



Ayurvedic Management of Vyanga and Microdermabrasion

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ABSTRACT

In Ayurveda, all skin diseases are most often mentioned in Kustha and Kshudra Roga. Vyanga is a localized hypermelanotic disease affecting the face. And it's always a difficult problem because it causes big psychological problems stress and depression. Vyang Disease is a type of Ksudra Rog. It can manifest with various signs and symptoms such as Mandalam Visrijati (round lesion), Niruja Tanuka (thin painless lesion), Shyava (dark brown color) face change. According to modern science, it could be related to melasma. It also exists in another type systemic diseases. Melasma is a symmetric, often acquired form of hypermelanosis characterized by brownish spots on areas exposed to the sun, especially on the face, forehead and less often on the nose, eyelids, chin, and upper lips. Various factors such as genetic predisposition, UV rays, birth control pills, hormone replacement therapy, etc. play a role in the pathogenesis. In Ayurvedic treatment, many remedies are described as internal and external applications. Medicines with the properties of Rakta Prasadaka, Twak Prasadaka and Varnyakara are useful for Support for Vyanga and support for Rakta Shodhana (Blood Purification)

Keywords: Vyanga, Melasma, Ayurveda, Microdermaabrasion.

Introduction:

Nowadays, Vyanga has become a widespread problem, affecting a large number of people. Due to the changes during pregnancy and the use of cosmetic dietary supplements, women are often among them. Men also suffer from occupational risks. In general, the face serves both as a reflection of the body and as an indicator of the mind. Based on clinical characteristics such as niruj (painless) and syava varna (blue-black spot on face) caused by vyanga damage to facial beauty, a person may experience inferiority complex, anxiety, social isolation, etc. This is due to the distortion of Rakta Dhatu, Pitta Dosh and Vata. Vyanga is therefore a painless state for the body but painful for the mind. Therefore, appropriate therapy and treatment is required.

Vyanga is mainly "Ksudra Roga" which affects the skin. Many Vyanga treatments are advocated in Ayurvedic texts, including pancha karma therapy, internal medicine and topical use. For skin diseases, topical application is more beneficial because it acts directly on the lesion. Internal medicine is also required to maintain dosha-dushya balance.

Etiologic factors include genetic influences, ultraviolet (UV) radiation, pregnancy, hormonal therapies, cosmetics, phototoxic drugs, and antiseizure medications.

Melasma stimulates melanocytes by the female sex hormones estrogen and progesterone, producing more melanin pigments when the skin is exposed to the sun.

Genetic

Genetic predisposition may be a major factor in the development of melasma.

- Melasma is more common in females than in males.
- Persons with light-brown skin types from regions of the world with high sun exposure are more prone to the development of melasma.
- Approximately 50% report a positive family history of the condition. Identical twins have been reported to develop melasma.

Sunlight Exposure

UV radiation can cause lipids peroxidation in cellular membranes, resulting in free radicals which could stimulate melanocytes to produce excess melanin.

- Sunscreens that block UV-B radiation (290-320 nm) do not block the longer wavelengths of UV-A and visible radiation (320-700 nm) which also stimulate melanocytes to produce melanin.

Hormonal Influences

Hormones may play a role in developing melasma in some individuals.

- The mask of pregnancy is known to occur in obstetric patients. The exact mechanism is unknown. Estrogen, progesterone, and melanocyte-stimulating hormone levels are normally increased during the third trimester of pregnancy and may be a factor.
- Patients with melasma who are nulliparous have no increased levels of estrogen or MSH but show elevated levels of estrogen receptors within the lesions. In addition, melasma with estrogen- and progesterone-containing oral contraceptive pills and diethylstilbestrol treatment for prostate cancer have been observed.
- A woman who is postmenopausal and given progesterone may develop melasma, while those who are given estrogen alone do not; this implicates progesterone as playing a primary role in the development of melasma.

Thyroid Disease

There is a four-fold increase in thyroid disease in melasma patients.

- There is an association between the development of melasma and the presence of melanocytic nevi and lentiginous nevi.
- This would indicate a relationship between the development of melasma and the presence of pigmentation.

Importance of Diet and Nutrition in Melasma:

Several recent studies have shown that a high-protein diet and good nutrition provide significant benefits. in the care of these patients. When the body is deprived of important macronutrients like protein, the body fails to replenish itself in relatively less important places like skin and hair, or it self-destructs to get protein for more active vital tissues and organs like muscle.

Patients are also advised to have breakfast no later than 2 hours before sunrise, taking into account the circadian rhythm and hormonal balance. Using logic, if present, you can deal with dietary causes in parallel.

Antioxidants also help repair the UV damage that causes melasma. Therefore, introducing as many foods as possible that are rich in vitamins and antioxidants, especially foods rich in vitamins C and E, such as citrus fruits, kiwis, pistachios, almonds, flaxseeds, colorful vegetables and fish (especially salmon) is important in the diet Treatment essential melasma.

In addition, folate-rich foods such as B. folic acid deficiency, lead to melasma. You can find this vitamin in citrus fruits, green leafy vegetables, nuts and whole grains. Your copper intake may also need to be adjusted. In fact, copper leads to further pigmentation of the skin by promoting the production of melanin. also helps build skin tissue, enhancing other treatment options such as chemical peels and lasers, minimizing the additional risk of post-inflammatory hyperpigmentation and, in some cases, preventing future recurrences.

Blood tests for hemoglobin, vitamin D, B12, iron, and thyroid function tests are also recommended in all patients with melasma.

Microdermaabration:

Microdermabrasion, or "power peeling," is a form of cosmetic skin surgery that uses a very fine abrasive to remove the outermost or top layers of skin.

