ABSTRACT:
Vyanga is one of the khudraroga. Present with shyava varna, nirujam, tanu mandal on mukhpradesh, commonly found in female after 30. It is harmless but distressing disorder, so there is need of treatment. As mental and physical health both are important for healthy life. In this case report patient was treated with external application of lepa i.e. arjun churna with madhu dose as per requirement once daily for 30 days which shows effective results in vyanga, which correlate with facial melanosis, hyperpigmented disorder.

Key words: Vyanga, khudraroga, arjunchurna, madhu, lepa.

INTRODUCTION: Vyanga i.e. facial melanosis, hyper pigmented disorder is commonly seen. correlate on the basis of sign and symptoms. Facial melanosis is hyperpigmentation brown to black area on face especially on cheek, it is due to abnormal melanocyte and excess melatonin under skin occurs in female after 30. Treatment in modern medicine is steroid ointments it may cause adverse effect such as rashes or irritation. It is one of the khudraroga in ayurveda caused by vitiation of vata dosha, pitta dosha, and rakta dhatu. Due to cosmetic reason it has got more importance. Very good medicines are available for skin disease in ayurveda with no side effect.

CASE REPORT: A 38 yr female patient came to OPD of kayachikitsa department of Y. A. C. P. G. T. & R. C. Kodoli Kolhapur, complaining of dark black color patches on face since 3yrs with mild itching.

O/E: Ashtavidha pariksha
Nadi - 74/min. Shabda-clear
Mala –normal Sparsh-normal.
Mutra- normal Druk-normal
Jiva- ishat saam Akruti-thin
Bala- Madhyam
Blood pressure-130/90 mm of Hg

INVESTIGATION: Adequate Appetite-regular
Sleep

MATERIAL & METHOD:
Arjun twak churna lepa with madhu as per needed for 30 days.
Lepa applied in morning for 10 minutes (till it dries)

OBSERVATION: Size and color of mandal before and after treatment is observed as assessment criteria. There is reduction in size of mandal & change in color shade from dark blackish to pinkish shade After local application of arjun twak churna lepa with madhu.

DISCUSSION: Vyanga is one of kshudra roga caused by vitiation of vata, pitta dosha and rakta dhatu. Treatment mentioned for it in ayurvedic text is arjun twak churna and madhu lepa.

Arjun (Terminalia arjuna) is teekta kashaya madhura rasatmak sheeta virya and katu vipaki. Tridosha shamak, rakta prasadak, kledahara, twachya. It nourishes skin increase complexion, restore the texture, clear metabolism with its cledahara property.

Madhu is sheetal laghu grahi, ruksha, tridosha shamak ropak varnya prasadak, promotes cleansing healing.
skin complexion. It is sukumarkar, sroto gami, prasadjanak, yogavahi, rakta, kapha, pitta Shamak.

By all these properties of arjun twak churna and madhu acts on vyanga in following way
1) Twak shodhan- by its cledahara property, clears metabolites.
2) Prasadan- proper nourishment to the skin.
3) Varnya- promotes complexion & proper texture to skin.
4) Rakta, Pitta, Kapha shamak helps in samprapti bhanga.

**CONCLUSION:** From above case it proved that arjun twak churna with madhu as local application in vyanga gives better result. By reducing size and number of mandal also helps to regain skin texture. Improves its complexion. Boost the confidence.

Formation of skin is from rakta dhatu, ranjan karma is by pitta dosha, & vata is responsible for proper distribution of ranjak dravya. Complexion & skin texture is maintained by vata dosha.

In above case only external application of arjun twak churna and madhu is given. It is tridosha shamaka, varnya, twak shodhan & prasadan in nature. This is its mode of action on vyangya.

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**Declared**