

**MANAGEMENT OF VYANGA WITH AYURVEDIC MEDICINE AND AID OF USE OF
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ABSTRACT

Vyanga is one of the Kshudra rogas and is distinguished by the presence of the Niruj and Shyava varna mandalas on the face, particularly the forehead, nose, and cheeks. Melasma is one of the hyperpigmented disorders, and the clinical characteristics may be related to it. The disease Vyanga has been chosen as the focus of the current study due to the sizeable scope of the cosmetology field. Vyanga is one of the disorders or disbeautifying conditions that harms the personality and affects both beauty and personality. It is also very important from a cosmetic standpoint. The condition can be treated effectively in accordance with Ayurveda using the Vyanga remedy. A mild exfoliation of the stratum corneum, or top layer of skin, using Microdermabrasion is possible with the aid of medications with the Raktashodhak and Rakta Prasadak guna.

KEYWORDS: Vyanga, Kshudra kustha, Melasma, Microderma abrasion.**INTRODUCTION**

In present era, Vyanga has spread to be a widespread issue, and it affects a large number of people. Due to changes that occur during pregnancy and use of cosmetic supplements, women are frequently found among them. Due to workplace hazards, men are also suffering. It is generally true that the face serves as both a reflection of the body and an index of the mind. Based on clinical features like Niruj (painless) and Shyava Varna (bluish black patch on face), which are caused by Vyanga's harm to facial beauty, a person may experience inferiority complex, anxiety, social isolation, etc. It is brought on by the vitiation of Rakta Dhatu, Pitta Dosha, and Vata. Vyanga is thus a condition that is painless for the body but painful for the mind. Therefore, it necessitates appropriate therapy and treatment.

Vyanga is primarily a "Kshudra Roga" that affects the skin. Many treatments for Vyanga have been recommended in Ayurvedic texts, including Pancha Karma therapy, internal medicine, and external application. In skin disorders, local application is more helpful because it targets the lesion directly. Internal medicine is also required to maintain Dosha-Dushya balance.

Microdermabrasion (MDA) is a minimally invasive epidermal resurfacing procedure used to treat uneven skin tone/texture, photoaging, striae, melasma, and scars,

including acne scars. It is widely available and one of the most common nonsurgical cosmetic procedures performed. During the procedure, abrasive crystals are propelled against the skin under the control of a handheld vacuum system. The crystals cause gentle mechanical abrasion to the skin, which ultimately removes the stratum corneum layer of the epidermis. As part of the wound healing process, new epidermis forms with enhanced cosmesis. The technique is considered safe for all Fitzpatrick skin types and complications are minimal.

Studies have shown that MDA not only has positive cosmetic effects but also improves the absorption of transdermal medications dosed on an MDA-treated area of skin.

Importance of Diet

According to Ayurveda, perfect food digestion and assimilation are necessary for a strong, healthy, and attractive being, as well as regular and efficient waste evaluation. Their combined efforts produce a kind, compassionate nature, clear skin, bright eyes, glossy hair, strong nails, and endurance. The emphasis on treating each person uniquely is one of the most valuable contributions of the Ayurvedic approach to health and beauty. This is especially clear when choosing one's ideal diet. The Ayurvedic diet is based more on the intuitive sense of what is attractive to the individual by colour, smell, temperature, taste, and texture, trusting

that when the body is imbalanced, it will be attracted to foods by its own innate intelligence. This differs from the western approach to diet, which emphasises calories or specific nutrients in foods.

What is microdermaabration?

An extremely popular method of mechanically assisted skin exfoliation is microdermabrasion. Low risk and quick recovery are advantages of microdermabrasion. Although the results are not dramatic, microdermabrasion works best on conditions on the surface of the skin like early photoaging (sun damage), fine lines, age spots, acne, and superficial scarring because it only removes a very superficial layer of skin. Although microdermabrasion is most frequently used on the face, it is possible to treat any area of skin, including the neck, chest, back, and hands.

