characterized by the presence of Niruja (painless) and Shavavarna Mandalas (bluish-black patches) on face due to vitiation of vata, pitta followed by Rakta Dosh. In Modern medicines, many topical steroid ointments are prescribed in the management of Facial Melanin. However, such ointment may cause adverse effects such as irritation, rashes etc. In Ayurved, very good medicines are available for skin diseases. Ayurvedic treatment gives effective results without any side effects.*

*A 21 years old female patient presented with classical picture of facial melanosis treated with 3 setting of leech application at 15 days interval with rakta pitta shamak chikitsa & mriduvirechana (mild purgation) by trivrittavaleha followed by deepana pachana treatment. Hyperpigmentation of facial melanosis is substantially reduced in present case with this treatment. Details will be explained in full paper presentation.*

**Keywords:** Vyanga, jalukavacharan, facial melanosis

## INTRODUCTION

Face is the most important and beautiful organ of the body is affected by certain anomaly at the any age of life. The disease *vyanga* (melisma) is one of the important disease pertaining to hyper pigmentation disorders (which mainly affects the glowing complexion of person by producing *shyava varna* (bluish-black color) on the face. On the basis of clinical features, Facial Melanosis can be compared with *Vyanga* mentioned in Ayurved. It is characterized by the presence of *Niruja* (painless) and *Shavavarna Mandalas* (bluish-black patches) on face. It is considered under *kshudra rogas*, which mainly occurs mainly due vitiation of *vata*, *pitta* and *rakta*. Ayurveda relatively proved to be efficacious in treatment of skin diseases. *Shodana* and *Shamana* are the two important therapies that can be adopted in these conditions. To

remove the aggravated *doshas*, *raktamokshana* (bloodletting) is considered to be the best form of treatment.

Raktamokṣaṇa, i.e. blood letting is one of the ancient and important parasurgical procedures described in Ayurveda for treatment of various diseases. Jalaukavacharaṇa or leech therapy has gained greater attention globally, because of its medicinal values. The saliva of leech contains biologically active substances, which have anti-inflammatory as well as anesthetic properties.

Present case report is of a patient with facial melanosis and was treated with Jalaukavacharaṇa and (shamana cikitsa) palliative treatment and the treatment was found to be effective in reducing the symptoms.

### CASE REPORT

On July 3, 2019 a 23-year-old female patient reported to O.P.D. with complaints of: Dark Black colored patches on face mainly on cheeks, nose and upper lip line region since 3 yrs. No itching, burningsensation.

H/O: Acidity, Constipation since 1 yr.

No H/O of Hypertension, Diabetes

Menstrual History: Regular and grandhiraja pravriti (clot in menstrual blood flow)

O/E: Dark greyish colored patches on Face mainly on cheeks, nose and upper lip region.

P/A: SOFT

Tongue: Coated

Pulse: 82/min, B.P.: 110/70 mm of Hg

No specific investigations.

As per the classical texts of Ayurveda, observed symptoms which are presented in this case can be correlated with Vyanga. In this case, after two sitting of Jalaukavacharana, patches on the face, cheeks and upper lip line region was reduced and patches were disappeared after three sitting of jalukavacharana.

Rx

Ayurvedic deepana and pachana treatment given for 15 days for aganivardhana

1. Lavanbhaskar churna 3gm BDwith meal
2. Avipattikar churna 3gm BD after meal
3. Sarivadyaasav 20ml BD after meal with equal quantity of water

4. Kaishor guggulu 2tab BD after meal
5. Trivrittavaleha 2tsf BD before meal

Patient is advised to avoid oily, spicy and sour foods.

Above deepana and pachana treatment is given for aganivardhana (for increasing digestive fire).

After above treatment, 3 sitting of leech has been applied to the patient at the interval of 15 days. After proper examination, 2 Jalauka (leech) were applied at the midpoint of the patches. Jalaukavacharana was carried out as per classical method.

### Method of Leech Application

As per standard protocol, two leech were applied over cheeks with due precautions, precision and all required care was taken to ensure patients safety.

### OBSERVATIONS AND RESULTS

Before Treatment: Dark patches, acidity and Constipation and acne.

After 15 days Treatment – Due to medications, Acidity reduced and constipation is completely cured.

The patient was photographed before, during and after leech application. Photographs were taken with the same camera, magnification, lighting, angle, and film exposure. In this case, two leech were applied at the affected area at the same time. After leech application, patches on face was reduced and then disappeared after 3 sitting. The patient was advised to avoid diet which is predominant of kaṭu (pungent), amla (sour), lavaṇa (salty) tastes as they would, vitiate rakta and pitta.

Sr. no.	Symptoms	Before treatment	After 15 days	After 30 days	After 45 days	After 60 days
1.	Acidity	+++	+	-	-	-
2.	Constipation	++	-	-	-	-
3.	Patches on face	Dark	Dark	Lightened	Lightened	No patches
4.	Acne on face	++++	++	+	-	-



Before treatment

During treatment

After treatment

## DISCUSSION

Patient had acidity and constipation before treatment, so for *deepan* and *pachana* medicine is given for *aganivardhana* in first 15 days. As *Vyanga* is produced by vitiation of *Vata*, *pitta dosha* and *Rakta Dhatu*. So, *Rakta-pitta shamaka* medicines are given along with *deepana pachana* medicine in first 15 days. As *vyanga* is produced due to *rakta dhatu dushti* so *raktamokshana* is necessary. *Raktmokshana* is the main part of line of treatment of skin diseases. So *raktamokshanaby jalukavacharana* (leech application) is done to remove *rakta dhatudushti*. After *jalukavacharana* color of patches on face is lightened in first 2 setting and after 3 setting patches was disappeared. Amongst various type of *raktmokshana*, *jalaukavacharana* seems best for *vyanga* patients. Because it is easy to apply on any area and for those who had only 1 or 2 small patches on face.

## CONCLUSION

However, this case shows that the success of *Ayurvedic* therapy in *vyanga* without any adverse effect. After 3 sitting of *jalukavacharana* it was reported that patient is free from dark greyish patches. There are very good medicines available for the skin diseases in *Ayurved* which gives better results than modern medicines but

the *shodhana* therapy gives immediate result. Also, modern medicines may develop some side effects which are hazardous. *Ayurvedic* medicines are safe and it gives complete relief in critical condition like *Hyperpigmentation*. It can be considered as *Vyanga* mentioned in *Raktadoshaja vikar* and can be successfully treated by using *raktamokshana* along with *mriduvirechana* followed by *deepana pachana*.