Review of Varnya Dravyas in Vyanga Vyadhi.

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ABSTRACT

Beauty is the quality or combination of qualities, which afford keen pleasure to the senses. Vyanga is the condition of localized hyper pigmentation which affects face, neck & extremities. Variability of constitutive pigmentation around the world is well established. Asian & Indian subjects are reported to be more susceptible to pigmentation. Varnya dravyas are those which are useful for improving complexion. In Ayurveda have mentioned Vyanga in Kshudra Kushtha roga & various remedies like internal & topical treatments are prescribed as its spreads locally over the facial skin. Thus the local or external applications have immediate impact upon its characteristics features like discolorations, unctuousness, burning sensation, itching etc. Ayurveda classical texts & reputed journals has been mentioned many drugs having Varnya activity. Ayurveda tradition could emerge as a major contributor to the global cosmetic industry. Some common medicines like Haridra, Chandan, Kumkum etc. are well established medicines in Ayurveda and popular in cosmeceuticals. So an attempt has been made to review Ayurveda classical texts & compiling various Varnya drugs from published research articles on Vyanga Vyadhi. This article will serve as the ready references for further exploration of Varnya Dravyas.

KEYWORDS: - Varnya dravyas, Vyanga Vyadhi, hyperpigmentation.

Introduction:-

In that skin disorders often seen in darker skin phenotypes are related to India, high incidence of melasma in high-altitude, sun-exposed environments confirms UV exposure & sun-induced damage including...
Hyperpigmentation and photoaging. Beauty is that quality or combination of qualities which afford keen pleasure to the senses. Vyanga is a condition of localized Hyperpigmentation which affects face, neck & extremities. Patients with visible skin conditions have increased rates of depression, anxiety & decreased self-esteem. Visible skin conditions are often a source of emotional concern for patients.

Vyanga is the condition of localized hypermelanosis which affects face, neck etc. Despite of many researches, the Vyanga remains most problematic disease. It is common & usually harmless but for cosmetic reasons, it is nuisance to those who have it. In Ayurveda so many local applications are advocated. Varnya dravyas are those which are useful for improving complexion. In Ayurveda have mentioned Vyanga in Kshudra Kushtha roga & various remedies like internal & topical treatments are prescribed as its spreads locally over the facial skin. Thus the local or external applications have immediate impact upon its characteristics features like discolorations, unctuousness, burning sensation, itching etc. Ayurveda classical texts & reputed journals has been mentioned many drugs having Varnya activity. Ayurveda mentioned a good number of medicines for skin care. Massage with oils, application of paste of medicine etc makes the face smooth, soft and glowing.

Need of study:

Current modern treatment with skin lightening agents causes hazardous effects like allergic reactions, darkening & thinning of skin, irritation, dryness etc. The most effective protection by using sunsscream also has reported to cause skin cancers on long term uses. Apart from this, generally the topical steroids are expensive & sometimes poor patients cannot afford this treatment, hence there is a need to search better methods of management. Considering the above drawbacks Ayurveda mentions a good number of medicines for skin care with assured safety & minimal side-effects. Vata-ankur Lepa & Katu taila is been selected for external application as these preparations have Kusthaghna, Kandughna,Raktashodhaka,and Varnyakara properties. The selected drugs have been mentioned in all classical texts indicates its easy availability & its cost effectiveness.

Action of Varnya Dravyas:

Varnya Dravyas can be taken as in internally or externally (Lepa, Abhyanga etc). Varnya Dravyas are Maintain the Rasa & Rakta dhatu with balances of Ranjak & Bhrjak pitta. Then it circulates through body & skin plexus with the help of Rakta dhatu through vyan vayu. And it Increases Ojus in body & reflects in Twacha. Which causes Clear & glowing skin, enhances complexion of skin.

Varnya Dravyas As per Different Acharyas:

Charak Samhita, Bhavprakash Nighantu etc; and found some common herbs/botanicals which is used as important active/key ingredient for personal care, skin care and hair care.

As per Charak: Varnya dravyas mentioned in Varnya mahakashay
Shweta chandan, Nagkeshar, Padmak, Ushir, Madhuk, Manjishtha, Sariva, Payasya, Sita, Lata.

**As per Yogratnakar:-**

Bhang, Vidhara, Shisham, Vatankur, Masoor, Manjishtha, Arjun twak, Varun, Chameli Patra, Rakta chandan, Kushtha, Matulung, Lodhra, Jayphal, Arka ksheer, Haridra, Keshar, Shweta Chandan, Patangkath, Anar, Khas, Mulethi, Tejpat, Padmakath, Daru haridra, Nagkeshar, Palas pushpa, Priyangu pushpa, Malati pushpa, Shweta sarshap, Yashthimadhu.

**Rasapanchak of Varnya Dravyas:-**

<table>
<thead>
<tr>
<th>Kashay-Katu-Sheeta</th>
<th>Tikta-Katu-Sheeta</th>
<th>Pancharasa except Lavana-Madhur-Sheeta</th>
<th>Madhur-Madhur-Sheeta</th>
<th>Katu-Katu-Ushna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaphapittanashak</td>
<td>Kaphapittahara</td>
<td>Tridoshahara</td>
<td>Tridoshahara</td>
<td>Tridoshahara</td>
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<tr>
<td>Lodhra, Arjun, Nagkeshar, Vatankur</td>
<td>Shweta &amp; Rakta chandan, Padmak, Ushir, Khadir, Nimb</td>
<td>Haritaki, Amalaki</td>
<td>Sariva, Madhuk, Aragwadh, Durva, Madhuk</td>
<td>Bakuchi, Haridra, Kumkum, Marich</td>
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<td>Manjishtha, Daruheridra, Jatiphal</td>
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</tbody>
</table>

**Action:-** Varnya, Vranaropak, Kushthagchna, Twakdosahara.

**Conclusion:-**

Current modern treatment with skin lightening agents causes hazardous effects like allergic reactions, darkening & thinning of skin, irritation, dryness etc. The most effective protection by using suns-scream also has reported to cause skin cancers on long term uses. Apart from this, generally the topical steroids are expensive & sometimes poor patients cannot afford this treatment, hence there is a need to search better methods of management. Considering the above drawbacks Ayurveda mentions a good number of medicines for skin care with assured safety & minimal side-effects. Hence the above mentioned drugs in all classical texts indicates its easy availability.
& its cost effectiveness. These drugs are having Antioxidant, Antifungal, Anti-inflammatory, Antibacterial, Antimicrobial activity; which reduces Skin problems & enhances the skin.

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