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Case Study

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Effect of *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* in the management of *Vyanga*: A case study

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ABSTRACT

Healthy skin reflects a good mental and physical state of an individual. In this fast going world it has become very tough to manage time for daily care of skin. *Vynaga* is explained under *kshudra Roga* in *Ayurveda* and it has become an exceeding problem now a day's especially in women. It is characterized by *Niruja* and *Shyavavarna Mandalas*. Vitiated *Ranjaka Pitta*, *Rakta Dhatu* as well as *Udanavata* travels in the body through *Dhamanis* and get *SthanaSamshraya* in *Mukhagata Twacha* and causes vitiation of *Brajaka Pitta* giving rise to discolouration of skin. In *Bhaishajya Ratnavali*, *Kshudra Rogaadhikara* reference of *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* was explained and selected for treatment of *Vyanga*. A 34 years old female having *Vyanga* on the face with a complaint of *Mukhamaagatya Mandalam*, *Shyava Varna*, *Kandu*, *Parusha Sparsha* since last 3 years. Later she consulted in *Kayachikitsa* OPD of BVVS Ayurved Medical College Bagalkot Karnataka. On the basis of clinical features and involved *doshas* patient was advised for instillation of *Kanaka Taila Pratimarsha Nasya* 2 drops in each nostrils evening time and *Raktachandanadi lepa* application in morning time for 20 minutes both modalities for 30 days. At the end of the treatment it was found that Masi score of patient before treatment was 12.6 after treatment it was 7.2 with shows 57.14% with significant improvement. The efficacy of drug was assessed on the basis of relief in grading score.

Keywords: *Vyanga*, *Kanaka Taila*, *Raktachandanadi Lepa*

INTRODUCTION

In *Ayurveda*, skin diseases are included under the heading of *Kustha* and *KshudraRoga*. *Vyanga* is one among the *KshudraRoga*.¹ Even though *Vyanga* is a *KshudraRoga*; it produces a great misery for the person due to the dark discoloration of the skin over face. *Vyanga* is a pathological situation of the facial skin which is produced due to the vitiation of *Vata*, *Pitta* and *Rakta* producing cardinal features such as *Niruja*, *Tanu*, *Shyava Mandala*.² In the context of *Vyanga* both *Shodhana* and *Shamana Chikitsa* are explained in the form of *Raktamokshana* (*Siravedha*) ,

Vamana and *Virechana* , *Nasya*, *Lepa*, *Abhyanga* and oral medications.

Melasma is a common skin problem caused by brown to gray-brown patches on the face. Most people get it on their cheeks, chin, Nose bridge, forehead and above the upper lip. It is more common in women than men. It also affects woman taking oral contraceptives and hormones. Persons of any race can be affected. Melasma is more common in darker skin types than in lighter skin types, and it is particularly more common in light brown skin types. Women are affected nine times more than men. Melasma is rare before puberty and more common in reproductive years.

The prevalence varies between 1.5% and 33% depending on the population.³

Ayurveda relatively proved to be efficacious in treatment of skin diseases. *Acharyas* mentioned various therapeutic procedures like *Siravyadha*, *Lepa* and *Nasya* etc in *Vyanga*, *Vata*, *Pitta* and *Rakta Doshas* get vitiated in *Mukhapradesha*. Here *Kanaka Taila Pratimarsha Nasya*⁴ mentioned in *Bhaishajya Ratnavali (Kshudra Rogadhikara)* & *Raktachandanadi Lepa*⁵ mentioned in *Bhaishajya Ratnavali (Kshudra Rogadhikara)* having ingredient's like *Madhuka (Yastimadhu)*, *Priyangu*, *Raktachandana*, *Kamalpushpa*, *Nagakesra*, *Kusta*, *Masura* etc having the properties like *Madhura-Tikta Rasa* & *Sheeta Virya*, *Madhura Vipaka* properties. So it acts as *Varnyakaraka*, *Raktaprasadaka*, *Twakprasadaka*, *Mukhakantida*, *Kustanghna*, *RaktaShodhaka* and *Vatapittahara*. Hence present case study is aimed to evaluate the combined effect of *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* in *VyangaRoga*.

CASE REPORT

The present case study is of successful management of *Vyanga*. A 34 years old female patient with registration number -13177 came to OPD of *Kayachikitsa* department of BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

CHIEF COMPLAINTS

1. Brownish discoloration painless patches on both cheeks since last 3 years
2. Itching and dry skin since 2 years

HISTORY OF PRESENT ILLNESS

Patient was apparently asymptomatic before 3 years. Later she gradually developed brownish discoloration painless

patches on both cheeks. Initially she didn't take any treatment later as the pattern of discoloration is darkened since last 1 year. She consulted dermatologist there she took local application cream for 1month. But she didn't get that much relief. Hence she came to OPD of *Kayachikitsa* of BVVS AMCH Bagalkot.

PAST HISTORY: Not significant

PAST TREATMENT HISTORY: Panderm cream for 1 month local application

ARTHAVA VRITTANTA

Menarche: 14 years

Menstrual cycle: Regular

Bleeding days: 2-3 days

PRASAVA VRITTANTA

Number of deliveries: Gr₃P₃L₃

Intervention: All Normal

On physical examination the general condition of patient was good with normal cardiovascular and respiratory functions.