A fine abrasive tip or crystals combined with vacuum suction applied to the skin are used in the painless, noninvasive skin rejuvenation process known as microdermabrasion. Microdermabrasion does not involve the use of needles or anaesthesia. Depending on the skin's sensitivity and tolerance, the vacuum pressure and speed are modified. The sensation of microdermabrasion is frequently compared to that of having a cat lick your face; it has a harsh but delicate texture. An average microdermabrasion session might last five to sixty minutes. Most of the people resume their normal activities right away after a microdermabrasion treatment, and little to no recovery time is needed.

Usually, following microdermabrasion, makeup and non-irritating creams can be used. According to studies, microdermabrasion can temporarily improve the absorption of some topical medications by making the skin more permeable.

The stratum corneum, which is one of the top layers of skin, is removed during microdermabrasion. Microdermabrasion helps to gently remove "plaque" and skin debris, much like brushing your teeth. Microdermabrasion only temporarily improves the skin because human skin regenerates at intervals of roughly 30 days; for continued improvement, microdermabrasion must be repeated at intervals of typically two to four weeks.

Aim And Objective

To see the effect of Ayurvedic treatment with MDA in *Vyanga* (Melasma).

MATERIAL AND METHODS

A male patient of facial melanosis, Age 36 years, modern medicines had been taken for approx. 2 years for the same. Patient came to Dhanwantari Ayurvedic medical college and hospital, Ujjain for having proper treatment. O/E- Dark Black Coloured patches on face with mild itching over it. H/O constipation.

Work load- stressful, Sleeping habits- usually after 12 am



Treatment Protocol

1. Aarogyavardhini vati 2 BD
2. Mahamanjisthaadi Kwath 20 ml BD
3. Avipattikar Churna 2 gm with luke warm milk at night
4. Shatdhaut Cream for local application
5. Kumkumaadi tel for local application at night only

DISCUSSION

Twak vikar involves the vitiation of the Vata and Pitta doshas, and Rakta Dushti, Arogyavardhini Vati, which calms the Vata and Pitta dosha and eliminates toxins deposited in the Twacha and Rakta. It enhances Mansa Dhatu's quality and averts Kustha Roga's negative effects. The removal of Ama and the clearing of Srotas from the body by Arogyavardhini Vati enhances normal circulation and normalises Rasa and Rakta Dhatu. Due to Tikta and Kashaya Dravya's dominance, Mahamanjisthadi Kwath is a very effective blood purifier. Additionally, it performs Vata anulomana and removes too much Pitta from the body. Additionally, it has antibacterial and antioxidant properties. It functions as a rasayana, enhances digestion, fortifies the liver, calms burning, and breaks down toxins. Kusthagna, Krimighna, Raktashodhak, Varnya, Vishaghna, and Vranaropak have all been used to describe it. All of these characteristics help it lessen melasma and enhance complexion. Avipattikar churna is referred to as nitya Virechak because it improves digestion and flushes out toxins by acting as a laxative. Every day, Nitya Virechan helps with Kustha Shodhan and mild detoxification, acting as Pitta Virechak, removing excess and vitiated Pitta from the body and assisting with Pittaj and Raktaj Vikar. The stratum corneum, which is one of the top layers of skin, is removed during microdermabrasion. Microderm helps to gently remove "plaque" and skin debris, much like brushing your teeth. In addition to its cosmetic advantages, studies have shown that MDA increases skin permeability and enhances the absorption of transdermal medications dosed on an MDA-treated area of skin.

CONCLUSION

Vyanga is a disease mentioned among Kshudra Roga. Treatment depends upon intensity and chronicity of the disease. The above case discussed internal and external medication pacify vitiated Vata and Pitta Dosha. Microderma abrasion is a minimally invasive procedure which enhance transdermal drug delivery by allowing the drug to diffuse more freely in the viable epidermis. Thus, it enhanced the absorption of external applicants used for treatment and helps to provide better results.