



Case Study

## THERAPEUTIC EVALUATION OF HARIDRU TWAK LEPA IN VYANGA (MELASMA)

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### ABSTRACT

Beauty is a sacred blessing to humankind. A person's beauty and self-confidence are enhanced by having a smooth, radiant complexion. *Vyanga* is a condition that affects the skin and makes the face appear less radiant. *Vyanga* is a prevalent condition that has been known to mankind for thousands of years, and it is one of many disorders related to aesthetic values. Even though it is regarded as a *Kshudra Roga* (a minor ailment), it is a significant cosmetic issue in society. *Vyanga* is a prevalent condition that affects the face and can be undesirable. *Vyanga's* appearance can be correlated to the disease "melasma." The cheekbones, nose, forehead, and chin are the areas where hyperpigmentation is most noticeable in these two conditions. Thus, the effectiveness of *Haridru twak lepa* in the management of *Vyanga* may be observed.

### INTRODUCTION

The ancient science of life, Ayurveda, places a strong emphasis on preserving health, longevity, and beauty (*Saundarya*) in addition to treating illnesses. *Vyanga* is a *Kshudra roga*, which is identified by the presence of *Nilabham mandala*, or bluish-brown patches on the face, especially the cheeks. *Twak vaivaranya*, or skin coloring, is the disease's defining feature; systemic symptoms are absent. Acharyas emphasize its psychosomatic origin by attributing it to *Krodha* (anger), *Shoka* (grief), *Chinta* (stress), and *Apathya sevana* (improper food and lifestyle).<sup>[1]</sup> *Vyanga* is primarily a *Pitta-Vata pradhana tridoshaja vyadhi*, but it also incorporates *Raktavaha srotas*.<sup>[2]</sup> According to the appearance of *Vyanga*, the disease 'melasma' can be correlated. In these both conditions, the patches of hyper pigmentation are seen especially on cheeks, nose, forehead and chin. *Dravya* such as *Kusthaghna*, *Kandughna*, *Raktashodhaka*, *Twak Prasadaka*, and *Varnyakara* can cause cutaneous depigmentation and are helpful in treating skin discoloration.<sup>[3]</sup>

Several *Lepas* for different skin disorders have been mentioned by Different Acharya. According to *Raj Nighantu*, *Haridru* has *Tikta Rasa*, *Sheeta Veerya* and has *Angakantikara* properties which can help in reducing pigmentation.<sup>[4]</sup> So, on the basis of this reference *Haridru twak* has been chosen in the treatment of *Vyanga*.

### AIMS AND OBJECTIVES

To assess the efficacy of *Haridru twak lepa* in the management of *Vyanga*.


### MATERIAL AND METHODS

#### Selection of drug

*Haridru (Adina cordifolia* Benth. and Hook.f.)'s Bark has been used in powdered form. The powder is then advised to patient for *Lepa* application by adding appropriate amount of raw milk.

#### Method of preparation

After collection and authentication of the drug, the *Twak of Haridru* was purified and sun-dried for the present investigation. The drug was first processed into *Yavakuta* (coarse powder). The medication was further crushed into a fine powder at Nagarjuna Pharmacy, Dr.Sarvepalli Radhakrishnan Ayurveda University, Jodhpur.

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**Centre of study:** O.P.D of Dravyaguna Dept., Sanjeevani Hospital, Post Graduate Institute of Ayurveda, DSRRAU, Jodhpur

### Case Report

The present case study is of successful management of *Vyanga* (melasma). A 21-year-old

female with Registration No. 19708 visited the O.P.D of Dravyaguna Dept. in our Institute.

She was asymptomatic before 6 months, and now came with a complaint of *Shyavavarna* patches on both her cheeks with mild dryness and no complaints of *Daha* and *Kandu* on these patches.

### History of Present Illness

Patient was asymptomatic 6 months back, then she got admitted to hospital for treatment of some liver disorder, during that period her haemoglobin became 5.2 causing darkness all over the body. Her haemoglobin returned to normal after treatment, at 13.1g/dl, but as the darkness gone, *Shyavavarna* patches started getting visible on her face only. She had undergone many treatments and modalities but does not get relief. Then she came to O.P.D of Dravyaguna of our Institute.

