

Case Study

Efficacy of *Arjuna Twak Lepa* with *Navneet* on *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. *Vyanga* is explained under *kshudra kushtha* in *Ayurveda* and it has become an exceeding problem nowadays especially in women. It is characterized by *niruja* and *shyav varn mandals*. Vitiated *ranjak pitta*, *rakta dhatu* as well as *udan vata* travel in body through *dhamnis* and get *sthan samshraya* in *mukhgata twacha* and causes vitiation of *bhrajak pitta* giving rise to discoloration of skin. *Acharya sharangdhara* has mentioned *Arjuna* for its treatment. So with this reference *Arjuna bark lepa* with *navneet* was selected for treatment of *vyanga*. A 33 year old female having *vyanga* on face with a complaint of itching on face since last four years consulted in *Kayachikitsa* OPD of PTKLS Govt. Ayurveda college Bhopal. On the basis of clinical features and involved *doshas* patient was advised to apply *Arjuna bark lepa* with *navneet* twice a day for 20 mins daily for 60 days. At the end of treatment it was found that there was complete disappearance of *vyanga* and associated symptoms. The efficacy of drug was assessed on the basis of relief in grading scores. So it was seen that *Arjuna twak lepa* with *navneet* is effective in *vyanga*.

Keywords: - *vyanga*, *Arjuna twak lepa*, *navneet*.

INTRODUCTION

Ayurveda is very effective in treatment of skin diseases. *Vyanga* is firstly described by *acharya shushruta* under *kshudra roga*.^[1] He explained that in *vyanga vata* is aggravated by *krodha* and *ayasa* along with *pitta dosha* which then results in development of *niruja* and *shyav Varna mandal* on face.^[2] Skin is also a route of administration and in *vyanga* as *doshas* accumulate locally so local application is more helpful in treating. *Acharya sharangdhara* has described so many *lepas* for various skin diseases.^[3] *Arjuna* is a drug with *kashaya rasa* and *sheeta Veerya*,^[4] so with its inherent properties it acts on *doshas* involved in development of *vyanga*. *Navneet* is a

effective carrying agent which when combine with *Arjuna bark powder* enable it to better penetrate the skin's surface and helpful to maintain normal skin physiology. So on the basis of reference of *sharangdhara Arjuna twak lepa* with *navneet* was chosen for treatment of a patient,

MATERIALS AND METHODS

Center of study: OPD of *Kayachikitsa* of PTKLS Govt. (auto.) Ayurveda College and institute Bhopal (M.P.)

CASE REPORT

The present case study is of successful management of *vyanga*. A 34 year old female patient with registration

number 61890 came to OPD of Kayachikitsa department of PTKLS government Ayurveda College Bhopal with the chief complaints-

1. Dark black colored patches on both cheeks since last 4 years
2. Itching on face
3. Oily skin.

History of present illness

Patient was normal four year back but as she is a field worker and because of continuous exposure in sun vyanga developed on her left cheek. It gradually increased and spreaded on cheek, nose, forehead, chin. She had undergone with various other pathy treatment procedures but there was no relief. Hence she came to OPD of Kayachikitsa of PTKLS.

Past history: not significant.

Personal history

Name : abs	Nidra: samnya	Prakriti : vata kapha
Age: 34	Bala : madhyam	B.P. : 110/70
Sex : female	Bowel : regular	Height: 150 cm
Marital status: married	Addiction : no any	Weight: 55 kg
Occupation: office field work	Appetite : poor	Mental status: anxiety

Ashtavidha pariksha

Nadi	72/min
Mala	Normal
Mutra	Normal
Jivha	Clean
Shabda	Clear
Sparsha	Normal
Drik	Normal
Akriti	Normal

Treatment plan

On the basis of history disease was diagnosed as vyanga and Arjuna twak lep with navneet was prescribed to her on the reference of sharangdhara samhita.