This is not a one-off treatment, but is usually repeated at regular intervals and results in the formation of a new, smoother layer of skin. The aim is to improve the youthful appearance of the skin.

Microdermabrasion is a mechanical procedure to remove or loosen layers of dead and damaged facial skin. The outermost layer of skin usually has the most noticeable blemishes, pigmentation, roughness, and wrinkles.

The procedure takes about 45 minutes on average, usually without anesthesia. This is a pre-cleansing of the skin to remove make-up or other impurities.

Natural diamond chips or crystals made of aluminum oxide, baking soda or sodium chloride are then sprayed onto the skin to be treated. They can be sprayed onto the skin's surface as fine crystals from a hand-held sprayer, while a gentle vacuum simultaneously removes dead skin cells, dead skin cells and used chips.

Another tool is a diamond-tipped rod that is rubbed over the skin to polish it. The treatment is carried out in sterile conditions, in most cases it is better to combine it with anti-aging, whitening creams or chemical peels.

Microdermabrasion has the following advantages:

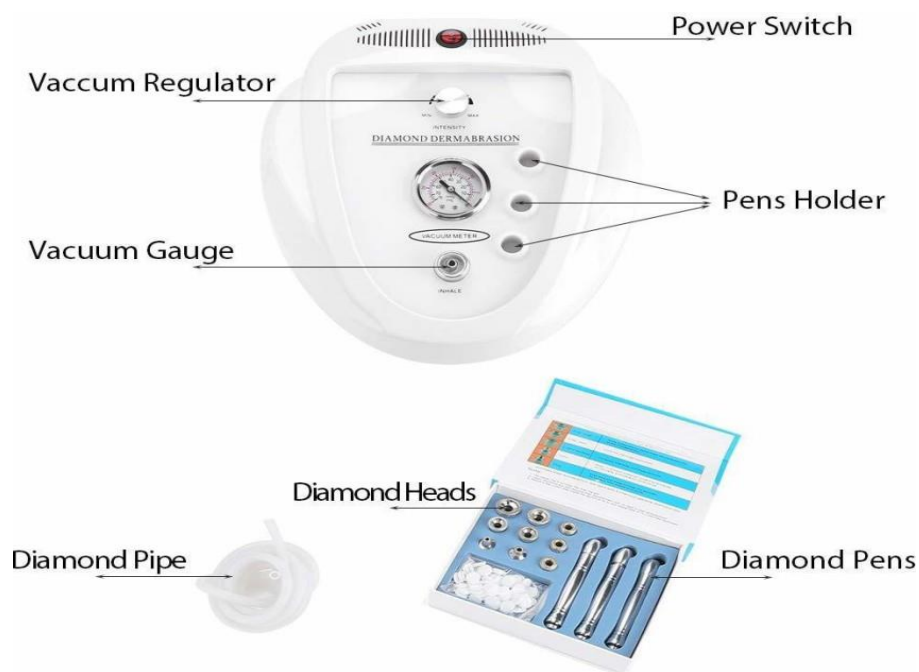
is relatively comfortable

Represents minimal risk or complications

The idle time is zero

This is also possible during pregnancy if the skin is not chemically cleaned

On the other hand, microdermabrasion is not effective as a one-time treatment. It acts only on the top layers of the epidermis and therefore does not improve deep wrinkles, post-operative scars, discoloration or severe acne. Chemical peels or laser surface treatments are preferred for these indications. It is also ineffective in the case of age-related sagging of the facial skin. After all, several treatments are required to achieve an optimal effect.



Aims and Objectives:

To determine the effect of Ayurvedic treatment on Vyanga and also with microdermabrasion.

MATERIAL AND METHODS

A female had come in opd with facial melanogenesis, age is 32ys and have been taking allopathy treatment since 1 year.

O/E- Brown coloured macules, patches on malar region of face

H/o- constipation

Work load, stress, insomnia

Treatment:

1. Aarogyavardhini vati 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 consists of the distortion of the Vata and Pitta doshas and the Rakta Dushti, Arogyavardhini Vati, which calms the Vata and Pitta doshas and removes toxins deposited in Twacha and Rakta. Improves the quality of Mansa Dhatu and reverses the negative effects of Kustha Roga. Arogyavardhini Vati's removal of Ama and purification of Srotas from the body improves normal blood circulation and normalizes Rasa and Rakta Dhatu. Due to the dominance of Tikta and Kashaya Dravya, Mahamanjisthadi Kwath is a very effective blood purifier. He also performs Vata anulomana and removes excess Pitta from the body. In addition, it has antibacterial and antioxidant properties. It acts as a rasayana, improves digestion, strengthens the liver,

relieves burns and eliminates toxins. Kusthagna, Krimighna, Raktashodhak, Varnya, Vishaghna and Vranaropak have been used to describe them. All of these properties help reduce melasma and improve skin tone. Avipattikar Churna is called Nitya Virechak because it improves digestion and removes toxins by acting as a purgative. Every day Nitya Virechan supports Kosta Shodhan and a gentle detoxification by acting as Pitta Virechak, removing excess Pitta and blemishes from the body and supporting Pitta and Raktaj Vikar. Microdermabrasion removes the stratum corneum, one of the outer layers of skin. Microderm helps to gently remove plaque and impurities from the skin, just like brushing your teeth. In addition to the cosmetic benefits, studies have shown that microdermabrasion increases skin permeability and improves absorption of transdermal drugs applied to the microdermabrasion treated area of skin.

Conclusion:

Vyanga or melasma is a disease mentioned among the Ksudra Roga. Treatment depends on the severity and chronicity of the disease. Microdermaabrasion is a minimally invasive procedure that enhances transdermal drug delivery and allows free spread in the living epidermis. This increases the absorption of the external agents used in the treatment.

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