



CASE REPORT

A single case study on role of shaman and bahya Chikitsa in the management of vyang (melasma)

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Abstract

Background: Melasma is a frequently occurring acquired condition marked by symmetrical hypermelanosis, presenting as irregular but well-demarcated dark brown macules on sun-exposed areas of the face, including the forehead, temples, nose, eyelids, chin, and upper lip. Ayurveda emphasizes Shamana Chikitsa, particularly through the application of Lepa. These formulations possess *Vata-Pittahara*, *Varnya*, *Twachya*, *Kushthaghna*, and *Raktaprasadaka* properties, which contribute to improving skin complexion and overall skin health. **Case Presentation:** A 26-year-old Male who reported to the OPD of Kayachikitsa, complained of since last six months brownish discoloration on his face, which was diagnosed as *Vyanga* (melasma). The traditional Shaman Chikitsa as per Ayurvedic treatment approach, which included lifestyle changes and a local application of Lepa, which contains medications that depigmentation and rejuvenate the skin. In this case was treated with *Aam pachak vati*, *Gandhak rasayan*, *Kumkumadi tail*, *Vyanga Lepa* and advised pathya pathya for the same. **Conclusion:** Patient was assessed on Arbitrary grading on the symptom which was found grade 4 on day 0 reduced to grade 0 after 30days of treatment so, we can conclude that, there is role of lepa and internal medicine combine relives symptoms of vyang.

Keywords: *Bahya Chikitsa, Vyang, Pathyapathya in vyang, Varnya lepa,*

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INTRODUCTION

Melasma is a frequently occurring acquired condition marked by symmetrical hypermelanosis, presenting as irregular but well-demarcated dark brown macules on sun-exposed areas of the face, including the forehead, temples, nose, eyelids, chin, and upper lip.¹ It is a significant cosmetic concern and can adversely affect an individual's psychological health. In Ayurvedic literature, melasma is comparable to Vyanga, which is categorized under Kshudra Roga and *Rakta pradoshaja Vikara*.

In contemporary medicine, topical corticosteroids are widely used for the treatment of melasma; however, their use is often associated with recurrence of the condition and potential side effects. Owing to these limitations, an Ayurvedic treatment approach is considered beneficial. Ayurveda emphasizes Shamana Chikitsa, particularly through the application of Lepa. These formulations possess Vata-Pittahara, Varnya, Twachya, Kushthaghna, and Raktaprasadaka properties, which contribute to improving skin complexion and overall skin health.²

CASE PRESENTATION

Patient Information

Present a case report of a 26 -year-old Male who reported to the OPD of Kayachikitsa, complained of since last six months brownish discolouration on his face, which was diagnosed as *Vyanga* (melasma). The traditional Shaman Chikitsa as per Ayurvedic treatment approach, which included lifestyle changes and a local application of Lepa, which contains medications that depigmentation and rejuvenate the skin. Because the illness was recurrent, an effective treatment strategy was needed.

Bahya Chikitsa and Shaman aushadhi have rejuvenating and skin-resurfacing qualities that effectively treat illness. In this case, Vyang Lepa was discovered to be very successful and revealed outstanding outcomes with consistent use in a brief amount of time.

Clinical Findings

- **General examination**
 - **General appearance** – normal and well oriented
 - **Bowel-** regular but unsatisfactory
 - **Appetite-** normal
 - **Micturation** – normal

- **Systemic examination**
 - **Cardiovascular system**- S1 S2 audible,
 - **Respiratory system** – AE=BS, No Any Adventurous Sound
 - **Skin** - brownish discoloration on face and rough in touch
- **Vital parameters** - **BP**- 110/70, **pulse**- 78/min, **SPO2**- 98%

Samprapti Ghatak ³

Dosha: Vata (Udaana), Pitta (Bharajaka)

Dushya: Rasa, Rakta

Adhishthana: Mukhagata Twaka

(bilateral cheeks, nose, forehead, and chin)

