



Case Study

## MANAGEMENT OF VYANGA VIS-A-VIS MELASMA THROUGH AYURVEDA

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### ABSTRACT


Melasma is a skin condition characterized by dark spots and patches on the nose, cheeks, forehead and jawline. Although it is completely harmless, it causes skin discoloration which is difficult to fade away with routine skin care. Symptomatology of *Vyanga* given in various available Ayurvedic classics are *Mandala* (circular patches), *Shyava* (brown), *Tanu* (thin), *Niruja* (painless), etc. The clinical features of melasma can be correlated with *Vyanga* and condition can be treated based on the *Vyanga Chikitsa*. **Objective:** This case study evaluates the efficacy of *Baladi sneha nasya* along with, *Lepa* in managing *Vyanga*. **Materials and Methods:** A 40-year-old female patient presenting with, *Shyava*, *Tanu*, *Niruja Mandala* on face classic symptoms of *Vyanga* was treated with *Arjuna twak churna lepa* with honey and *Baladi sneha nasya* (nasal medication) for a duration of 90 days. Assessment was done using *Ashtavidha Pariksha* and objective criteria. **Result:** Based on the collected data, efforts were made to evaluate the efficacy of *Arjunadi lepa* followed by *Baladi Sneha Nasya* in the subjects of melasma vis-à-vis *Vyanga*. **Conclusion:** In contemporary science, topical steroids have been described in the management of melasma. Alternative to that *Nasya* with *Arjuna Twak Churna Lepa* along with *Madhu* and *Baldi Sneha Nasya* selected for treatment, has shown very effective result in *Vyanga*.

### INTRODUCTION

In Ayurveda, skin diseases are included under *Kustha* and *Kshudra roga*. *Vyanga* is one among the *Kshudra roga*. Even though *Vyanga* is a *Kshudra roga*, it gives a great misery to the person due to the dark discoloration of the skin over face. *Vyanga* is a situation of the facial skin with etiopathogenesis towards the vitiation of *Vata* and *Pitta dosha*, also belongs to *Raktapradoshaja vyadhi* producing cardinal features such as *Niruja* (painless), *Tanu* (macules), *Shyava mandala* (bluish black).<sup>[1]</sup> Ayurveda refers this condition as *Manasika nidanas* such as *Krodha*, *Shoka*, *Ayasa* as the main culprits.<sup>[2]</sup>

Melasma is characterized by hyperpigmented macules on upper lips, cheeks, chin, nose, and forehead. This condition is more common in darker skin type. Melasma is most frequent in females than males averaging ratio as 4:1.<sup>[3]</sup> According to Ayurveda etiopathogenesis of *Vyanga* points towards vitiation of *Vata* and *Pitta* by *Sushrut*<sup>[4]</sup> and *Pitta* and *Rakta* by *Charak*.

Hyperpigmentation refers to where patches of skin become darker than the surrounding areas of skin. The pigment gives skin its color as the skin produces excess melanin. It can affect people of all skin types.<sup>[5]</sup> Melanin is a substance in your body that produces hair, eye and skin pigmentation. The more melanin the darker the eyes, hair and skin will be.<sup>[6]</sup> In this patient of *Vyanga*, an external application of herbal paste prepared with *Arjuna Twak Churna* with honey along with *Baladi Sneha nasya* was given as treatment modality which has given significant results in sign and symptoms of *Vyanga*.<sup>[7]</sup>

