

AYURVEDA RECOMMENDED FORMULAE FOR VYANGA: A LITERARY STUDY

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Ayurveda describes *Vyanga* as a painless skin disorder which gives dark or bluish discoloration and characterized by irregular patches, primarily on the face can correlate with hyperpigmentation or melasma. It is often triggered by hormonal changes such as pregnancy, birth control pills, or hormone replacement therapy and it is emerging issues with many factors now a days. This study was aimed to gather Ayurvedic formulations for *Vyanga* and identify suitability and effectiveness. Main classical Ayurvedic texts; *Sushruta Samhita*, *Chakradatta*, *Yoga Ratnakara*, *Bhava Prakasha*, *Bhaisajya Ratnavali*, and *Ashtanga Hridaya Samhita* were reviewed by using the keywords “*Vyanga*” and “hyperpigmentation.” Additionally, scientific journals and research papers from the past five years were analyzed using the same terms. Related 21 formulations were identified in the Authentic books and then analyzed. *Bhaisajya Ratnavali* contained the highest number of formulations and it was 13 (62%) directly aiming *Vyanga*, while 04 (19%) recipes were supported by giving same ingredients in the recent publications addressing hyperpigmentation. In the identified 21 recipes, 13 (62%) contained only herbal ingredients, 6 (28.5%) included herbo-mineral components, and 2 (9.5%) contained animal products. *Kubuk* (*Terminalia arjuna*), *Sadikka* (*Myristica fragrans*), *Barley* (*Hordeum vulgare*), *Velmi* (*Glycyrrhiza glabra*), *Lothsubul* (*Symplocos racemosa*), and *Masura* (*Lens culinaris*) were the most prevalent drugs mentioned for *Vyanga*. Eleven grinding agents were identified for preparing external treatments for *Vyanga*, including goat’s milk and urine, bee’s honey, ghee, water, butter, cow’s milk, cow dung juice, curd, rabbit’s blood, and Arka latex. Out of these grinding agents’ ghee was the highest prevalent grinding agent. According to the *Samprapti* of *Vyanga*, *Pitta-samana* and *Vata-samana* drugs can reduce its severity. Most ingredients exhibit *Kasaya rasa*, *Madhura rasa*, *Laghu* and *Ruksha guna*, and *Sheeta virya* which helps to reduce *Vyanga* condition. A novel formulation is proposed for clinical trial validation.

Keywords: Skin luster, Pigmentation, *Vyanga*, Hyperpigmentation