



## A STUDY TO EVALUATE THE ROLE OF 'VARNYA MAHAKASHAYA ALONG WITH 'DUSHIVISHARI AGAD' IN VYANGA (HYPERPIGMENTATION)

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### ABSTRACT

*Vyanga* is a form of *Kshudra roga*. It may many manifests with various sign & symptoms such as *Neeruja* [painless], *Tanu* [thin], and *Shyava varnayukta mandala* [bluish-black spots] on *mukhapradesha*. In contemporary medical technology, patches can be applied under hyperpigmentation (Melasma) areas, which may be observed on the cheekbones, nose, forehead, and chin, reducing the beauty value of the face. There are no established parameters in *Ayurveda* for determining the severity of illnesses. The purpose of this study was to determine the efficacy of *Dushivishari Agad* and *Varnya Mahakashaya* in the treatment of *Vyanga* and to comprehend the severity of the condition using its basic signs and symptoms. This research looked at literary materials. To correctly diagnose the condition, all data concerning *Vyanga* characteristics specified in traditional *Ayurveda* books were gathered, and visualised features were captured in the form of photographs. Drugs having *Kusthaghna*, *Kandughna*, *Vishghna*, *Rakta Prasadaka*, *Varna Prasadana* and *Twak Prasadaka* qualities aid in the control of *Vyanga*, which balances the *doshas*.

### INTRODUCTION

A person's attractiveness and self-confidence are both enhanced by a smooth and bright complexion on their face. *Vyanga* is a condition that affects the skin and reduces the shine of the face.

*Ayurveda* offers a distinct perspective on skin care. Body fluids, blood, muscle tissues, and skin enzymes should all be of acceptable quality for healthy skin. In other words, if one's overall health, nutrition, and lifestyle are neglected, and one is overexposed to sunlight, smoking, pollution, stress, and other factors, *Dushivisha* accumulates in the body,

*Vyanga* is a frequent illness that has been known to humans for thousands of years and is associated with cosmetic qualities. Though it is classified as a *Kshudra Roga* (minor disease)<sup>[1]</sup>, it is a serious aesthetic issue in society. *Vyanga* develops as a result of *Vata* and *Pitta* vitiation, with symptoms such as *Neeruja* [painless], *Tanu* [thin], and *Shyava varnayukta mandala* [bluish-black spots] on *mukhapradesha*.<sup>[2]</sup> According to *Acharya Vagbhata*, on the basis of doshik involvement, it manifests with various symptoms such as *Vataja* with *Parusha sparsha*, *Pittaja* with *Tamra & Neela Varna* and *Kaphaja* with *Kandu*.<sup>[3]</sup> *Ayurveda* books of medicine

describe a few simple and limited signs and symptoms. There are short explanations of *nidana* (aetiology), *lakshana* (signs and symptoms), and the therapeutic concept. Therefore, it's referred to as *Kshudra roga*. *Vata*, *Pitta*, *Kapha*, and *Rakta* are also implicated in this illness. The *Rakta dhatu* is in responsible of the body's flushing. When it is vitiated, it might cause the body's natural trace to be altered, making it easier to exhibit various illnesses.

It is one of the most common diseases of the face. It can be compared to hyperpigmented (Melasma) diseases based on clinical characteristics. It can also be detected in a variety of systemic diseases. There is no particular treatment available to eliminate this medical condition. These should not be dismissed as merely decorative items because they frequently cause emotional distress. Hence, a traditional framework for proper diagnosis and treatment of this condition is urgently needed these days. It is feasible if we have sufficient information of the disease's pathological process and presentation of signs and symptoms. The disease's treatment premise should be implemented therapeutically based on such occurrences. The therapeutic remedies of *Vyanga* are generally minimal. So, this cosmetic ailment requires specific treatment. Such aesthetic issues are a pretty typical occurrence these days.