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**Ayurvedic Review**

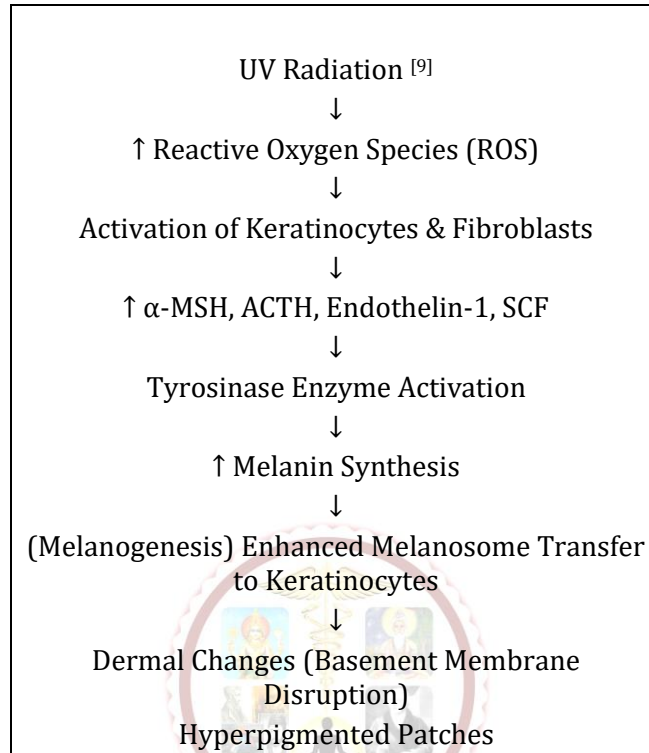
**Nirukti**

*Vyanga* is derived from two words *Vi + Anga*. "Vi" means *Vikruti*, *Vighatan*, and "*Anga*" means body/part. In the present context, *Vyanga* refers to dark patches or spots on the face.

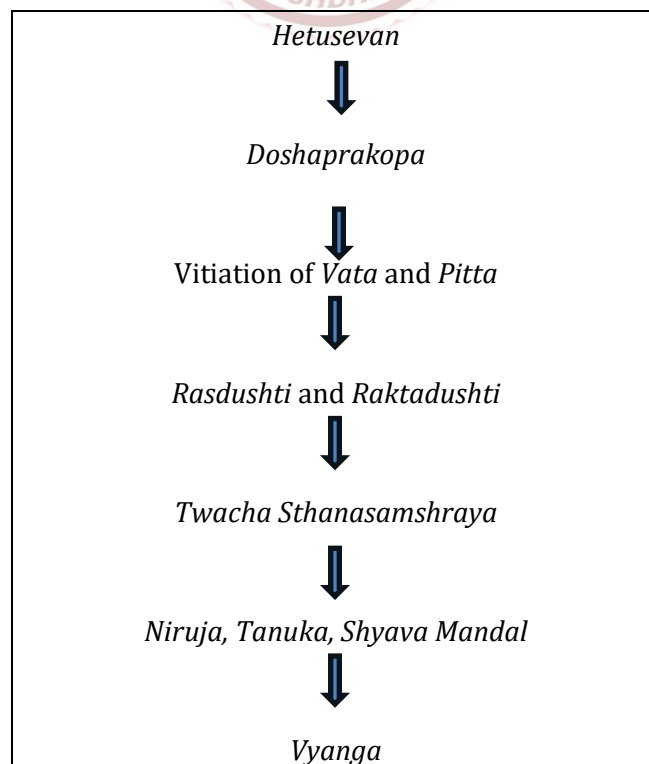
**Pathophysiology of Vyanga (Samprapti)**

**Hetu**

*Acharya Susruta*, *Krodha* (anger) and *Aayasa* (exhaustion) are the underlying factors contributing to *Vyanga*<sup>[8]</sup>.



**Samprapti**



**Samprapti ghatak of Vyanga**

<b>Dosha</b>	Vata, Pitta
<b>Dushya</b>	Dhatu-Rasa, Rakta Updhatu- Twaka
<b>Strotas</b>	Rasavaha, Raktavaha
<b>Stroto Dushti</b>	Sang
<b>Marg</b>	Shakhagat
<b>Adhishthan</b>	Mukhagat Twak

**Rupa**

*Niruja* (painless), *Tanu* (macules), *Shyava mandala* (bluish black)

**Types of Vyanga**

According to Vagbhatta, *Vyanga* can be categorized into four subtypes based on the predominance of the *Doshas*.<sup>[10]</sup>

1. **Vatika**- Blackish coloured (*Shayva Varna*) and Rough (*Khara or Parush*) in nature.
2. **Paittika**- Blue coloured in centre (*Nila*) and copper (*Tamra Varna*) coloured in periphery.
3. **Kaphaja**- Whitish in colour (*Shweta Varna*) and may be associated with Itching (*Kandu*)
4. **Raktaja**- In centre copper (*Tamra*) and on periphery blood (*Rakta varna*) coloured may be associated with burning (*Daha*) sensation.

