

Ayurvedic Management of Vyanga Patient with Jalaukavacharana

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ABSTRACT

Background: A Beautiful face is often one which is in perfect proportion related to eyes, nose, lips and mouth. To maintain beautiful and flawless healthy skin people are being attracted towards cosmetic products, treatments, and surgeries. Painless bluish black patches (*Niruja shayava varna mandalas*) due to prakopa of Vata, Pitta and Rakta dhatu are the characteristic features of the *Kshudraroga* called as *Vyanga*. This is mostly seen in childbearing age. *Virechana* and *Raktamokshana* are the best treatment modalities for *Rakta dushit janya vikaras*.

Aim & Objectives: To evaluate the efficacy of *Jalaukavacharana* (Leech application therapy).

Material : A 40-year-old female patient reported to *Panchkarma* O.P.D. with complaints of dark brown blackish colored patches on face mainly on cheeks, nose and above the eyebrows region since 2 yrs. No pain, itching, burning sensation.

Methods: *Jalaukavacharana* sitting on 1st, 7th, 14th and 21st day. Two Jalauka's were applied over cheeks and one leech was applied over forehead.

Discussion: *Vyanga* is *raktapradoshaja vyadhi* mentioned under the *kshudraroga* which has major concern with respect to beauty of the person and mostly seen in females. *Raktamokshana* is one of the *shodhana karma* which cures the disease originated by *rakta* and *pitta*.

Conclusion: Present case report of a patient with *vyanga*. The treatment was effective in reducing the symptoms. Hence, *Jalaukavacharana* is effective in the treatment of *vyanga* patient. No adverse reactions were reported during procedure.

Keywords: Jalaukavacharana, Kshudraroga, Vyanga.

INTRODUCTION

A Beautiful face is often one which is in perfect proportion related to Eyes, Nose, Lips and mouth. To maintain beautiful and flawless healthy skin people are being attracted towards cosmetic products, treatments, and surgeries. *Vyanga* commonest skin condition which decreases glowing complexion of facial skin which is mentioned under *Kshudraroga* (minor disease). Acharya Sushruta explained *Mansika Nidanas* for *Vyanga* like *krodha*, [Anger] *shok*, [Grief] *Aayas*, *vitiata Vata dosha*, *Pitta dosha*, *Rakta dhatu* and symptoms comes on *Mukha* [Face] especially on cheeks, forehead, upper lips, chin and temporal region. Cardinal features of *Vyanga* are *Niruja Tanu Shavavarna Mandalas* [Painless thin and bluish-black patches]. Ayurveda has mentioned *Shamana*, *Shodhana* and *Bahya Chikitsa* for *Vyanga* which have no any

side effects on skin and affordable too. Treatments includes Raktashodhana, Varnyakarana, Abhayanga[oil application] with herbal medicated oils, Lepa, [face mask] Nasya (nasal instillation with herbal oils)etc. which makes the face soft, smooth and enhances the complexion. Bloodletting (Raktavsechana) is also related as Rakatashodhaka, Pittahara, Vatanulomaka and Agnidiptikar which helps for removal of toxin from skin and help for glowing.

Table 1- Showing nidana of Vyanga

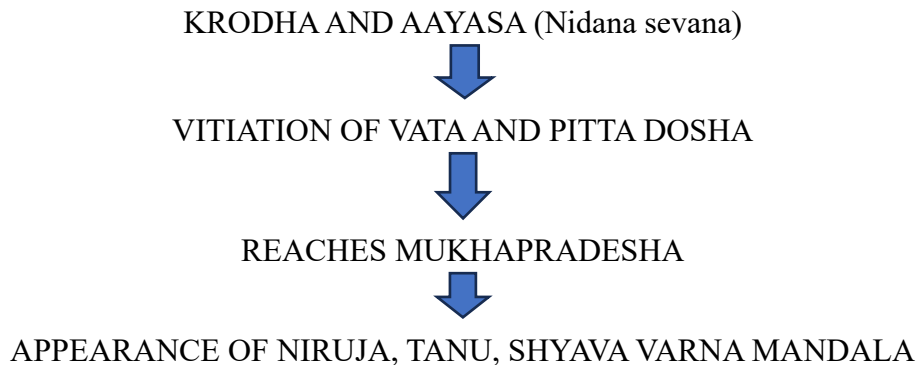
Nidana	Vata prakopaka	Pitta prakopaka	Kapha prakopaka	Rakta prakopaka
Aharaja	Ruksha, Sheeta, Kasaya, Tikta, Apatarpana	Tikshna, usna, Vidahi, Katu, Amla	snigdha	Usna, Lavana, Amla, Kshara, Katu, Viruddhanna, Asatmya Bhojana
Viharaja	Vyayama, Vega Dharana, jagarana, Pravata	Atapa		Divaswapna Drava snigdha, Guru bhojana
Manasika	Atishoka, Harsa			Santapa, Krodha
Agantuja				Abhigata

SAMPRAPTI

The pathogenesis of Vyanga in different Ayurvedic text is described below:

Sushruta Samhita:

Vyanga is a type of Kshudra roga described by acharya sushruta in Kshudra roga nidana. It is caused by vitiated vata-pitta dosha due to krodha and aayasa and characterised by presence of niruja, tanu, shyava varna, mandala on the skin of face.