Modern medicines have several limitations in terms of curing diseases like *Vyanga*. *Ayurveda* has been shown to be effective in treating skin disorders. So, a good understanding of such societal problems from an *Ayurvedic* viewpoint is required, as is the discovery of successful and safe *Vyanga* treatments. *Ayurvedic* remedies for skin care include massage with oils<sup>[4]</sup>, application of *lepa* (paste)<sup>[5]</sup>, and internal medications for blood cleansing, among other things.

Drugs with the qualities of *Kusthaghna*, *Kandughna*, *Vishghna*, *Rakta Prasadaka*, *Varna Prasadana* and *Twak Prasadaka* can assist with the management and can

cause cutaneous depigmentation, which removes the blackish coloring of the skin.

Because these preparations have *Kusthaghna*, *Kandughna*, *Vishghna*, *Rakta Prasadaka*, *Twak Prasadaka* and *Varna Prasadana* characteristics, *Dushivishari Agad Churna* was selected for oral medication and *Varnya Mahakashaya Cream* was selected for local application.

#### Ingredients of *Dushivishari Agad Churna* are<sup>[6]</sup>

Drugs of *Dushivishari Agad* are *Pippali*, *Dyamaka*, *Jatamansi*, *Lodhra*, *Motha*, *Suvarchika*, *Choti Ela*, and *Swarnagairik*.

Table No. 1.

S. No.	Drug Name	Botanical Name	Part Used	Quantity
1.	<i>Pippali</i>	<i>Piper longum</i>	<i>Phala</i>	1 Part
2.	<i>Dyamaka</i>	<i>Cymbopogon schoenanthus</i>	All Parts ( <i>Panchang</i> )	1 Part
3.	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Bhomik Kand</i>	1 Part
4.	<i>Lodhra</i>	<i>Symplocos racemosa</i>	<i>Kanda Twak</i>	1 Part
5.	<i>Motha</i>	<i>Cyperus rotundus</i>	<i>Mool Kand</i>	1 Part
6.	<i>Suvarchika</i>	<i>Gynandropsis gynandra</i>	All Parts ( <i>Panchang</i> )	1 Part
7.	<i>Choti Ela</i>	<i>Elettaria cardomomum</i>	<i>Beej</i>	1 Part
8.	<i>Swarnagairik</i>	<i>Ochre</i>	-	1 Part

#### Ingredients of *Varnya Mahakashaya Cream* are.<sup>[7]</sup>

Under *Varnya Mahakashaya Acharya Charak* has mentioned *Chandana*, *Tung*, *Padmaka*, *Usheera*, *Madhuka*, *Manjishtha*, *Sariva Payasya*, *Sita* and *Lata*.

Table No. 2.

S. No.	Drug Name	Botanical Name	Part Used	Quantity
1.	<i>Chandana</i>	<i>Santalum album</i>	<i>Kanda Sara</i>	1 Part
2.	<i>Tung</i>	<i>Mesua ferrea</i>	<i>Punkesar</i>	1 Part
3.	<i>Padmaka</i>	<i>Prunus cerasoides</i>	<i>Padmakatha</i>	1 Part
4.	<i>Usheera</i>	<i>Vetiveria zizanioides</i>	<i>Moola</i>	1 Part
5.	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i>	<i>Moola</i>	1 Part
6.	<i>Manjishtha</i>	<i>Rubia cordifolia</i>	<i>Moola</i>	1 Part
7.	<i>Sariva</i>	<i>Hemidesmus indicus</i>	<i>Moola</i>	1 Part
8.	<i>Payasya</i>	<i>Pueraria tuberosa</i>	<i>Kand</i>	1 Part
9.	<i>Sita</i> ( <i>Shweta Durva</i> )	<i>Cynodon dactylon</i>	All Parts ( <i>Panchang</i> )	1 Part
10.	<i>Lata</i> ( <i>Shyam Durva</i> )	<i>Cynodon dactylon</i>	All Parts ( <i>Panchang</i> )	1 Part

## MATERIALS AND METHODS

### Source of data

The study was conducted 30 clinically diagnosed and registered patients of *Vyanga* attending the OPD of Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur. Regardless of gender, age, employment, or socioeconomic status, cases were chosen at random. After assessing the clinical symptoms of *Vyanga* (Hyperpigmentation), patients were enrolled in the trial. According to a proforma created for the purpose, a regular record of all patient assessments was kept.