**Study Centre:** OPD NO. 6 of Dept. of Swasthavritta & yoga, Government Ayurveda college & Hospital, Nagpur.

**Case Report:** A single case study on management of *Vyanga* through Ayurveda which was successfully treated with external application of *Arjuna Twak Lepa* with Honey once daily and *Baladi Sneha nasya* for 90 days with internal medications. A 40-year-old female patient with OPD Registration number – 110677 came to OPD NO. 6 of Dept. of Swasthavritta & Yoga, Government Ayurveda College & Hospital, Nagpur with chief complaints of *Niruja* (painless), *Tanu* (macules), *Shyava mandala* (bluish black) since last 2 years.

**History of Present Illness**

The 40-year-old female patient named XYZ was apparently healthy before 2 years. Since then, the patient developed *Niruja* (painless), *Tanu* (macules), *Shyava mandala* (bluish black). On interrogation, excessive anger (*Krodha*) and physical work (*Ayasa*) were found as causative factors in this case. Hence, with these complaints patient visited our OPD for the treatment.

**Past History:** Not Significant

**Personal History**

Name-XYZ	Addiction- None	Height-152 cm
Age-40 yrs	<i>Prakriti: Kapha-Pitta</i>	Weight-52kg
Sex-Female	<i>Bala</i> (strength)- Medium	BMI-22 kg /m <sup>2</sup>
Marital Status- Married	B.P.-130/80 mm of Hg	
Occupation-Housewife	Sleep: Adequate	

**Ashtavidha Pariksha**

<b>Nadi</b>	<i>Vatapitta pradhan</i>
<b>Mala</b>	<i>Samyaka Pravartan</i>
<b>Mutra</b>	<i>Samyaka Pravartan</i>
<b>Jivha</b>	<i>Alpa-Lipta</i>
<b>Shabada</b>	Normal
<b>Sparsha</b>	Normal
<b>Druk</b>	Normal
<b>Akruti</b>	<i>Madhyama</i>

**Treatment Plan**

1. Patient was treated with the external application of *Arjuna Twak Lepa* with Honey once daily for 30-45mins for 90days.

2. *Nasya* with *Baladi Sneha* 4 drops in each nostril for 90 days treatment was planned after considering all

the inclusion, exclusion criteria and *Doshik* involvement of the disease.

Vitals were checked each day prior to the therapy. Assessments were done on 1<sup>st</sup>, 30<sup>th</sup>, 60<sup>th</sup>, and 90<sup>th</sup> day of the study. *Nasya* dose was adjusted in *Arohi krama* starting from 4 drops increasing up to 16 drops then to decrease until the initial dose.

Name of the medicine	Dose	Route	Kala
<i>Arjuna Twak lepa</i>	Quantity sufficient (10-15gm)	Local application over face (with honey)	At morning/ evenings

## 2. Baladi Sneha Nasya

**Baladi Sneha Nasya** is a specialized Ayurvedic formulation used primarily for *Nasya Karma* (nasal administration). It is specifically designed to nourish the nervous system, strengthen the sensory organs, and balance *Vata dosha* in the head and neck region.

**Nidana Parivarjana** - Control over anger and taking good amount of rest in between physical work i.e., *Vishrama* was advised to patient.

### 1. Arjuna Twak Lepa

Dose, Route, *Kala* of the drug

Since "*Baladi*" refers to a group of herbs where *Bala* (*Sida cordifolia*) is the lead ingredient, this oil is highly rejuvenating.

### Key Ingredients

The composition follows the traditional Ayurvedic "*Sneha Kalpana*" (medicated oil) ratio.

