



Review Article

HERBAL FORMULATIONS AS *LEPA* (EXTERNAL APPLICATION) IN *VYANGA*- REVIEW

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ABSTRACT

Vyanga is one of the *Kshudra roga* (minor disorder), characterized by the presence of *Niruja* (painless), *Tanu* (light) and *Shyava varna mandala* (bluish black patches) on face. It is one of the most common diseases as regards the face is concerned. Description of the disease *Vyanga* is available from *Samhita kala* onwards. Most of the *Aacharya* have mentioned *Vyanga* in the chapter of *Kshudra Roga*. According to *Charaka*, *Vyanga* is said to be manifested by the suppression of *Chardi vega*. The aggravated *Vata* and *Pitta* along with *Rakta* are responsible for its manifestation. The *Manasika nidana* like *Soka*, *Krodha* and *Ayasa* are also result in the disease *Vyanga*. The Ayurvedic management of *Vyanga* includes both *Sodhana* and *Samana chikitsa* and *Samana* comprises of both internal and external medications. As the disease is mainly concerned with the skin, external applications like *Lepa* is having a prime importance here. Drugs with *Rakta prasada* (blood purifying), *Twachya* (conducive to skin) and *Varnya* (improving complexion) properties are commonly used in the management of *Vyanga*. They help to pacify aggravated *Vata & Pitta dosha*, thus aid in disease cure. Here it is tried to include some of the simple herbal formulations as *Lepa* (external application) mentioned in Ayurvedic texts for the management of *Vyanga*.

INTRODUCTION

Face is one of the most fundamental parts of human body which contribute in self recognition. It is also endowed with individual's personal, emotional & social well-being. Apart from the concept of beauty, it also gives a feel of self assurance for most of us. But at any age of life it may get affected with certain anomalies. Hyperpigmentation disorders are one of such rationale that affects the normalcy of facial skin. In Ayurvedic point of view, these hyperpigmentation disorders are mainly come under the *Kshudra rogas* (minor disorders). Among them *Vyanga* is a common disease known to us from *Samhita kala* onwards, which is a frustrating condition influenced by both physiological and psychological factors. Literary meaning of *Vyanga* is *Vi + Anga*, *Vi* means *Vikruta*, *Vikala*, defectiveness, imperfectness and *Anga* means limb or part of the body, together termed as *Vigatamangam yasya*^[1] or *Vikala anga*.

As its definition suggests it is a kind of defectiveness in body part especially in face, simply the freckles of the face is termed as *Vyanga*. *Aacharya Susrutha* has mentioned *Vyanga* as one of the *Kshudra roga* that affect the second layer of *Twak* (skin) i.e., *Lohita* ^[2]. It is mainly caused by the vitiation of *Vata & Pitta dosha*, followed by *Rakta dhatu* & is characterised by the presence of *Niruja* (painless), *Tanu* (light) & *Shyava mandala* over the face ^[3], i.e., painless, thin & bluish black round patches respectively. Even though it is considered as a *Kshudra roga*, has got a major importance as a cosmetic problem in the society. Suppression of vomiting, day sleep, excessive exposure to sunlight, *Rakta* (blood) vitiating factors such as *Virudhahara* (incompatible food) and factors aggravating *Pitta* like *Krodha* (anger), *Soka* (sorrow), *Bhaya* (fear) & *Ayasa* (exertion), which are mentioned as some of the causative factors of the *Vyanga* ^[4]. Here we can observe that, not only the physiological causes, the psychological factors also lead to the causation of the disease. *Aacharya Vagbhata* has classified the disease *Vyanga* on the basis of *Dosha* predominance like *Vatika*, *Paittika*, *Kaphaja* and *Raktaja Vyanga* ^[5] and has given detailed clinical presentation of them. *Aacharya Charaka* has mentioned *Vyanga* as a disease caused by suppression of *Chardi vega*.

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The Ayurvedic management of *Vyanga* includes both *Sodhana* and *Samana chikitsa*. The *Samana chikitsa* include both external applications and internal medications like, *Lepa* (external application), *Siravyadha* (bloodletting), *Abhyanga* (oil massage), *Nasya* (nasal errhine), *Pana* (drink), *Vamana* (emesis), *Virechana* (purgation) and *Udwartana* (powder massage) [6]. Among them *Lepa* is considered to be one of the simple & effective procedure. Various drugs are used in preparation of *Lepa* to make skin healthy and to get rid of skin ailments especially the hyperpigmentation disorders. So it is our responsibility to explore more fruitful herbs from the riches of Ayurveda to treat these skin problems. Thus

OBSERVATION

here is an attempt that tried to include some of the simple herbal formulations as *Lepa* that mentioned in Ayurvedic texts, in the management of *Vyanga*.

