



Case Report

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Management of Melasma through *Panchakama*- A case study

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ABSTRACT

Introduction. Skin reflects our physiology and emotions too. In present era each and every one desire to have healthy and beautiful skin. Any changes or disease of skin creates apart from physical and psychological and social negative impacts. Hyperpigmentation or melasma is one of the such raised problem in our country as it has significant impact on beauty and appearance. It is more prevalent in women, in an estimated 9:1 ratio compared to men. In addition, there are high expenditures related to medical treatments and procedures whose results do not always meet the expectations of patients. hence it is need of an hour to provide safe and cost effective treatment for the skin disease like melasma. In addition to traditional treatments for melasma, there are also promising new treatments, including topical, oral, and procedural therapies **Materials & Methods:** It is a Case report on 28 year old female patient diagnosed as a case of Melasama (Vyanga) managed through Ayurveda treatment like Vaman Karma and Ayurveda medication Assessment was made on the basis of significant change in MASI score and quality of life (melas QoL) **Observation & Results:** Observation was done before treatment after treatment and during follow up The changes computed in Masi score in which degree of pigmentation decline to 10 to 6, quality of life improve 60 to 48. **Conclusion:** The computed data from the present study shows that Vamana Karma along with Ayurvedic oral Ayurveda medication is effective in the treatment of melasma (Vyanga).

Keywords: Vyanga, Vaman Karma, Melasma, Hyperpigmentation, Ayurveda

INTRODUCTION

Melasma is a common acquired condition of symmetric hyperpigmentation, typically occurring on the face, with higher prevalence in females and darker skin types. Its pathology is not yet completely understood, although there are some known triggering factors such as sun exposure, pregnancy, sexual hormones, inflammatory processes of the skin, use of cosmetics, steroids, and photosensitizing drugs. There is also a clear genetic predisposition. Histologically, it can display increased epidermal and/or dermal pigmentation, enlarged melanocytes, increased melanosomes, so dermal blood vessels, occasionally perivascular lympho-histiocytic infiltrates. Its clinical diagnosis consisting of symmetric reticulated hypermelanosis in three predominant facial patterns: centrofacial, malar, and mandibular.^[1] A newer pattern termed extra-facial melasma can occur on non-facial body parts, including the neck, sternum, forearms, and upper extremities^[2]

Various topical, oral, and procedural therapies are in use to treat melasma. But yet it be a therapeutically challenging condition.

According to *Ayurveda*, There are 6 different layers of skin formed. *Vyanga* manifests in second layer of skin. It is one of the *Kshudra Roga* as described by Acharyas *Shushruta* and occurs in the *Urdhva Jatrugata Bhagas* which mainly affects the skin. *Vata* and *Pitta* gets vitiated by which produce "*Shayava Varna*" (Blackish discolouration) over the facial skin.^[3] *Ayurveda* mentioned importance of *Shodhana* procedure which eliminates the *Doshas* from the body for cleansing five major procedure such As *Vaman*, *Virechana*, *Nasya*, *Anuvasana Basti*, *Niruha Basti* are described as *Panchakarma*. This study is mainly for the effect of *Vamana Karma* along with oral *Ayurveda* medication in the management of *Vyanga*.

CASE REPORT

A 28 years old Female patient visited to AIIA *Panchakarma* OPD with UHID 145633 on 24/12/18. She was presented with complaints hyperpigmentation over her face and neck region with macules since 2 years. She took contemporary treatment but no significant result found.

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Past history:

Pulse-80/min

No any significant family history

Blood pressure-110/70 mmHg

GENERAL EXAMINATION:

Weight-56kg

General condition –Moderate

MATERIALS AND METHODS

Temperature-98.3 f

Table 1 : Treatment plan

S.No.	Treatment Plan	Drug	DOSE with duration
01	<i>Deepan Pachana</i>	<i>Nagarmotha Choorna</i>	3 gm TDS (before food) Luke warm water
02	<i>Snehapana</i>	<i>Mahatiktak Ghrita</i> ^[4]	Approx. 600ml (5 days)
03	<i>Sarvanga Abhayanga</i>	<i>Eladikeram Taila</i> ^[5]	QS
04	<i>Bashpa Swedana</i>	<i>Dashmoola Kwatha</i>	QS
05	<i>Vamana</i>	<i>Madanphala Pippali</i> <i>Pippali Choorna</i> <i>Vacha Choorna</i> <i>Madhuyashti Choorna</i> <i>Saindhava</i> <i>Madhu</i> <i>Madhuyashti Phanta</i> <i>Dugdha</i> <i>Lavanodak</i>	6gm 3gm 2 gm 3 gm 2 gm QS 4.2 Liter 2 Liter 2 Liter
	<i>Samsarjana Karma</i>	<i>Peyadi Samsarjana Krama</i>	According to <i>Pravara Shuddhi</i>

Table 2: Observation of Vaman karma

Sl.No.	Vega	Time	Quantity (intake)	Quantity (expelled out)	Symptoms of proper <i>Vaman lakshanas</i> observed
01	1	7.23am	600ml	-	<i>Kapha</i> Elimination
02	1	7.25 am	2000 ml	1250 ml	<i>Kapha</i> Elimination
03	1	7.26am	1800ml	2000 ml	<i>Pitta</i> Elimination
04	1	7.31 am	2000 ml	1050 ml	<i>Pitta</i> Elimination
05	1	7.33am	2000 ml	1650 ml	<i>Hrida Parshva Marga Shuddhi</i>
06	1	7.39am	200ml	1000 ml	<i>Hrida Parshva Marga Shuddhi, Laghuta</i>
07	1	7.42am	200 ml	350 ml	<i>Pitta Anila Elimination, Hrida Parshva Marga Shuddhi Laghuta samyak lakshana of vamana observed.</i>
Total	7vegas (<i>pravara shuddhi</i>)		8800 ml	8300 ml	