Ingredient	Botanical Name	Role/Action
<i>Bala</i>	<i>Sida cordifolia</i>	Strengthening ( <i>Balya</i> ) and <i>Vata</i> -pacifying.
<i>Ashwagandha</i>	<i>Withania somnifera</i>	Neuroprotective and rejuvenating.
<i>Rasna</i>	<i>Pluchea lanceolata</i>	Potent anti-inflammatory for nerves/joints.
<i>Draksha</i>	<i>Vitis vinifera</i>	Cooling and nourishing.
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	Soothing to the mucosal membranes.
<i>Taila / Ghrita</i>	<i>Sesame Oil or Ghee</i>	The base medium ( <i>Sneha</i> ) for absorption.
<i>Aja Kshera</i>	Goat's Milk	Often added to enhance the nourishing ( <i>Brimhana</i> ) effect.

## Method of Preparation

The preparation follows the *Sneha Paka* method, ensuring the fat-soluble active principles of the herbs are infused into the oil base.

- Kalka (Herbal Paste):** The dry herbs (*Bala*, *Ashwagandha*, etc.) are ground with a little water to create a fine paste.
- Kwatha (Decoction):** A larger portion of *Bala* roots is boiled in water and reduced to 1/4<sup>th</sup> to create a concentrated decoction.
- Mixing:** The oil base (sesame oil), the herbal paste, the decoction, and milk are mixed in a specific ratio (usually 1 part paste: 4 parts oil: 16 parts liquid).
- Boiling (Paka):** The mixture is boiled on a mild flame. This process continues until all the water content evaporates.

5. **Testing:** The "*Siddhi Lakshana*" (completion signs) are checked-the paste should roll into a wick without sticking to fingers, and it should burn without a crackling sound (indicating no water remains).

6. **Filtration:** The oil is filtered while warm and stored. For *Nasya*, it is often refined further to a "*Nasya Paka*" consistency, which is slightly thinner for better nasal absorption.

### Gradings for Assessment of Subjective Parameters

The assessment was done on the basis of both subjective and objective parameter described below A) Melasma Area Severity Index (MASI) which assess the percentage of total area involved based on three variables [7]. (Tables 1-4)

**Table 1: Assessment of subjective parameters**

S.No	Symptom	0	1	2	3
1	<i>Mukhamagatya mandalam</i> (patches)	No patches	1 to 2 patches	3 to 4 patches	5 to 6 patches
2	<i>Shyava varna</i> (pigmentation)	No <i>Shyava varna</i>	Mild pigmentation	Moderate pigmentation	Severe pigmentation
3	<i>Kandu</i> (itching)	No <i>Kandu</i>	Very mild itching	Mild itching	Moderate itching
4	<i>Parusha sparsha</i> (dry skin)	No dry skin	Mild dry skin	Moderate dry skin	Severe dry skin

**Table 2: Percentage of total area involved (A)**

	No involvement
1	< 10% involvement
2	10-29% involvement
3	30-49% involvement
4	50-69% involvement
5	70-89% involvement
6	90-100% involvement

**Table 3: Darkness (D)**

0	Normal skin colour without evidence of hyperpigmentation
1	Barely visible hyperpigmentation
2	Mild hyperpigmentation
3	Moderate hyperpigmentation
4	Severe hyperpigmentation

**Table 4: Homogeneity (H)**

0	Normal skin colour without evidence of hyperpigmentation
1	Specks of involvement
2	Small patchy areas of involvement < 1.5 cm diameter
3	Patches of involvement > 2cm diameter
4	Uniform skin involvement without any clear areas.

**Total MASI Score**

Forehead 0.3 (D+H) A + Right malar 0.3 (D+H) A + Left malar 0.3 (D+H) A + Chin 0.1 (D+H) A The result of assessment of MASI score is tabulated below (Table 6) for Day 1<sup>st</sup>, 30<sup>th</sup>, 60<sup>th</sup> and 90<sup>th</sup> day

**Table 5: Assessment of MASI Score**

Day	Day 1	Day 30	Day 60	Day 90
MASI score	30	25.4	20.3	10.2

**Table 6: Assessment on subjective parameters**

Symptoms	B/T 1 <sup>st</sup> day	on 30 <sup>th</sup> day	A/T90 <sup>th</sup> day
<i>Mukhamaagatya Mandalam</i> (circumscribed hyperpigmented patches on the face)	1	1	1
<i>Shyavavarna</i> (brownish pigmentation)	3	3	1
<i>Kandu</i> (itching)	1	0	0
<i>Parusha Sparsha</i> (dry skin)	1	0	0

**RESULTS**

After completion of the treatment, there was satisfactory result in the area of involvement and pigmentation and MASI SCORE before treatment was 30 and after treatment was 10.2 (table 5). Associated symptoms like dryness and itching subjective and objective parameters of the disease *Vyanga*.