**History of Past Illness** - Not significant

### Personal History

Age - 21	<i>Nidra - Samyaka</i>	<i>Prakriti - Vata Pitta</i>
Sex - Female	Appetite - Good	B.P. - 130/80 mmHg
Marital status - Unmarried	<i>Agni - Visham</i>	Weight - 57 kg
Occupation - Student	Bowel - Regular	Height - 160 cm

### Ashtavidha parikshan

<i>Nadi</i>	72/min
<i>Mala</i>	Normal
<i>Mutra</i>	Normal
<i>Jivha</i>	Clean
<i>Shabda</i>	Clear
<i>Sparsha</i>	Normal
<i>Drik</i>	Normal
<i>Akriti</i>	Normal

### Treatment Plan

On the basis of history taken from patient, the disease was diagnosed as *Vyanga* and *Haridru twak lepa* with raw milk has been prescribed to her on the reference of *Raj Nighantu*.

- Name of Drug: *Haridru twak Churna*
- Mode of Application: *Lepa*
- Time of Application: Once a day (morning)
- Duration: 45 days
- Follow Up: After every 15 days.

### Gradation

	<i>Shyavata</i> (Colour of lesions)	Size of lesions (in cm)	<i>Parushta</i> (Dryness)	<i>Kandu</i> (Itching)
Grade 0	Normal skin colour	0-1	Absent	Absent
Grade 1	Mild <i>Shyavata</i>	2-3	Mild (not seen but felt)	Mild itching

Grade 2	Moderate <i>Shyavata</i>	4-5	Moderate (the sensation of skin stretching)	Moderate itching
Grade 3	Severe <i>Shyavata</i>	More than 5	Severe dryness (apparent, skin stiffness, and skin chapping)	Severe itching

**OBSERVATION AND RESULTS**

S.No.	Sign and Symptoms	B.T.	1 <sup>st</sup> follow up	2 <sup>nd</sup> follow up	A.T.
1.	Colour of lesions	3	3	2	1
2.	Size of lesion	2	2	1	0
3.	Dryness	2	2	1	0
4.	Itching on patch	1	1	0	0

The chosen drug was proved to be effective in management of *Vyanga* as the above table demonstrates a significant reduction in the symptoms and indicators of the condition.



**DISCUSSION**

*Vyanga* is one of the most prevalent skin disorders described in Ayurveda as the presence of small, circular *Shyavavarna* patches over the face, significantly affecting an individual's appearance and psychological well-being. Despite a lot of research, *Vyanga* (melasma) remains a challenging and unresolved condition.

Ayurvedic *Acharya* have emphasized the role of psychological factors such as *Krodha*, *Shoka*, and *Shrama* in its *Samprapti*, which are frequently observed in clinical practice. These factors provoke *Pitta* and *Vata doshas*, leading to *Sthanasamshraya* in the facial region. [5,6] *Acharya Charak* has stated that the vitiation of *Pitta* associated with *Rakta* is the chief pathogenic factor in *Vyanga*, classifying it under *Rakta Pradosaja Vyadhi*. [7,8]

Disturbance of *Bhrajaka Pitta* along with *Rasa* and *Rakta-vaha srotodusti*, aggravated *Vata-Pitta*, and the obstructive influence of *Kapha* lead to *Srotorodha*