MATERIALS & METHODS

Materials: Relevant literatures were referred from *Samhitas*, *Nighantus* other Ayurvedic texts and contemporary articles.

Methods: Study information related to the topic was explored from all classical texts of *Ayurveda* and reliable Ayurvedic and modern journals. Simple herbal formulations from classics which are advised for external application as *Lepa* are compiled in this review.

Table 1: Herbal formulations in *Vyanga* as *Lepa*

S.no.	Ingredients	Reference
1.	<i>Arjuna</i> stem bark with honey [7,8]	Chakradatta- Kshudra rogadhikara-41, Ashtanga hridaya- Uttarasthana- Kshudraroga pratishedha-32/16
2.	<i>Manjishta</i> with honey [7,8]	Chakradatta- Kshudra rogadhikara-41, Ashtanga hridaya- Uttarasthana- Kshudraroga pratishedha-32/16
3.	<i>Rakta chandana</i> , <i>Manjishta</i> , <i>Kushta</i> , <i>Lodhra</i> , <i>Priyangu</i> , <i>Vatankura</i> , <i>Masura</i> [7,8]	Chakradatta- Kshudra rogadhikara-42, Ashtanga hridaya- Uttarasthana- Kshudraroga pratishedha-32/17
4.	<i>Masura</i> with milk & ghee [9]	Chakradatta- Kshudra rogadhikara-43
5.	<i>Kola phala beeja majja</i> with butter, ghee & jaggery [10,11]	Chakradatta- Kshudra rogadhikara-45, Vrindamadhava-Kshudra rogadhikara-57/51
6.	<i>Varuna twak</i> with goat's milk [10,11]	Chakradatta- Kshudra rogadhikara-45, Vrindamadhava-Kshudra rogadhikara-57/51
7.	<i>Haridra Dwaya</i> , <i>Yashti</i> , <i>Kaliyaka</i> , <i>Kuchandana</i> , <i>Prapoundarika</i> , <i>Manjishta</i> , <i>Padma</i> , <i>Padmaka</i> , <i>Kumkuma</i> , <i>Kapitha</i> , <i>Tinduka</i> , <i>Plaksha</i> , <i>Vata Patra</i> with milk [10,11]	Chakradatta- Kshudra rogadhikara-51, Vrindamadhavam- Kshudra rogadhikara-57/58-60
8.	<i>Arjuna twak/Manjishta</i> with butter [11]	Vrindamadhava- Kshudra rogadhikara-57/45
9.	<i>Tikshna salmali kandaka</i> with milk [11]	Vrindamadhava- Kshudra rogadhikara-57/48
10.	<i>Vatankura</i> with <i>Masura</i> [12]	Bhavaprakasha- Madhyamakhanda- Kshudra rogadhikara -61/40
11.	<i>Varuna twak</i> with goat's urine [12]	Bhavaprakasha- Madhyamakhanda- Kshudra rogadhikara -61/41
12.	<i>Jatiphala kalka</i> [11,12]	Bhavaprakasha- Madhyamakhanda- Kshudra rogadhikara -61/42, Vrindamadhava-Kshudra rogadhikara-57/52
13.	<i>Arka ksheera & Haridra</i> [12]	Bhavaprakasha- Madhyamakhanda- Kshudra rogadhikara -61/42
14.	<i>Pandu patra</i> of <i>Vata</i> , <i>Malati</i> , <i>Rakta Chandana</i> , <i>Kushta</i> , <i>Kaliyaka</i> , <i>Lodhra</i> [12]	Bhavaprakasha- Madhyamakhanda- Kshudra rogadhikara -61/44
15.	<i>Jiraka</i> , <i>Krishna jiraka</i> , <i>Krishna tila</i> , <i>Sarshapa</i> with milk [13]	Ashtangahridaya- Uttarasthana- Kshudraroga pratishedha-32/18
16.	<i>Masura</i> with milk, ghee & honey [13]	Ashtangahridaya- Uttarasthana- Kshudraroga pratishedha-32/19
17.	Fried & dehusked <i>Masura</i> with milk [13]	Ashtangahridaya- Uttarasthana- Kshudraroga pratishedha-32/19
18.	Tender leaves of <i>Jambu & Amra</i> , <i>Haridra dwaya</i> with	Ashtangahridaya- Uttarasthana- Kshudraroga