## CRITERIA FOR SELECTION

### Inclusion Criteria

1. Patient of age group 16 – 50 yrs.
2. Patient having signs and symptoms of *Vyanga* [Hyper pigmentation on face].

### Exclusion Criteria

1. Age less than 16 years and more than 50 years.
2. Patient with present and past history of any skin disease i.e. psoriasis, eczema etc.
3. *Vyanga* [Hyper pigmentation] caused due to any systemic disease like Cushing syndrome, Addison disease etc.

4. *Vyanga* [Hyper pigmentation] caused since birth like Nevus of ota etc.
5. *Vyanga* [Hyper pigmentation] caused by tumor like malignant melanoma.
6. History of hypersensitivity.
7. Pregnant and lactating women.

#### Pharmaceutical Study

Drug will be prepared in pharmacy of Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur

by means of classical methods.

#### Administration of Drug

For applied aspect of drug and research, plan for study is as follows

- 1) The special research Proforma is prepared for diagnosis of disease and assessment of subjects.
- 2) 30 clinically diagnosed and registered patients of *Vyanga* are randomly divided into 2 groups of 15 patients each as below:

Group	Patients	Medicine	Anupaan	Dose
A	15	<i>Dushivishari Agad Churna</i>	<i>Madhu</i>	<i>Churna</i> --3 gm. twice a day
B	15	<i>Dushivishari Agad Churna</i> + <i>Varnya Mahakashaya Cream</i>	<i>Madhu</i>	<i>Churna</i> --3 gm. twice a day + <i>Cream</i> (application) twice a day

#### Duration & Follow up Study

Duration of clinical trial was 30 days and follow up of

every patient was done called every 7<sup>th</sup> days i.e. 7<sup>th</sup>, 14<sup>th</sup>, 22<sup>th</sup> and 30<sup>th</sup> day.

#### Assessment Criteria

##### A) Subjective parameters

Table No. 1. *Kandu* (Itching).

Parameter	Grade
No Itching	00
Mild Itching (Occasional itching but does not disturb routine activity)	01
Moderate Itching (Frequent itching, disturbs routine activity but does not disturb sleep)	02
Severe Itching (Frequent itching that disturbs routine activity as well as sleep)	03

Table No. 2. *Daha* (Burning sensation).

Parameter	Grade
No Burning sensation	00
Mild Burning sensation (Occasional burning sensation mostly when patient undergoes to sun exposure)	01
Moderate Burning sensation (Frequent burning sensation which increases when patient undergoes to Sun exposure)	02
Severe Burning sensation (Continuous burning sensation with or without sun exposure)	03

Table No. 3. *Snigadha* (Oily skin).

Parameter	Grade
Normal	0
Mild Oiliness [Not seen with naked eye, Oiliness feel by touch & No need to wash Face frequently (only 1-2 times a day) ]	1
Moderate Oiliness [Oiliness is visible on skin & Need to wash face frequently (3-4 times a day)]	2
Severe Oiliness [Excessive Oiliness, Formation of Acne & Need to wash face more frequently ( >4 times a day)]	3

Table No. 4. *Rukshata/Kharata/Parushata* (Dry skin)

Parameter	Grade
Normal	00
Mild Dryness (Not seen but felt by touch)	01
Moderate Dryness (Stretching of the skin that person feels)	02
Severe Dryness [Visible dryness (chapping of the skin) & Hardness of the skin]	03

**Table No. 5. Parimaap (Dimension/Measurement in cm).**

Parameter	Grade
0 – 1 cm	01
2 – 3 cm	02
4 – 6 cm	03
> 6 cm	04

**Table No. 6. Varna (Color).**

Parameter	Grade
Light Brown	01
Brown	02
Dark brown	03
Black	04
Dark black	05

**B) Objective criteria**

The following investigation is undertaken to estimate the patient's general health condition before and after trial.