Table 3: Showing *Shamana Auahadhi*

S.N	Drug	Quantity with <i>Anupana</i>	Days
1	<i>Mahamanjstadi kwatha</i> ^[6]	15 ml with equal amount of luke-warm water before food, Twice a day	30 days
2	<i>Kaishore guggulu</i> ^[7]	With <i>Mahamanjstadi kwatha</i> before food, Twice a day	30 days
3	<i>Sareevadyasavam</i> ^[8]	15 ml with equal amount of luke warm water after food, Twice a day	30 days
4	<i>Manibhadra Gudam</i> ^[9]	1 spoon with luke warm milk	30 days

ASSESSMENT

Table 4: Showing MASI score

	Area involvement	Scores	BT (0 th day)	AT (20 th day)	Follow-up(50 th day)
Degree of pigmentation (P)	Forehead	0 = absent,1 = slight, 2 = mild,3= marked,4 = maximum	10	8	6
	Right malar region				
	Left malar region				
	Chin				
homogeneity (H)	Forehead	0 = absent,1 = slight,2 = mild,3=marked,4 = maximum	5	3	2
	Right malar region				
	Left malar region				
	Chin				

Table 5: Melas Quality of Life scale

Melas Quality of Life scale	Before treatment	After treatment	Follow-up
	60	55	48



Fig 1: Before Treatment (0 days)



Fig 2: After Follow -Up (50th day)

DISCUSSION

Deepana-Pachana

It is very essential process before any purification process. *Ama Pachana taken place* and *Doshas* become *Niram* which is essential for their easy elimination.

Nargarmotha choorna-

It is adopted due to its *Laghu*, *Ruksha Guna* and *Tikta, Katu* And *Kashaya Rasa, Katu Vipak* properties it is *Tvakadoshahara, Aampachaka, Pittakaphaha Grahi, Krimighna,*.

Snehapana-

Samyak Rukshana lakshanas achieved by *Deepan Pachana* after that *Snehapana* with *Mahatiktak Ghrita* carried out. *Mahatiktaka Ghrita* comprise *Kushtaghana, Kandughana, Srotoshodana, Raktashodaka* drug which are dominated with *Tikta Rasa. Sneha* administered in *Vardhaman Matra* (increasing dose) for 5 days. During this period hot, liquid, less unctuous diet was advised to patient.

Abhyanga & Swedana -

Abhyanga is detoxifying and benefits both the skin and the deeper tissues of the body. It calms and lubricates the skin, penetrates and cleanses the sweat glands, settles the nervous system. Also promotes healthy circulation, and rejuvenate all of the tissues. It effectively reduce stress and other emotional disturbances, minimizing their negative impacts on the skin. Responsible for the movement of *Doshas* From *Shakha* to *Kostha* .*EladiKeram* was used for *abhyanga* which Possess *Kandu, Pidika, Kothnashaka* and *Varnaprasadak* properties and helps in promoting the health of skin.

Vamana -

Vamana Karma means therapeutic induction of emesis which helps to remove toxins from the body especially through upper body parts. *Acharya Vriddha Vagbhatta* mentioned the *Vaman Karma for Raktaja Vyanga*, dosha particularly *kapha* associated *Pitta* in turn having its effect on *Rasa* and *Rakta*. *Vamana Yoga* which comprises of *Madanphala Pippali, Vacha Churna, Saindhava* and *Madhu and Yashtimadhu Phanta* used as *Vamanaopaga Dravya*. Various clinical studies proves that *Vamana* reduces symptoms of skin disease like; *Kandu, Mandala* and *Vedana* by eliminating *Kapha Dosha* thus reduces pathological progression of disease. It expelled out toxins present the *Rasadi Dhatu* and purifies *Dhatu and srotas.* *Vamana* cleared channels which improve process of body nourishment.

Samsarjana karma-

Peyadi samsarjana krama (special dietic schedule for 7 days) was adopted as *Pravara Shuddhi*. It helps in nourishment of body and increase *Agni* (restore digestion).

Samshamana chikitsa -

Ayurvedic oral medications are prescribed after the *Vamana Karma*. *Mahamanjsthadi Kwatha* and *Sarivadyasava*, acts as *Rakta Shodhana* and *Srotoshodhana*, which will lead to *Rakta Prasadana*. *Kaishore guggulu* alleviates all skin disorders and also good blood purifier. *Nithyavirechana* by *Manibhadra gudam is Kandughana, Kushta Ghana* and which help in elimination of *Dosha* logged in pathology of *Vyanga*.

CONCLUSION

Melasma is skin disease with dark pigmentation having psychosocial impact which is difficult to treat .In this study *Vamana Karma* followed by *Raktaprasadaka Shamana dugs* like *Mahamanjsthadi Kwatha, Kaishore guggulu* found to be effective for treatment of *Vyanga* (Melasma). There is also need to provide treatment protocols for optimum results and prevent relapses.

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