	fresh jaggey & Mastu (curd water) ^[13]	pratishedha-32/22
19.	Paste of <i>Tinduka</i> mixed with its own juice ^[13]	Ashtangahridaya- Uttarasthana- Kshudraroga pratishedha-32/22
20.	Ghee made of <i>Paranti pushpa</i> & <i>Tila</i> as <i>Kalka</i> ^[14]	Yogamrutham-Kshudraroga chikitsa
21.	<i>Nyagrodha patra</i> (ripen), <i>Chandana</i> , <i>Vacha</i> , <i>Haridra</i> , <i>Gorochana</i> , <i>Kushta</i> with butter ^[14]	Yogamrutham- Kshudraroga chikitsa
22.	Ghee made of <i>Pakva puga phala</i> juice & <i>Yashti</i> as <i>Kalka</i> ^[14]	Yogamrutham- Kshudraroga chikitsa
23.	<i>Jiraka</i> , <i>Krishna jiraka</i> , <i>Tila</i> , <i>Durva</i> with milk ^[15]	Chikitsamanjari- Kshudrarogadi Chikitsa
24.	<i>Nyagrodha patra</i> (ripen), jack fruit leaf (ripen), <i>Vatankura</i> with milk & butter ^[15]	Chikitsamanjari- Kshudrarogadi Chikitsa
25.	<i>Haritara</i> , <i>Haridra</i> , flower bud of <i>Catharanthus roseus</i> ^[15]	Chikitsamanjari- Kshudrarogadi Chikitsa
26.	<i>Rakta chandana</i> , <i>Manjishta</i> , <i>Kushta</i> , <i>Lodhra</i> , <i>Priyangu</i> , <i>Vatankura</i> , <i>Madhuka</i> with milk & butter ^[15]	Chikitsamanjari- Kshudrarogadi Chikitsa
27.	<i>Nyagrodha</i> leaf (ripen) with butter make warm & apply ^[16]	Sarvarogachikitsaratnam-Vyanga roga Chikitsa
28.	<i>Krishna tila</i> , <i>Krishna jiraka</i> , <i>Haritaki</i> , <i>Jiraka</i> with milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
29.	<i>Manjishta churna</i> with water & ghee ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
30.	<i>Aaranya tulsi</i> root with goat's milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
31.	<i>Haritala</i> , <i>Vacha</i> , <i>Kushta</i> , <i>Nyagrodha</i> leaf (ripen), <i>Swarna</i> with water ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
32.	<i>Kola bija churna</i> with butter & sugar ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
33.	<i>Varuna twak</i> with milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
34.	<i>Methika</i> with milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
35.	<i>Vibhitaka bija majja</i> with water ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
36.	<i>Arjuna twak</i> with water/milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
37.	<i>Kola bija majja</i> with butter, sugar & honey ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
38.	<i>Jatiphala</i> with honey ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
39.	<i>Manjishta</i> , <i>Rakta chandana</i> , <i>Kushta</i> , <i>Lodhra</i> <i>Ankura</i> , <i>Nyagrodha ankura</i> with milk ^[17]	Chikitsakouthukam- Oshta roga Chikitsa
40.	<i>Badara</i> with butter & honey ^[18]	Haramekhala nighantu

Clinical Studies

1. Management of *Vyanga* with *Arjuna twak lepa* & *Panchanimba churna* has showed encouraging results. *Arjuna twak* along with *Madhu* has not shown any skin reactions, so it can be used safely. From the observation and results of this study it was concluded that *Arjuna twak lepa* along with *Panchanimba churna* have a better result in hyperpigmented patches seen in *Vyanga*^[19].
2. A clinical evaluation of *Varnya gana* mentioned by *Charaka* in *Vyanga*, has showed statistically highly significant improvement in the MASI scores by reducing the darkness parameter along with subjective parameters such as itching & burning sensation^[20].
3. In a case study *Lepa* of *Rakta chandana*, *Manjishta*, *Kushta*, *Lodhra*, *Priyangu*, *Vatankura* and *Masura* was used in the name of *Mukhakantivardhaka lepa* (*Sarangadhara samhitha Utharakhand/11*), along with *Patyapathya* and showed a significant effect on *Vyanga*^[21].
4. The results obtained from the clinical evaluation of efficacy of *Vatankuradi lepa* in *Vyanga*, the statistical observation shows that *Vatankuradi lepa* has been effective in reducing the size and colour of skin lesion (*Vyanga*). The number of skin lesions was statistically not significant. The effect of medication on modified MASI score is statistically significant, thus proved its efficacy^[22].
5. In the clinical evaluation of *Jatiphala churna lepa* in *Vyanga* wsr to melasma, the results of subjective parameters which were assessed such as colour of the patch area and size of the patch showed statistically highly significant reduction with the p value less than 0.05^[23].
6. To evaluate the combined effect of *Arjuna* & *Manjishta lepa* on *Vyanga* wsr melasma, by the application of given *Lepa*, the colour and number of patches on the face were found to be significantly reduced^[24].
7. A pharmaco- clinical study of *Arjuna* in comparison to *Manjishta* wsr to *Vyanga* shows *Manjishta* were

markedly visible within a week, whereas *Arjuna* took 20-25 days to make visible results. In case of *Manjishta* the results were getting stagnated after completing a month, but a continues progressive results were found in group with *Arjuna twak lepa*^[25].