**DISCUSSION**

The discussion of this case focuses on the integration of traditional Ayurvedic principles to treat a condition that contemporary science often manages with topical steroids. *Vyanga* is classified as a *Kshudra*

*roga* (minor disease), yet it causes significant psychological distress due to facial discoloration.

**Etiopathogenesis and Pathophysiology**

The study correlates the clinical features of melasma-dark spots on the cheeks, forehead, and jawline-directly with *Vyanga*.

- **Dosha Involvement:** The etiopathogenesis points toward the vitiation of *Vata* and *Pitta* (according to Sushruta) and *Pitta* and *Rakta* (according to Charaka).

- **Causative Factors (Nidana):** In this specific case, the 40-year-old patient's condition was linked to *Manasika nidanas* (mental factors), specifically *Krodha* (excessive anger) and *Ayasa* (physical exhaustion).
- **Disease Mechanism:** The pathology involves *Rasdushti* and *Raktadushti* (contamination of plasma and blood tissues), leading to the manifestation of *Shyava mandala* (bluish-black macules) on the facial skin.
- **Arjuna Twak (Terminalia arjuna):** Ayurvedic Action: *Arjuna* possesses *Kashaya* (astringent) *Rasa* and *Sheeta* (cooling) *Virya*. This combination is highly effective in pacifying both *Pitta* and *Rakta* (*Raktashodhaka*). The *Kashaya* quality helps in *Stambhana* (arresting excessive secretions/bleeding) and restores the normal tone of the facial skin, counteracting the localized *Rasdushti* and *Raktadushti*.

The study notes that UV radiation and Reactive Oxygen Species (ROS) activate melanogenesis. *Arjuna* bark is rich in flavonoids, tannins, and oligomeric proanthocyanidins (OPCs), which are potent antioxidants. When applied topically, it scavenges the localized ROS, thereby disrupting the trigger for excess melanin synthesis.

- **Madhu (Honey)**

Honey acts as a *Yogavahi* (bio-enhancer), deeply penetrating the *Srotas* (micro-channels) of the skin to carry the properties of *Arjuna*. Furthermore, honey has mild *Lekhana* (scraping) and *Ropana* (healing) properties, which aid in gently exfoliating the hyperpigmented *Tanu* (macules) without aggravating *Vata*.

- **Systemic & Neuro-Endocrine Action: Baladi Sneha Nasya**

The text emphasizes that psychological factors like *Krodha* (anger) and *Ayasa* (exhaustion) are primary *Nidanas* (causative factors) that vitiate *Vata* and *Pitta*. This emotional stress triggers the HPA axis, increasing ACTH and alpha-MSH, which activate tyrosinase and stimulate melanin production. *Nasya* targets this root cause directly as it is the premier treatment for *Urdhvajatrugata roga* (diseases of the head and neck).

- **Baladi Sneha Nasya**

This formulation is highly rejuvenating and is specifically designed to nourish the nervous system, strengthen the sensory organs, and balance *Vata dosha* in the head and neck region. Administering this medication via the nasal route (*Nasya*) is highly effective for diseases above the clavicle (*Urdhvajatrugata roga*) because it helps balance the vitiated *Doshas* that affect the face.

The roles of its specific ingredients are detailed as follows:

- **Bala (Sida cordifolia) & Ashwagandha (Withania somnifera)**

These are potent *Balya* (strengthening) and *Brimhana* (nourishing) herbs. They directly counteract the *Vata* vitiation caused by *Ayasa* (exhaustion).

As renowned adaptogens and *Medhya* (nervine) tonics, they regulate the central stress response, which helps downregulate the excess secretion of ACTH and alpha-MSH, effectively halting the stress-induced tyrosinase activation.