Name of Drug : Arjuna Twak churn

Applicable mode: lep

Base : Navneeta

Application time: Pratahkala and Sanyahkala for 15-20 min.

Duration : 60 days

Follow up : after every 15 days

Gradation

Itching on patch

Grade	0	No itching at all
Grade	1	Mild itching (occasional, doesn't disturb routine)
Grade	2	Moderate itching(disturbs routine activity but not sleep)
Grade	3	Severe itching (disturbs both routine and sleep)

Burning on patch

Grade	0	No burning
Grade	1	Mild burning(occasional , when exposed to sun)
Grade	2	Moderate burning (frequent burning which increases when exposed to sun)
Grade	3	Severe burning (continuous burning without sun exposure)

Skin texture (dryness)

Grade	0	Absent
Grade	1	Mild (not seen but felt)
Grade	2	Moderate (stretching of skin that a person feels)
Grade	3	Severe (visible, chapping of skin and hardness of skin)

Skin texture (oiliness)

Grade	0	Absent
Grade	1	Mild (not seen with naked eyes) oiliness felt by touch (no need to wash face frequently, only 1-2 times)
Grade	2	Moderate (visible on skin, need to wash face frequently)
Grade	3	Severe (excessive oiliness, formation of acne)

Skin luster homogeneity (involved area)

Grade	0	Good / radiant
Grade	1	Mild
Grade	2	Moderate
Grade	3	Poor / severe

Number of lesion

Grade	0	1-2
Grade	1	3-4
Grade	2	5-6
Grade	3	More than 6

Size of lesion (in cm)

Grade	0	0-1
Grade	1	2-3
Grade	2	4-5
Grade	3	More than 5

OBSERVATION AND RESULTS

S.N.	Sign and symptom	B.T	1 st follow up	2 nd follow up	3 rd follow up	A.T.
1	Itching on patch	3	2	2	1	0
2	Burning on patch	1	1	0	0	0
3	Skin texture oily	2	2	1	1	0
4	Involved area	3	2	2	1	0
5	Number of lesion	2	2	1	1	0
6	Size of lesion	3	3	2	1	0

This table shows that there was significant relief in signs and symptoms of vyanga; hence the selected drug was effective for management of vyanga

DISCUSSION

The total duration of therapy was 60 days. There was a significant relief in signs and symptoms of vyanga. Changes in the skin are the most visible signs of ageing. The main mechanism of skin cell disturbance is based on oxidative stress reaction. Phenolic compounds possess a broad spectrum of biological activities. Plant phenolic compounds are a promising target for new dermal cosmetics that possess the ability to maintain the skin homogeneity and a proper healthy look due to effective skin cell renewal, elastin and collagen stimulation and inhibition of excessive melanin synthesis.^[5] The main phenolic compound is epigallocatechin which acts on hyper pigmentation.

On the basis of inherent properties of drug the mode of action can be understood. *Rasa* of Arjuna is *kashaya*, *laghu* and *ruksha* are *guna* and it is *sheeta* in *veerya*. Arjuna mainly has *raktaprasadak* and *pittashamak* property.

Pitta and *rakta dosha* will be encountered by its *kashaya rasa* and will remove *twak vaivarnyata* so as to attain normal skin color. Due to *sheeta veerya* it will encounter *pitta dosha* and *prasadana* property of *sheeta veerya* helps in purifying accumulated *doshas* in *vyanga*. So, *twak prasada* property of Arjuna will help in removing locally accumulated *doshas* in *vyanga*.^[6]

CONCLUSION

It is seen that patients who works in a more exposure to sun are prone to have

vyanga, so while treating it is to be advised to avoid sun exposure. Pack should be applied daily twice a day. The dominant dosha and dushya are *vata*, *pitta* and *rakta dosha* on which *Arjuna twak lepa* showed significant results. No adverse reactions were documented. So it shows the richness of our ancient knowledge that if proper drug in proper dose, mode is selected for a disease according to *dosha dushya*, will definitely give significant results.

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