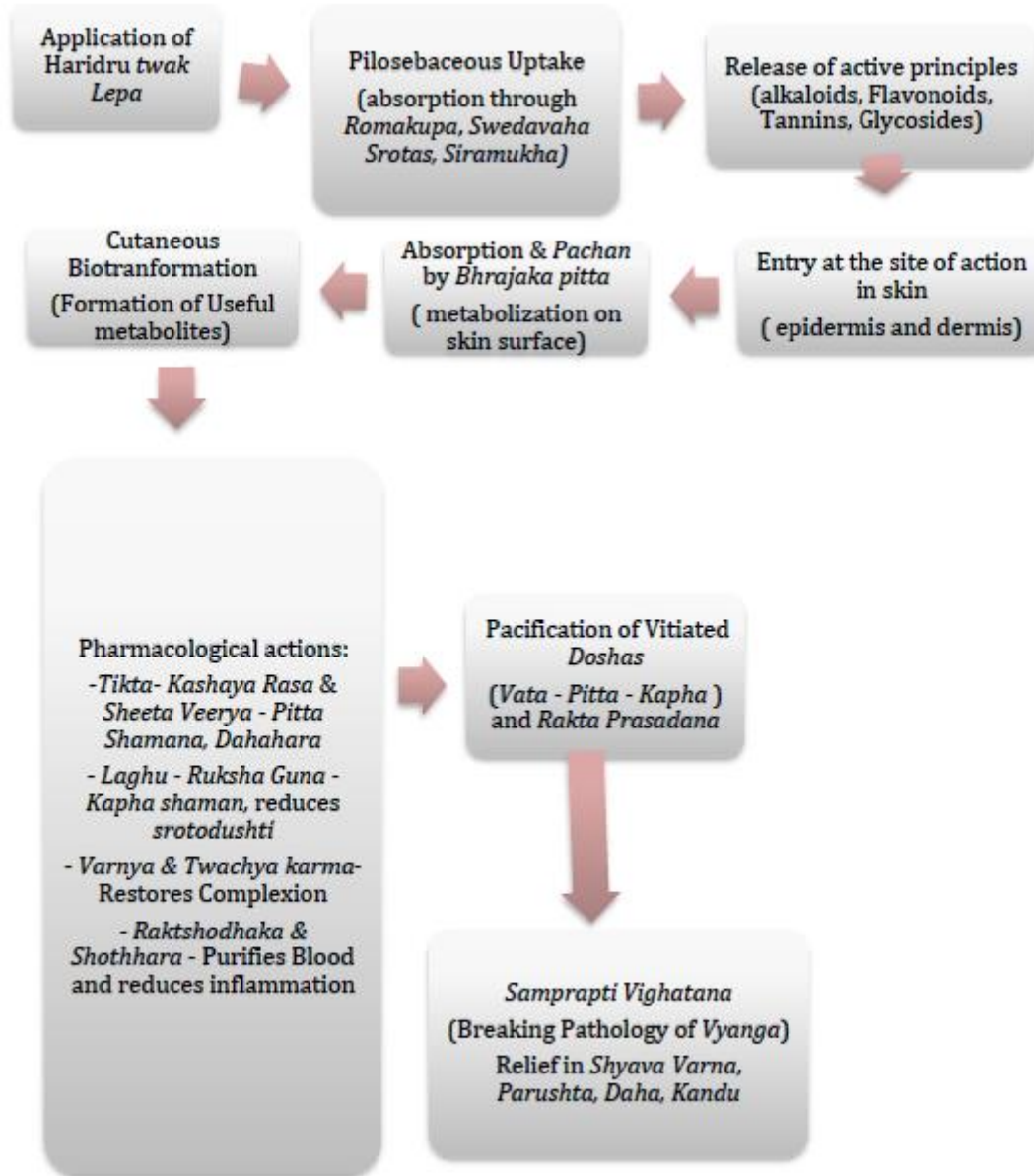
of *Rasavaha srotas*. This ultimately results in *Shyavata* of the skin due to deposition of vitiated *Bhrajaka Pitta* in the superficial layers of the skin, manifesting clinically as *Vyanga*.

*Nidana parivarjana*, *Shodana chikitsa*, *Samana chikitsa*, and *external Lepa* application are the primary components of Ayurvedic treatment. [9]

The duration of this case study was 45 days, in which *Haridru twak lepa* showed significant amount of relief in classical features of *Vyanga*, particularly in *Shyavata* (darkness) and *Parushta* (dryness).

The gradual and sustained reduction in pigmentation observed over the 45-day treatment period suggests the effectiveness of *Haridru Twak* in correcting *Dosha dushti* at the *Twak* level.

**Probable Mode of Action**



**CONCLUSION**

Therefore, the current clinical case study suggests that *Haridru (Adina cordifolia) Twak Lepa* is an effective Ayurvedic treatment for *Vyanga*. When *Haridru Twak Lepa* was applied externally for the recommended amount of time, *Shyava varna* patches were improved, and skin color, texture, and lustre were all substantially improved. During the course of treatment, there were no adverse skin reactions were noted, suggesting that topical application of *Haridru Twak Lepa* is safe and well tolerated. *Tikta-Kashaya rasa, Laghu-Ruksha guna, and Sheeta veerya*, which aid in balancing the vitiated Pitta and Kapha doshas and correcting *Rakta dushti*, the primary pathogenic elements implicated in *Vyanga*, may be responsible for *Haridru Twak Lepa's* therapeutic efficacy. For the treatment of *Vyanga* (melasma), *Haridru Twak Lepa*

can therefore be regarded as a safe, affordable, and successful Ayurvedic medicinal approach.

**Declaration of Patient Consent**

The authors affirms that they have a patient consent form in which the patient has granted permission for the case, photos, and other clinical data to be reported in the journal. The patient is aware that anonymity cannot be guaranteed, but that her name and initials will not be published and that every attempt will be taken to hide her identity.

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