

CASE STUDY

Effect of *Virechana Karma* in the Management of Hyperpigmentation (*Vyanga*): A Successful Case Study

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ABSTRACT

Hyperpigmentation is increased darkening of skin more than the rest area. It is a common acquired pigmentary disorder, presenting as symmetrical irregular light to dark brown macule on the face, mainly the cheeks, forehead and nose. In *Ayurveda* melasma or hyperpigmentation is considered as *Vyanga*, a *kshudra Rog* characterised by *Niruja* (painless), *shyav varna mandalas* (bluish black patches), *Tanu mandal* (macule) with vitiation of *Vata Dosh* and *Pitta Dosha*. Female patient with Hyperpigmentation was treated with *Ayurveda Panchkarma* procedure. Patient was subjected to *Virechana karma* Followed by oral administration of *Rktapitta shamaka Aoushadhi* which was highly effective in the management of Hyperpigmentation.

Key Words *Hyperpigmentation, Vyanga, Virechana karma, Rktapitta shamaka Aoushadhi*

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INTRODUCTION

Hyperpigmentation is increased darkening of skin more than the rest area. It is also known as Melasma. It is a common acquired pigmentary disorder, presenting as symmetrical irregular light to dark brown macule on the face, mainly the cheeks, forehead and nose¹. The term melasma is derived from the Greek word ‘melas’ meaning black pointing to colour of clinical lesion. Melasma is more commonly observed in females than in males of the same age with 10:1

ratio². Hyperpigmentation occurs because of excess of production of melanin hormone. Melanin is a pigment that gives the skin its colour and is produced by skin cells called melanocytes³. It typically affects sun exposed area of face. Though hyperpigmentation is not harmful condition but it is efficient to reduce one's self confidence leads to poor mental health, which reduces overall working efficacy.

Causes

Excess sun exposure, chemotherapy, pregnancy, Autoimmune diseases like SLE, PIH

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–post inflammatory hyperpigmentation, Allergies, Chemical or physical injury, Tobacco, Smoking, obesity, diabetes.

UV exposure is crucial factor that influences skin pigmentation and more so in fairer skin tone, UV rays are capable of inducing direct DNA damage through the production of cyclobutane pyrimidine dimers and 6-4 photoproducts⁴.

In present era it is necessary to be presentable with clear radiant skin, glossy hair, bright eyes, slim body, Managing definitely flourish ones personality. So that lots of costly products are available in the market.

Treatment

Local application of hydroquinone some while reduces hyperpigmentation but prolong use without discontinuation darkens the skin, some laser phototherapy are cost effective and there is no surety that the dark spot will fade completely, face acid like glycolic acid, kazoic acid, hyaluronic acid, Chemical peel, retinoids, lesser peel, IPL-Intense pulse light therapy are available^[4] but due to exacerbation and recurrence of pigmentation these treatment modalities are effect less and treating hyperpigmentation is still challenging task.

In *Ayurveda* it is melasma or hyperpigmentation is considered as *Vyanga*, a *kshudra Rog* characterised by *Niruja* (painless), *shyavvarna mandalas* (bluish black patches), *Tanumandal* (macule) with vitiation of *Vata Dosh* and *Pitta Dosh*⁵.

CASE REPORT

Female patient with age of 30 years came to OPD of Panchkarma dept. at Mahatma Jyotiba Fule Ayurveda medical college, Harouta Jaipur, Rajasthan. Patient was suffering with hyperpigmentation since last 3 years. As per patient narrated, a small dark brown spot was developed symmetrically on her both cheeks, gradually the spots goes on increasing which covers almost whole cheeks and chin area, patient became anxious and depressed about her looks. Allopathy medication like hydroquinone + isotretinoin were applied locally, oral intake of Vitamin C, phototherapy sittings were administered to the patient for 2 years but she didn't found satisfactory solution with recurrence of hyperpigmentation.

Associated complains: no associated complains were noted, but patient was mentally depressed.

General Examination :

Pulse : 80 /min.
Blood pressure : 130/80 mm of Hg.
Pallor : Negative
Icterus : Negative
Clubbing : Negative
Cyanosis : Negative

Systemic Examination :

Cardiovascular system : Normal
Respiratory system : Normal

Ayurveda

Dosha: pitta –Vata

Dushya : Rasa, Rakta, Mamsa, Twacha

Agni : Dhtwaagnimandya

Vyaktisthan: Twacha

StrotoDushti : Rasavaha, Raktavaha.

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Examination of macule

Shape: irregular

Distribution Area: both cheeks

Border : Diffused

Spreading pattern: symmetrical

As per Ayurveda: *Shyava Varna*, *Khara Sparsha*,
Niruja, *Nistrava*

Mnagement

classical *virechan karma* was administered in three steps

1 *Poorva karma*: Preparation of the Patient includes *Deepana Pachana*,
Abhayantar Snehapana, *Sarvanga Abhyanga*,
Svedana and counselling.

2 *Pradhan Karma*: Administration of *Virechana Yoga*

3 *Passchat Karma* – *sansarjankram*, A specific diet was advised to the patient.