8. In a study comparing the effects of both medicines, *Kinshukdi taila* (Group A) and *Vatapatrdi lepa* (Group B), on various signs and symptoms of *Vyanga* in two groups, it was discovered that Group A (21.62 percent) had greater average percentage of alleviation than Group B. (15.77 percent)^[26].
9. A comparative study of *Ingudi phalamajja lepa* and *Ananatmul ghan* in the management of *Vyanga* was conducted to evaluate its efficacy. A significant improvement was found in Group A (*Ingudi phala majja lepa*) and Group B (*Ingudi phala majja lepa & Anantmool ghana* orally). In the comparison of both groups, group B showed relatively good score than group A^[27].
10. Comparative study of *Arjuna twak lepa* and *Arjuna twak kukkutanda pottali* was carried out in the management of *Vyanga*, which concluded that *Arjuna twak kukkutanda pottali* is more effective on MSI (Melasma Severity Index)^[28].
11. Clinical evaluation of *Ficus bengalensis* linn and *Ervum lens* linn w.s.r. to efficacy of their *Pralepa* in *Vyanga* was conducted to compare the efficacy of *Pralepa* against ointment and also to compare the effect with and without *Sodhana* procedure. The study concluded that, it's *Pralepa* is more effective than ointment because active constituents are more efficacious in *Pralepa* form and also *Sodhana* performs better result than without *Sodhana*^[29].
12. Efficacy of *Varnyadi mahakashaya & Kanaka taila abhyanga* in *Vyanga roga* has proved all the parameters show highly significant results (as $P < 0.001$). The parameters *Kandu*, *Daha* and *Rukshata* do not have more effect in this study and the parameter size and colour showed more net mean effect than the other parameters^[30].
13. In the evaluation of the efficacy of *Mukhakantikara lepa* in hypermelanosis with special reference to *Vyanga*, the main ingredients were *Rakta chandana*, *Manjishtha*, *Lodhra*, *Kushtha*, *Priyangu*, *Vatankura* and *Masoor dal*. The study drug *Mukhakantikara lepa* was effective in reducing the number and size of *Shyava varna mandala*, the *Lakshana* like *Daha*, *Kandu* in total scores and self-reported manifestation of hypermelanosis. It is also increased skin complexion as known by increase mean total scores of relief in all symptoms. The results were as par with standard therapy^[31].

DISCUSSION

Vyanga is one among the *Kshudra roga*, where in *Vata & Pitta dosha* as well as *Manasika nidana* (psychological factors) like *Krodha*, *Shoka* and *Ayasa* are the main etiological factors. As it is a disease concerned with skin *Lepa* are having a prime importance, which can be implement effectively in clinical practice. Here it is tried to include some of the simple herbal formulations mentioned in Ayurvedic texts. It was found that majority of the drugs used in the *Lepa* are of *Vata pittahara* in nature & having *Varnya*, *Twachya*, *Kushtaghna & Rakta prasadaka* properties, which favour the cure of the disease effectively. Most of the *Lepa* formulations mentioned here are advised to apply with milk, which also contributes to pacify vitiated *Vata & Pitta*. From the literatures that referred, the text *Chikitsa Kouthuka* by K.V.Menon, was found to be containing many simple *Lepa* preparations, which are unexplored yet. As they all are herbal formulations, they are expecting nil or less side effects. It's only a compilation of some simple formulations that used in the treatment of *Vyanga*, so further research works are needed in this area to prove its clinical efficacy.

CONCLUSION

Vyanga is not only a problem that confines cosmetic issues, but also a disease that caused by both physiological and psychological factors. Due to these *Nidana* (etiological factors) the vitiated *Vata and Pitta*, along with *Rakta*, result in disease manifestation. As *Vyanga* is a disease concerned with skin, the first treatment principle can be considered as *Lepa*. Many of such formulations are found to be effective in making skin healthy and to get rid of skin ailments, especially hyper pigmentation disorders. Here it is tried to include some of the easier and unexplored herbal *Lepa* preparations in Ayurveda for the management of *Vyanga*, which are expected to be a good suggestion for clinical practice.

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