- **Yashtimadhu (Glycyrrhiza glabra) & Draksha (Vitis vinifera):**

Both herbs are *Madhura* (sweet) and *Sheeta* (cooling). They specifically pacify the *Pitta dosha* that is sharply aggravated by *Krodha* (anger).

*Yashtimadhu* is a highly regarded *Varnya* (complexion-enhancing) herb. It contains glabridin, which is a known natural tyrosinase inhibitor, directly interfering with the melanin synthesis pathway at the cellular level.

- **Rasna (Pluchea lanceolata)**

Provides systemic anti-inflammatory action and serves as a strong *Vata*-pacifying agent (*Vatahara*), calming the neurological pathways.

- **Sneha Base (Taila/Ghrita) & Aja Kshera (Goat's Milk)**

The lipophilic nature of the *Sneha* (oil/ghee) allows the active phytochemicals to cross the nasal mucosa rapidly, carrying the fat-soluble principles directly into the systemic and cerebral circulation.

This deep nourishment directly combats the *Khara* (rough) and *Parusha* qualities of *Vatika Vyanga*, providing an unctuous, cooling effect that calms the mind and stops the psychosomatic cycle of the disease.

### Mechanism of Treatment (Chikitsa)

The treatment plan utilized a combination of *Shaman* (palliative) and *Shodhan* (purificatory) therapies over 90 days:

- **Arjuna Twak Lepa with Madhu (Honey):** *Arjuna* (*Terminalia arjuna*) bark powder was applied externally.

This modality showed significant results in reducing skin discoloration and itching.

- **Nasya (Nasal Medication):** The patient was administered *Baladi Sneha Nasya* (4 drops in each nostril).

*Nasya* is considered highly effective for diseases manifested above the clavicle (*Urdhvajatrugata*

roga), helping to balance the vitiated *Doshas* affecting the face.

- **Nidana Parivarjana (Avoidance of Causes):** A critical part of the discussion is the lifestyle modification advised to the patient: controlling anger and ensuring adequate rest (*Vishrama*) to address the root mental and physical triggers.

## CONCLUSION

Melasma is a common hyperpigmentary disorder that poses considerable therapeutic challenges due to its chronic and recurrent nature. Although topical corticosteroids are widely used in modern dermatology, their prolonged use may lead to adverse effects, necessitating safer and holistic alternatives. In Ayurveda, melasma closely resembles *Vyanga*, a *Kshudra Roga* characterized by painless, thin, bluish-black facial macules (*Shyava*, *Tanu*, *Niruja Mandala*). The condition primarily involves vitiation of *Pitta*, *Vata*, and *Rakta*, precipitated by psychological and physical stressors such as *Krodha* (anger), *Shoka* (grief), and *Ayasa* (exertion), resulting in *Rasa-Rakta dushti* and localization in the facial skin.

In the present case, a 40-year-old female with classical features of *Vyanga* was treated with a combination of *Arjuna Twak Lepa* and *Baladi Sneha Nasya* for 90 days. *Arjuna Twak*, possessing *Kashaya rasa* and *Sheeta virya*, acts as a *Raktashodhaka* and *Pittashamaka*, while its antioxidant phytoconstituents such as tannins and flavonoids help reduce oxidative stress and melanogenesis. *Madhu* enhances drug penetration and provides *Lekhana* and *Ropana* effects. *Baladi Sneha Nasya*, indicated for *Urdhvajatrugata rogas*, exerts systemic effects by pacifying vitiated *Doshas* and modulating stress-induced neuroendocrine responses. Ingredients such as *Bala*, *Ashwagandha*, and *Yashtimadhu* provide adaptogenic, anti-inflammatory, and *Varnya* actions, thereby inhibiting tyrosinase activity and promoting normalization of pigmentation.

Additionally, *Nidana Parivarjana* played a crucial role in preventing further *Doshic* aggravation. The combined effect of local antioxidant therapy and systemic *Dosha*-pacifying *Nasya* resulted in significant clinical improvement. This case highlights the effectiveness of Ayurvedic interventions in managing

*Vyanga* (melasma) through a holistic approach targeting both local pathology and systemic etiological factors. The findings support Ayurveda as a safe, steroid-free, and comprehensive therapeutic modality for melasma management.

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