1. CBC
2. ESR
3. Urine – Routine, Microscopic
4. Photography of affected part.

**Table No. 7: Assessment of sign and symptoms will be done pre and post-trial on severity grading scale.**

S. No.	Sign & Symptoms	Grade	Score	Percentage
1.	Mild	+	1	25%
2.	Moderate	++	2	25% to 50%
3.	Severe	+++	3	50% to 75%
4.	Very severe	++++	4	75% to 100%

**DISCUSSION**

The majority of Acharyas consider Vyanga Roga as a "Kshudra Roga"<sup>[8][9][10]</sup>. The etiological aspects of Vyanga, Acharya places a specific emphasis on psychological variables such as Krodha, Shoka and Shrama, which are prevalent in the majority of patients. In the Samprapti of Vyanga, Acharya Charaka states that the aggravation of Pitta along with Rakta is the primary cause of the pathology's onset. Because Vyanga is a Rakta Pradoshaja Vyadhi, the Rakta Dhatu is the first to be impacted. The dominance of Tama (Manasika Dosha), Pitta and Vata (Shareeika Dosha) in Dosha Prakopaka Hetus like Krodha, Shoka, and Shrama vitiates the Agni (Pitta Dosha) that dwells in Rasa and begins the pathogenesis of Vyanga. The conversion of Rasa Dhatu to Rakta Dhatu, which results in the creation of proper skin tone, is the responsibility of Ranjaka Pitta. However, etiological variables such as Krodha and Shoka cause Pitta vitiation, which impairs the Jatharagni and proper functioning of the Ranjaka Pitta, i.e. Varnopatti based on Ashraya-Ashrayee Bhavas, the aberration of Rakta Dhatu is caused by the derangement of Pitta Dosha. Udana Vata vitiation is caused by Sharma and Shoka. Thus, vitiated Ranjaka Pitta, Rakta

Dhatu and Udana Vata travel through Dhamanis in the body and become Sthana Samshraya in Mukhagata Tvacha, causing Bhrajaka Pitta vitiation and skin discoloration.<sup>[11]</sup>

**Probable Mode of Action of Dushivishari Agad Churna**

Tikta, Kashaya, Katu & Madhura Rasa; Laghu, Ruksha Guna; and Katu Vipaka<sup>[12][13]</sup> make up the full list of components used in this composition. Dushivishari Agad Churna uses these attributes to execute pharmaceutical actions such as Raktavikarhara, Vishaghna, Deepana, Paachana, Twakdosahara, and Raktaprasadaka etc. by following manners-

- Katu, Tikta, Kashaya Rasa, and Ushna Veerya are all Deepana-Pachana components that enhance Jatharagni. Because of the improvement in Jatharagni, Dhavaagni has returned to its natural state that's brings out a clear formation of Rasa Dhatu and Clears the Srotas leading for adequate Samvahana (Circulation) and Poshana (Nutrition) of all further Dhatus.
- Raktadushti is the most important aspect in all Twakrogas. All of the contents (herbal drugs) in the Dushivishari Agad contain Pittakaphghna, Vishaghna (neutralize toxicity) and Raktaprasadak (blood purifier) qualities, and some of the dravyas in Agad, such as Jatamansi, Lodhra, Ela, Musta are Kushthaghna, Kandughna, which primarily act on Twakroga. Therefore, Dushivishari Agad is beneficial in the treatment of skin diseases caused by the buildup of cumulative toxins.
- Due to the fact that the Dushivisha is Kaphavrutatwa. The majority of the ingredients in this composition are Katu Vipaka with Laghu-Ruksha Guna, which has Kaphaghna properties, while Pippali has Rasayana and Yogawahi Gunas, which aid in its activities.
- Jatamansi, Musta, and Gairik are dravyas with Vishaghna property. Hence, this Guna breaks the etiopathogenesis of Dushivisha. It is breaking the effects of Kaphavrutatwa and assist the body in removing doshas and purifying itself.