CASE REPORT

On Sep 19, 2023 a 40-year-old female patient reported to *Panchkarma* O.P.D. with complaints of dark brown blackish colored patches on face mainly on cheeks, nose and above the eyebrows region. No pain,

itching, burning sensation.

History of present illness:

Patient was quiet asymptomatic 2 year ago, then she had gradually developed dark brown blackish colored patches on face mainly on cheeks, nose and above the eyebrows region. She took allopathic treatment for above mentioned complaint, which gave her temporary relief but as soon as she stopped the medication her problems arises again.

History of past illness:

No H/O of DM/HTN/T3/T4/TSH

Family history: not any significant history.

O/E: Dark brown blackish colored patches on face mainly on cheeks, nose and above the eyebrows.

Personal history

- Diet – vegetarian
- Addiction - NIL
- Sleep – not-disturbed
- Bowel – not constipated
- Micturition - normal

SYSTEMIC EXAMINATION

P/A: Soft, non tendered

R/S: Adequate air entry B/L, no added sound

CVS: S1, S2 heard normal

Vitals: Pulse: 82/min, B.P.: 110/70 mm of Hg, temp.-98.6F

Investigations:

Hb- 11gm% CT- 6min BT- 2min.

As per the classical texts of Ayurveda, observed symptoms which are presented in this case can be correlated with Vyanga. In this case, after two sitting of Jalaukavacharana, patches on face mainly on cheeks, nose and above the eyebrows region was reduced and color shades of lesion were disappeared after three sitting of jalukavacharana.

Method of applying of Jalauka:

Jalaukavacharana sitting on 1st, 7th, 14th and 21st day. Two Jalauka's were applied over cheeks and one leech was applied over forehead.

PURVA KARMA

- Purification of leech by pouring the leech in water mixed with turmeric powder.
- Part preparation – Wipe the affected part with cotton gauge piece. Cleaning of part of body with luke sterile warm water to which leech is going to be applied.

PRADHANA KARMA

Leech will be grasp with wet gauge piece; it will catch damaged skin better way and will adhere at that place. If leech is not able to adhere and bite. If leech does not bite by doing so, then prick the skin with a sharp and sterile needle and apply the leech through its oral sucker and cover the leech by wet gauge piece.

Observation of leech –

When Jalauka bites the affected area and start sucking, then anterior sucker makes the shape of a horse shoe (Ashwakhurawatananam, Unnabhyavaskandham). When feeling of itching and pain occurs at the site of application, it indicates that Jalauka started to suck the shudha rakta, then leech will be removed.

Removal of leech

After 30-70 minutes the leech is removed by itself, or by application of turmeric powder on the leech's mouth.

PASCHATA KARMA**Care of Wound :**

After detachment of leech there is triangular wound created by the leech's mouth. The blood comes out from the wound. The bleeding from wound is checked by application of Yastimadhu or turmeric powder.

OBSERVATIONS AND RESULTS :

Before Treatment: Dark patches .

After 15 days Treatment: The patient was photographed before and after Jalauka application. After leech application, patches on face was reduced and then disappeared after 3 sitting. The patient was advised to avoid diet which is predominant of kaṭu (pungent), amla (sour), lavaṇa (salty) tastes as they would, vitiate rakta and pitta.

**DISCUSSION:**

As vyanga is produced due to rakta dhatu dushti so raktamokshana is necessary. Raktmokshana is the main part of line of treatment of skin diseases. So raktamokshan by jalukavacharana (leech application) is done to remove rakta dhatudushti. After jalukavacharana color of patches on face is lightened in first 2 setting and after 3 setting patches was disappeared. Amongst various type of raktmokshana, jalaukavacharana seems best for vyanga patients. Because it is easy to apply on any area and for those who had only 1 or 2 small patches on face.

CONCLUSION:

However, this case study shows that the success of Ayurvedic therapy in vyanga without any adverse effect. After 3 sitting of jalukavacharana it was reported that patient get relief from dark brown blackish

patches. There raktaprasadaha, available for the skin diseases in Ayurved which gives better results than modern medicines but the shodhana therapy gives immediate result. Also, modern medicines may develop some side effects which are hazardous. Ayurvedic medicines are safe and it gives complete relief in critical condition like hyperpigmentation. It can be considered as Vyanga mentioned in Raktapradoshaja vikar and can be successfully treated by using rakatavsechana.

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