MANAS PAREEKSHA

Chinta: Present

Shoka: Absent

Bhaya: Absent

Krodha: Present

LOCAL EXAMINATION OF SKIN

Number of lesions: 3

Color: Brownish discoloration

Surface: Dry

Distribution: Symmetrical

TREATMENT PROTOCOL

Drug:
1) <i>Kanaka Taila Pratimarsha Nasya</i> – 2 drops in each nostrils Once in a day (Evening).
2) <i>Raktachandanadi Lepa</i> – 1/2 th <i>Angula</i> . Approximately (0.5 to 0.8 cm) thickness once in a day(Morning). Duration of <i>Lepa</i> – <i>Lepa</i> Until it dries (Approximately 15-20min)
Duration: 30 Days
Follow up: 40 th Day

Table 1 : Gradings for assessment of subjective parameters

Sl.No	Symptom	0	1	2	3
1	Mukhamagatya mandalam (patches)	No patches	1 to 2 patches	3 to 4 patches	5 to 6 patches
2	Shyava varna (pigmentation)	No shyava varna	Mild pigmentation	Moderate pigmentaion	Severe pigmentation

3	Kandu(itching)	No kandu	Very mild itching	Mild itching	Moderate itching
4	Parusha sparsha (Dry skin)	No dry skin	Mild dry skin	Moderate dry skin	Severe dry skin

Table 2 : Gradings for assesment of objective parameter

Percentage of Area involved (A)	SCORE
No involvement	0
Less than 10%	1
10-29%	2
30-49%	3
50-69%	4
70-89%	5
90-100%	6

Darkness(D)	SCORE
Absent	0
Slight	1
Mild	2
Marked	3
Severe	4

TABLE 3

Homogeneity (H)	SCORE
Minimal	0
Slight	1
Mild	2
Marked	3
Severe	4

OBSERVATIONS AND RESULTS

SUBJECTIVE PARAMETERS

TABLE 4

SYMPTOMS	B/T 1 st day	On 15 th day	A/T 31 st day
Mukhamaagatya Mandalam (circumscribed Hyper pigmented patches on the face)	1	1	1
Shyavavarna (Brownish pigmentation)	2	2	1
Kandu (Itching)	1	0	0
ParushaSparsha (Dry skin)	2	1	0

OBJECTIVE PARAMETERS

$$\text{MASISCORE}^5 = 0.3(\text{DF}+\text{Hf}) \text{ AF}+0.3 (\text{Dmr}+\text{Hmr}) \text{ Amr} + 0.3(\text{Dml}+\text{Hml}) \text{ Aml} + 0.1(\text{Dc}+\text{Hc})\text{Ac.}$$

D-Darkness

f - Forehead

H-Homogeneity
A-Area

mr - Right malar
ml - Left malar
c - Chin

TABLE 5

Area	Area involved		Darkness		Homogeneity		Masi Score	
	BT	AT	BT	AT	BT	AT	BT	AT
Forehead	0	0	0	0	0	0	0	0
Right malar	3	3	3	1	4	3	6.3	3.6
Left malar	3	3	3	1	4	3	6.3	3.6
Chin	0	0	0	0	0	0	0	0
Total MASI SCORE							12.6	7.2

This table shows that there was significant relief in subjective and objective parameters of the disease Vyanga, hence the selected medicines *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* was effective for the management of Vyanga.



DISCUSSION

The therapy was advised for 30 days, it was found that there is significant relief seen in subjective and objective parameters for the disease Vyanga. The study drug *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* was effective in reducing *Shyavavarna*, *Kandu*, *Parusha Sparsha*, Masi score.

Among the ingredients of *Kanaka taila* all drugs have *Varnya* property, while one ingredient is '*Raktaprasadana*'. One ingredient is *Rasayana*, which nourishes all the *dhatus* and one drug is *Tridoshashamaka*, 4 drugs are having *Sheetaveerya* and *Katu Vipaka* and 3 drugs are having *Ushna Veerya*, *Madhura Vipaka*. These drugs produce *Draveekaranam* (liquefaction) and *Chedanam* (expulsion) of vitiated doshas. These *Kashaya rasa* drugs produce astringent effect while *Madhura rasa* drugs produce cooling and nourishing effect. So *Kanaka Tail Pratimarsha Nasya* was selected as a skin caring, protecting, preventing and enhancing beauty therapy.

Among the ingredients of *Raktachandanadi lepa* all 7 drugs have *Varnya* property and are indicated in *RaktaVikara* and 2 drugs are directly indicated for *Vyanga*. *Raktachandana* is

included in *Varnya Dashemani* of *Charaka*, it has the property of *Twagdosahara*, *Raktashodhaka* and *Mukhakantida*. *Manjishtha* is a well known drug for skin disease. It is also included in *Varnya Dashemani* of *Charaka*. It has *Kaphapittashamaka* and *Raktashodhaka* property. It also contains coloring agents like *Manjishthin*, *Purpurine*, *Pseudopurpurine*, *Xanthopurpurine* etc. *Kushta*, *Lodhra*, *Vata*, *Masura* is *Varnya*, *Kushtaghna*, *Raktashodhaka*, *Kapha pitta shamaka*. *Priyangu* has *Raktashodhaka*, *Mukhakanti* *Prajanana*, *Raktapitta Prashamana*, *Twagdosha hara* and *Tridosha shamaka* property.

CONCLUSION

The dominant *Dosha* and *Dushya* involved are *Vata*, *Pitta* and *Rakta Dosha*. *Kanaka Taila Pratimarsha Nasya* and *Raktachandanadi Lepa* showed a significant effect on *Vyanga*. There were no adverse reactions documented. This shows that if plan of treatment is selected according to principles of *Ayurveda* along with proper drug, doses, duration, there is assurance of success in treatment as seen in this case of *Vyanga*.

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