Here, Madhu was used as Anupaana of Dushivishari Agad Churna. Madhu possesses Katu Vipaka, which increases Jatharagni and eliminates Srotovarodha and it has Sheeta Veerya, which do Pittaprashamana. Its antioxidant, antibacterial, anti-inflammatory, immunomodulatory, natural immune booster, and digestive & gut health characteristics improve the drug's effectiveness.

**Probable Mode of Action of Varnya Mahakashaya Cream**

In this study, Varnya Mahakashaya Cream was chosen for local application. External applications (Bahi parimarjana chikitsa) play an important part in the treatment of Vyanga. Varnya Mahakashaya Cream is

primarily intended for the purpose of restoring the body's natural color and complexion.

*Madhura, Tikta, Kashaya Rasa; Laghu, Ruksha Guna; Sheeta Veerya, and Madhura Vipaka*<sup>[14]</sup> make up the full list of components used in this composition. *Varnya Mahakashaya* Cream uses these attributes to execute pharmaceutical actions such as *Varnya, Vishaghna, Kushthaghna, Twakdosahara* and *Raktashodaka* etc by following manners-

- The drugs which are used in the form of cream mainly are of *Madhura* (sweet), *Tikta* (bitter), and *Kashaya* (astringent) *Rasa*, these *Rasa* causes *Chhedana* and *Upashamana* of *prakupita Vata* and *Pitta*, which means they prevent the *Utklesha* of *doshas*, maintain balance, and so pacify *Pitta*, which is the primary cause of *Vyanga*. *Madhura Rasa* is believed to possess *Varnya* qualities (*varnyakrut*). Whereas *Kashaya Rasa* is referred to as “*aati twak prasadaka*”.
- *Usheera, Madhuka, Sariva* and *Payasya* possess *Snigdha Guna* which is responsible for *Mardava* and *Varna Prasadana*.
- *Chandana* and *Tung*, have *Laghu* (light) and *Ruksha* (dry) *Gunas*, which are *Agneya Dravya's* attributes and are responsible for *Prabha, Prakasha, and Varna* (*Ch. Su. 26/11*).
- Almost every drug chosen are of *Sheeta Veerya* (cold potency), and *Sheeta Veerya dravyas* have *Rakta Prasadana Karma*.

The medicines chosen are mostly *Madhura Vipaka*. *Vipaka* is essentially described as *Karma Nishthaya*, where *Nishtha* refers to *Jatharagni, Dhatvagni, and Bhootagni* in any sequence. *Madhura Vipaka* is accountable for *Varna Utkarsha* because of its *Snigdha Guna* and *Kapha Vardhana Karma*. The word *Twachi*

*Vipaka* means that the medication gets absorbed into the circulation by virtue of *Vipaka* (*Su. Sha. 9/9*).

The proper conceptualization in connection to sign and symptoms is highly important for the examination of illnesses. There are no standard criteria in Ayurveda for determining the severity of illnesses. Therefore, a grading scale was used to determine the severity. To explain the illness model as well as for prognostic purposes, each sign and symptom was examined based on suitable literary denotation and grading was created. As we all know, if all of the signs and symptoms of a painful condition are present at the same time, it is incurable, but it is justified when we understand the severity of the signs and symptoms. Here, Grade 1 is indicating the mild symptoms, Grade 2 is pertinent for moderate symptoms, Grade 3 is applied for severe symptoms and Grade 4 for very severe condition of disease (Table No. 7). Because no such laboratorial criteria exist to identify all categories of skin lesion, visual verification (Fig. 1&2) i.e. photography, was used in this study.

## CONCLUSION

The primary goal of Ayurveda is to both prevent and treat disease. When illnesses have been correctly diagnosed, therapy concepts should be applicable. This is possible if we have accurate information on the severity of the illnesses' signs and symptoms.

Both trial medicines yielded positive outcomes. *Dushivishari Agad Churna* has showed no skin responses when combined with *Madhu*; therefore, it may be taken safely. Based on the findings of this study, it can be stated that *Dushivishari Agad Churna* combined with *Varnya Mahakashaya* Cream resulted in improved hyperpigmentation of the patches found in *Vyanga* instances.



Fig. 1.



Fig. 2.

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