CLASSICAL VRECHANA KARMA

Poorva karma:

Deepana: *Deepana* was done with *Trikatu churna*. It was administered in 3 gm of dose thrice in a day prior to meal with luke warm water for 3 days.

b) *Snehapana*

Shodhanarth Abhyantar Snehapana was done with *Panchtiktaghrit*. After complete digestion of previous day diet it was administered in higher dose everyday in early morning for a period of 4 days with dose of 30ml, 60ml, 100ml, 170ml. *Samyak Snigdha Lakshana* were appears⁶ on dose of 170 ml of ghrit.

c) *Sarvanga Abhyanga and Svedana*

After *Samyak Snigdha Lakshana* appears a gap of three days was given prior to *Virechana Karma* and during these days *Sarvanga Abhyanga* with *Dashmula taila* followed by *Mridu Bashpa Svedana*⁷ was carried out.

d) *Diet during Vishramakala*

Diet containing *Yusha* with *Snigdha*, *Laghu*, *Ushna* quality and *Kapha Avridhikara* (like *peya*, *krishara*, *mansaras*) *Ahara*⁸ was administered to the patient. on the previous day of *Virechanakarma Phalamla* (orange) *Ushnodaka* was given to the patient.

e) *Counselling*

On the previous day of *Virechana karma*, subjects should be explained about the procedure in detail and proper instructions was given.

Pradhan karma

Virechana Yoga

Trivritta Avaleha 40 gm with *Triphalakwath* 100ml was administered to the patient at 10.30 am. It was *kaphanta Virechanakarma* with 26 vega of *virechanawith* feeling of lightness in body, *Prasanna*,

Chitta Atma Indriya Mann, *Kshudhapravritti*.

Passchat Karma

In *Samsarjanakrama* specific diet was schedule was followed for 7 days .

Shamana Aoushadhi

1. *Kaishorguggulu* 2 tab each 250 mg BD

2. *Arogyavardhinivati* 2 tab BD

3. *Avipattikarchurna* (3gm) + *Amalakichurna* (2gm) + *vidangachurna* (1gm) + *shuddha Gandhaka* (250 mg) + *shuddha Rasamanikya* (125 mg) - BD

4 *Mahamanjishtadikwatha* - 20ml BD

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These medicine were administered to the patient for 30 days. Along with medicine patient was also instructed to avoid exposure with sunrays, face must be covered with soft cotton cloth, avoid spicy food and all kind of street food.

RESULTS

- 1 Hyperpigmentation is completely resolved. Figure 1 is before treatment and figure 2 is after treatment.
- 2 No recurrence of hyperpigmentation.
- 3 No adverse reaction of medicine was observed.
- 4 Depression, anxiety of patient were resolved.



CONCLUSION

It can be concluded from present case study classical *Virechana karma* followed by *RaktapittashamakAoushadhi* is highly effective

in the management of hyperpigmentation (*Vyanga*).

Discussion: According to *Acharya Charaka, Vaivarnya* (*Vyanga*) is *Rktpradoshajvikar*⁹. Also *vyanga* can be considered as it is caused due to vitiated *Bhrajak Pitta*. *Acharya Charakin Agryasangraha* mentioned *Virechana karma* is a *shreshtachikitsa forshodhan* of vitiated *Pitta Dosha*¹⁰. *Virechana karma* is also indicated in *Vyanga*¹¹.

Virechana Karm is *Malahara, Doshhara*¹² which expelled out vitiated *Dosha and mala* from the body causing *niyamana of Vata, Pitta and Kapha Dosha* and helps to regulate *Prakruta karma* of *Dosha, maintaining prakrut Varna* of the body (*Chhaya and Prabha* of the body) are the *Prakruta karma of Prakrut Pitta*¹³. *Virechana karma* improves *Agni*¹⁴ which enhances process of *Dhatu Parinamana* and helps to provide *poshana* to the *Ras, Raktadi dhatu*, proper *Rasa and Rakta Dhatu* of *sharira* helps to diminish *vaivarnya* and maintain *Prakrut Varna* of the body. *Virechana karma* improves blood circulation, its *Srotoshodhaka* nature may clears all microchannels, which also affects endocrine system to reduces excessive melanin hormone secretion and helps to reduce hyper pigmentation of the body.

Kaishoreguggula is *Kantikar*¹⁵ it may works on *Bhrajakpitta* which maintain normal tone of body, long time consumption of *Kaishore guggula* it acts as *Rasayana* which maintain *Dhatu Poshana*.

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Mahamanjishta dikwath contains *Triphala, Manjishta, Guduchi*¹⁶ which are *Raktapittashamak* and *Raktaprasadaka* helps to reduce *Vaivarnya*.

Arogyavardhini Vati causes *Deepana, Pachana*, which improves *Agni* and *kutaki* present in it is *Malashudhikara* due to its *Bhedna* property¹⁷. It also helps to expelled out *purana pinditamala* causing cleansing of colon and detoxification of body and improves rate of metabolism and transportation of nutrients to the body is also enhanced.

Avipattikarachurna is *Pittashamaka* and *Malamutravibandhanashaka*^{1 8}, which help to regulate metabolism and normal bowel movement.

Amalaki is *Rakta Pitta shamaka* and *Varna Prasadaka* helps to treat *vaivarnya* of the body. *Shuddha Gandhaka* helps to purify blood by means of its antibacterial property and *shudhharasmanikya* termed as *sarvakushtanashak*,

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