Srotasa: Rasavaha, Raktavaha

Strotodushti lakshana: Vimarg Gaman

Doshagati: Tiryaka, Vriddhi

Agni: Vishamagni

Sadhya-Asadhyata: Sadhya

Swabhava: Chirkari

Diagnostic Assessment: Arbitrary grading on the symptom, *Shyava (Shyavam iti shuklanuvidha krishna varnah)* = Dark brown color lesion over skin Where grade 4 is more severe and 0 is normal ⁵

Table 1 – Assesment scale for shyava varnata

| | FEATURES | SCORE | Severity |
|----|--|-------|------------|
| A. | Deep dark brown color lesion over skin of face. | 4 | Very sever |
| B. | Moderate dark brown color lesion over skin of face | 3 | Sever |
| C. | Light dark brown color lesion over skin of face | 2 | Moderate |
| D. | Faint dark brown color lesion over skin of face | 1 | Mild |
| E. | Normal skin | 0 | Normal |

Table 2- assessment before and after treatment

| Day | 0 th | 15 th | 30 th |
|-------|-----------------|------------------|------------------|
| Grade | Grade 4 | Grade 3 | Grade 0 |

Table 3- Therapeutic Intervention

| Sr no | Medicine | Dose and Anupan | Route of administration | Duration |
|-------|--|--|-------------------------|----------|
| 1. | <i>Aam pachak vati</i> | 250 mg twice a day after meal with <i>Koshna Jal</i> | Oral | 1 month |
| 2. | <i>Gandhak rasayan</i> | 250 gm twice a day after meal | Oral | |
| 3. | <i>Kumkumadi tail</i> | q.s. at night | Local application | |
| 4. | <i>Vyanga Lepa</i> (<i>Masoor dal churna</i> , <i>Manjishtha churna</i> <i>Raktachandan churna</i> <i>Yashtimadhu churna</i> in equal quantity) | q.s. in a day time with rose water | Local application | |

Follow-up

Patient was advice follow up after every 8 days and was assessed on each follow up

DISCUSSION

According to Acharya Sushrut, in Vyanga, Vata and Pitta are aggravated by *Shoka* (sadness), *Krodham* (rage), and *Ayasa* (exhaustion). This causes *sthanasamshraya* (accumulation) in the *Mukhapradesha* (face) and results in *Tanu*, *Shyava*, and *Niruj* patches.⁶

Gandhak Rasayan purifies blood by acting as a bactericidal agent. *Bhavanadravyas Guduchi*, *Bhringaraj*, *Dalchini*, *Tamalpatra*, *Nagkeshar*, *Haritaki*, *Sunthi*, and *Bibhitak* has qualities of *Katu kashay Rasa* and *Ushnavirya* are derived from this ,As a result, it acts as *Kaphaghna Kledaghna* and does *Dipana and Pachana*.⁷

Kumkumadi Taila greatly improves *Varnya* (skin tone and complexion)and *Pittashaman*. It has properties such as *Guru*, *Snigdha*, *Madhura*, *Tikata Rasa*, and *Sheeta Virya*. Its potent combination of *Varnya Dravyas* enhances the skin's glow and complexion, improves blood circulation, reduces pigmentation, nourishes the skin, and balances *Doshas*.

Vyang lepa contains *Masoor Dal* (Red Lentils), being the main ingredient, has exfoliating properties and helps to remove blackheads. It has a bleaching effect that makes the skin lighter and more toned. Additionally, it removes tan, fine lines, blemishes, and dark spots. *Manjishtha*

is known for its *Raktashodhak*, *Shothahara*, *Vranaropaka*, and *Kushthghna* properties. It balances *Kapha* and *Pitta shamaka*, acts as *Krimighna*, and improves *agni* ⁹. **Rose Water** preserves skin tone, washing and nourishing the skin, reducing imperfections and dark spots, and acting as an exfoliator, Additionally, it contains a antioxidant and anti-aging qualities.¹⁰

CONCLUSION:

From present case study we can conclude that, there is role of lepa and internal medicine combine relives symptoms of vyang.

Informed Consent

Written informed consent was obtained from the patient for publication of this case report and accompanying images.

Ethical Consideration: The case report complies with institutional ethical standards and the Declaration of Helsinki.

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Conflict of Interest: No conflict of interest.

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Figures and Tables

Figure 01: before and after treatment photographs

