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 Rogas. 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 prasakukan (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 Doshas predominance like Vataika, 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.
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), Siravyadhya (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 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

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Ingredients</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Arjuna stem bark with honey [7,8]</td>
<td>Chakradatta- Kshudra rogadhikara-41, Ashtanga hridaya- Uttarasthana- Kshudraroga pratishedha-32/16</td>
</tr>
<tr>
<td>18.</td>
<td>Tender leaves of Jambu &amp; Amra, Haridra dwaya with</td>
<td>Ashtangahridaya- Uttarasthana- Kshudraroga</td>
</tr>
</tbody>
</table>
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 samhittha Utharakhanda/11), along with Patyapathy 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 Jatipahala churna lepa in Vyanga wrs to melasma, the results of subjective parameters which were assessed such as colour of the patch area decreased 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 wrs 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 wrs 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 ghan) 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, Manjishta, 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 pitthara in nature & having Varnya, Twachya, Kushtagha & 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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