



A CRITICAL REVIEW ON THE ROLE OF *VARNYA GHANA* IN THE MANAGEMENT OF *VYANGA* WITH SPECIAL REFERENCE TO MELASMA

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Undesirable skin hyperpigmentation can occur due to various disorders, including melasma, pellagra, Addison's disease, and Cushing's syndrome. Being visibly recognizable, facial hyperpigmentation raises a multitude of concerns. Melasma is characterized by hyperpigmented patches over the light-exposed oral region, forehead, and nasal tip; moreover, melasma dominantly affects females. Excessive melanogenesis is mediated by overactive melanocytes under the influence of melanocyte-stimulating hormone (MSH), while the tyrosinase enzyme catalyzes the melanin synthesis. On the other hand, *Vyanga* is distinguished by the discoloration of facial skin in particular and is elaborated under *Kshudraroga* in Sushruta Samhita. Despite the volume of published studies on *Vyanga* and *Varnya Ghana*, scientific studies reviewing the potential of *Varnya Ghana* in controlling the biosynthesis pathway of melanin and hyperpigmentation are minimal. Hence, this study was conducted to review the potential of *Varnya Ghana* in the management of *Vyanga*, with emphasis on its inhibitory action on melanogenesis and hyperpigmentation. For this purpose, *Vridhdhatraya*, the Sri Lanka Ayurveda pharmacopeia, and recently published research articles were extensively reviewed, and the gathered data were comprehensively analyzed. A total of ten plants is declared in the *Varnya Ghana*, as per Charaka Samhita. Based on modern pharmacological research, 90% of those possess antioxidant properties, and 70% have a tyrosinase enzyme inhibiting effect. From an Ayurveda perspective, 70% of them have *Madhura Rasa*, 80% have *Sheeta Virya*, 50% have *Vata Dosha* pacifying action, and 100% have *Pitta Dosha* pacifying effect. Furthermore, the *Madhura Rasa* alleviates *Vata Dosha*, and the *Sheeta Virya* alleviates *Pitta Dosha*. *Vyanga* is primarily caused by the aggravation of *Vata* and *Pitta Dosha*. Hence, the *Varnya Ghana* predominantly exhibits potent *Vata* and *Pitta Dosha* pacifying action, directly antagonizing the pathophysiology of *Vyanga*. Thus, the role of *Varnya Ghana* in the management of *Vyanga* (melasma) is validated according to Ayurveda and modern scientific research.

Keywords: Melasma, *Varnya Ghana*, *Vyanga*.

